

DON'T Call It A DUMMY

How Nursing Students Train for
Real Medical Emergencies



THE
Saher

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THE Saber

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CONTACT

For comments or inquiries,
CSUSaber@gmail.com
For advertising information,
CSUSaberAds@gmail.com

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

COVER BY: ASHTON JOHNSON

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EDITOR'S LETTER

I think people sometimes forget about all the incredible things our campus community is doing. It's understandable. We're in it day to day, so we put on our blinders and take them for granted. Maybe we look across the way towards Atlanta or Auburn and slump towards the next class or back home, figuring that bigger things are happening somewhere else.

There are big things happening in those places, yeah. But every day, there are amazing things happening here too.

Case in point: the incredible new technology that is allowing CSU's nursing students to train with (creepily?) realistic mannequins every day in a mock hospital setting, complete with a nursing station and individual patient beds and exam rooms. These

students will enter a stressful, frenetic and ever-more vital industry with the confidence and skill to become some of the best leaders in their field.

That's just one part of one department though. This year, we'll be able to see shows created in their entirety by students in the theatre department. We're seeing soul-baring student artwork debut in the downtown galleries (page ten). We're seeing students write, direct, edit and broadcast their own radio thriller (page six). We're seeing alumni open new businesses downtown (page four) and, hopefully, we'll be seeing some much-needed improvements to the Den (page 17).

While we're still keeping an eye on political developments, as you'll see throughout the issue, it is important to take a step back and look at what is going right in our community. There is a lot going right here, and a lot of reasons to be excited, humbled and proud to be in the CSU Cougar community.

-Scott Berson
Editor-In-Chief

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Theatre Major Caleb Jackson practices a monologue for One-Act auditions

Students Take the Stage

CSU One-Act Festival begins production

By Sam Sachs

On Feb. 16, the Department of Theatre held its auditions for the annual One-Act Festival, a series of short plays starring, directed and produced by CSU students.

Student directors, actors and stage managers met in the CSU Lighting Lab on the second floor of the Riverside Theatre Complex for monologues and the chance to be cast in eight shows.

Callbacks for the shows were held on Feb. 17 and 18, and production is now in progress on each show. "The teamwork in the one-act process is absolutely phenomenal and I believe everyone should be in a one-act at least once," said director Indya Morgan, a senior theatre major.

The educational aspects don't just stop at teamwork. "I think it's important to give students the opportunities to be cast who may not get to be in mainstage productions," said director Carrie Moll, also a senior theatre major. "[It allows] many different students to work with their peers in collaboration."

Director DeMarcus Monroe, a senior theatre major, feels that "One-acts are always a time for people who don't get cast in Main Stage shows to work and show their talent," not just for the actors, but the "lighting designers, stage managers and sound designers," too.

Theatre department chair Lawrence Dooley, Ph.D., believes that "these one-acts are wonderful ways for students to put their

classroom learning into actual practice. It is a way for us to see a variety of works, and for student actors to demonstrate their skills as well."

While one-acts provide a great learning opportunity, some directors enjoy the festival for different, sometimes controversial reasons. "I've chosen to direct a political comedy for the One-Act Festival because of the current situation in America. It's important to recognize what's happening in our country right now, and I think humor is a great way to communicate that," said Director Nathan Petty, a senior theatre major.

Other directors prefer the one-acts for their accessibility to audiences and broad appeal.

"This year's festival has a show for anyone and everyone. We're going from comedies about fairytales and fever dreams to romantic stories to tug on your heart strings, to more difficult statements about the treatment of minorities," said Director Sarah Massey, a senior theatre major.

Whether educational, political or just there to entertain, the One-Acts Festival will provide CSU audiences with a wide range of genres and messages.

The eight shows, directed by Asher Brooks, Indya Bussey, Maggie Kamperman, Jenna Luke, Sarah Massey, Carrie Moll, Demarcus Monroe, and Nathan Petty, open on April 24-25.

NEWS

CAMERON BEAN NAMED EXECUTIVE DIRECTOR OF DEVELOPMENT FOR COA

CSU alumnus Cameron Bean will be in charge of collaborating with various stakeholders and donors throughout the community to advance the mission of the College of the Arts.

SABER WINS GEORGIA PRESS ASSOCIATION AWARDS

The Saber received three awards Saturday, Feb. 11 for outstanding achievement in the journalistic profession. Scott Berson and Lindsay Marchello won first place for Best Editorial, Destiny Trivino won third place for Best Entertainment Feature, and to the paper as a whole won third place for Layout and Design Excellence.

MEN AND WOMEN'S BASKETBALL TEAMS HEAD TO PBC

Both the men and women's basketball teams came out of stellar regular-season runs to advance to the Peach Belt Tournament. The Lady Cougars won all but one game as of this writing. Schedules for tournament games can be found at csucougars.com



A Return to Their Roots

Columbus natives bring natural food restaurant and grocery to downtown

By Scottie DeClue

Olivia Amos, Lauren Havican, and Brandy Whitney

Columbus State University alumnus Olivia Amos, Chef Brandy Whitney, and Chef Lauren Havican are working hard to promote healthy eating in our community, and this March they will debut their new organic grocery store and dining venue called Bare Roots Farmacy on 12th Street in downtown Columbus.

Bare Roots will offer a multitude of services including meal preparation, indoor and outdoor dining, as well as groceries like produce, dairy, meats, poultry, grains, and gluten-free bread. The store on 12th is an expansion of their already successful meal-prepping project called Bare Roots Paleo. The focus of Bare Roots Farmacy is to bring healthier food options to Columbus.

"Bare Roots began as a paleo-delivery system for people who needed a good diet for their workout regimen, or just needed help with healthy eating in general," said Whitney. "We started the project over two years ago with a small group. Now, we are doing almost 120 meals a day." As the customer base grew larger, Amos and Whitney realized there was potential for a larger operation. Whitney added that the diets have been very effective for many clients,

like one 80-year-old woman with hypertension and diabetes who now takes no medication after help from the Bare Roots team.

"Diet is extremely important for a healthy lifestyle, and meal prepping can be time consuming and difficult," said Whitney. "With Bare Roots Farmacy, we want to make the benefits of cleaner eating more convenient for everybody." Amos added that at Bare Roots, customers would be able to order meals in advance for pick-up, or sit down and

have a healthy meal if they prefer. The menu will change weekly depending on what produce is available. Bare roots will serve both breakfast and lunch, and vegan and vegetarian options will be available.

In addition to exploring an à la carte menu, guests may build their own salads from a salad bar, or construct a dish from a sweet potato bar. Dinner will be available on Fridays and Saturdays, but will require a reservation ticket from the Bare Roots Farmacy website.

"The dinner menus are going to be similar to a prefixed menu," Havican said. "They will have four to five courses with selections for each course." Wine pairings with dinner will also be available. All items found on the menu will be made with food from local farms.

"The whole place is going to be farm-to-table, and we are sourcing from local farms all across Georgia," Amos said. "That's part of the reason behind the brand name as well; we used to eat locally back in the day, so we are trying to get back to those roots." Many of the farms providing product to Bare Roots will be familiar to customers who frequent Uptown Market Days.

"The atmosphere will be relaxing and comfortable," Amos said. "There will be baskets on the tables for cell phones and even communal seating. We want dining to be a social activity where people talk to each other instead of staring at their cell phones all day." The multi-purpose store, which will seat approximately 50 people and is currently



applying for an alcohol license, will also have a bar that serves both vegan and non-vegan beer, wine, and even kombucha.

"We need to start teaching our community to eat healthier," said Amos. "There are not many places in town to find local organic produce, and we are working to fill that void." Amos voiced concern about the popularity of fast food and noted that college kids are eating terrible as well. "People on low-budget and fixed incomes can eat healthy too," Havican said. "They simply don't learn to cook anymore because of the availability and convenience of all the fast food." To help combat this problem, the three ladies are working with schools and organizations in the community by promoting school greenhouses and gardens for the kids to learn about healthier food options.

"We have already got a garden going at Cascade Hills church and we are working on one at Girls, Inc.," Amos said. "The kids get to have fun learning about farming, and that involvement in the process breaks some reservations that they might have otherwise had about healthy food options."

According to Amos, the produce created by these urban garden programs will be available not only to Bare Roots, but to other restaurants in Columbus. Whitney said, "we have to get back to eating right or else there are going to be dire consequences." Bare Roots wants to help CSU students too, so they will offer a discount to students with proper identification.



Tour De Chow

Restaurant Reviews by Scottie DeClue

GOLDEN CHOPSTICKS

Located in a small shopping center off St. Mary's road, the utilitarian storefront has only a modest, yellow sign with a soft neon glow. Inside, the atmosphere is subtle and relaxing. Curious Korean trinkets and framed awards line the walls, and tell the story of Golden Chopsticks and its bond with Columbus. Quiet mandolins and the whistling of a green tea kettle give the entrance a calm and inviting feeling. Those who have never had Golden Chopsticks should consider themselves lucky, for the throes of food addiction are no laughing matter.

