



# THE Saber

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# THE Saber

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## EDITOR'S LETTER

The first few weeks of the new year usually carry a sense of renewal, a temporal cue to pick off the briars of the past and prepare to tackle a new road with fresh eyes.

Well, here we are. Do you feel that way?

2016 was so widely hated that historians have actively debated whether it was bad enough to join the shortlist of "Worst Years of All Time." A venomous campaign, a spike in hate crimes, dozens of celebrity deaths, war throughout the world, and an unprecedented flow of refugees washing up on European shores all came together for a year that felt unusually toxic.

The bad news hasn't let up. Only a week ago today a tornado ravaged our fellow Georgians only an hour from campus. Protests and demonstrations rack the nation daily—we are almost numb to them, which is a terrible thing in itself.

But despairing does nobody any good—and these tribulations have brought out a reserve of common cause and decency that so many of us were on the verge of forgetting. The massive Women's March movement (which more than a few CSU faculty, staff and students attended) was marked not by detentions, violence or unrest but by widespread unity and faith in the underlying goodness of people. That idea, that we are strong together and support each other, regardless of our petty differences, is stronger than the trials we have faced, and that we may face this year as well.

Here in Columbus, we are strong together, and we support each other. I believe we will come out of any struggle stronger as a university, stronger as a city and stronger as a community.

**-Scott Berson**  
*Editor-In-Chief*

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The Columbus State  
University Saber



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## New Year, New Facility, New Opportunities

*Frank Brown Hall brings departments from main campus to RiverPark*

By Scottie DeClue

Photo by Marisol Peña

Columbus State officially opened its newest facility to students, faculty, and staff on Jan. 6 following a special dedication ceremony to honor the school's third and longest standing president, Dr. Frank D. Brown. The three-story, \$25 million state-of-the-art structure houses over ten departments and educational programs, and bears Dr. Brown's name in recognition of his extensive efforts to expand the RiverPark campus. "Dr. Brown was a passionate visionary not only for Columbus State, but for Columbus as well," said Stephen Morse, Senior Director of University Support Services. "He was the best suited person to dedicate the facility to."

During his administration, Dr. Brown worked extensively with individuals, businesses and organizations in the area to create local support and funding for the RiverPark campus. He was able to raise over \$100 million by 2005. That campaign resulted in the development of the Schwob School of Music, the departments of theatre, art, history and communications, and now Frank Brown Hall. "CSU is a great economic driver in Columbus," said Mike Medlock, Assistant Vice President for Facilities. "Without Dr. Brown's help, RiverPark Campus would not have been possible."

The project, which stemmed from the university's need to expand the nursing program and the College of Education, took approximately 14 months to complete. "The growth of the Nursing School and the College of Education was demanding," said Medlock. "CSU needed new facilities, and the Board of Regents and Foundations Property INC. were able to see that through."

Frank D. Brown Hall is a partial renovation of the old Ledger-Enquirer newspaper facility that was constructed in 1929. Many historic components of the old Ledger building were preserved during early stages of planning, but as renovation and construction began, construction crews found previously hidden components of the building that had been covered up over the years. "The building was iconic in its day," said Kelly Wilson, Director of Maintenance and Construction for CSU. "During the process, we discovered great riveted steel columns, masonry walls, and brick flooring that we just couldn't cover up. If we could financially find a way to

keep it in our budget and use it functionally, we kept it. The building really speaks to you when you walk through it." A monument to the old Ledger building can be found in the hall that connects the two wings of the facility.

While the renovated wing of the Frank Brown building is peppered with historical components, the east wing is completely new and more contemporary in style and appearance. "Frank Brown Hall has about 20 classrooms and almost 100 conference rooms and office rooms," said Wilson. "The renovated part of the building is strictly administrative, while the newer part has both administrative offices and classrooms."

The east wing contains approximately 60,000 square feet, and has a total of three stories. The main floor has a lobby where students may relax and study, as well as a theatre style classroom. The second floor houses a very advanced nursing department and a Provisions on Demand where the students may purchase refreshments, and the third floor is comprised of administrative offices and two conference rooms.

Donna Ferguson, an instructor for the nursing program, says the students have much more room now, and she is excited about the new technology available. "This equipment offers a whole new dimension for the faculty and the students," Ferguson said. "In the medical field, technology is constantly upgrading or becoming obsolete, and it is imperative that these students have the proper training for their careers."

Nursing students will now be tested in simulation laboratories with test dummies that mimic real-life medical scenarios. Costing upward of \$50,000, some dummies have artificial lungs, hearts, veins, and even talk to the student. "We want the simulations to appear and feel as real as possible," Ferguson said. Pre-nursing students like sophomore Zaria Banks are itching to start using the new technologies. "I can't wait to start using the new nursing facility," said Banks. "It is very nice."

With the new year came a new facility and new opportunities for those who now reside in Frank Brown Hall. "At first, some staff members were hesitant to move in," said Morse. "Once they saw how advanced the facility was, they began to warm up. The facility is a great addition to Columbus State, and we have received nothing but positive feedback."

## LIBRARY RENOVATION FUNDS DELAYED

Funds needed to start the process of renovating the main campus library were not included in the state budget as expected. President Markwood said that a "supportive local delegation" is working to see what can be done. Funding for equipment and furnishing of LeNoir Hall was granted.

## CSU MBA PROGRAM AMONG TOP IN NATION

CSU's online Master of Business Administration program leapt forward 29 spaces in the U.S News and World Report "Best Online MBA Programs" ranking. It is now ranked 33rd nationally and 2nd in Georgia (just behind Kennesaw State).

## PRESIDENT MARKWOOD MAKES LIST OF MOST INFLUENTIAL GEORGIANS

President Chris Markwood was named one of Georgia's most influential people by Georgia Trend Magazine. He shares the honor with other Columbus locals like Mayor Teresa Tomlinson, Aflac CEO Dan Amos and Synovus CEO Kessel Sterling Jr.



# A Woman Ahead of Her Time

## Celebrating 100 years of Carson McCullers

By Tieanna Graphenreed



### McCullers who?

Carson McCullers. Her name is stamped on buildings throughout Columbus. You may hear it and take pause, knowing the name is important for some reason that you can't quite put your finger on. So, who is Carson McCullers, and why should we care?

McCullers, born and raised in Columbus, created a large and varied body of work. Her novels *The Heart is a Lonely Hunter*, *Reflections in a Golden Eye*, *The Member of the Wedding*, *The Ballad of the Sad Cafe*, and *Clock Without Hands* brought her much notoriety and are still used in literature courses today.

