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Presidents retiring, conflicts heightening in the Middle East, feminism reemerging as a hot topic at CSU – the world is in a constant state of change, with each day bringing new surprises. The advent of cooler fall weather ushers in stories of new technologies like Apple’s iOS 8, new developments in cases such as the Ferguson drama and Zikarious Flint shooting, and new scandals in the world of celebrity and privacy breaches.

As the semester marches on, there have been losses, mysteries, and wins for CSU students. The Saber has investigated your questions: Why is Dr. Mescon retiring? What’s the deal with all these fire drills? Should I get an iPhone 6? What is this new Yik Yak app about? What does being a feminist even mean? How can I deal with depression? As always, we welcome you to look for answers in these pages.

Midterms are coming. It’s a sad fact that not only is the world changing; it’s shifting at a speed that seems hard to keep up with. But with each disruption of regular life, new opportunities appear. So while the world is constantly changing, and things that were once so steady no longer seem so, always look to a future in which you have a choice whether you will be shaken by the changes around you, or be accepting of them.

- Catherine Saavedra
Editor-in-Chief
A Farewell Message
CSU’s president, Timothy Mescon, Ph.D. retires

After almost seven years at the helm of CSU, President Mescon is retiring and leaving CSU in November for his new position in Amsterdam. In the next issue, The Saber will be printing reactions by some students and faculty to President Mescon’s retirement. During an interview with The Saber, his passion for education and CSU was evident.

The Saber: You are going to be the Senior Vice-President and Chief Officer of the Association to Advance Collegiate Schools of Business for Europe, the Middle East, and Africa…that’s a mouthful.

Dr. Mescon: That’s right. The acronym for the organization is AACSB…it’s AACSB.edu. In 2016, it will be a 100-year-old non-profit that works to build quality management education worldwide and accredit business schools around the world. Twenty-one of my years I spent working in that environment, and I really benefited from it professionally. It’s really an opportunity to get back to that world and to the business school world, and for someone whose career has really been spent writing about entrepreneurship and innovation, to start an office is just really fun. It’s a great opportunity.

The Saber: You’ve had a lot of achievements here in Georgia and at CSU. What would you say is your greatest achievement?

Dr. Mescon: That’s a great question, because I’m going to give you a different answer than I gave The Ledger…I think it’s the endowments we have raised the last six-plus years to support professorships and academic programs at the University. I mean, those endowments continue in perpetuity, and for a university committed to best in class of whatever it does, you have to have endowed faculty positions and endowed programs to really move the needle. I think that’s been some of our better successes here.

The Saber: I was reading your background, and you really have done a lot.

Dr. Mescon: Well, thanks, and this was a great week. We’ve done two special events this week in the Schwob School of Music. One, a gift to bring this unbelievable Yamaha piano technology to the school; and the second, this past Sunday night was an endowment for the entire Keyboard Studies program. I mean, that’s a big week…celebrating two really important gifts. You want stuff like that on a regular basis.

The Saber: You are renowned for being down-to-earth and accessible. Can you tell us anything about your successor and if you think they will be the same way?

Dr. Mescon: I can’t tell you anything, because I don’t know anything. I really don’t have any input into it. It’s in good hands with the chancellor and the Board of Regents…they will look at the institution, sort of in this context that you’ve described, and make a decision that the leadership believes is in the best interest of the University. So, they’ll put together, for the permanent president, a broadly composed search for the students, community, faculty…it will be a lot of input in the process. They’re pretty good listeners.

Dr. Mescon and Cody the Cougar hanging out in the Rec Center’s Multipurpose Room

The Saber: You’ve made your own stamp here. It’s not going to be the same.

Dr. Mescon: I appreciate that. I’m 36 years into this business and as a faculty member. The truth is the two things I’ve really enjoyed about the academic career is first and foremost the classroom experience, the dynamic with students. Second is the scholarship…the research and the writing. That’s been a great engagement opportunity for me in both arenas.

The Saber: Do you have a message for the students?

Dr. Mescon: I’ve learned it over these three-and-a-half decades and observed it as a student—that’s really that students have a voice, but they have to exercise it. The design of the Rec Center is a perfect example of that. We put students on buses that went across the south, looking at facilities. This is what they wanted. On the classroom side, we designed an adaptive renovation that we’re doing with Howard. The final design decisions were done with what students wanted and what students needed. Students have to learn to consistently find their voice and make themselves heard. Our library changed its hours to two in the morning because that’s what students wanted. We run our shuttle seven days a week, because that’s what students wanted. Lots of things have happened in the last six years. We changed the look and feel of food services on this campus, because that’s what students wanted. We run our shuttle seven days a week, because that’s what students wanted. Lots of things have happened in the last six years. We changed the look and feel of food services on this campus, because that’s what students wanted and now we’ve designed this new freshman housing based on what resonates with students. I think they underestimate the clout that they have. I think it’s important, in a civil manner, to exercise that voice.
Yik Yak Takes Columbus

The Yak heard ‘round the world

Yik Yak is an app for iOS and Android that has recently become popular on the CSU campus. It is designed for anonymously posting within selected areas, more specifically within a ten mile radius of the user. The posts appear in a forum format, with users in the area having the ability to create and comment on posts.

