

THE *Saber*

THE STUDENT-RUN NEWS SERVICE OF COLUMBUS STATE UNIVERSITY

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COLUMBUS STATE UNIVERSITY

THE SABER

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On the Cover: Brianna Wright, Alex Ray, and
Carlie Hinson
Cover Photo: Abby Robinson

LETTER FROM THE EDITOR



Fall break is over, but Homecoming and Halloween are upon us. Don't miss our special Halloween issue coming up next week. It will be filled with stories about local lore, information on fun events in the community you can participate in, expositions about Halloween consumerism, and insights into why people love to be scared.

The next weeks promise some exciting times, yet there are still serious concerns happening all around us. The issue you're about to read contains articles such as concerns over the global outbreak of Ebola, political changes which could affect CSU, demonstrations in Hong Kong, and how to deal with personal loss and heartbreak in your life. But never fear, there are also articles on fall fashion trends, Greek life, and the resources you can find at CSU, such as the merging of the tutoring lab and what was once the writing center.

Lastly, I'd like to give a big shout out to our behind-the-scenes staff, especially Danielle Davis for all of her efforts including the blood, sweat, and tears she gives doing this newspaper's layout, all the Saturdays she's given up and the extra hours she's put in. But also to Trevor Mehrkens for his consistent delivery of new issues to stands, and Erika Galdamez for her commitment to her marketing major and selling ads that help pay for many of The Saber's expenses and future conferences. Thank you guys for being wonderful and dependable!

-Catherine Saavedra
Editor-in-Chief

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Making a Change in Greek Standards

New and old standards enforced on CSU Greek Life

The Greek system at Columbus State University has risen to the next level in its standards by providing the students with a chance to better themselves, and to make a difference at the school. This fall, the Greek system has been updated with new standards that are intended to help sororities and fraternities. The changes come with the help of Britney Kelley and the national councils at CSU.

Britney Kelley, the head of the Greek center, has created the Greek Standards of Excellence, which were originally proposed to help Greeks become more involved in the community. According to Kelley, these policies are not to be looked at as rules that are to be enforced, but rather as policies that are expected of students to follow in order to represent the Greek System at CSU. Some of the policies that have been added are things which some Greek students have already been doing.

One policy is that students are expected to join two other non-Greek student organizations at CSU. This allows Greeks to become involved in the campus community and is a way for the Greek system to encourage other students to

join. Another policy is that they are expected to do community service while a part of a sorority or fraternity. One program that they are encouraged to work with is the Muscogee County youth-development program. Since it is the start of a new semester and the policies have been introduced this fall, students who did not do tasks that were stated in the policies before will not have it held against them. The policies are being reviewed on a case-by-case basis with each student to make sure that everyone understands what is expected of them.

According to Britney Kelley, the hardest thing that the students will have to worry about is the new grade point average policy. This policy states that a student interested in becoming part of the Greek system must maintain a 2.7 GPA or higher. Some of the students worry that these policies will cause a big change for them and the way they are represented as being part of a fraternity or sorority. As for what Kelley thinks of the new policies, she stated: "I believe this will be a great thing for the students, and because we do not get the positive press as often as

most, this will certainly help with that."

If you are interested in learning more about the policies and the Greek system, contact Britney Kelley at the CSU Greek center.

Lyndal Bedford

Staff Writer

Photo: Columbus State University



Britney Kelley, Student Development Specialist

Get to Know CSU's Tutoring Services

The Saber talks with the director of the UWC and the ACT

Since arriving at Columbus State University in 2009, Professor Eliot Rendleman has been instrumental in the continued success of the University Writing Center (UWC). "When I started at the UWC it was a quality center focused primarily on the writing being done within the English department. The focus on other programs was limited," he explained.

Professor Rendleman has since worked hard to promote writing across the curriculum. "I try to encourage other professors to incorporate writing into their assignments. Offering students a chance to branch away from traditional writing and write distinctively is essential."