"Carson McCullers helped pave the way for writing about race, gender, disability, and sexual orientation," said Nick Norwood, Columbus State University English professor and Director of the Carson McCullers Center for Writers and Musicians. "Perhaps her biggest influence is on certain kinds of artists who saw in her a model for the kind of creative work they wanted to do and the kind of creative life they wanted to live."

Today, McCullers is revered around the world as a great American writer whose voice helped create the Southern Gothic genre and provided a platform to spotlight social issues in the deep South. "Even though her writing exposed some of the social injustices and other problems of a small southern mill town of the mid-twentieth century," said Norwood, "it also made Columbus, Georgia, a special place in the minds and hearts of readers and theatre-goers all over the world."

McCullers's legacy is kept alive through writing fellowships, extensive archives on her life's work and other educational and cultural community programming offered at the Smith-McCullers home in Columbus and CSU's Carson McCullers Center for Writers and Musicians.

### Go Carson, it's your birthday!

"Carson at 100: The McCullers Centennial" is a partnership between the Carson McCullers Center for Writers and Musicians and Chattahoochee Valley Libraries, sponsored by the National Endowment for the Arts' "Big Read." McCullers's first book *The Heart is a Lonely Hunter*, was one of the first books placed on NEA's list for the "Big Read" program, putting Chattahoochee Valley Libraries in line for a grant and an opportunity to host public readings, film screenings, lectures and exhibitions showcasing McCullers's work throughout the month of February. "The events will be fun, educational and inspirational," said Norwood. "They'll give the community a sense of pride in the achievement of its most famous homegrown writer."

The "Carson McCullers 100th Birthday Celebration" will be held on Sunday, Feb. 19 at 4:00 p.m. at the RiverCenter for the Performing Arts will feature Hollywood actress Karen Allen's (*Raiders of the Lost Ark*, *The Perfect Storm*, *Animal House*) directorial debut of her short film "A Tree. A Rock. A Cloud." based on McCullers short story of the same name. It will also be a big night for CSU students and faculty, with theatre students staging excerpts from *The Member of the Wedding*, the premiere of CSU creative writing professor Scott Wilkerson's scripted monologues impersonating Carson McCullers. "Carson's Favorite Music," curated and conducted by Dr. Paul Hostetter and performed by the CSU Philharmonic Orchestra, will also be performed at the event. There will be birthday cake and champagne—it is a party, after all. All events are free and open to the public. For more information, please visit [www.cvlga.org](http://www.cvlga.org).





Kewana  
Taylor



Abby  
Bradshaw



Chelsey  
Rogers



Quadasia  
Love



Kaylynn  
Watkins



Lexus  
Houston



Danesha  
Evans



Shaikeria  
Hill



# Miss CSU

By Brooke Burns

On January 21, 2017, University Hall was filled with laughter, tears, and plenty of streamers as five judges tried to find Miss CSU 2017. After a long night of wardrobe changes, questions, and pageant turns the results were in. Kaylynn Watkins-McCoy won People's Choice. Quadasia Love won the talent portion and was second runner-up. Winning the Katelyn Pendowski "Spirit of Columbus State" and first runner-up was Danesha Evans. The winner of Miss Congeniality, Lifestyle and Swimsuit, the Hayley Henderson award, and Miss Columbus State was Chelsey Rogers. Chelsey said she was "beyond excited to be able to represent Columbus State." Congratulations to all the ladies who participated.

## EDUCATOR OF THE YEAR AWARD NOMINATIONS ACCEPTED FEBRUARY 1-13, 2017

Do you have a favorite professor who goes beyond the call of duty to ensure the success of their students or who has inspired you in some way to greater personal or academic achievement? If you do, please take a moment to express your admiration and appreciation by nominating them as a candidate for the 2016-2017 Educator of the Year Award. The professor chosen as the recipient of this award will be celebrated as part of the Scholastic Honors Convocation Ceremony on Friday, April 14, 2017 in University Hall.

**Nomination forms are available in two locations:**

**On-line:** <https://aa.columbusstate.edu/scholastic-honors/>

**Hard copy:** Student Government Office (Davidson Center Room 207)

**Nominations are due by Monday, February 13, 2017.**





Te Amo Tea

# CSU Student Takes Break to Open Small Business

By Olivia Ivings

Photos by Alex Hamm and Scott Berson

For Toshiro Lyn, a typical day starts with waking up, eating cornflakes, and watching a History Channel documentary before his tea shop opens at 7 a.m. He sets up shop, sells tea, and passes out business cards. After working for up to 20 hours to ensure the success of his business, he goes to bed so he can wake up to do it all again.

Before his most recent endeavor as the owner of a tea bar and studio, Toshiro was a student at CSU. The entrepreneur from West Point, Ga. was initially a biology major who, after a few semesters, switched majors and began studying computer science. One of the many sacrifices that Toshiro made to start his business was putting a hold on his college education—he has taken an educational hiatus for the last two semesters.

Toshiro decided to open up Te Amo because he noticed that nothing like it existed yet in Columbus. “I can be creative and do whatever I want with it,” Toshiro said. “It’s not like coffee where pretty much everything has been done.” Toshiro says that his tea shop was a good idea for him because “it’s natural for me to be different.”

Te Amo is located between the new Frank T. Brown Hall and Subway and has been open since Nov. 19. The goal of Toshiro’s tea shop is to “appeal to the common people...people who are hardcore stuck on coffee.” He insists that if a person will try his tea a few times, they just might like it. His favorite tea he serves is called the masala chai, which comes with cream and sugar. Some other flavors include the Campfire Blend, Dragonwell Green, and Very Berry herbal tea.

In addition to the wide variety of tea available at Te Amo, he features reasonable prices and a discount for CSU students. If he could go back in time before he started Te Amo, Toshiro says he would remind himself to “save more money, and save more money,” to better prepare. Despite his busy schedule and heavy work load, Toshiro says he doesn’t feel fatigued. “I don’t really stress, I drink tea.” While being an entrepreneur with a young business is demanding, Toshiro says that he relishes his job because of the people he meets. “Friday morning I gave a card to a lady walking by, and she came back with her friend. And she came back the next day with her brother, sister, and dad,” Toshiro says.

For Toshiro success is “to be able to see myself doing something I’m proud of and to create a legacy.” Te Amo has a presence on Facebook and Instagram. He also runs [www.loveteamo.com](http://www.loveteamo.com) where you can order the tea he serves in his shop.