The reception of this app by its users has been mixed at best, with many worrying about the dangers brought on by the complete anonymity of the app. Jesse Cendejas, a junior and Music major at CSU, just recently downloaded the app for himself. “I can imagine there’s good and bad with the app,” Mr. Cendejas admitted, “There could be gossiping, threats, and general negative thoughts towards others.”

These worries are not completely unfounded. Yik Yak has been banned in all high school areas around the country because of several incidents of cyber-bullying. A fifteen-year-old high school student in New York was arrested a few days ago on Sept. 15, after making terroristic threats on the app. Yik Yak prohibits the use of names in any post, although it can only enforce this rule if two or more users report the violation.

Not all posts on Yik Yak are negative, however. Many students on the app posted about the fire drills happening in the Center for Commerce and Technology last week, with some posts warning others to get out. There are also mentions of events that are occurring on campus, and some students discuss what they would like to see change on the campus. “Yik Yak gives students the chance to socialize on a larger scope,” said Mr. Cendejas, “and it’s also nice that people can get things they want to say off their chest without worrying what other people will think.”

It is too early to know what kind of impact Yik Yak will have on the CSU campus, and only time will tell if the impact will be a positive or negative one.

Wolf Cries Up in Smoke

Fire alarms continuously go off on campus

During the normal school hours of Sept. 17, 2014, a number of fire alarms were activated in Jordan Hall and the Center for Commerce and Technology. Following the first alarm that, according to students, was activated in Jordan Hall under mysterious circumstances, the alarms in CCT were periodically activated over the rest of the afternoon.

Student speculation abounded as to the cause of the alarms, as there was not a fire in either of the buildings at any point in that day. While no official statement was given following the events of Sept. 17, all the information available is coming from students and faculty present during each fire alarm evacuation.

From a funding perspective, each false alarm is a drain of resources for the school and emergency services in the city. On the flip side of that, the quick response shows that at the very least the evacuation plans are efficient. Due to lack of information, there will be more information relating to these incidents in the next issue of The Saber.

CSU Students Voice Their Opinions

American Sign Language classes added to CSU

In universities across the country, students are picking up a different kind of language, sign language. It is a language that CSU’s Justin Malone says, “We should all learn.” Three years ago, Malone, a CSU student who has been deaf since birth, created a club called the American Sign Language club. Malone stated, “I’ve seen a big growth in sign language. In only two years, my club became a class.”

There are four levels of sign language taught in ASL classes. It begins with ASL I, which teaches students basic sign language and then moves up to ASL IV which teaches students how to carry on entire conversations in sign language. These classes are usually held in the Elizabeth Bradley Turner Center from 6 to 7:30 p.m. on Tuesdays and Thursdays.

With the help of Malone and the Program Coordinator for Continuing Education, Robyn Maggio, the sign language community continues to grow at CSU. For more information about ASL, contact the Continuing Education Department at 706-507-8070.
The Great Speckled Bird’s Cry
Underground Atlanta newspaper comes to Columbus

The Great Speckled Bird was an underground newspaper that was printed in Atlanta from 1968 to 1976. The Bird, as it was commonly known, was revolutionary in its time for outstanding coverage of many controversial issues like politics, women’s rights, the gay liberation movement, and both local and national politics. It was considered to be a radical voice from the south, and it was renowned for its quality of writing, art, and fearless coverage of relevant issues. Despite attempts to suppress the paper and to harass the people who wrote and sold it, The Bird flourished. On Thursday, Sept. 25, students at CSU will have the chance to attend a panel of The Great Speckled Bird’s former staff members in the Schwob Memorial Library and hear firsthand about the struggles of producing an underground newspaper.

Viva Latin America
Hispanic Awareness Week arrives at CSU

On the week of Sept. 15, 2014, Columbus State University’s Office of Diversity Services and Programs had a number of events informing students of and celebrating Latin American culture. Collectively, the events were called Hispanic Awareness Week, and were the brain-child of Camilla Cardenas. The events were hosted by CHISPA, CSU’s Hispanic Association. September is Hispanic Awareness Month. Historically, Sept. 15 is the anniversary of Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua gaining their independence. In addition to Sept. 15, Sept. 16 is also the day that Mexico became independent, and Sept. 18 is when Chile gained it for themselves.

In the spirit of diversity and cultural awareness, Cardenas had the idea to create Hispanic Awareness Week, telling The Saber: “CSU doesn’t have Hispanic awareness events, but other schools across the nation do. There’s a large Hispanic community in the school, so I wanted to reach out and raise awareness, celebrating the culture.” Cardenas also hopes to have this event yearly, wanting it to be similar to the events during Black History month and the Day of Silence events for the LGBTQ community on campus. If you’re interested in finding out more about diversity-related events on campus, you can learn more at the Office of Diversity Services and Programs in the Davidson Student Center.