The consolidation of the UWC and the Academic Center for Tutoring (ACT) has been pivotal in his efforts to promote interdisciplinary writing. His staff at the UWC has even adopted the diversity. "I have students from several different majors working in the UWC now," Professor Rendleman said. In addition to being diverse, the UWC staff strives to create an inviting atmosphere. "My staff gives encouragement to students throughout the process in order to celebrate what they do well."

Professor Rendleman also stressed the importance of the UWC staff being effective problem-solvers, writers, and thinkers. "My ultimate goal is for all students to become independent critical thinkers and writers," he said.

The UWC has also seen many technological advances under Professor Rendleman's leadership. "Before I came here there was little in the way of technology in regards to scheduling appointments

performing online consulting. And while we continue to engage in face to face consulting, we also offer online consultations," he said.

Now that UWC employs more technology in its operations, students are able to be more involved. "It really makes things hands-on for the student client. The idea is for them to control their appointments as well as their relationship with the UWC," Professor Rendleman said. Students even have the opportunity to submit digital pieces of writing. The UWC gives feedback to students that send in PowerPoints, websites, etc.

As the UWC and the ACT continue to grow together both will remain active and viable tutorings option on campus. So if you seek academic assistance of any kind, find it at the UWC in Woodall Hall or the ACT in the Schuster Student Success Center.

Danielle Davis

Layout Editor

Photo: Columbus State University



Fast Five with a Professor: Michele McCrillis

Danielle Davis

Layout Editor

Photo: Michele McCrillis



Prof. Michele McCrillis (pictured above to the left) in Florence, Italy with her students during study abroad.

Michele McCrillis, an Associate Professor of Art History, has travelled from across the pond to call CSU's RiverPark campus home. She is an avid supporter of the Art department and is often seen promoting its activities. Recently The Saber sat down with her to talk about her life at CSU.

Where are you from?

MC: I'm from London, England.

How many years have you been at CSU?

MC: I've been at CSU for fifteen years.

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

MC: I would probably be a student [laughs].

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

MC: A curiosity about the world around them, specifically, art and culture.

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

MC: My father was an actor in "A Clockwork Orange."

CSU in Mexico

18 years of immersion in Mexico

Sam Sachs

Campus Life Editor

Photo: Prof. Alyce Cook



CSU Mexico Anniversary

Columbus State University has a large and diverse international program, ranging from study abroad programs to exchange students and visiting faculty members. CSU in Mexico was started in 1996 as part of a proposal for the Elena Amos Latin America studies program. The purpose of this program was to encourage and foster a Spanish immersion program at CSU and cultivate a culturally diverse and educated international community.

Since its creation in 1996, students have gone to Cuernabaca, Mexico every summer, barring 1997 when students were sent to Spain, to immerse themselves in the language and culture of Mexico. As a study abroad trip for CSU's international studies, the Mexico program has one of the highest enrollment rates in the international studies community on campus.

This summer will be another intensely educational, busy summer for the CSU in Mexico program. According to Dr. Alyce Cook, the

Director of CSU in Mexico, the program has an exciting schedule planned. This schedule starts off with a daily set of classes from 8:00 a.m. to 2:00 p.m. every weekday, and then students will travel to many locations across Mexico on the weekends. Some of these locations are places such as the archeological site Yohualichan, excursions to mountain towns such as Cuetzalan, and hiking and swimming to waterfalls and mountain caves.

Dr. Cook also spoke with enthusiasm about the experience of living in Mexico over the summer with host families. The families that shelter and teach the students during their stays have been the same families since the first trip in 1996, and are a favorite part of the program for students. As the CSU in Mexico program is educational, there is a test for the students partway through the summer term.

At the halfway point and end of the study abroad term, students are tested in Spanish through an interview to gauge their speaking progress and how enjoyable the experience has been each summer. Students also have the opportunity to develop bonds in the community through their host families and volunteering as English tutors at the local community center.

A new experience that CSU in Mexico is trying this summer is a pen-pal program with the community center students to keep teaching each group English and Spanish. This helps to preserve the bonds between students even after they have left Mexico.

The CSU in Mexico program is still available for applications for the summer of 2015. If you are interested, information and applications can be found with Dr. Cook at cook_alyce@columbusstate.edu.