Golden Chopsticks has been serving quality Korean barbeque since the 1970s, and chef Qwan Lee attributes the longevity of the restaurant to the implementation of important culinary values like tireless discipline, rigorous conviction, and a steady passion for traditional Korean technique. His blades are kept sharp, his kitchen remains clean, and his staff is vigilant at all times.

"Twelve to fifteen hour workdays are normal for us," Lee said. "Korean barbeque restaurants are incredibly hard to run because of the amount of meticulous preparation required to operate each day." With over eighty items to choose from and two completely different menus, it is no surprise that the preparation at Golden Chopsticks must be a nightmare for the kitchen. Nevertheless, they seem to have managed it for forty years without a hitch.

"We offer two unique dining experiences for the guests," said Lee. "Most come for the dinner platters, which are great for the value, but many come to have Yakiniku." Yakiniku is a cooking method where people gather around a hot grill and cook marinated meats. There are many different marinades and meat cuts that may be used, and Golden Chopsticks offers six for its customers. "Traditionally," added Lee, "you

take the marinated meat and wrap it with crunchy lettuce and steamed rice, and that is how we serve it here."

Dinner platters are unrelenting waves of unbelievably delicious food. Simply order a dinner platter for two, and soon ceramic and metal bowls full of vibrantly colored and beautifully prepared dishes will begin filling the table to capacity. There is a mesmerizing effect as the plates begin to arrive, followed by a feeding frenzy. Certainly, this is the food that Chihiro's parents found in Spirited Away.

*"Dinner platters are
unrelenting waves of
unbelievably delicious food"*

"My favorite dish here is the So Kalbi," said Lee. "We take the highest quality short rib and trim the fat completely off, then marinate it with a very old recipe and grill it over an open flame." Lee only eats the So Kalbi with his late mother's Bok-Choy Kimchee recipe, one that has been handed down through the generations. "I think that doing things in the old way keeps the regulars coming back," said Lee. "It is fun to try new things once in a while, but these recipes are not going anywhere."

Golden Chopsticks can be found in the Holly Hills shopping center at 3846 St. Mary's road in Columbus. They are open from 11 a.m. to 10 p.m., Monday through Saturday. Vegetarian options are available, and no reservations are needed.



Romance, Mystery, and Murder

Creating WCUG's Old-Timey Radio Drama, "Stone Cold Mysteries"

By David Bost
Photos by Bo Lewis

Walking downtown past the Carpenter's Building on a lazy Sunday afternoon, you might just see the cast and crew of *Stone Cold Mysteries* plotting their next murderous show.

Every episode follows 1890s detective Samantha Stone—played by Yvonne Marshall, an integrated media communications major—and the police chief Carter Sheppard—voiced by Derek Rains, of the same major—on their quest to solve different murders in the 1950s style radio show. They are supported by a team of other voice actors who help populate the story with characters and intrigue.

"We run the show all month so we have time to create a quality product for our listeners," said Marshall, "It also allows our patrons to go back and re-listen to the show or listen for the first time." At the end of each episode all of the evidence and suspects are reviewed so the audience can try to figure out who the killer is before it is revealed in the following episode.

When asked about her writing process,

Marshall said, "I start with the murder. I sit down with a glass of juice and kill someone. Then I decide who killed them, why they were killed, and where they were killed." She is the head writer for the show as well as the voice of the main character.

"I start with the murder. I sit down with a glass of juice and kill someone."



Like most people, Marshall experiences writer's block. When this occurs, Marshall says she "drives down to the radio station and bounces ideas off whoever is here; usually it is Matt Rorer."

Rorer works on stitching together the audio bites for the next episode.

When asked why she wanted to do a radio show in this style, Marshall answered, "I love listening to old radio shows like *Gun Smoke* with my dad. They are minimalistic in execution, but the story is engrossing. I decided to write a murder mystery because of my love for old detective stories."

Since *Stone Cold Murder Mysteries* is based off the 1950s radio shows, the cast writes their own commercials for fake products. "We try to keep the commercials short and funny to break up the hour long show, but what is still most important is the story."

If anyone is interested in helping make *Stone Cold Murder Mysteries*, they can contact Marshall or Rorer at their school emails. Tune in next month for their upcoming episode "Addicted to Death." The show airs every Saturday from 5pm-6pm on the WCUG 88.5 FM station. Previous episodes are backlogged on SoundCloud.



The Sounds of Columbus

Skyler Saufley Keeps The Blues Alive

By Javere Johnson
Photo by Marisol Peña

There is a genre of music that relies heavily on emotion to convey its meaning. The blues, with deep base and distorted guitars, provides a musical experience unlike any other. If you have ever been to one of Skyler Saufley's shows, then you know that he and his band are delivering just that.

Skyler Saufley, winner of a Ledger-Enquirer Reader's Choice Award, is a four-piece band that performs all over Columbus. They have a solid fan base around town and know how to work a crowd. Saufley says that he was "doing the right thing musically" and always had confidence, which the award justified. He explains that "before we get up people would just be talking, [but] once we get on stage and play" he captures the audience's attention. Saufley is not your typical blues player, and his journey to become one is unique.

It is rare for a young artist to play the blues. Because of the roots of blues music, many musicians happen to be middle-aged and of color. When he first started playing the guitar, Saufley says that his initial inspiration was Elvis. He spent time trying to produce the sound that 1950's Elvis and Chuck Berry had. Then one day a friend of his introduced him to something that changed his endeavor forever.

As a child, Saufley's musical scope was limited. "My dad listened to modern country...everybody at school listened to like rap music." But one day his friends showed him the artist Muddy Waters.

Saufley was hooked. Growing up, he never had a chance to experience an "electrified Chicago blues" artist. Hearing something like that, he says it "just grabs your attention." His new inspirations became musicians like Buddy Guy, Elmore James, and Jimmy Reed.



Saufley currently does not have any recordings out, but you can catch him live every Thursday at Legends Bar & Grill or at Wild Wings Café. There is no confirmed release date, but he hopes to get something to his fans within the coming months. Be sure to monitor his Facebook for performance updates and all other information.

If you know of any local musicians or bands that you feel are bound for greatness, email me at johnson_javere@columbusstate.edu.



Mayor Addresses Community Concerns

Mayor Teresa Tomlinson acknowledges problems, responds with vision of progress

By Armando Fernandez
Tomlinson Photo by Raukeem Thomas

Mayor Teresa Tomlinson presented her 6th State of the City Address at the Cunningham Conference Center on Friday, February 17. Accompanied by her husband and parents, Tomlinson thanked the crowd in attendance, which included Sheriff Donna Thompkins, Superior Court Clerk Ann Hardman, Fort Benning Garrison Commander Colonel Andrew Hilms, and the Chamber of Commerce Chief Executive Officer Brian Anderson amongst others.

Tomlinson did not hesitate to dive into controversial topics, immediately addressing the difficulties of public service. She told those in attendance, “One of the most interesting, and sometimes frustrating, things about public service is the constant moving of the civic goal posts.” This, in her opinion, is because, “By the time the fruits of our joint labors are achieved, the community has largely moved on, or anticipated the outcome.”

Some of the recent outcomes Tomlinson highlighted were the city’s expanded public transit service—a service that has experienced a “ridership increase of 15 percent in the first eight weeks.” This increase in ridership is viewed by employers as “essential component of our competitive viability for jobs and millennial population.”

The other outcome Tomlinson highlighted was the reform to the Animal Care and Control Center, whose task was to reduce the “shocking” 80 percent euthanasia rate. This reform resulted in the “Columbus Save a Pet Plan,” a plan which last month received the prestigious Harvard University Kennedy School of Government Bright Ideas Award. “We can announce a 2016 euthanasia rate of just 20 percent, and a radically increased adoption rate,” Tomlinson declared.

Tomlinson enthusiastically mentioned the recent announcements of 510 new jobs at Pratt & Whitney and the Security Force Assistance Office and Military Adviser Training Academy slated for Fort Benning. “With the help of Fort

Benning, the help of the Chamber, we have had 1,100 jobs announced in 10 days.”

“Despite the odds,” Tomlinson added, “and in the face of too many naysayers to count, our city manager, staff and council have stayed the course to revitalize areas of our community [referring to south Columbus]. These areas were left behind by the growth north. They have good-hearted, salt of the earth neighbors, who fight daily the fray of community and disintegrating families that breed crime, under-performing schools and an ill-equipped workforce.”

“We are a sophisticated, capable and dynamic community. We are remaking this city.”