Fast Five with a Professor: Dr. Alan Tidwell

Remembering to take what you have and share it with others is an important life lesson. One that Dr. Alan Tidwell, an Assistant Professor in the Business Department, believes in wholeheartedly. He seeks to teach his students about being financially sound in hopes that they will take that financial security and use it to help others. Recently, The Saber sat down with him to discuss what life is like inside, as well as outside, the Turner College of Business.

Where are you from?
AT: I’m from Shelby County, Alabama and I grew up in Indian Springs, Alabama.

How many years have you been at CSU?
AT: I’ve been here for three years. I came in the fall of 2011. Before coming here, I was pursuing a Ph.D. at Georgia State University.

What would you be doing if you weren’t a professor?
AT: I would most likely be doing social work or ministry.

What do you want your students to take away from your class?
AT: I want my students to walk away from my class both financially prudent and prepared. In other words, I want them to be financially responsible. It is my hope that this will allow them the privilege of giving back in the future.

What’s an interesting thing about you that your students don’t know?
AT: On a weekly basis, I work at St. Anne Community Outreach here in Columbus, Georgia. There, we help families in need obtain USDA approved foods as well as financial assistance. I mostly bag groceries, but I don’t mind. Sometimes I even interview families in need of financial assistance.

Dr. Alan Tidwell enjoys community outreach at St. Anne’s
Feminism, a word which holds an enormous amount of power. When people hear it they either jump for joy or run the other way. There seems to be a divide on what it is exactly. According to Chimamanda Ngozi Adichie, a well-known author on women’s rights, a feminist is “a person who believes in the social, political, and economic equality of the sexes.” Women have been fighting for many years to be able to sit at the same table as men. Some would even say that we have made it to the table, and that the fight is over. Is it really? Have women really achieved everything that we set out to? Women still make 72 cents to every man’s dollar. There are still expectations set on a woman’s life choices. There are still roles women are expected to fill in the modern era. What does it mean to be a feminist in today’s society?

“Well I think there is a general perception,” began Dr. Skaggs, the English Department Chair. “I teach a class called Critical Methods, and we’ll talk about feminism as a critical perspective, a lens for looking at literature. Many times there will be some students who think: ‘Why are we even talking about this? It’s done. That movement. That fight has been fought. Time to move on.’”

“And in some sense, I guess I probably thought that myself too,” Dr. Skaggs continued. “That it was my mother’s generation before me that really fought the fight of equality for women, and now we just had to do our thing. We’ve come a really long way. And it is true that many of the doors of education and employment have opened that weren’t open in the past. However, I think we still have a long way to go in terms of thinking about equity and gender roles in general. In addition to being a professional, I’m a mom, I’m a wife and I still think there are cultural perceptions we have about how that work should be divided.”

“You know why I’m a feminist?” asks Omarah Becca, a junior Psychology major, “Because I do not like to be questioned about my motives in life. Since I was little I noticed that whenever I dreamed about what I would be doing in the future there was always a man in the picture. I wanted to be a doctor, but I had to keep in mind that I would be having children, so I shouldn’t go into a profession that took up so much of my time, as if my ‘husband’ wouldn’t be as equally responsible for raising our child. It blows my mind. That’s what young girls are taught. I’m like nah, I wanna be like Beyoncé and have it all!”

Speaking of the multimillionaire artist, Beyoncé has received plenty of negative attention about the fact that she considers herself a feminist. An example of this is when she named her tour “The Mrs. Carter Tour,” which definitely started a lot of fires. Could she not be a feminist and enjoy having her husband’s last name? Evidently not, because society’s view of what a feminist is gave the impression that a woman could not want to take on her husband’s last name. Some people even went as far as to say that Beyoncé was a traitor for her views. She could not sing about being an independent woman, and then turn around and name her tour after her husband, right?

“I’m a feminist because I resent being told what to do, not for fact that I’m obstinate, but because I hate being forced into a type just because of my gender,” said senior English major, Hannah Davis. When thinking about feminism, it is not just about being able to do everything a man does, but also being able to live our lives as we choose in peace.
“Feminism is absolutely still needed today,” said Martin Hogan, a Cognitive Science Major at UGA, “I would say feminism is the examination of pushing back against the complex social systems that keep women (and really anyone who doesn’t fit the manly-hetero-cis-male thing) in a subservient/outcast role. Feminism is about women having power to determine their own lives and interests.”

Determining our own lives is really what modern age feminism boils down to. However, everyone may not view feminism as such. “I am not a feminist, because I believe that men and women have different roles to play in society. I believe these roles are equally important to society as a whole, but not equal in regards to responsibility. To me, feminism is the idea that men and women should be equals in every area of life. I do not believe feminism is needed in today’s society. The problem is two sided: Women need to increase their capacity of respect for themselves and other women. Men need to learn to respect themselves by standing up for women. We all need to be worthy of the respect we seek.” said Jeremiah Crosby, a Southern Wesleyan Graduate. Seeking respect is a very important aspect of feminism; women demand to be respected for the choices we make regarding ourselves. We want our decisions in life to be respected, honored, and not questioned.