Igniting Traditions

What to look for during Homecoming 2014



What defines Homecoming Week? People look forward to it, and for many it is the highlight of their year. What makes it so special? This year's Homecoming marks a series of various activities that started on Thursday Oct. 16, 2014 with a Roar t-shirt event followed by the Homecoming Court announcement.

On both Oct. 17 and Oct. 19, there was both Paint the Paws and Paint the Town events, after which there were penny drops every day during. Penny drops are when an organization signs up to take part in a competition. Each organization was to be judged based on the amount and type of coins that they had. Pennies, dollars and checks are positive, while silver coins such as nickels, dimes and quarters are negative points on the scoring system.

On Oct. 20 there will have been a strike, which is a match kickoff at the Clock Tower on Main Campus followed by Paint the Paws again. On Tuesday Oct. 21 the Little Black Bag Fashion Challenge was set to begin from 11 a.m. until 1 p.m. that afternoon. Later in the evening came an

Brooke Smith

Staff Writer

EveryBody is Beautiful fashion show. The show incorporates models of different body types and ethnicities. The purpose is to spread equality and acceptance for different types of women amongst the community.

On Oct. 23, there will be a CSU Game Day experience that features the National Panhellenic Yard Show. Afterwards begins the Doughboy versus Columbus State football game in Fort Benning in their Doughboy Stadium. The tailgating before the game starts at 4 p.m. and the game starts at 7 p.m. Friday Oct. 24 from 5:30 p.m. to 7:30 p.m. is Downtown Domination, a pep rally parade that will then be followed by a concert. Both the former and the latter will be held on Broadway in downtown Columbus. The CSU volleyball team is also playing against Flagler in the Lumpkin Center at 7 p.m. that day.

Homecoming Week concludes on Oct. 25 with Parent and Family Day events happening at various locations. For all of the student marathoners on campus, there is a third annual Cougar Madness 5k and 10k race that starts at 8:30 a.m. at the Lumpkin Center. It is sponsored by ROTC in association with House for Heroes.

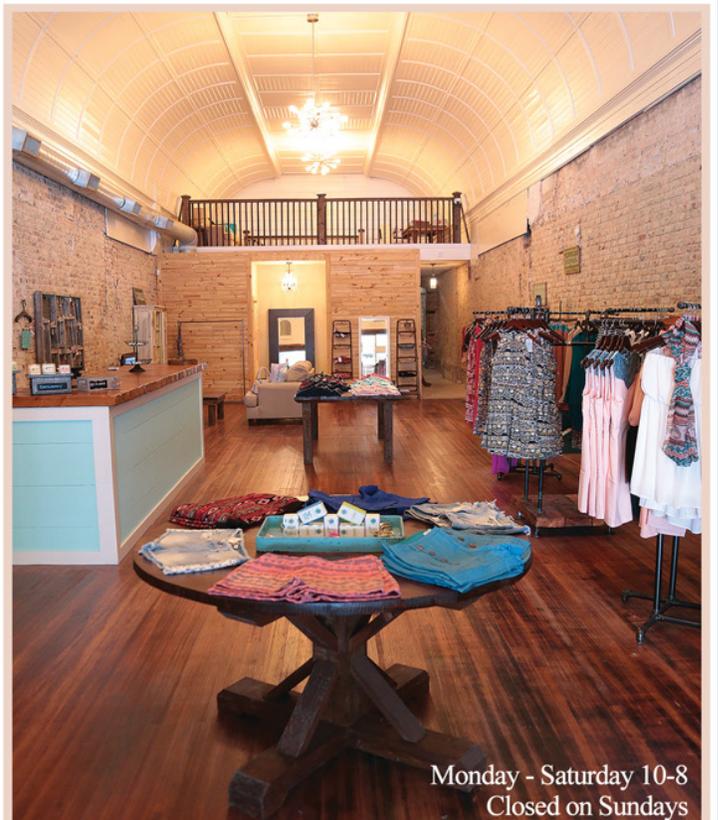
Also, The CSU men's lacrosse team is playing against Point University on the Intrumural Field at 1 p.m. and additionally there are two other athletic matches that day: Women's soccer is playing against Lander at 3 p.m. in the Walden's Soccer Complex, and the volleyball team is playing against Armstrong Atlantic State University in the Lumpkin Center at 4 p.m. At 7 p.m. "Finding Nemo" will be shown at Woodruff Park.