Tomlinson feels this prosperity is the best thing the city can do to help the under-performing schools, “aside from working with the board of education, the city’s partner in education.” She feels that “once these healthy vibrant neighborhoods are built,” this will allow for a nurturing environment with mentors and role models and free up the “burden placed on the teachers who have often become social workers.”

Then, the mayor asked those in attendance to brace themselves. “I am about to collide reality and perception,” she said.

“Crime is down and significantly” said Tomlinson. “That does not mean that there is no crime.” There are just fewer crimes being committed in Columbus than in years past and “we need to appreciate that.”

She continued, “In 2008 and 2009, crime was at its height in Columbus,” she said “with 15,500 Part I crimes.” Part I crimes are defined by the Federal Bureau of Investigations (FBI) as violent crimes. In 2016, there were 10,571. Statistically, she said it means:



- 5,000 fewer crimes and 5,000 fewer victims.
- 33 percent decrease in overall crime since its height in 2009.
- 34 percent decrease in property crime since its height in 2009. And,
- 17 percent decrease in violent crime since its height in 2008.

Tomlinson added that crime is politicized “by those who wish to cast themselves as law-and-order community leaders, and who believe that crime is only a manifestation of insufficient public safety funds and a proclaimed weakness of the elected leader who is not their choice.”

Shifting gears, the mayor talked about “redefining transportation for a new era.” This includes the addition of 27 miles to the newly branded 34-mile Dragonfly network.

“Now, Where Do I Find the Pencils?”

Secretary of Education Betsy DeVos displays inexperience with a tweet

By Sam Sachs

“Do you have personal experience with college financial aid or management of higher education?” That was the question asked by Senator Elizabeth Warren, D-MA, at the confirmation hearing of Betsy DeVos, now Secretary of Education, on Jan. 17.

She was asking because jobs require specific experience for success. In America, if you don't have the proper experience or knowledge, you will not get hired. Almost every entry-level job requires at least a college degree. Even to be a salesperson in an electronics store, applying without prior experience often means you won't be hired, period.

Why then can someone who has simply donated large sums of money to a candidate be confirmed to lead an entire governmental department, especially one that directly affects millions of students?

DeVos never answered Warren's question directly, and despite continued weak responses from DeVos, which called her experience and qualifications into question on nearly every level, the nomination was confirmed through a tiebreak from Vice President Mike Pence.

This seems to be a continuing trend of the Trump administration and the current Republican-led Congress, where rich men and women are nominated for positions of power in the new administration based on how much they donated to their politicians instead of how well they can serve America. Against all odds and reasonable accountability, these nominees are confirmed because no one wants to contradict the commander-in-chief.

Following her objectively contentious confirmation, DeVos attempted to start her new job by touring schools in Washington, D.C. Taking to twitter, DeVos wrote, “Day 1 on the job is done, but we're only getting started. Now where do I find the pencils? :)”



While intended as a joke, the humor fell flat and angered many teachers across the country. For many schools in the United States, teachers must buy their own supplies for students, hundreds of educators told her. DeVos has never had this problem as she has spent her entire life cloistered away in religious schools and private universities. She has never taught, never been to a public school and has never had children in a public school. Not once has DeVos experienced a minute of the public education system she will now control.

Now as Secretary of Education, providing these funds to teachers to help do their jobs should be her priority. Instead, DeVos's platform mandates a preference for cutting even more funds and funneling them towards home-schooling, for-profit private schools and religious education.

To the detriment of the students educated by public institutions (like CSU), DeVos's ultra-privileged life has isolated her from experiencing how most of America learns.

The Dragonfly network is Columbus' network of off-road greenway trails, which she stressed were “not just for recreation, but for transportation,” as well as the construction of the Minimum Grid project, a pathway that will connect Lakebottom Park to the river. Both these projects will break ground this year. “This network doesn't just connect our neighborhoods, schools and amenities. It enhances our quality of life and makes us more competitive for economic development prospects and millennial population.”

“The biggest game changer for Columbus,” she said is the “High Speed Passenger Rail Plan.” This rail line is projected to run from the Columbus Airport to the Atlanta Airport and could make the Columbus airport into a “regional hub for low cost air carriers like Jet Blue and Norwegian Air, freeing up precious gates at Hartsfield for the larger carriers.”

This will also assist Columbus in tapping into the growing film industry in Georgia as well as other art opportunities, such as Black Art in America, the leading online portal and social network focused on African-American Art, and the Bo Bartlett Center being constructed by Columbus State University.

Tomlinson also talked about the recent failed attempt to thaw the property tax freeze, but pointed out a few observations and lessons learned from the experience.

“For the first time, data was placed on the table, which challenged the long-held but erroneous perception that the Freeze is a benefit to all... It turns out that it is a benefit to few and a burden to most.”

She also pointed out that support to change the freeze doubled from 20 percent in prior attempts to 40 percent in the thaw effort. Polling showed that most voters under 55

believe the system is unfair and only 19 percent of those under 55 think it's fair. “Those numbers represent the future,” Tomlinson added.

Tomlinson closed her address by telling those in attendance that Columbus is no longer an off-the-grid, sleepy mill-town. “We are a sophisticated, capable and dynamic community. We are remaking this city. It is happening organically through the ingenuity of our citizens and also through the coordinated design of our partners. This is the era of big, bold, audacious ideas and we will not get to the future due us by playing small game ball.”

Patterns of Existence

Student art shows take off

By Zoe Audifferen

Photos by Elizabeth Freilich

“When you don’t believe in it, the work doesn’t seem authentic. It’s that honesty that really makes the work strong,” said art major Julianna Wells. Wells’s first solo exhibition “Patterns of Existence” was truly nothing short of authentic. The exhibition took place at the ArtLab downtown and went from Feb. 6 to Feb. 9.

Wells’s work consisted of several minimalistic allegories all centered around the complexity of life and death. For Wells, this was more than just a project—it was a product of thoughts that originally presented themselves in her adolescent years but, over time, became apparent in her work.

Wells managed to capture the overall theme through oil paintings, graphite and lithographs. At first glance the colors in the exhibition could be mistaken for simple whites, but, when looking closer, the pastel blues, purples and hints of

yellow become apparent. Wells’s pieces demanded more than just a gaze, but the viewer’s time and mind as well.

One of the pieces that particularly stood out to theater education major Darby High was “Reincarnation,” which depicted a dead vulture with flowers blooming from its chest. The lithograph was the visual equivalent of the quote, “In life, there is death.” High understood the piece as “the idea of the circle of life—things die so other things can exist. It’s sad but it makes you feel real.”

Art has the ability to evoke emotion, to make the viewer feel something real—something they oftentimes find familiarity in. “Everyone can relate,” said music education major Amy Melton. “Even in personal beliefs there is a concurrent question about the future [...] it appeals to everyone.”

The atmosphere of the exhibition, much like the art itself, was melancholy. Wells’s



Wells has her own Riverpark-based studio

artwork has the ability to make the viewer take a deep look inside themselves and question their beliefs. It’s always amazing when artwork is more than just something hanging on a wall. When it tells a story and makes the viewer reflect, the artist has done their job.

The next exhibition in the series will be by Columbus State student Demario Dotson beginning on March 3 and is titled “the Black, the Tired and the Uncomfortable.”

The Broadway Fortune Teller

Melisha Schmitt does free tarot readings outside Iron Bank Coffee. But why?

By Scott Berson



Schmitt shows off her tarot deck.

If you’ve taken a walk down Broadway recently, you might have come across an interesting sight near 11th Street. For many weeks now, Columbus local Melisha Schmitt has been offering free tarot readings for passerby outside Iron Bank Coffee. But she isn’t just telling fortunes for fun and profit—she wants to help the city’s least fortunate along the way.

“I just kind of reached the point in my life where I got tired of doing meaningless jobs that just didn’t give me any fulfillment and were hindering my mental and physical health,” she said. “I decided that I just wanted to do something I was passionate about and made me feel like I had a better meaning in life.”

Melisha had been doing tarot readings for fun ever since she’d learned the art from an old roommate. “She got me my own deck, and I turned out to be really good at it,” she said. “I’ve always kind of had a natural talent for understanding things and reading people.” She decided to use that talent to help fund her dream of being a filmmaker.

“I decided that I wanted to make a film project on homelessness and the poverty situation that’s going on in Columbus, and just have that be the launch of my videography career,” she said. Schmitt, a veteran, has struggled with homelessness herself, so the problem is especially close to her heart.

“I want to draw attention to the homeless population, and show different programs that actually help people—not just in giving them shelter and food but also mentally, giving them an environment that feels nourishing and growing, that will make

them want to be a part of society again,” she explained.

While she still gives tarot readings for free, she has started asking for donations to help support her film. “I don’t force people to give donations—it’s entirely up to the person I’m reading if they want to donate to what I’m doing or not,” she said.