# Tour De Chow

*Restaurant Reviews by Scottie DeClue*

## 7th Street Provisions

This French-Southern fusion bistro, located in the Historic District, artfully binds together the essential components of a unique and rewarding dining experience—atmosphere, etiquette and, most importantly good artisanal cuisine. The heartbeat of this establishment, the team of Lori Gilpatrick and Chris Williams, works diligently to ensure the satisfaction of their guests and the instillation of their values.

The restaurant looks quaint from the outside. Nestled on the corner of 7th Street and 3rd Avenue, the one-story building is inviting. Red double doors behind a cast iron gate open into the main dining room that comfortably seats about 50 guests including a bar and lounge area. Long booths run the length of each wall accompanied by glossy, dark wooden tables.

A large farm table is in the center of the dining room between the booths and is available for parties as well as communal seating. “[It] brings a special dynamic to the place,” said Gilpatrick. “Some of our guests choose to eat there even when other tables are available. It brings people together.”

“We designed and renovated the whole place ourselves,” said Gilpatrick. “Construction, interior design—everything.” The interior style likens to a familiar atmosphere of southern comfort and grace, but with a certain elegance that is reminiscent of an old world eatery in northwest France—maybe somewhere in Nantes, or Toulouse.

“French inspired southern cuisine.” That’s what Chef Williams called it. “There is a lot of French inspiration behind the preparation and the cooking here,” he said. “We take a classical French approach to southern dishes and sometimes we take a classical southern approach to a French dish.” Take the Frog Legs Provençal for example; a dish inspired by the natural ingredients found along the French Riviera—meaty frogs seasoned with Herbes de Provence, mushrooms sautéed in garlic and shallot, a roasted tomato broth, and a French baguette of course.

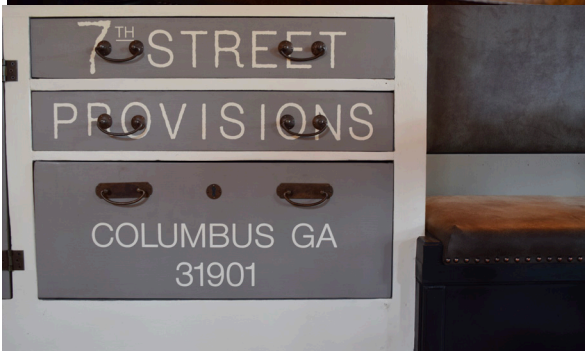
The frog legs, however, are fried southern-style with buttermilk wash and a flakey breading. “It seems as if the two styles are a match made in heaven,” said Williams about the dish.

The menu is easy enough to navigate, with sizeable starters leading into large main plates in order of price. For those with an affinity for cornbread, there is an appetizer that would surely please—a moist and lightly honeyed Sweet-Potato Cornbread with whipped cream butter and bacon jam. The sweet and the savory combination works very well. The entrées hold nothing back in terms of quality and taste—the recipes are teeming with flavor.

If duck appears on a chef’s menu, it usually means that the chef is either clueless or talented, and the latter is the case here. Tender Duck Saison with crispy skin melts in the mouth, and is complemented by the crunchy texture of sautéed Brussels sprouts and purple cabbage with an orange glaze. Braised Lamb Shank, completely cooked from the bone, is remarkably succulent and marries perfectly with roasted spaghetti squash, garlic whipped mashed potatoes, and a savory au jus. “We really could not pick a favorite,” said Gilpatrick about the menu. “We took a great deal of time perfecting the menu and making each dish special and unique.”

The beverage list is equally unique. One in particular, the Tellulah Belle, takes a spin on a classic pairing found only in the south: coke and peanuts. Tennessee bourbon mixed with a house-made orgeat and peanut syrup is served with an 8oz glass of Coca-Cola. The drinks, food, atmosphere and service make for a memorable experience—open-minded and adventurous diners will not be disappointed.

7th Street Provisions is open on Wednesday, Thursday, and Sunday from 5:30 p.m. until 10:00 p.m., and on Friday and Saturday from 5:30 p.m. until 10:30 p.m. Reservations are recommended, but walk-ins are accepted.





# REPEALING OBAMACARE COULD KILL ME

*Gutting the healthcare law without a replacement is a dangerous mistake*

By Sam Sachs

When President Barack Obama's second term ended, the Affordable Care Act remained one of the most controversial issues of his presidency. On Jan. 11, a vote in the United States Senate began to repeal the law, and the House of Representatives followed this initiative five days later. The far-reaching effects of this decision will have consequences for years to come and for millions of Americans.

The ACA or "Obamacare" was intended to help the millions of Americans who could not afford health insurance coverage. While far from perfect, two major provisions of the law both guaranteed coverage to those for whom it was usually denied, and provided financial help to large groups of lower-income Americans.

The ability for young Americans to remain on their parents' health insurance coverage until the age of 26 served to provide a cooling-off period after school, and gave them time to find their careers and, in turn, their own coverage, and while I can respect the Republicans for standing by their convictions, repealing the law without a replacement is a profoundly irresponsible (and dangerous) decision.

You see, I am one of the young Americans affected by this repeal. I have been a type I diabetic since I was in second grade. Now, at 23 years old, costs are rising for diabetes care and the trend is not slowing down.

Diabetes is also a pre-existing condition, meaning that for most insurance providers, I am a risky bet. Without the ACA's guarantee of coverage, my chances of finding affordable insurance will plummet. According to Diabetes Self-Management, a diabetic self-care resource site, "Insulin costs have soared from \$100–\$200 per month a few years ago



to \$400–\$500 a month" as of August 2016.

That is just the cost of the insulin itself. When you factor in the cost of blood glucose meters, lancets (the needles we use to prick our fingers and test blood sugar), test strips, syringes, insulin pumps and the pump infusion sets to use them, the cost is much higher. As medical costs continue to grow, the price of care and supplies becomes restrictive. This is not just a matter of health insurance being expensive and not wanting to pay for it. I cannot afford the supplies on my own, and without them, I will die.

Unlike our congressional representatives, I am not wealthy. They may have no worries paying their \$300 a month insurance premiums, but I do not have that luxury. Yet these men and women are the ones deciding whether I am able to remain healthy.

I understand that they think they are doing what is best for America, for their constituents, their friends and their families. It will not serve me, mine or anybody by ripping our coverage away with no alternative. We will all suffer. And some will die.