“It’s about allowing women to choose their own lifestyles. The third wave of feminism was all about being equal in the workplace and taking back our careers. And I think feminism today is being able to choose whether or not you want to accept that traditional role of being a housewife or a mother because that’s what you choose to do. Or, being a career centric woman because you’re a person, not just your reproductive organs,” said Davis.

“I teach a lot of literature courses,” said Dr. Patrick Jackson, an English professor. “Especially modern literature in which modern cultural issues come up, where writers talk about all of the regular modern issues. And, it is interesting to me that when we inevitably come to gender issues and issues about feminism, the conversation in the class, even if it’s brought up fairly neutrally, gets a bit tense. Students get a lot more nervous talking about it, which is funny because we have probably at that point talked about all sorts of controversial issues like: war, does God exist, racism, colonialism. We’ve talked about a whole array of issues that people feel completely at ease talking about. But, it’s this one issue that really seems to press a button with people and makes them feel uncomfortable. Probably because it’s so close to who we are, as our identity we can’t escape our gender in many ways and the assumptions that we make about it. So we feel uncomfortable because of that.”

Feminism tends to have two different effects on people. They hear the word and either love it or hate it. Despite the differing feelings, here is the point. Feminism is something that will not be going away for a long time. Not until a woman can make the decision to be a housewife, a career woman, a lover of many, or a lover of none without being questioned or chastised for her motives. That’s what we are fighting for, the right to choose and the right to live.

- Franchesca Renfroe
Arts & Entertainment Editor
MV & EE Concert
Vermont-based band visits the Carson McCullers Center

Columbus State University has been involved with the Carson McCullers Center for many years. Poets, authors, and musicians have all been given opportunities to share their hard work with like-minded individuals. The MV & EE concert was a fantastic start to a semester that is sure to be packed full with wonderful events. Stay tuned for future performances and readings at this one of a kind venue.

On Sept. 7 the musical duo, MV & EE performed live at the Carson McCullers Center. Hailing from Vermont, Matt “MV” Valentine and Erika “EE” Elder gifted the Columbus community with a free concert on a particularly stormy Sunday evening. The band, which can be described as psychedelic and experimental, played a variety of songs that were hauntingly beautiful. While thunder continuously rumbled outside, the ambiance inside the Carson McCullers Center was dream-like, with the music casting a mesmerizing spell on the entire audience. The MV & EE concert proved that you do not need flashy special effects to enrapture an audience. All you need is a unique sound and pure talent, both of which MV & EE possess.

The Saber was able to contact Matt Valentine from the band and ask a few questions about the show and the band itself. Here are his responses to the Saber’s inquiries.

What was it like playing live in such an intimate setting?
MV: We really dug the gig; it was the last show of our tour...an auspicious finale. Those kinds of concerts are actually the hardest for me, up close and personal...I really react to the space. I think it came across in the living room, I felt the spirit and all the corners of the audience. It led us down some interesting sonic paths, that’s what always makes it cool for me.

Would you ever return to play at the Carson McCullers Center?
MV: Definitely. It was such an honor to play there. You could feel the mojo.

What would you cite as your musical influences?
MV: Revival, future wave.

STUDY ABROAD CENTER FOR INTERNATIONAL EDUCATION
FAIR
Thursday, Sept 25
11AM-2PM
Davidson Cougar Lounge
Visiting Artist Melds Science and Art
David Jensz creates whirlpool sculpture for CSU

Australian sculptor David Jensz has recently served as an artist-in-residence at Columbus State University’s RiverPark campus. The opportunity to host Jensz with the Art Department this month came from his friendship with Michael McFall, an Associate Professor of Art at CSU who completed a residency in Australia and met Jensz while there.

During his time in Columbus, Jensz had been working on a piece to display at the school. Citing influences by artists such as Tony Craig and Richard Deacon, Jensz explained his interest in what he described as a transition between forms and going outside of space and time. Thoughts of what someone would see from that point of view were a heavy theme when he began working on the sculpture for the university.

Building upon the themes of space, time and reality, Jensz’s piece “Event Horizon” is a reference to black holes and whirlpools. According to Jensz, “the idea of a water funnel as a way of getting somewhere and the unknown side after getting sucked in” was particularly inspiring for the piece.

Naturally, the heavy science theme was particularly fitting, with the piece being displayed in LeNoir Hall. Residing inside the staircase, students travelling up and down the stairs can follow the whirlpool as a part of their everyday commute to classes.

Having been a sculptor for over thirty years, Jensz gave The Saber a message for the students, “As students, the most important thing is to just make it work and find what kind of artist you are.” Jensz explained further that as an artist, you have to find what you fit, not what fits you.

Left Exposed
The celebrity leaked nude pictures scandal

How many of us have taken a provocative picture and sent it without a second thought? Sexting is considered a form of intimacy, a digital extension of flirting for when you are away from the intended recipient. The leaked nude photos of celebrities, dubbed “The Fappening” or “Celebgate,” was the release of hundreds of intimate pictures that affected a long list of top female celebrities. Among the list are Kaley Cuoco, Kate Upton, Jennifer Lawrence, Mary Elizabeth Winstead, McKayla Maroney, and Jill Scott.