It hasn’t always been a smooth ride. Tarot cards have been used for hundreds of years in France and Italy for simple card games, but they gained a reputation as instruments of the occult in the 18th century. “I’ve had people who are really grateful that I’m doing this. They refer to me as a kind of street counselor, so people definitely come up to me and talk to me about things that they probably wouldn’t talk about with some other people,” said Schmitt. “But I’ve also had the negative reaction. I’ve had people come up to me and tell me that this is evil, that I shouldn’t be doing this. Some people just bombard me with insults, or try to pray for me or save me, and I just keep telling them that I don’t need it. I believe in God, just because I’m doing tarot card readings doesn’t mean I’m evil.”

Once she completes her project in Columbus, Schmitt says that she wants to travel the country making films. “Eventually I want to suit up a camper van and just live on the road,” she said. “I’m still going to do pieces on social issues, but I also want to do things that are about making people smile, and really highlight the people I get to meet and the places I get to see. I especially want to highlight street performers. I’d love to get some more attention on people who do the whole traveling thing full time.”



Columbus State University

TOWER DAY

CSU undergraduates from all disciplines are encouraged to submit proposals online to present research, scholarly activities, and creative endeavors.

Deadline March 17, 2017

https://aa.columbusstate.edu/research/undergrad/towerday_index.php

Contact: Professor Hannah Israel at israel_hannah@columbusstate.edu

Colloquium /

4/13

9 am - 6:30 pm

Schuster Student Success
Center and Davidson Hall

Keynote Addresses

Dr. Samuel Abegaz

Martha Newell, '13

Scholarship Presentations

Poster Sessions

Art Exhibition

Concurrent Research Presentations

Real World Problem Solving Workshop

SAGE / Spring Annual Game Expo

Tower Day Celebration

Schowb School of Music Ensembles

Awards Presentation

Don't Call It A Dummy

CSU's nursing mannequins are more than simple tools

By Ashton Johnson

His name was Gregg Gantz—a man with an agitated wife, nine children, and Crohn's disease. The instructor gave her nursing students a run-down of his condition. Then, they broke off into groups. Each junior had a role: recorder, family member, and nurse. Inside the lab room, Gantz waited for his assessment.

"Hi," said the primary nurse. "My name is Kayla and I'll be your RN today." For thirty minutes, Kayla Tew and four other students worked under pressure on Gantz, a mannequin that blinked, breathed, and talked.

"It's challenging," said Tew, "just trying to figure out where to delegate roles." With so many voices in the simulation, she said, "It definitely makes you more anxious and distracts you from what you're supposed to be doing, which is taking care of the patient." Tew explained what her experience was like prior to the simulations.

"We haven't been in the role where we are the nurse. We've always just been the student nurse. So if you don't know something, you can just go ask your RN." It isn't until they're faced with a mannequin that they understand—feel—the pressure. "Here we're pretending to be the nurse," said Tew. "We are supposed to have the answers."

Nursing instructor Dona-Lee Ferguson voiced Gantz in the simulation: "I just don't want to move at all. Every time I do it feels like my guts are falling out." That's no exaggeration. The students comforted their patient with an explanation of the process.

With the slip of an IV needle, Gantz repeatedly cried, "Ow!" His reactions and responses were a constant reminder of reality. This was a person with a family waiting at home. His wife—played by a student—was in the room, questioning everything the students did. "You know, I can just take him home and we can deal with him there," the wife insisted frantically. "We'll be fine." Such input made

students uncomfortable, as some didn't know how to answer family members with stakes that high.

On the other side of a glass wall, Ferguson watched her students work on Gantz. They've had that mannequin for four years. In his previous home—Illges Hall—he depended on unreliable wires. Now, he has a network connection in Frank D. Brown Hall.

"Here, I'm gonna make his heart-rate go up a little more," Ferguson said inside the booth, "because they're not really paying attention to the fact that he's having some trouble breathing." Before her were two monitors, one recording the students and the other displaying the mannequin's vitals. From the blink of an eye to the respiratory rate, she controlled every function, and the slightest shift meant something. Ferguson later commented, "For the first semester, I usually don't let them kill somebody. That's one of their fears."

"Even when operating on a mannequin, students are expected to maintain its dignity just as they would with a human being."

After the simulation, the students regrouped in the classroom to discuss their performance. They conduct up to three simulations per day, each one layered with a debriefing. "We explore in the debriefing sessions what we could do differently," Ferguson said.

It's a lengthy and thorough discussion. They focus on teamwork, assessment, prioritization, communication, intervention, and connecting those elements with the patient. Every simulation is intended to improve upon those values while testing the students on their medical knowledge. Overall, it's an essential learning experience.

"The first thing we want to do as a nurse with our patients is assess the situation and what they have going on," explained Nikki Kenyon, who served as the second nurse in Gantz's simulation. When it comes to communication, her peers are her resources, but those resources might very well be a team of strangers. "It's good real-life experience. You can get thrown into anything at any time when you're in the hospital." This gives them an edge over nurses without that experience. By participating in this program, students with a Bachelor of Science in nursing are more likely to be managing nurses on the floor.

A great deal of role play goes into the simulation and Laney Wilson has played every role, including family. "Some of us were wives, some of us moms, some of us daughters," she said.





Above: A student examines Gregg Gantz, a mannequin in Frank D. Brown Hall
 Opposite: Students practicing a simulated live birth

Acting as a family member pushes the students to ask emotionally-weighted questions from a different perspective. It encourages them to empathize with everyone involved. “Not only do you want to address the patient’s concerns but you want to address the family’s concerns too. Because they’re just as concerned, if not more than the patient is.”

“If you can empathize with situation, that’s always good,” commented Kenyon. “But I think most of us by now have had a family member in the hospital in real life too, so you know how it feels to be on the other side. Hopefully it makes you a more compassionate nurse in the end.”

Acting is not without its humor. The family role enables students to make the situation crazy. Wilson explained, “You can make it harder on the nurses, or you can make it easier.” Anything can happen. That day, the other simulation required an estranged wife to be escorted out of the room—no wonder Gantz (the mannequin) didn’t want to go home. While amusing in a simulation, removing a family member is concerning for everyone involved. Instructors know this, and they discuss such complications with their students.

In the nursing program, there’s a great emphasis on respect. Even

when operating on a mannequin, students are expected to maintain its dignity just as they would with a human being. The same is true for every aspect of the assessment.

“We’re not allowed to say...” Wilson lowered her voice. “Dummy.” That is actually a rule—one of three.

You can’t call them dummies. Never, ever, say “diapers.” And, most importantly, don’t tell your instructor, “I would have done that if...”

According to Ferguson, those students say, “I would have done that if it had been a real person.” Her response to that is, “That’s all well and good, but, if you’re not doing it here, how can I be reassured that you actually will do it?”

There is a huge difference before and after simulation, and other clinical instructors take notice. “When the student comes back into their rotation, they can usually tell that they’ve been to sim lab,” said Ferguson. “Because they’re much better at assessing, at looking at the environment, and thinking about all those other things that maybe their colleagues haven’t been able to do yet.”



Have Visa, Will Travel...

Federal immigration policy offers little concern to CSU

By Armando Fernandez

Illustration by Elizabeth Freilich

The first weeks of our new federal administration have not been without controversy. One of the top issues is President Trump's January 27 immigration policy executive order, also known as the "Travel Ban." This policy has been heavily debated because it targets travelers from seven predominantly Muslim countries and prevents them from gaining entry into the United States.

The ban was halted after being challenged in federal courts as unconstitutional, but the government may appeal or release a new version soon.

For Columbus State, this changes nothing. According to an official statement by CSU President Chris Markwood, "The travel ban will have no impact here at CSU." Currently, CSU doesn't have any staff or faculty "with permanent residency or employment-related visas." There is only one student from the seven countries mentioned in President Trump's executive order, who is "already here on a degree-seeking visa."

"We have communicated with all of our international students, assuring them they are valued here and asking them to contact the Center for International Education with any concerns or questions," the official statement continued.

In addition to Markwood's official release, Becky Becker, Ph.D., and Interim Director of the Center for International Education, voiced her support for Markwood's statement, saying that the main concern is to provide all students with a "safe, supportive learning opportunity."

Becker advised people to remain calm when approaching this immigration policy and to "be aware of the facts and if you are affected, you don't want to travel [outside of the United States]." Becker also expressed her concern with the difficulties some may face, saying "This may be a difficult time as this policy may prevent those affected from seeing their families, but our legal system is giving us hope and confidence in the systems that are in place to protect us."

Becker also expressed her continued support for the study abroad programs, insisting that the immigration policy isn't likely to affect them, but that "We [CSU] continue to monitor for [other countries'] frustration or signs of retaliation" against Americans abroad.

As of the time of writing, no actions have "caused us to change or disrupt any of our programs." Most importantly, Becker has full confidence that "the pre-departure program the university has instituted, fully prepares our students for their learning adventure abroad."