## HEALING DIVISION

*A battle between change and tradition is expanding the gap of our generation*

By Javere Johnson

Illustration by James Morgan

In the millennial generation, there are two categories of people fighting for control.

The first group is the social justice movement, which has garnered a lot of support over the last few years. This can be linked to a rise in education among millennials compared to past generations. The increased percentage of educated millennials has left us with a generation able to think critically about many issues. Most social justice activists are hyper-aware of themselves and their place in society, allowing them to clearly identify injustice inside and outside of their communities.

The opposing side can be labeled as "traditionalists" who believe in a strict set of values, with perhaps the most important being hard work. Traditionalists believe that through hard work, all of your needs can be met. Misconceptions about each group have led to a complete divide in our generation which has made it extremely difficult to work together.

It is important to remember that within any social construct there are those who take issues to the extreme. People on both sides of this divide seem to focus on isolated incidents within these movements instead of the movement as a whole. For example, when a riot breaks out during a peaceful protest, it suddenly becomes the talking point instead of why the protesters were out there in the first place. This shift in attention impedes the unification of our generation on these issues.

I can agree that there is no reason for people to burn and loot businesses because they are upset. However, it is important to keep the attention on the issues. What I see are traditionalists generalizing an entire movement based on the actions of a few. This is extremely dangerous in terms of progression; not only do we lose focus on the topics at hand, but it also undermines the overall goal. If we continue to handle our differences this way, then the space between us will only widen, making it that much harder to close.

Traditionalists lose respect for the case that social justice advocates are making because they tend to highlight the rash approach that a rogue group takes and tie it to the overall movement. But the activist's response can cripple progression as well.

Attacking someone's character by calling them a racist, sexist, or anything outside of their name does not help close the social divide in our generation. Every day I see someone receive a label that does not attest to who they are, but to a generalization based off of minor actions. For us to come together as one generation, we must be able to communicate effectively.

Disagreeing with someone on an issue does not make them a terrible person. There is a difference between having an unpopular belief and a completely wrong belief. For example: Nazi and fascist ideology must not be normalized—ever.

What social justice advocates have to realize is that many people are ignorant of problematic views because of their privilege or upbringing. It is hard for someone to relate to something they themselves have never experienced.

Enlightening those who are misinformed is the only way to move forward. You don't have to sit people down and give them a history lesson; simply exposing them to facts, discussions and people that make them think about the world outside of themselves is important.

Uniting our generation is going to take time. It is going to take longer if all we can say to each other is: "Are you triggered yet, snowflake?" and "You're wrong and a racist." We are better than that, and it is time to start acting like it. I know that we have what it takes to bridge this gap. It is important to stay hopeful. We can never give up on each other. Never lose faith in those you disagree with because that is when all hope is truly lost for us.

We have a lot to do and it is time we get to work.







# 2017 spring career fair

Internships & Employment

## March 1

11 AM - 2 PM

Student Recreation Center

REQUIRED:

Professional Attire  
Resumes

ALL  
Students  
Welcome

LinkedIn  
Photo  
Booth

**ACCOUNTING**  
**PRINCIPALS**

## TRIVIA



## NIGHT

"PREPARATION FOR THE SPRING CAREER FAIR"



## PRIZES & FOOD

February 28

6-8 pm

1100 Broadway

Columbus, Ga 31901



COLUMBUS STATE  
UNIVERSITY  
CENTER FOR CAREER DEVELOPMENT



# AMERICAN MOXIE







BY ASHTON JOHNSON





As I approached the Center for Civil and Human Rights in Atlanta, the city was quiet. But the closer we got, the more that people began filtering in. We walked alongside women in colorful ponchos, ready with signs to flaunt. “Make America think again,” read one, and another: “Education, not deportation.” Beside me, a woman pushed her toddler in a stroller. I didn’t know much about marches, but I never anticipated a kid-friendly protest. Turning the corner, I was suddenly awash in a sea of pink. Cheers drifted towards us.

Nothing about this crowd stirred up anxiety. Rather, I was calm. The atmosphere was warm and enthusiastic. Before me, everyone was all smiles, engaged in conversation about families and politics. A drum beat in the distance. A helicopter flew over us and was welcomed by the crowd.

“Woaaaaaah!” hollered the people as they raised their signs to the air. From then on, I was keenly aware of the helicopter’s wings beating over us and what those wings meant: the world was watching as these marches unfolded into a globally historic event. “Too much standing,” exclaimed a man. “Not enough marching.” People laughed. “If this isn’t a metaphor for politics, I don’t know what is.” A moment passed, then he shouted: “Let’s GO!” The crowd chanted those words again and again until, finally, we marched.





“Forward! Forward!” he cheered. “We’re gonna make a break for democracy, y’all. Let’s go!” A young black woman held the American flag to the air, her eyes focused forward. She was diligent in her care of the flag, making sure that it was always raised. In silence, she approached the bridge. Above her, a billboard read: “ARE YOU IN?”







Ahead, a tiny girl rode on her father's shoulders, leading a chant. "Tell me what democracy looks like!" she called, and the crowd followed: "This is what democracy looks like!" Women beamed at the girl; she was the star of this march.

Looking up, armored men lined the roofs. Marchers waved to them, shouting praise and gratitude. They waved back, returning the smiles. There was this moment where I paused and realized where I was and what this meant to me. "My body, my choice!" said the women. Never in my life did I expect to hear men follow those words. They called back, "Her body, her choice!" The Women's March was about choice and sixty thousand people (over three times as many as expected) chose to march together.





But not everyone there marched. On the sidewalk, people stopped to whip out their phones. As we passed, the marchers shouted, “Love trumps hate!” A couple of boys stood to the side, smiling. “No thanks,” they said. “We’re with Trump. Hail King Trump!”

Sixty-thousand people in Atlanta. That’s sixty-thousand lives intertwined in one shared experience. Sixty-thousand! All of them surging with enthusiasm. The crowd erupted into claps and chants: “Ain’t no power like the power of the people ‘cuz the power of the people don’t stop!”

This was the moxie America needed.







By Destiny Trivino  
Illustration by Kayleigh Dickson

The start of a new year always comes with a promise of being and doing better. It's easy to create a list of resolutions and to say you'll actually keep them this year, but we all know that as the months go by, we get a little lax. Here are our picks for apps to keep you on track.