The leaks started on 4chan, an online forum. They then circulated around to different sites, the most popular being Reddit. This storm of hacking does not only reflect the murkiness of internet laws, but also calls into question the murkiness of internet laws, but it instead rather personal libel or emotional distress. There is the exception of McKayla Maroney however, a 2011 US gymnast who was underage when the alleged pictures of her were leaked. At first the authenticity was in question but was later found to be in fact hers. Her lawyers went after the sites, threatening to charge them with distributing child pornography. The sites promptly took the pictures down, but there are still countless pictures of other stars out there.

CSU Psychology Professor John Roop told The Saber, “Psychologically there are men who have been programmed to see women a certain way, for a long time women were deemed to be lesser.” Many automatically blame Maroney for putting herself in that situation, believing it is her fault for dressing in a tempting way and taking the picture. Physically, this recent hacking is not so severe, but mentally it is. It can leave women feeling humiliated and exposed. This debacle shines a light on how the gap between women and men is still ever so present, as hacking is about having power over another.

Kaley Cuoco, star of the Big Bang Theory, retaliated with two humorous pictures of her own. The pictures, which she uploaded to Instagram, featured her husband, herself, and Kaley’s dog, Ruby at the beach. Cuoco pixelated the picture to make it appear as if the couple were nude. The caption read “Frolicking with my hubs on the beaches of Mexico! Feels like we forgot something?” The other post featured her dog on a fake magazine cover. Underneath she wrote, “Oh Ruby! They got you too!”

People’s opinions on leaked photos are varied. Laura Jane Beach, an Education major, said, “I believe that celebrities are not able to do whatever they want. They lose all rights to privacy.” Celebrities put themselves out there for a living, and must thrive under the public eye. There are those out there that can obsess over them, and in this instance this obsession was taken too far. No matter what your opinions on sexting/nude pictures are, if you are going to do it, be cautious that it does not end up in the wrong hands. If there is the slightest doubt that the receiver will not keep it to themselves, do not hit send.
Columbus’ very own three-stage music festival is returning for its second year late this month. JunkFest is an eclectic festival celebrating Folk and Americana music, folk art, local merchants, artists, vendors, and thrifters.

Established in 2012, JunkFest is actually an arts center and venue in Columbus that claims to “celebrate organic southern life.” Held behind Gina’s Junk and Antiques and surrounded by fruit trees, the center plays host to a number of different events each year, the biggest of which is the JunkFest music festival. This year, JunkFest will be held on Sept. 27, with performers such as the Bibb City Ramblers and Rick Edwards headlining.

A number of other local and regional musical artists will also be present at the event. Local staples like BamaJama Barbecue and Fountain City Coffee will be in attendance, as well as dozens of art and antique vendors. The festival will be located at 6020 Buena Vista Road. Tickets are $10 for students, and ticket sales benefit Columbus Hospice.

**Behind The Laramie Project**

**Director Larry McDonald discusses creative process**

CSU Theatre is not afraid to push the boundaries. The department encourages its audience to think about ideas and situations that aren’t exactly ideal. This year the theatre department kicks off its main stage series with “The Laramie Project.” The Saber sat down with the show’s director Larry McDonald to discuss preparations for the play.

1. What prompted you to choose The Laramie Project for this year’s theatre season?

   **LM:** For me, the creative process as an actor or director is usually anything but “smooth,” which is a positive thing. I find myself the most creative when I feel pressure and I’m in a place of “the unknown.” So, our rehearsals have been at times trying, emotionally draining, or frustrating. We temper all that by having fun as often as we can, and appreciating and caring for each other as unique individuals.

2. Who are the lead actors in the play?

   **LM:** The Laramie Project is a true ensemble piece. So there are no real “lead” actors. The ensemble is composed of twelve students ranging from freshmen to seniors. They are as follows: Kristen Blanda, Rylee Bunton, Mathew Carey, Desi Evans, Jordan Ford, Janna Koffman, Leah Martin, Matt Medina, Nick Rulon, Maddie Tweed, Austin Winchester, and Rachel Wolovick.

3. What do you want audience members to take from the play? Look forward to?

   **LM:** My hope is that the audience will leave having an understanding of what might be the seed(s) of hate in a community like Laramie, the difference between tolerance and acceptance, and how healing and hope can come from inhumanity and tragedy.

4. The Laramie Project details the events of a hate crime. Do you think that will make it resonate more with the audience?

   **LM:** I think a play about an actual hate crime that depicts real people from the town where it happened is extremely compelling for an audience. My hope is that the subject matter will resonate with audience members in many different ways. Certainly if you’re a member of the LGBT community it will likely resonate with you in a much different way than it might, say, for someone who views homosexuality as a “lifestyle” choice, as in “don’t ask, don’t tell,” because I don’t want to know.