These sentiments are also shared by Alyce Cook, Ph.D., Associate Professor of Spanish and director of the CSU in Mexico study abroad program. "Most people [abroad]," said Cook, "are genuinely welcoming to our students and understand that we may not all share the views of our administration."





Uncertain Future for Researchers

Dr. Troy Keller on the importance of the EPA in the era of Trump

By Olivia Ivings

Troy Keller, Ph.D., is the recipient an Environmental Protection Agency (EPA) funded grant, and a professor of earth and space sciences at Columbus State University.

The EPA is a government agency with a mission “to protect human health and the environment.” The EPA also provides money for the university to conduct research, including Keller’s.

Keller is concerned with the effects the current United States presidential administration could have on the EPA. The Trump administration started a freeze that began on EPA funds on Jan. 24 while they could audit the EPA’s spending habits.

Myron Ebell, who ran the EPA transition for Trump’s administration, confirmed the freeze’s purpose to Propublica.org. “They’re trying to freeze things to make sure nothing happens they don’t want to have happen, so any regulations going forward, contracts, grants, hires, they want to make sure to look at them first.” Keller’s grant was unaffected by the freeze because the money for his project was allocated the previous fiscal year.

“The freeze was rescinded on Jan. 30, but that doesn’t mean CSU won’t be affected by the changes happening in the EPA,” Keller said. The EPA gives small pools of money to encourage projects that meet their long term goals. Every year, the EPA budgets money to give to states and other organizations for distribution.

Keller mentioned the problem with auditing the EPA is that their budget is spent on a variety of projects. For the government to audit everything the EPA does with their funds would be nearly impossible, because the EPA does not generally give money to individuals directly, explained Keller.

The EPA website used to include a list of the agency’s priorities, which has since been removed. Keller said that the EPA gives money to ensure that cleanups, brownfield identifications, and restoration are overseen and completed. According to the EPA website, their total budget for 2016 was just over \$8 billion. Keller said that after the EPA’s total budget is spread across the entire United States, the money spent is merely a drop in the bucket.

“Scott Pruitt will return some sanity to the EPA,” was Georgia senator David Perdue’s response to the controversial confirmation of the new

chief of the agency. “He understands the importance of protecting our country’s natural resources.” Pruitt sued the EPA several times as attorney general of Oklahoma, though he has stopped short of advocating the abolishment of the agency altogether, something several other lawmakers have proposed.

Keller doesn’t agree with Perdue. “Scott Pruitt is not a step in the right direction when it comes to protecting our natural resources,” Keller said. According to Keller, the effects of dissolving the EPA’s programs could be detrimental to CSU and its programs.

In 2014, CSU was able to take graduate level environmental science and business students to D.C. on a grant from the EPA. The EPA also provides funding to test the water we drink, which is conducted by Keller’s research lab. “Every time you take a sip of water from the tap, it’s regulated by the EPA,” Keller explained.

According to Keller, further cuts to the department will hurt students who studied environmental science. He said that certain opportunities in the field would dry up—hurting university-level environmental science and business departments. Although dramatic plans for cuts have not yet been announced, the uncertainty is leaving researchers like Keller in an uncomfortable position.



Tattoos Shouldn't Cost You a Job

Some companies encourage their employees to show off their ink.

By Brooke Burns

Photos by Raukeem Thomas

Have you ever wanted a tattoo but felt limited because of your future? Good news: tattoos are no longer going to leave you perpetually unemployed like we were raised to think.

The Pew Research Center reports an estimated 40 percent of millennials have tattoos. Further, only 37 percent of human resource managers say tattoos limit career potential. Here's my question: Why is there still a huge fuss over whether I have a visible tattoo? My tattoos should not limit my ability to get a job.

According to Business Insider, a whopping 63 percent of people who are 60 years

old and up feel tattoos are inappropriate in the work place, while only 22 percent of people 18 to 25 years old view them as inappropriate.

These statistics show that many white-collar CEOs expect to not see any visible ink on the body, while younger CEOs of companies like Facebook, Google, and Torrid consider tattoos a sign of self-expression and encourage them, going so far as to have a clause in their mission statements to accept anyone based on their resumes and not on outward appearance. In contrast, places like Geico, Denny's, and the U.S. Postal Service refuse to



hire potential employees with visible tattoos.

I do not believe everyone should automatically start accepting every drop of ink on a person, but they should consider becoming more lenient with tattoo policies as time progresses. A prime example is the military. In the army alone, there have been multiple changes to the policy in just the last 10 years. In the past, if you had any visible tattoos they would turn you away. Now the Army allows tattoos everywhere but the face, neck, and hands. By expanding the policy, big companies might see an increase in millennials joining them.

According to Forbes, more companies, both blue collar and white, are stepping into a more diverse state of mind. Blue collar jobs are easy-going, and

usually don't make employees cover up tattoos unless they are offensive or vulgar.

This is the perfect chance for companies to increase the job pool by hiring intelligent people they never thought of looking at in the first place, and to change company culture by promoting a forward-thinking, positive, and open-minded work environment.

Tattoos are a way to express ourselves without having to say a word. Why should they limit where we go in life?

[OPINION] THE RANKIN DEN HAS SOME ISSUES

But there is hope on the horizon with a new manager

By Zoe Audifferen

Illustration by Brittney Green

It's no secret that the Rankin Den isn't the average student's most desirable dinner destination. Freshman biology major Cameron Blevins, like many other students, spends most of the week going back and forth between main and downtown campus. This means Cameron gets the choice of eating at the Cougar Café or the Rankin Den. And if you've ever had meals at both, then you know the former was his first and only real choice.

The Rankin has been at a disadvantage since its beginning. The size of the Den alone doesn't provide them the ability to cook in the same way as at the Cougar Café, and the service has gone through changes almost every year, adding confusion into the mix. "Part of the challenge is the equipment" explained Justin Gurski, CSU Dining Services general manager. "The Den was not designed for the style of dining we're doing right now."

Of course, there are several good things about the Den (aside from the humorous staff), one of the most noteworthy being breakfast on certain Sunday mornings, when the cooks come out of the darkness they've been hiding in all week long. If you get there bright and early you're likely to be welcomed by well-cooked eggs, crispy bacon and warm biscuits. It is particularly because of these magical Sunday mornings that I see the potential in the Den, and am left wondering how things

keep going sideways.

"I pick my food based on how it looks and most of the food does not look good" said freshman communication major Addison Webster. "I'll go to the pizza line because pizza is supposed to be edible."

During the week you're guaranteed at least one unsatisfactory meal. It could be anything from a burger with a rock hard bun to crunchy rice and water because the fountain drink machine is down. While bad days are expected, they should not become the norm. Aramark, the food service provider for both campuses, promises its customers, "creative menus and recipes influenced by customer insights," as well as "culinary experts that build remarkable dining experiences," but those promises aren't being kept at

the Den.

The good news is improvements may be on the horizon. On February 24th, a town meeting regarding dining services at the Den was held in the Student Activity Center. The town meeting was a great opportunity for students to voice their opinions and for Aramark to listen as well as provide insight on setbacks they've had.

One of these setbacks that has been extremely detrimental to the Den was the absence of a manager for several months. Luckily, Aramark has found a new manager, Connor DeLoach, who is already being trained and brought up to speed.

Gurski says he knows that there are some problems with the Den, and they are working on fixing the experience. "Some things I'm not going to defend ourselves over" he said. "If you're noticing it, we are going to take notes and make sure we fix it from here on out."

At the end of the day, the Aramark folks like Justin do care about CSU students; we are their first and only focus- their main customer. But at least for RiverPark students, it may not always seem like it. Hopefully the new manager, DeLoach, will salvage the Den's reputation.



The Most Anticipated Disney Movies of the Year

By Maddie Fuerte

Illustration by Ashley Irving

It doesn't matter what age you are—five or 22—you have to admit you love a good Disney movie. Guess what? 2017 gave us a promising list of Disney movies that are sure to knock your socks off!

Beauty and the Beast – March 17

Beauty and the Beast is being transformed into a live-action film. Remember our favorite French characters putting their “service to the test” as animated figures? Animation, no more!

This year, Emma Watson will bring a modern take on Belle, an inventor's daughter who saves her father from a mysterious beast, all while finding true love in this tale as old as time.

Guardians of the Galaxy vol. 2 – May 5

Who is Peter Quill? What does he know about himself? In this next installment of the “Guardians of the Galaxy” saga, our favorite Guardians fight to keep their “family” together as Rocket, Groot, Gamora, and Drax fight to find out just who their friend Peter Quill is.

Though the movie takes fans along for a serious loop, the writers provide a comedic script. As “Guardians of the Galaxy” fans know, the playlist is always one to impress. You can now find the list for vol. 2 on Spotify.