## Good Investments



### Mint:

Mint is like your own portable bank assistant. This app is a great way to manage all of your bank accounts in one place, track your budget, and see what areas have your wallet pleading for mercy. You can see where you need to save and which bills are coming up, and the app even allows you to check your credit score for free. I can't think of any better way to stay on top of my spending this New Year.

### Venmo:

Venmo allows you to transfer money between friends or family faster than your bank ever could. It's super convenient for actually getting gas money out of that friend that claims they only carry card, and perfect for pooling money to buy a pizza. We all know the agony of watching that direct deposit sit in the pending category for 3 business days.



## Do Good

### ShareTheMeal:

ShareTheMeal, a charity run by the World Food Programme, is the perfect opportunity to give back this year. The mission is quite simple: to fight world hunger. Through the app, you can invest pennies in the cause and track the progress of a specific project throughout its journey. According to ShareTheMeal, "50 cents could feed a child for an entire day." Imagine if you gave .50 cents every day for a week. You can to feed a child for 7 days by a simple tap of the screen.



### GoFundMe:

This app is great because it allows you to pick and choose which cause you'd like to donate to, or create a fundraiser for a worthy cause on your own. GoFundMe sends notifications when people donate so the donor receives a "thank you" message. Even if you can't donate, you can spread the word via social media. It is such a great way to both gain help and give help to those in need.



# Good Deals

## Groupon:

As college students, let's face it; we're broke most of the time. We need to find ways to ball' on our very small budgets. Groupon offers coupons for a wide variety of unique experiences, including restaurant dining, shopping, and vacations. Most people think of couponers as moms and old ladies that hoard clippings for Dove soap deals. On Groupon you can receive coupons for anything from karate classes to vacations to the Dominican Republic. Staying at home because you're broke sucks, but this app can help you create lifelong experiences for cheap.



## ThreadUp:

Thrift shopping is a fun and affordable way to shop for your clothes, and this app lets you do that conveniently through your phone. ThreadUp has over 30,000 brands including popular brands like H&M, Forever 21, Old Navy, and Banana Republic, which will make shopping for your style much easier. All items are up to 90% off. Not only can you buy from other users, you can sell those clothes you haven't been able to wear since gaining your 'freshman 15' to get a little extra money in your pocket!



# Feel Good

## MyFitnessPal:



Are you looking for a way to document your health journey, from workouts to shameful cheat day meals? Whether your goal is getting fit or losing weight, this app can calculate how many calories you need to be eating in a day based on your height, weight, gender, and activity level. You can enter the foods you eat throughout the day in your food diary, whether home cooked or while dining out. It holds me accountable, and puts me on the right track toward my goal.

## Couch25K:

Only two months ago my mom told me she wanted to run a 5k with me. I immediately downloaded Couch to 5k. The eight-week training program helps you get in shape and ready to run. It allows you to move at your own pace and repeat days, has an audio coach that will tell you when it's time to alternate between running and walking, will let you play your own music, and has a community forum in case you have questions, need tips or just want some support.



## Zombies, Run!:



This app may be the closest I get to running for my life The Walking Dead-style. Zombies, Run is an interactive, story-based app that you play by walking, running or jogging. You can listen to the story and your own music simultaneously. There are numerous story missions, training plans, and races.

Feature

# Getting around C-town

## What to do without a car in Columbus

By Javere Johnson

Illustration by James Morgan

Columbus, contrary to popular belief, is full of interesting things to do. Your options range from experiencing the nightlife downtown to going whitewater rafting on the Chattahoochee. It seems very difficult, however, to participate in these events if you do not have a car. There are many ways to get around Columbus that won't break your bank or annoy your friends.

Surprisingly, you can get pretty far on a bike. The Fall Line Trace has made cycling through Columbus safe and fast, and it's an easy ride straight to downtown. The entrance to the trail is located next to CSU's soccer complex. If you head westbound on the track and reach the end, you can get directly on the Riverwalk, which will take you along the western edge of the city. Columbus State shuttles are also equipped with hitch racks to stow your bike if you want to save some energy on the way to the trail.

The Columbus State shuttle system is quite useful to those without bikes as well. If you are looking for a ride from campus back to the dorm, or a free ride downtown, the CSU shuttle has got you covered. If you are looking for public transport with a little more freedom, then the METRA city bus system is the best option.

Though it can seem intimidating to those who have never ridden public transportation before, it is a very cheap and effective way to get from one point in Columbus to another. Students also qualify for reduced fares. One-way rides cost only one dollar, but you may have to make transfers along the way.

Once you get the hang of it, it's easy riding. Instead of shoving all your money in the vending machine, save it for a ride down to the civic center for a Cottonmouths game. A round-trip ticket will cost you about \$4. METRA also offers students an unlimited swipe card for \$23 a month. Be sure to check out their website for the application and more information.

Uber is now available here in Columbus, allowing you to simply open up an app and have a personal taxi come right to your location. A ride from campus to downtown will cost you around 8-10 dollars depending on when you request the ride. Uber drivers are extremely friendly, and Uber stresses that all drivers have a clean car. Uber also does not accept cash for rides, but you can split the fare between you and your friends through the Uber app.

These are just a few ways to get around without a car, but there are others as well, whether it be taxis, your friends, a skateboard, or anything else. Get out there, explore and have fun in your city.





# GAMES OF 2017

## KILLER TITLES TO LOOK FORWARD TO IN THE NEXT YEAR

By Ashton Johnson  
Illustration by James Morgan



### Resident Evil 7:

**Biohazard:** January 24 on  
PlayStation 4, Xbox One, and PC.

Previous titles in the series branched off into action games, but Biohazard returns to its roots as a survival-horror adventure. It's not all jump scares. Unlike the past two games, from its setting to its characters, Biohazard is actually scary. This game takes full advantage of its first-person perspective, plunging the player into an immersive and terrifying atmosphere.

To find his wife, Ethan must endure the Baker family's menacing plantation. Worse than its nightmarish creatures are the Bakers themselves. They're an evil right out of The Amityville Horror. Fans, expect an experience unlike any of its predecessors, but one that is true to its title as a Resident Evil game.



### For Honor:

**February 14 on**  
PlayStation 4, Xbox One, and PC.

Hack and slash your way through those forever-alone-feels this Valentine's Day on a battlefield full of samurai, knights, and Vikings. The game plays like a smaller version of Battlefield (medieval-style). Its developers call it a "shooter with swords." Boasting its own tactical combat system, the Art of Battle enables the player to control their stance and weapon, making combat personal.