The week's festivities then end with a literal bang at night with the Downtown CSU Alumni Association Firework Show.

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SATURDAY NOV. 01 2014

Promoting the Arts at CSU

Shuttle buses will transport students to events at the Carson McCullers Center

Eric Nicey
Staff Writer

With a collaborative effort from the Carson McCullers Center and CSU transportation beginning on Wednesday Oct. 22, students will now be able to catch the shuttle bus to watch or participate in a variety of events at the McCullers Center. Courtney George, Director of McCullers Center for Writers and Musicians, stated: "This is such an important service for students! Each semester, we offer all sorts of fantastic creative programming at the center, but students who don't have transportation and are not able to get there." The upcoming events for the McCullers Center in which transportation will be provided include recitals, poetry, and writing events in celebration of National Novel Writing Month. Shuttle buses will run on main campus at 6:30 p.m. and at Riverpark at 7:00 p.m. They will be departing from the McCullers Center at 8:45 p.m. For more information contact the center at 706-565-4021 or mccullerscenter@columbusstate.edu.

Upcoming Events

When: Wednesday, Oct. 22 at 7:30 p.m.

What: David Diamond Reading/Recital Series

When: Friday, Nov. 7 at 4 p.m. & 7:30 p.m.

What: Georgia Poetry Circuit - poet, Charles Hanzlicek

When: Wednesday, Nov. 12 at 7:30 p.m.

What: David Diamond Reading/Recital Series

A Look at Minimalism and Post-Minimalism

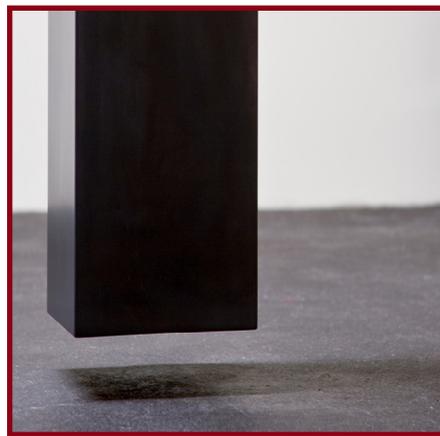
CSU hosts an exhibition opening for Beyond the Grid/Into the Sublime

Lindsay Marchello
Staff Writer

Photo: Columbus State University

On Oct. 15 Columbus State University held an exhibition opening for "Beyond the Grid/Into the Sublime: A New View of Minimalism" at the Illges Gallery in the Corn Center for the Visual Arts. The event, which is part of a longer series revolving around Minimalism, started at 5:30 p.m. and ended around 7:00 p.m. Hannah Israel, an Associate Professor and the Gallery Director of Art, curated the exhibition alongside Michele McCrillis, an Associate Professor of Art History. The project was two years in the making and includes artwork by Minimalist artists such as Agnes Martin, Sol LeWitt, John McCracken, Fred Sandback, Scott Ingram, Marietta Hoferer, Susan York, and Thomas Pihl.

The evening began with a brief gallery talk by both Hannah Israel and Michele McCrillis. Both took the time to thank all who contributed to the exhibition and express gratitude to those who attended the gallery opening. The two then set forth to explain what Minimalism meant in regards to visual arts, literature, and music as well as detail the purpose of the exhibition.



A sculpture entitled Floating Column by Susan York

Minimalism, according to Hannah Israel's introduction in the "Beyond the Grid/Into the Sublime" catalogue, is described as a means of "reducing painting and sculpture to essentials, in this case the bare-bones essentials of geometric abstraction." The exhibit is not only for Minimalist works though, but it is also for Post-Minimalists. Israel goes on in the introduction to say

that "Post-Minimalist artworks contained a sense of metaphor and pointed to meaning beyond themselves. For a number of artists, the meaning involved an experience of transcendence or spiritual feeling."