5. How smoothly did preparation for the play go? What was it like getting ready for this play?

   **LM:** For me, the creative process as an actor or director is usually anything but “smooth,” which is a positive thing. I find myself the most creative when I feel pressure and I’m in a place of “the unknown.” So, our rehearsals have been at times trying, emotionally draining, or frustrating. We temper all that by having fun as often as we can, and appreciating and caring for each other as unique individuals.

6. Tell me a little bit about yourself.

   **LM:** I’ve been at CSU for approximately eight years. This is the seventh show I’ve directed here, and probably somewhere near the 25th show in my career. Prior to my academic life I was a professional actor more so than a director. I still consider myself more of an actor.
America Fights Terrorism
How President Obama plans to put an end to ISIL

On the night before the anniversary of Sept. 11, President Obama addressed the nation on how America will take action against the Islamic State (known as ISIS or ISIL). Formed from Al-Qaeda affiliates, ISIL is a militant group of rebels that has been terrorizing the citizens of Iraq and Syria. ISIL has beheaded two American journalists and one British aid worker on live video, placing responsibility on American and British leaders. Obama stated: “ISIL is a terrorist organization, pure and simple, and it has no vision other than the slaughter of all who stand in its way.”

In his speech, Obama announced that the United States will take action against ISIL. After thanking the American troops for their hard work over the past years, Obama said: “Still we continue to face a terrorist threat. We can’t erase every trace of evil from the world, and small groups of killers have the capacity to do great harm. That was the case before Sept. 11 and that remains true today. And that is why we must remain vigilant as threats emerge.”

Obama then explained how America will push back against ISIL, using a four-step process. First, America will assist Iraqi soldiers in combat by conducting airstrikes on ISIL. Second, 475 US military members will be sent to help train Iraqi soldiers on how to defend their own country. Third, Obama claimed to double the number of intelligence working to prevent ISIL from attacking the United States. And fourth, before all the dust settles, Obama will make sure that the innocent civilians in these affected Middle Eastern countries are safe.

Since Obama’s speech, airstrikes on ISIL have been conducted. On Sept. 14 and 15, America assisted Iraqi forces by performing airstrikes on an ISIL position. Though this was the beginning of Obama’s plan to eliminate ISIL forces in the Middle East, the US military has already conducted 162 airstrikes in the area over the years. Because of this, Iran is unsure of America’s motives and therefore wary to join the coalition with the US to fight ISIL.

The latest update is that the US has decided to supply Syrian rebel forces with weapons and proper training in order to fight against ISIL members. There is great controversy with this decision, as officials fear that the Syrian rebels have an alternative agenda. Determined to eradicate this terroristic group in the Middle East, Obama is willing to exercise any measure necessary, short of sending US troops to combat. Obama claimed: “If left unchecked, these terrorists can pose a growing threat beyond [the Middle East], including to the United States,” which is why it is important to take action now, in order to prevent a terroristic attack from happening on American soil.

The United States has dozens of allies to help fight against, what the CIA estimates to be, around 20,000 to 30,000 ISIL members. In response to ISIL threats, Obama stated “If you threaten America, you will find no safe haven.” Americans were reassured that ISIL has not yet made an attempt to attack the United States, and that great efforts are being taken in order to eliminate this terroristic threat.
Ever since the ill-fated day when 18-year-old Michael Brown Jr. was fatally shot by police, life in Ferguson, Missouri has not been the same. Peaceful protests were lost among the sea of violent riots as a little-known city turned into a war zone. Police officers with military grade equipment clashed with a variety of protestors for days on end. The rest of the world watched in awe as this American city was plagued with intense violence.

With the events unfolding in Ferguson, Missouri, one is reminded of the incident that took place on March 30 of this year near the main campus of Columbus State University. That day, University Police received a call about a man walking around Courtyard I with a gun and checking the ammo cartridge. Within minutes, University Police arrived on the scene and approached the suspect, 20-year-old Zikarious Jaquan Flint, who began to flee from the scene on foot. University Police pursued the suspect, with the chase ending in the death of Flint. A Glock, model 22 .40-caliber pistol, was recovered at the scene.

University Police Chief Rus Drew responded to The Saber’s inquiries revolving the incident. He informed The Saber that since it was still an active investigation, he was unable to provide much detail about the case, but he was able to provide some insight. “It was a serious traumatic incident for the campus community and for the [police] department. It was hard not only on the officers involved, but on the entire police department as well.” Chief Rus Drew expressed a desire for the police department to be able to return to normalcy, a sentiment that is sure to be shared by most parties involved.

The Georgia Bureau of Investigation has recently concluded its probe into the Flint shooting and has passed on its findings to the Muscogee County district attorney’s office. Standard practice requires the GBI to hand over the investigation files to the district attorney so that they can decide what course of action to take. In this case, District Attorney Julia Slater will have to decide what to do with the GBI’s findings. Depending on what is found, Slater may decide to further probe the incident, present the findings to a grand jury, or close the investigation altogether.