### Horizon Zero Dawn:

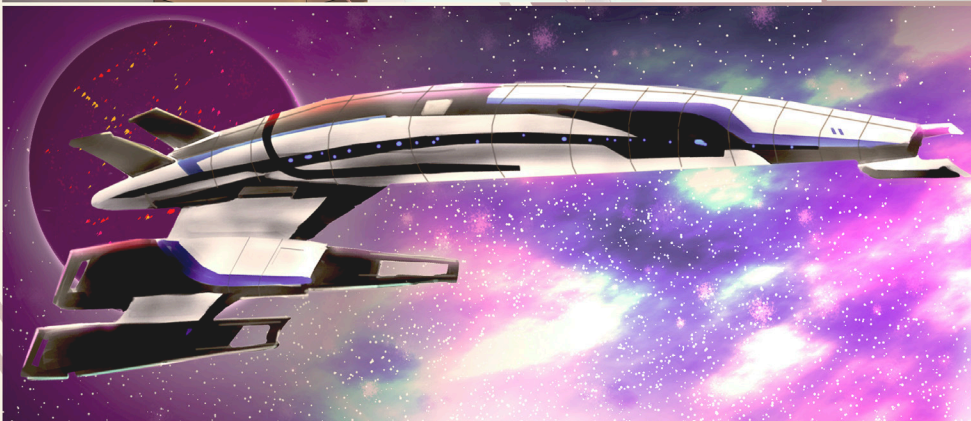
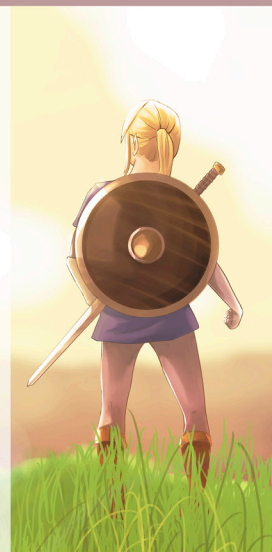
**February 28 exclusive to PlayStation 4.**

At a glance, this is an apocalyptic world where humanity no longer reigns supreme and robotic dinosaurs are at the top of the food chain. What went wrong? Horizon Zero Dawn hosts an open-world, so from the get-go you are free to explore this game's mysteries as the huntress Aloy. That is, so long as you can survive the Machines. Staring at the map, you might wonder: how was this ever Colorado?

### The Legend of Zelda: Breath of the Wild:

**March 3 on Wii U and Nintendo Switch.**

Looks like this game will be the Wii U's final breath before making the Switch. It better be phenomenal, considering that Nintendo pushed back its release date by two years. Here we have Hyrule as an open-world environment exceeding the overworld size of Twilight Princess. How does this game fit into The Legend of Zelda's complicated chronology? It takes place sometime after Windwaker with an amnesiac Link waking up to a world seemingly devoid of civilization. The freedom to explore this stunning environment may very well push Breath of the Wild to surpass Ocarina of Time as the most critically-acclaimed game in the series.



### Mass Effect Andromeda:

**March 21 on PlayStation 4, Xbox One, and PC.**

BioWare gave fans reason to be skeptical of future Mass Effect titles, considering the backlash following the conclusion of its trilogy. But the success of their latest game, Dragon Age: Inquisition, is cause for optimism. Developers have been rather vague on the details, but gameplay footage reveals a stunning world mixed with nostalgia and originality. In Andromeda, you are Ryder, a Pathfinder in search of planets for humanity to colonize. This game promises a role-playing experience that only the Mass Effect universe can deliver. A new galaxy means new planets, a new crew, and new problems.





### South Park: The Fractured But Whole: Q1 on PlayStation 4, Xbox One, and Microsoft Windows.

Rarely are movies and TV shows received well as games, but leave it to Obsidian Entertainment – developer of *Fallout: New Vegas* – to turn *South Park* into a fantastic RPG. This year, gamers are ready for this next installment of epic fan service. Cartman is intent on making millions from knock-off super-hero movies, but, as usual, his intentions backfire. The crew splits into civil war and you're the only douchebag capable of saving the franchise. With no set release date, we don't know when *South Park: The Fractured But Whole* will hit, but it'll hit hard.



### Persona 5: April 4, exclusive to PlayStation 3 and 4.

While this game has been out in Japan since September of last year, western fans await its world-wide release this April. If you value the aesthetic, this game won't disappoint. *Persona 5* has its own retro vibe and the appearance of a high-quality anime. In this game, you're a student who has just transferred to Shujin High School. Developers were methodical in crafting the dreary high school environment. You're probably thinking, "Why would I want to relive that?" Because, this time, you're a badass criminal. However, you'll soon find you're not the only misfit in Tokyo.



### Red Dead Redemption 2: Q3/Q4 on PlayStation 4 and Xbox One.

Apologies to the master race— you're missing out on this console favorite. Gaming has never seen a greater Western experience than *Red Dead Redemption*, and we're hoping the sequel follows suit. Rockstar hasn't been very open with the details on this game's

development, but leaks offer critics much to speculate about. The map itself shows that this game's timeline takes place before the first game, meaning we'll be learning more about John Marston's past. However, the trailer teases that there's more than just one playable character. As we get closer to fall, we'll learn more about *Red Dead Redemption 2* and its gang.



### Half-Life 3 Don't be so gullible. :)



# Self-Love

By Zoe Audifferen  
Illustration by James Morgan

At first when I was asked to write a love or sex piece for this issue with absolutely no guidelines or restrictions, I had no idea what exactly I was going to write; I just knew I had to be of service to vulnerable boys and girls everywhere. Then I recalled that this is 2017—the year of self-growth, self-love, and self-positivity. What better way to start the new year than getting to truly know ourselves and not our faceless social media crushes? 2017 should be the year of being completely and utterly immersed in your own bubble of body-and-mind positivity. After all, that's what self-love is. So, in honor of this new year, I see it fit to speak on certain aspects of self-love, why they are important and how exactly you can practice it.

## Self-Image

One of the most important aspects of self-love is self-image. Self-image is the idea you have of yourself as an individual. If you have a negative self-image, nothing you do will make you feel better. It's like buying new clothes in hopes that they make you feel better about your body. At the end of the day if you don't like your body, it doesn't matter what you put on it, you'll feel insecure all the same. Self-image is crucial because we are stuck with ourselves till the day we die. From the moment we begin forming in the womb till the day we are lowered into the ground, we are given the task of loving ourselves.