Looking around the exhibit, one can see the themes of Minimalism and Post-Minimalism present in the paintings and sculptures. However, the exhibition is not only for the visual arts, but also for literature and music. Nick Norwood from the CSU Department of English gave a reading of Minimalist poetry and prose. He shared the works of William Carlos Williams, Ezra Pound, Ernest Hemingway, Srikanth Reddy, and a few others. For the musical aspect of Minimalism, Paul Vaillancourt, a Professor at the Schwob School of Music, and the CSU Percussion Ensemble performed a short piece by Steve Reich.

The exhibition opening was a hit, with many students and faculty attending the evening event. There will be many more events throughout October and November for "Beyond the Grid/Into the Sublime: A New View of Minimalism."

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College, Love and a Pen

Living with a broken heart

Heartbreak is a seemingly invisible element that can cause irreversible damage to a person's life. One day you're in love and happy, the next day everything you were comfortable with has changed. The person who you could have apparently given the world to is no longer a factor in your future. We may be diverse in background, race, and socio-economic status, but every single person has experienced some form of heartbreak.

Whether because of a relationship, loss of a loved one, career loss, or friendship, heartbreak can occur. What is the worst part about heartbreak? Dealing with a broken heart does not have a set time limit on healing. A person can be over their issue in a week, month, or year. Some people never get over their heartbreak, and in rare cases they can die from it.

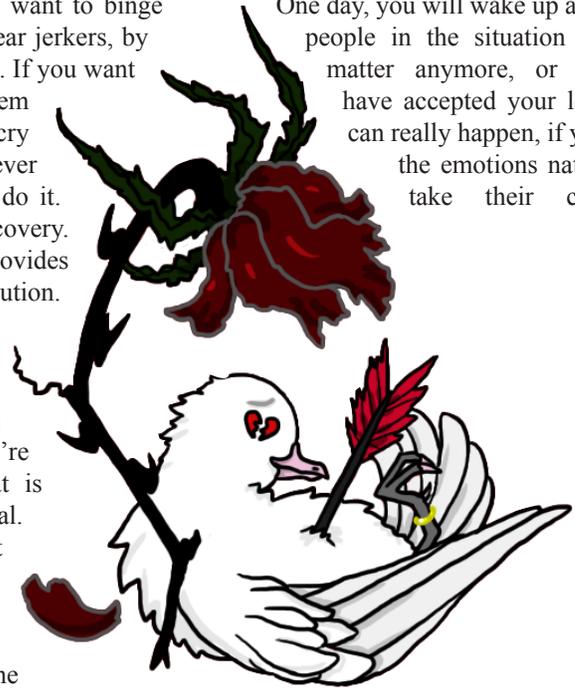
How do you get over something that could be such a tragedy? In reality, you don't. You heal from it. You grow from it. The thing is, there isn't a set step list in dealing with a broken heart.

If you need to cry, cry. There is nothing wrong with expressing your pain. If you need a day away from society to lie under your covers, do it! If you want to binge eat ice cream and watch tear jerkers, by all means have a marathon. If you want to listen to songs that seem to express your pain and cry to them, go for it. Whatever will help you feel better, do it. This isn't a set road to recovery. Getting over heartbreak provides no straight and narrow solution. Some days you will feel better, and then you see a trigger that reminds you of the person that you are hurting over and you're back at square one. That is okay. Stumbling is normal.

The biggest thing that helps in the winding road to recovering from heartbreak is to make each day better than the

last. If you spent the entire previous day crying, try to only cry for half of the day tomorrow. Baby steps are the key.

One day, you will wake up and the people in the situation won't matter anymore, or you'll have accepted your loss. It can really happen, if you let the emotions naturally take their course.



Francesca Renfroe

Arts and Entertainment Editor

Illustration: Elaine Hoffmeister

Fall Fashion Trends

What to wear for fall

Abby Robinson

Staff Writer

Photo: Abby Robinson



Sophomore Biology major, Alex Ray, styles a scarf

Season Trends

Get your pens ready to take a few notes on the most recent trends for women and men. Oversized scarfs, cardigans, leggings, and boots are what a number of women prefer to wear. Men's trends include scarfs, long-sleeves, jeans, and a pair of loafers. All of these are just a few

of the wide variety of what people love this fall.