While most of the Columbus community has moved on from this incident that took place in March, one individual remains devastated. Shamanique Flint, mother of the deceased Zikarious Flint, is furious with how the case is being handled. Flint recently informed WTVM that, through Facebook, she learned about the GBI concluding its investigation of the incident involving her son. She informed the Columbus news network that she feels abandoned by her community and is still searching for answers. The Saber was unable to reach Mrs. Flint for a comment.

The general consensus of the Zikarious Flint shooting is that it was a tragic event. Likewise, the Michael Brown Jr. shooting has been widely viewed as a tragedy. While many citizens of Ferguson express feelings of distrust and negativity towards their police force, the relationship between students and University Police here at Columbus State University seems to have remained strong.
Krista Gooris Hired as Fitness Coordinator

CSU’s new fitness coordinator, Krista Gooris

Krista Gooris understands why many students might not feel comfortable walking in to the Campus Recreation Center. “Yesterday I walked a girl through here who had never been into the Rec,” Gooris explains, “and I asked ‘Why are you not coming?’ and she told me ‘Well, I don’t know where to start.’”

“So it can be overwhelming,” says Gooris, who was hired at the end of August to take over as Fitness Coordinator for Campus Recreation, after Lori Coffield’s departure at the end of last year. “Students feel that, first ‘I don’t know what to do,’ and secondly that ‘that feeling is so overwhelming, I don’t know where to start.’ My goal here is to make every student feel like they are a part of this Campus Rec, and that they can walk in and be comfortable here.”

Gooris is passionate about helping students understand and use their bodies, as well as becoming comfortable exercising in public. “I’ve been able to work with almost every age population, which has been really great because I have gotten to see a similarity in all of us people, no matter our age, weight, gender; it’s all been the same. No one ever likes someone looking in and watching you doing something weird. Zumba’s kind of weird, because not everyone’s okay with dancing. But getting people comfortable in their fishbowl – because people can see in, and it can be awkward – is important. I think that’s truly why a lot of people don’t come to work out, because they’re not knowledgeable.”

Gooris sees it as an easy solution though, because gaining knowledge makes students more comfortable and independent. “That’s why I love to push personal training, because even if you just bought two sessions, you will learn so much. Group fitness is complimentary, and an easy transition for that, if they’re a social person.”

As a freshman Nursing major coming off a career as a high school volleyball, basketball and track athlete, Gooris found herself missing the world of athletics, and discovered campus recreation.

“I started taking group fitness classes and working out regularly, and my freshman year I became a group fitness instructor and a certified personal trainer. I think it was truly where I was supposed to be.”

“Exercise is a stress, but it’s a wonderful stress and it releases a lot of wonderful hormones and endorphins that make people feel good and feel better about themselves.”

Although she began as a Nursing major, she says she realized that campus recreation was the right place for her. “I didn’t like how the body worked, I liked how the body moved. It was weird transitioning, but I think I truly found my passion and my calling in life, so whatever happened, happened for a reason.”

Gooris comes to Columbus from a campus recreation coordinator internship at the University of Colorado, where she worked following her graduation in May 2013 from Western Illinois University.

She was surprised by CSU’s facilities when she flew down to interview. “For this size of student body, this is an awesome facility. I think it really speaks to the investment in the students. So we are very privileged to have this at our students’ fingertips, and I’m very privileged to be a part of this team.

Gooris recently married, about a week before relocating to Columbus. “We planned a wedding in Illinois from Colorado while preparing to move to Georgia,” she says. “We both knew I was looking for jobs, so we didn’t plan a honeymoon or anything, because that was most important to us, to get settled.”

Now that she’s settled in to the Columbus atmosphere, she says it’s a “good fit for my life.” Her husband Daniel is an Olympic decathlete and has been competing since he was young. The two met in college, and Daniel is now serving as a volunteer coach with CSU’s track and field team.

Gooris plans to have a long tenure at CSU, and is looking forward to replacing old equipment and bringing in new fitness trends, like functional training. “Change is good, but it takes baby steps. We’ve been open for four years, which is wonderful, but the equipment has stayed the same. Whether it’s taking equipment that doesn’t work anymore and swapping it out or getting new equipment, it’s a slow process.”

She brings both her excitement and her personality to the table, looking to take CSU’s student fitness programs to the next level. “I’ve always been blessed with an outgoing personality, and I think that’s one reason I succeeded so much in group fitness and personal training.”

Gooris’s office is located on the main floor of the Recreation Center, and she invites students to come to her with comments.

“I challenge everyone to make an attempt to come in here and try us out, bring a friend and try something new. If something’s holding you back, if you’re scared to come, try our group fitness classes. There’s nothing to be afraid or ashamed of, and if you need a little bit more of a push, we even sell one personal training session, just one. And I absolutely love to be visited by students. I have an open door policy, so come and visit me as well.”
What Our Tears Tell Us
The things we carry can be too heavy to bear alone

I cried the other day; it started when I found this tiny kitten in my backyard. She was scared, and no matter how soft I made my voice, she refused to let me catch her. I don’t blame her – after all, who knows what type of person might have hurt her or left her when she really needed someone? I knew I had to convince her I was a good person. She finally came to me; I think the tuna I was attempting to feed her helped a great deal, but the full hour I spent slowly earning her trust was probably more important.