Disney Nature: Born in China – April 21

Disney has always been known to highlight the beauty of nature, whether it be in parks, on rides, or on screen. This edition to “Disney Nature” showcases the wildlife of China, showing there's more to the country than factories and big, bustling cities.

Embark on a journey of stunning aerial views, following China's giant pandas, snow leopards, and the golden monkey. Go see the movie in theaters during the opening week, and Disney will make a donation to the World Wildlife Fund to support wild pandas and snow leopards.

Pirates of the Caribbean: Dead Men

Tell No Tales – May 26

Johnny Depp never fails to impress, and the newest installment in the “Pirates of the Caribbean” franchise doesn't look like it will disappoint theatregoers.

This May, it's “a pirate's life” for Captain Jack Sparrow when he finds himself on the run from ghost pirates led by his old nemesis Captain Salazar. They've escaped the Devil's Triangle and now scour the seas in search of Sparrow, leaving a trail of burning ships in their wake. There's only one thing that can save Captain Jack Sparrow: the legendary Trident of Poseidon.

To Sparrow's dismay, it seems as if he'll need help to find the one weapon that can defeat the dead men lurking on the horizon. Will Sparrow's newfound alliance with beautiful astronomer Carina Smyth and young Royal Navy sailor Henry be the key to finding Poseidon's Trident, or will all hope be lost?



Cars 3 – June 16

Life might be a highway for #95, but maybe it won't stay that way for long.

Lightning McQueen is all about winning that legendary Piston Cup, and he's a proven champion. However, McQueen is blindsided when a new generation of race cars looking to cruise in, and leave him in their dust.

With the help of a young race technician Cruz Ramirez, McQueen looks to get back on the track and back in the game. Buckle up, car fanatics, this will be a ride to remember. Who said old cars can't learn new tricks?

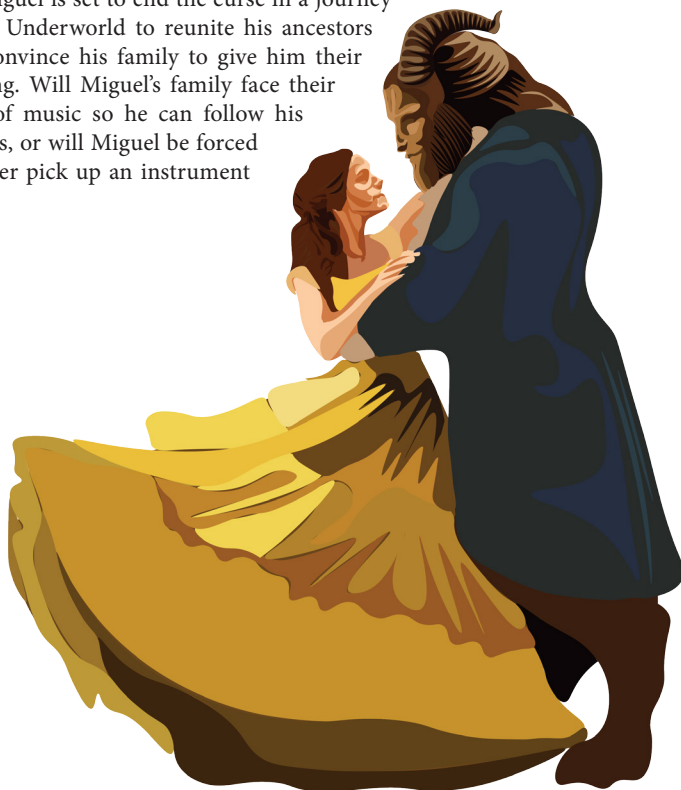
Thor: Ragnarok – November 3

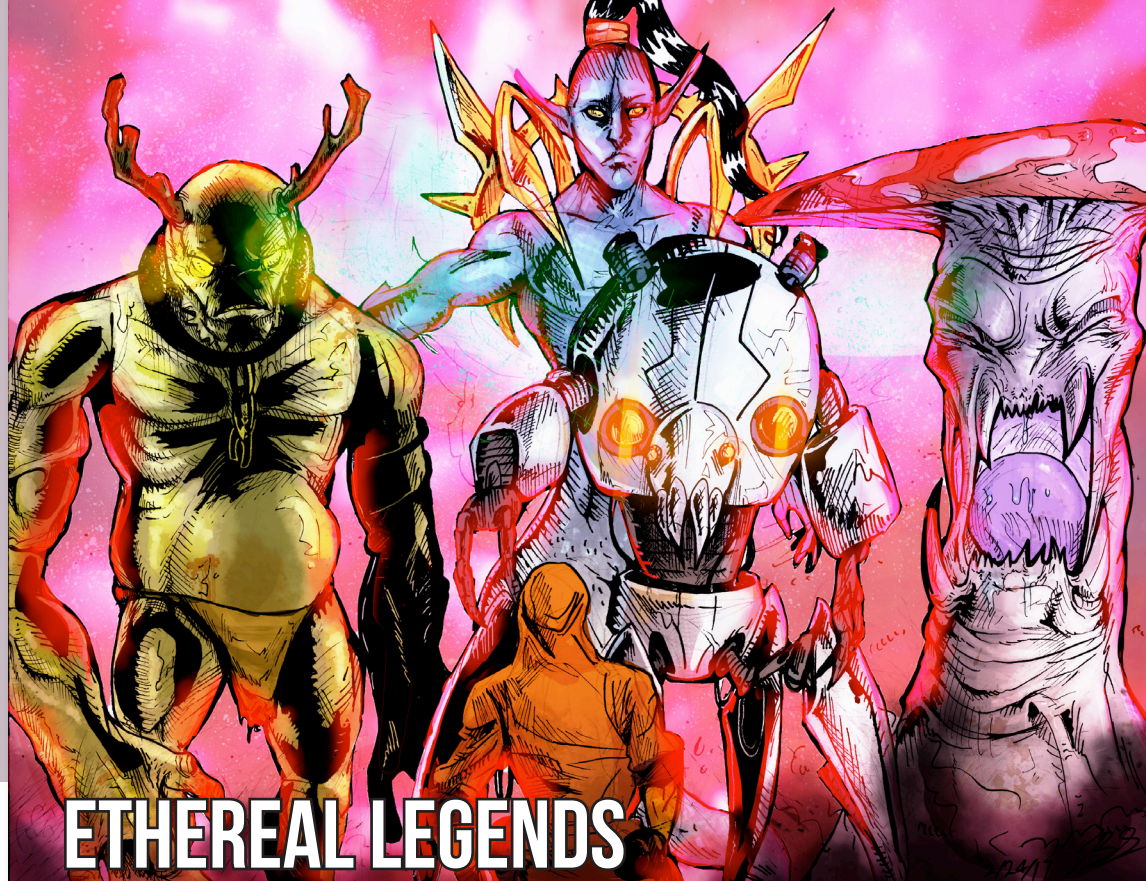
These are dark days for the Gods, and no one is around to save them. Thor is imprisoned and faces a gladiatorial bout against the Hulk when the former allies find themselves on opposite sides of the spectrum. Darkness is encompassing Earth, and the race against time is on. Will the Thunder God prevail, or will Earth fall to her end?

Coco – November 22

Inspired by the Mexican holiday Día de los Muertos, “Coco” is a story of a boy who dreams of the one thing he is forbidden to do: play music.

For years, music has been a curse on the family, but Miguel is set to end the curse in a journey to the Underworld to reunite his ancestors and convince his family to give him their blessing. Will Miguel's family face their fears of music so he can follow his dreams, or will Miguel be forced to never pick up an instrument again?





ETHEREAL LEGENDS

Plot and development just as ethereal as the title suggests

By Ashton Johnson

Illustration by BrittneyGreen

Ethereal Legends is an indie action RPG made by Sovereance Studios, a Georgia developer manned by, well, one man. In this game, you are tasked with saving the fantastical Arcadia from Zhan, a mysterious (and rather dull) enemy. Despite four years of effort going into making the game, it's mostly a flop. But entertainment can still be found in its shortcomings.

The gameplay itself is enjoyable if you're looking for ways to exploit its quirks. After figuring out the controls via chicken-torture, you're ready to defend Arcadia via bow and only bow. Sure, there are swords, but you're better off spamming the bow. It's OP.

Eventually, the combat turns into a cycle of predictable enemies, and thus it falls upon you to spice things up. On any ledge, you can cast a dash spell and slingshot across the map. This makes for an amusing alternative to the terribly slow speed at which your character travels. There are a few features worth mentioning, like a top-down 3D map, an interactive loading screen, and quality chicken NPC's.

The game does itself no favors by starting you off in a generic setting. The Ethereal Realms have a nostalgic graphical charm that explores a lush color palette, and you won't see any of that in the first level. It's not like you can't find undead skeleton warriors in every fantasy RPG. But, if you can survive its pseudo Dark Souls combat, you'll find a portal into various vivid realms—each one with its own theme and boss.