Practice: When creating a strong self-image, you should change the mentality before you change the body. Self-image is all about how you perceive yourself. If you've got a toxic view of your body, then naturally, when you "fix" the things you want to, that toxic mentality will simply pick out new things to hate. Things like photographing the parts of your body you hate (or simply staring at them in the mirror) and continuously telling yourself that they are a part of your phenomenal being will make a very big difference. The change isn't immediate, but slowly you'll find yourself coming to terms with your different features and eventually loving them.

## Masturbation

As taboo as it sounds, I believe masturbation is quite important. There are various things that make up our being, and sensuality is one of them. Exploring your body and sensuality will help you gain a better understanding of yourself. Masturbation allows you to learn your body in a way that Sex Ed class never could. For as long as I can remember, losing your virginity as a woman was criminalized and painted as a horrid experience that leaves you crippled for days to come. The reality is, sex shouldn't ever be painful. If you and your partner have a strong understanding of your sensualities, you should be able to talk through it and both come out victorious. Masturbation helps you learn what you like and don't like, what you can and can't take, and so on. When you play with your body, you experience yourself, relieve stress and learn how to make the most of your sex life. There is an intimacy in exploring your body—a sort of self-love.

Practice: Explore yourself.

## Self Care

Facials, body scrubs, kale smoothies, and fresh nails all scream self-care. Self-care is the physical manifestation of self-love. When you love yourself and your being, you can't help but treat it right, mentally and physically. Self-care means something different to each and every one of us. It is a great way to reward your body for being an amazing machine that operates 24 hours a day, seven days a week. Self-care might be taking yourself out to eat after having a terrible day or emptying yourself into your journal after a strenuous week.

Practice: A healthy lifestyle is key to self-care. Adopting a healthy lifestyle will do so much more than speed up a weight loss journey; it will help you sleep better and think better all while clearing up your skin and bringing out an inner glow.

## Recommendations

As children, we grew up on shows, movies and magazines that defined beauty for us and programmed the lenses through which we look at ourselves. Media is everything, and so is unlearning some of these programs. So in light of this, I recommend finding and following those who embody fearless, unapologetic beauty, and who challenge people to accept themselves as they are.



Scan to enjoy a self love playlist!



LIVING OFF CAMPUS

# NOT ALL THAT IT'S CRACKED UP TO BE?

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# GHOSTS FROM THE MACHINE

A look at the “Rogue One” CGI controversy

By Toni Stauffer

Illustration by Brittney Green

In 1968, a pixelated cat moved across a computer screen in Russia and computer-generated imagery (CGI) became a thing. Since then, CGI has become so sophisticated that we sometimes have difficulty distinguishing if an image is real. CGI has often been controversial, with the latest instance being the criticism by Star Wars fans in regard to the film “Rogue One.”

Many fans feel that Lucasfilm, owned by Disney, crossed the line when the studio used CGI to resurrect the characters Grand Moff Tarkin and the younger Princess Leia. Peter Cushing, who portrayed Tarkin in the original 1977 film “New Hope” has been deceased nearly 40 years, and Carrie Fisher, known the world over as Leia, passed away Dec. 27—less than a month ago.

Some fans have argued that in Fisher’s case, the timing was too soon and that in both cases, the studio only cared about making money. Producers said the characters were vital for the story to make sense, but that they were not planning on extensive digital re-creation in the future.

The process for this type of CGI is time consuming and expensive—so, why didn’t the studio just hire actors who bore a strong resemblance to the original cast members? There is a long history of studios doing just that. Michael Gambon replaced Richard Harris as Dumbledore in the

Harry Potter films after Harris’s death from Hodgkin’s Lymphoma.

No one created a CGI version of Harris. The studio actually did hire actors for Tarkin and Leia, but only as models and placeholders for the CGI. On the other hand, should the CGI used in “Rogue One” even be an issue, since Cushing’s estate gave permission and Fisher signed contracts allowing CGI before her death?

The same arguments arose when rappers Snoop Dogg and Dr. Dre used holographic technology to bring hip-hop legend Tupac Shakur on stage at the 2012 Coachella music festival. And while some outcry did erupt, the majority of hip-hop fandom was supportive of the new technology.

Perhaps someday soon, we’ll be able to pay for a holographic image of Carrie Fisher as Princess Leia, or some other dead (or living) celebrity, to stand in our living room and give us our schedule for the day, or tell us how great we look. Some will still call the practice of visually re-creating the dead creepy and unethical, but the technological resurrection will probably continue anyway; after all, money walks and talks, even when dead.



## “BLACK MIRROR” IS A DARK DELIGHT

By Zoe Audifferen

I spent the entire Christmas holiday binge watching sci-fi shows (and a couple Portlandia episodes here and there). Typically, when I’m on the hunt for a good sci-fi show, I shy away from anything featuring aliens, flying cars or robots. This is precisely why Black Mirror was perfect for me. Black Mirror is a Netflix sci-fi anthology series set in a dystopia that will have you hating yourself for becoming ‘woke.’

Each episode takes on a unique plot that oftentimes is only a barely-distorted reflection of society today. The concepts of each episode aren’t built from an unfathomable alternate universe, but one we are currently experiencing. Social issues like institutional oppression and the power of social media are exaggerated just enough to make you question society but futuristic enough to leave you hoping for a better future.

I have always had a love-hate relationship with social media; sometimes loving it for allowing me to express myself, but hating it because it had me caught up in this fake image. An episode entitled “Nosedive” was able to put these notions into perspective. In this episode, the audience follows a woman named Lacie through her daily life, where she rates others both online and in person. Those ratings worked to sort people into social and economic classes.