I took her to the veterinarian, where I learned she was fine. Afterward, I stood outside of a busy store with a sign that read “Free Kitten” until a very loving couple decided to take her home. This little story had a happy ending, so why the tears? When I first heard her mewing I couldn’t help but imagine the worst possibilities. The kitten could have run into the street and gotten killed by an oncoming car. The vet could have told me she was weak and suggested putting her to sleep. But, instead, a new little family was formed.

There are moments in life where we feel so much that we don’t know what to do, and crying may be the result. Joy can often bring about tears – life events like the birth of a new baby, a beautiful sunset, or looking into a vast sky full of stars. But, more often than not, our tears are companions of sadness.

Sadness is a normal part of life. Ideally, people manage to work through it. They will exercise, be with friends, watch a funny movie, or simply let time pass. Eventually, the hurt lifts, and they continue forward.

However, if you are at a point where you can’t seem to stop crying, you would rather stay in bed than be with the people you love, or you start to feel that you’re worthless, it has gone beyond regular sadness. This may be depression and it’s possible that you need help.

Symptoms of depression can involve seeing the world only in negative terms, feelings of hopelessness, a lack of energy, or feeling “empty.” The things you used to enjoy no longer hold any value, and all you want to do is be left alone. It may be hard, but if any of these symptoms are present, I encourage you to seek help. This is especially important if you are wishing you were no longer alive or making plans to hurt yourself.

Sometimes, the things we carry can be too heavy to bear alone. Depression can stop us from seeing the good in the world. Just like that kitten, we can be afraid to reach out because of worry we’ll end up getting hurt. But, maybe if we dare ourselves to open up to the right person and let them pick us up, the rest of the story just might include finding a way home.
Is Domestic Violence an Issue in the NFL?
League under fire after several players arrested

One could argue the National Football League does not have a domestic violence issue, and that instead the United States has a domestic violence issue.

According to the National Center on Domestic and Sexual Violence, one out of every four women are victims of domestic violence, and one out of every seven men are victims of the crime.

The NFL can no longer escape the realities of violence, and thanks to the eye-opening video of former Baltimore Ravens running back Ray Rice assaulting his then fiancé Janay Palmer (now Janay Rice), the NFL will not be able to hide from its critics.

According to the associated press, 77 players have been involved in 85 domestic violence incidents since the year 2000. Only six of those players were released from their team.

This year alone five players have been involved in incidents ranging from domestic violence to child abuse, including one as recent as last Wednesday.

Others might say the NFL does not have a domestic violence problem, it has an image problem. “Football has always had an issue with its image,” said Tim Jinns, former public relations officer at Florida State and Tennessee Chattanooga. “The NFL have had to deal with drugs, cheating, violence, and just pure recklessness on the part of both the players and the owner.”

“It was a very big blow to both the NFL and athletes in general,” said Mike Speight, intramural & club sports coordinator and the head coach of the CSU club football team.

The spotlight began to shine on the NFL when a video surfaced of Ray Rice dragging his then fiancé out of an elevator. Rice was originally arrested for domestic violence, but the charges were dropped shortly after, and the couple married weeks after the incident. The NFL suspended him for two games, and he was fined one game paycheck, approximately $500,000. “I would have immediately released him from the team,” said Speight, “But I would continue to reach out to him as a friend, and help him to grow from this.”

On Sept. 8, celebrity news site TMZ released the video of what happened inside the elevator. It surprised many including the NFL and the Baltimore Ravens.

The NFL rescinded Rice’s two game suspension, and turned it into an indefinite suspension. The Ravens released the former All-Pro running back. “They didn’t do their homework,” said Jinns. “They did not look at all of the facts, and it came back to hurt them, and quite frankly it tarnished their image.”

“They threw out a punishment without knowing everything,” said Speight. “It put the NFL in a bad situation, and put Ray in a bad situation. It’s almost like he got punished twice because here he was about to sit two games, and now he’s out of a job.”

Two players were arrested before the season for domestic violence, and both played on opening day.

San Francisco 49er defensive-end Ray McDonald was arrested in September for domestic violence, but has yet to miss any games. Carolina defensive-end Greg Hardy was arrested and convicted for the same crime, and played the first game, but has since taken a paid absence while his appeal goes through.

Since the release of the Ray Rice video, NFL Commissioner Roger Goodell announced a stricter policy where a player involved in an incident will be banned for at least six games, depending on the crime, and the second violation will result in a lifetime-ban from the NFL.

“It’s a good start,” said Jinns. “However, Goodell needs to explain why the video was not seen by him or his people, and if it was seen then jobs need to be lost, including his own.”

For more information on the Ray Rice incident and all things related to the NFL, visit NFL.com. For more information on domestic violence and other sexual related violent crimes, please visit ncdsv.org.
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