The visuals are impressive until you realize this was made in Unreal Engine 4, an engine whose prior incarnations were the bread and butter of AAA titles. An indie game as ambitious as Ethereal Legends has a lot of potential, but its successors need to take advantage of such an advanced engine in order to create

a series worthy of its title.

Unfortunately, this game's crippling flaw is its lack of lore. Considering that "Legends" is in the title, this is disappointing. While it boasts exotic settings, there is no story behind those settings or the characters and enemies that inhabit them. There's no quest log. Nothing.

"ETHEREAL LEGENDS HAS MORE PLOT WRITTEN IN ITS "ABOUT" SECTION ON STEAM THAN IT DOES IN THE ENTIRE GAME."

I would have gladly accepted a wall of text so long as there's some explanation for this world. Ethereal Legends has more plot written in its "about" section on Steam than it does in the entire game. It plops you in a world and tells you to save it by defeating Zhan, but it doesn't tell you why. You don't even know how you fit into the story, which is essential to any role playing experience. At no point in the game did I feel like my actions made a difference, aside from ruining the days of a few chickens.

Ethereal Legends—provided it can survive the backlash—has a future. Sovereance Studios intends to make a series out of this title. Despite its flaws, it's an impressive feat for any one person to accomplish, but I'd like to see what a team could do with it. Given the time and resources, there is the potential for this to turn into a fantasy epic. Until then, this game will accumulate, at best, mixed reviews on Steam. I can only recommend Ethereal Legends to players who either find humor in faulty games or who would like to support a local developer. For ten dollars, players can buy it on Steam.

Oscar Nominations: The

Ranking the best films at the 2017 Oscars

By Lauren Miley

Illustrations by James Morgan

Oscar season is here, and, as usual, 2017 boasts an array of thought-provoking films to make you weep—whether from emotional catharsis or sheer boredom. 2017's Oscar nominations all rely heavily on realism, depicting life in its mundane glory and focusing on weighty issues such as racism, death, poverty, and bullying. Intrigued by the diversity in this year's Best Picture category, I set out to review all nine films nominated for the top award. Armed with popcorn and soda, I spent two weeks binge-watching the Best Picture nominations and immersing myself in cinematic splendor. Uncensored and unabashed, these are my personal reviews. May the best film win!

Arrival: ★☆☆☆☆

If you enjoy watching films in which absolutely nothing happens, look no further—"Arrival" is just the film for you! When twelve mysterious spaceships touch down on earth, it's up to linguistics professor Dr. Louise Banks (Amy Adams), and theoretical physicist Ian Donnelly (Jeremy Renner) to decipher the elusive alien language and learn why these squid-like extraterrestrials came to earth. Boggled down by slow pacing, one-dimensional characters and a lifeless script, "Arrival" falls short of its potential.

Moonlight: ★★☆☆☆

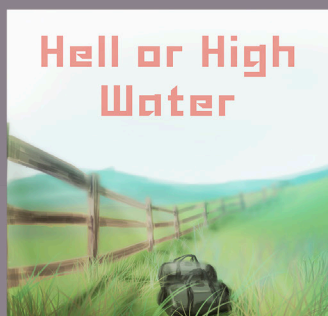
"Moonlight" chronicles the life of Chiron, a sensitive African-American man who struggles to claim his identity in a rough Miami neighborhood. Broken up into three chronological chapters, from childhood to adulthood—Little, Chiron, and Black—the plot builds in the first two chapters, focusing on Chiron's struggle to fit in with his peers, but falls apart in the third chapter when we are introduced to adult Chiron, an underdeveloped character with no sense of purpose. The film had the potential to make a powerful statement about anti-bullying or the importance of self-identity, but dull performances and pacing issues cost it that chance.

Hell or High Water: ★★★★★

"Hell or High Water" follows the criminal escapades of Tanner (Ben Foster) and Toby Howard (Chris Pine), two brothers who resort to robbing banks in order to save their family's ranch in West Texas. Foster and Pine's portrayals as the morally ambiguous Howard brothers are entertaining and complex, challenging viewers to root for the criminals one minute, and the wise-cracking Texas Rangers the next (Jeff Bridges & Gil Birmingham). Filled with car-chases and a final violent showdown, the film doesn't fit the criteria for most Oscar movies. Only the gritty cinematography and stark realism sets "Hell or High Water" apart from your average "shoot-em-up" film.

Hacksaw Ridge: ★★★★★

"Hacksaw Ridge" tells the true story of Desmond Doss (Andrew Garfield), a religious man who enlists as a medic during World War II and earns the Medal of Honor for his heroic acts at the Battle of Okinawa, without killing a single man. Garfield is convincing as Doss, the soft-spoken—albeit naïve—hero of the film. While Doss' refusal to kill may seem illogical to some viewers, it's easy to sympathize. He believes so strongly in his principles that he refuses to carry a gun. Directed by Mel Gibson, the film is unsurprisingly steeped in religious sentiment, but it is not the main focus. Even if you aren't a fan of faith-based films, you can appreciate Gibson's brilliant filmmaking and his eye for realism.



the Best of the Best

La La Land: ★★★★★☆

The darling of the 2017 award season, “La La Land” follows the rise and fall of jazz pianist Sebastian (Ryan Gosling) and aspiring actress Mia (Emma Stone), two artistic souls who connect based on their dreams of pursuing their passions, but must decide what is more important—their love of art or love for each other. “La La Land” pays homage to classic musicals of Hollywood’s golden age, from the vivid cinematography of 1950’s musicals, to charming dance numbers reminiscent of Fred Astaire and Ginger Rogers.

“La La Land” absolutely deserves the fame that it has garnered since its debut, but is in danger of becoming the most overrated film of 2016.

Fences: ★★★★★☆

Adapted from the stage play, “Fences” takes place in 1950’s Pittsburgh, and focuses on a working-class African-American man’s struggle to raise a family, keep his marriage intact, and come to terms with his life’s events. The film features dynamic performances from Denzel Washington as Troy, and Viola Davis, who plays Troy’s nurturing wife Rose. The film’s strength is the raw dialogue between Troy and the supporting characters, who engage in some of the most honest dialogue to grace the screen in years. Adapting a stage play to film is no easy task, but Washington’s skillful direction demonstrates that he is not only a gifted actor, but a master film-maker.

Manchester by the Sea: ★★★★★★

After the death of his brother, Lee Chandler (Casey Affleck) becomes the reluctant guardian of his teenage nephew, Patrick (Lucas Hedges), and is forced to return to his hometown and deal with his tragic past.

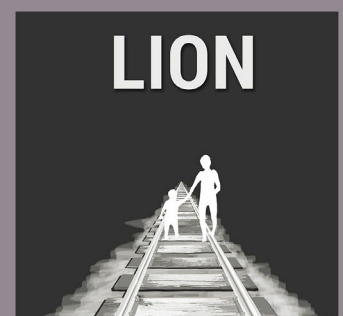
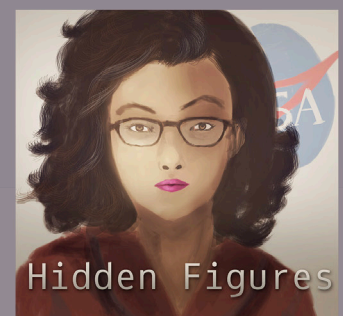
Powerful performances come from Affleck and Hedges, whose characters silently deal with their loss together; Lee and Patrick don’t cry it out or lean on each other for support, but engage in darkly humorous conversations about funeral arrangements and burial to cope with their loss. “Manchester by the Sea” doesn’t shy away from awkward moments— from excruciatingly long pauses to obscenity-filled dialogue, the film’s brutal realism mirrors life itself.