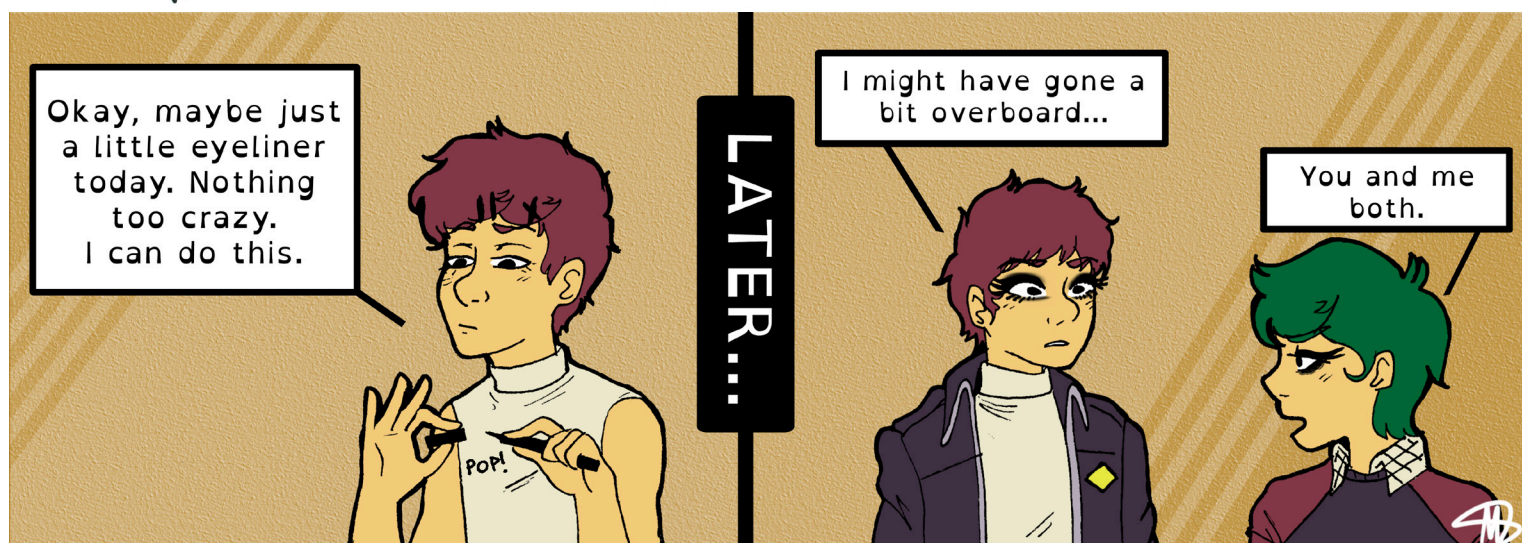
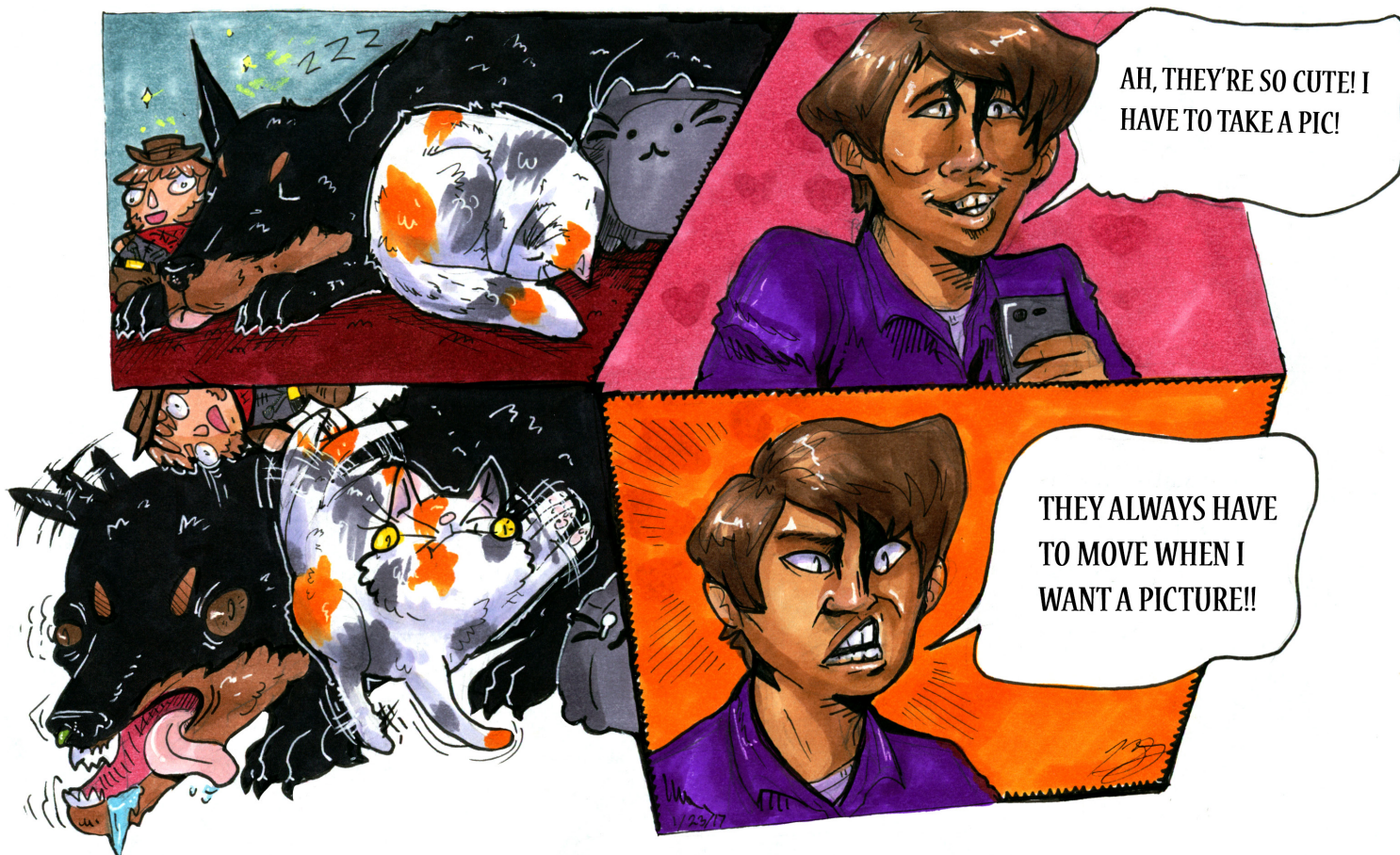
People were more interested in enhancing their image than creating relationships with true emotions and meaning. Recent social media developments, like Snapchat, have already started taking the experience out of life. Slowly, people are being drawn into experiencing life through phone screens. It’s as if many of these people live in this virtual world, void of genuine human interaction and feeling.

This episode was a glimpse into the near future; we’re truly only a handful of years away. Our world will be the same if people don’t possess true relationships anymore. Growing up, many of us were told we had control over our future. It is crazy to think people may no longer have the power to be in charge of their lives; instead, other people could become the dictators of how people should live.

Black Mirror forces the audience to look deep, question their current lifestyle and urge them to do something about it. Black Mirror shouldn’t be viewed simply as a Netflix series, but as a thought provoking piece of literature that serves as a beacon of light.











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