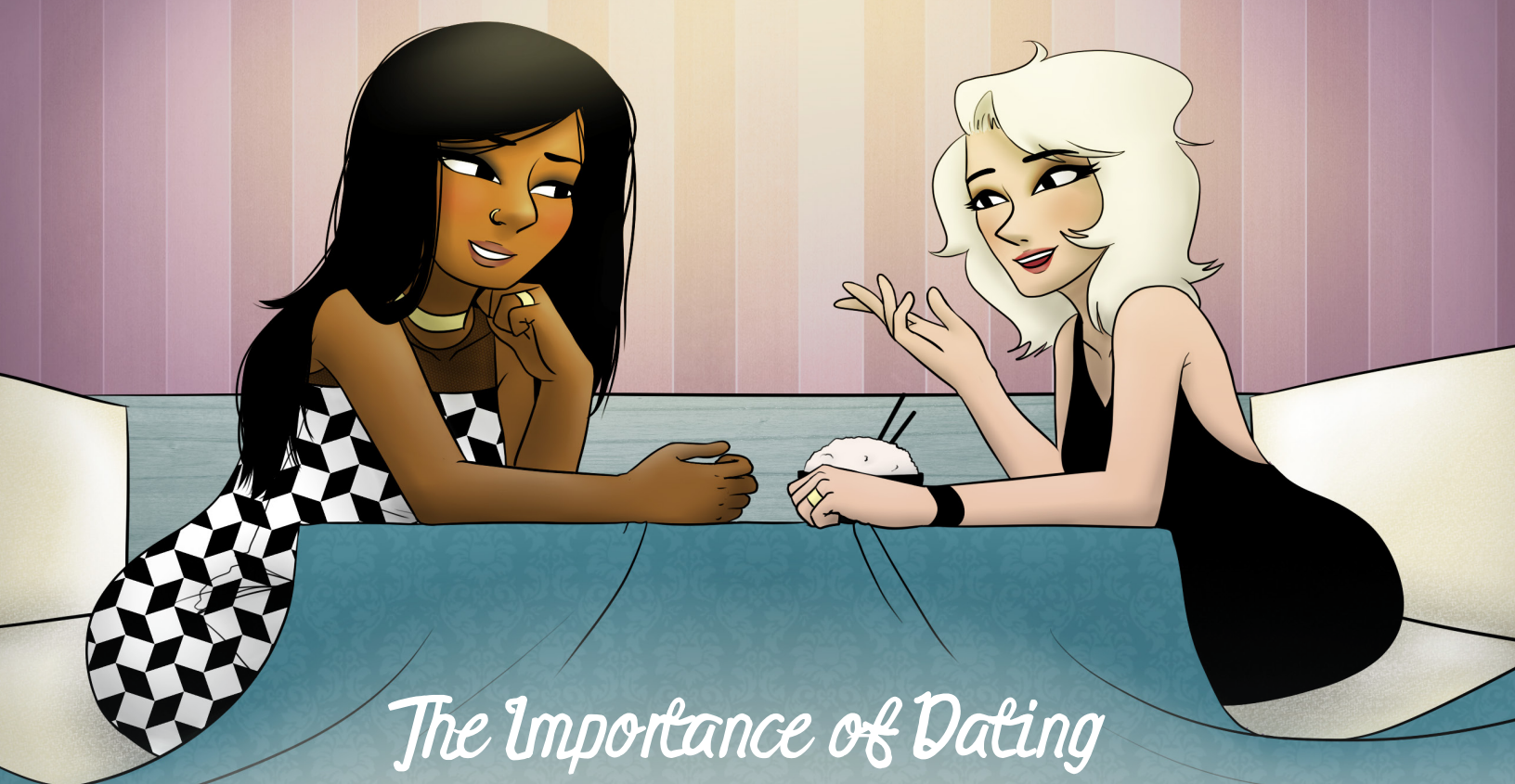
Hidden Figures: ★★★★★★

“Hidden Figures” tells the untold story of the brilliant team of African-American women who helped NASA send man to space. The film revolves around Katherine G. Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer), and Mary Jackson (Janelle Monáe), three talented mathematicians whose intelligence and ambition allowed them to cross the gender and racial lines of the 1960s to help America accomplish one of the most incredible feats in modern history. Superb performances from Henson, Spencer and Monáe place “Hidden Figures” in the running as a breakout classic.

Lion: ★★★★★★

Perhaps the most underrated film nominated this award season, “Lion” is a hidden gem. Based on the true story of Saroo Brierly (Sunny Pawar & Dev Patel), the film recounts Saroo’s journey after an accident displaces him 1,500 miles from his family in rural India to distant Calcutta. Saroo struggles to survive on the street until he’s adopted by a compassionate Australian couple. Plagued by childhood memories, Saroo sets out 25 years later to find the family he lost. Lion is my personal pick for Best Picture. Few films have left an impact on me after the credits rolled, but Lion moved me in a way that had me thinking about Saroo’s story days later. Stellar performances from both Sunny Pawar and Dev Patel and powerful storytelling make this underdog a clear winner.





The Importance of Dating

It seems like our generation is the “hang out” generation; our definition of a romantic relationship has shifted and our values have changed.

Many don’t believe in conventional dating. I know some couples that have never actually been on a formal date because they just “didn’t see the point.” While it may not seem like a big deal, dates are extremely important for the growth, longevity, and the spontaneity of a relationship. According to a March 2016 Washington Post article, 70 percent of straight unmarried couples break up within the first year. With the way our generation deals with relationships, it’s not too surprising.

Sometimes when we’re in a relationship for a long time, we start to get a little *too* comfortable with that person. Farting no longer seems like a sin and burping in front of your partner becomes ordinary. When it feels like there’s nothing left to know about one another, it gets boring.

As cliché as it might sound, you have to get the spark back in your relationship, and dating is the way to do it. Dates play an important role in helping couples get to know and understand each other better. Whether it be a picnic, a movie, dinner, hiking, a road trip, a long walk on a trail, or a coffee date, doing things together will

remind the both of you why you fell in love in the first place.

Dates are a time to recall all the things you love about your significant other, to discover more about them, and to go outside your comfort zone by trying the activities they love or finding new hobbies together.

Of course, dating requires sacrifices from you and your partner. There will definitely be times when she wants pizza but you’re craving Taco Bell, or he wants to go watch the game at Buffalo Wild Wings and you want to catch a movie you’ve been dying to see.

This is where sacrifice and compromise come into play. Show your partner that you love them and they matter by setting aside time from your busy schedule to go out with them. Trust me, I understand how exhausting and time consuming it is being full-time students with part-time jobs and extracurricular activities. But don’t forget important dates and events. Make the time to ensure your partner knows they’re important to you.

My relationship with my boyfriend and high school sweetheart is a prime example of why going on dates is important for couples. After being best friends, we started dating as seniors—it felt like a movie. Everything we did was intense, fun, and adventurous. We went off to college together and everything seemed so perfect. But nothing is ever

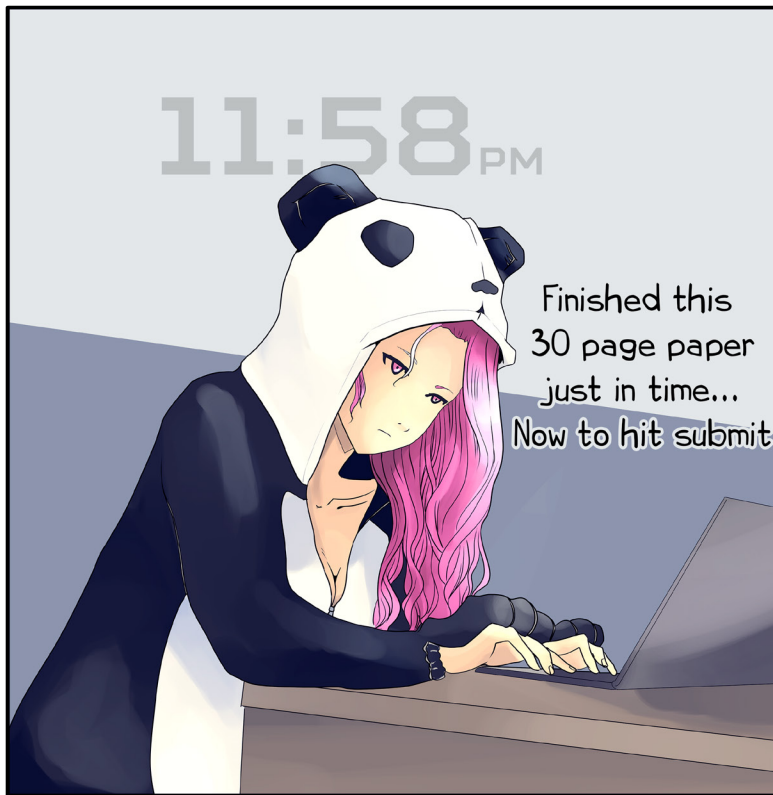
perfect.

The longer we had been together, the less emphasis we put on dating. We would hang out all the time, without actually doing anything, and our relationship started to feel stale compared to how much fun we were having before. I decided to talk to him about it and see if there was a way we could reconcile our relationship. We both agreed that we hadn’t been on an actual date in so long and that we were definitely overdue for one.

We began going on dates more, which really helped us feel more connected and involved again. Our long talks made me realize why I felt so strongly about him, and I saw a huge improvement in our relationship. We were closer, happier, and had more fun. My boyfriend and I have now been together for three years. It hasn’t always been easy, but we’ve learned a great deal about what sacrifice and compromise truly mean.

Dates are not only essential to the development, stability, and longevity of a relationship; they also help foster bonds and form memories. The further you get in a relationship, the more you’ll begin to value and appreciate the memories you’ve created and you’ll be inspired to create more.

By Destiny Trivino
Illustration by Madi Steele



TAKING A NAP IN THE DAYTIME

VS.



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