Women's Trends

Women hunt for more trends like they hunt for more clothes in their closets. At first, it's a big mess, but once you start combining this style with that color it becomes a beautiful piece of art. The evolution of riding boots has become a popular item. Riding boots were once used for actually riding a horse, but then someone discovered that fashion isn't just about the future, but the past. One accessory that evolved from the past is the leather satchel. The leather satchel was once an item for carrying books to class, but one clever woman discovered that if she makes the bag smaller, it creates a type of purse.

Men's Trends

Men have come a long way from wearing the stereotypical man-wear. Jeans, cotton long-sleeves, and a pair of work boots were the average outfit for a man many years ago. Now, men are more open to other styles and colors. Cardigans and scarves have become a new fashion

icon on men. Also, men are open for many different kinds of hats and shoes. Ankle boots are a leading and stylish trend for men that originated from cowboy boots. Hats with flat rims and a medium band around the middle portion of the hat are an accessory some men like to include in their fall style.

Vice Versa Trends

Some trends are included for both sexes. Many accessories, like beanies and necklaces, are an option to include in your fall trends. There are many different styles for people to try. A new style for necklaces is the lengthening of the chain. Pea coats are a trend to keep the chilly air out, and keep the warm and coziness in.

Fall Colors

Many colors are an option to include when wanting to add a pop to your fall wardrobe. No longer is fall stereotyped with red, green, yellow, orange, and brown. Colors such as maroon, mustard, and aluminum are just a few new fall foliage colors. There are plenty of other colors that fit your needs and wants for fall trends.



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Nov. 4 Ballot Referendum

Will USG privatize housing at CSU and others?

Sam Sachs

*Campus Life Editor
Illustration: Noah Sachs*

On Nov. 4, 2014 the city of Columbus will be putting the privatization of housing on campus to ballot. The official question provided to The Saber by John Lester, Ph.D. and Vice President of University Relations, asks: "Shall property owned by the University System of Georgia and utilized by providers of college and university student housing and other facilities continue to be exempt from taxation to keep costs affordable?" In shorter terms, the ballot is asking whether or not the USG should be allowed to have a tax exemption so that the entire university system does not overspend.

The ballot came about from a piece of Board of Regents legislation called House Bill 788, which had the objective of proposing the privatization of housing in order to reduce the debt of the USG on housing costs for the university system each year. The first phase of this proposal would remove \$250 million of an initial \$2.1 billion owed for housing facilities on campus. On a larger scale, the plan's completion would reduce a \$3.6 billion debt by the BOR through a plan to sell existing housing and retiring "outstanding bonds," according to House Bill 788.

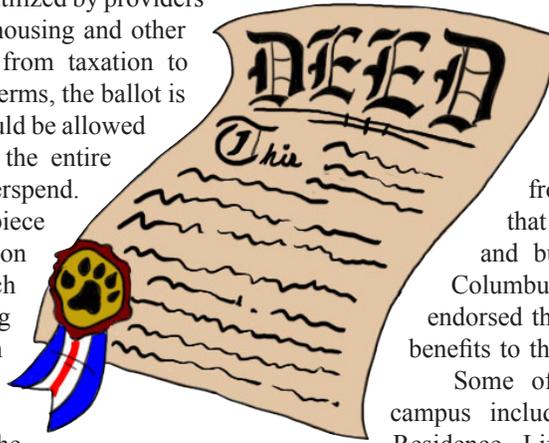
Columbus State University is one of eight schools planned to

be a part of phase one, with an addition of 500 beds being added to on campus housing if the ballot passes. While CSU cannot officially advocate any particular position on the topic, they do have the job of educating the students and the public about the referendum and what it means for CSU.

For CSU, if the ballot passes and phase one begins, the university will receive 500 new freshman beds on Main Campus at no cost to the students, the university, or the USG. The lack of cost to CSU comes from the privatization of housing, meaning that private developers would own, maintain, and build the new dorms for the students. The Columbus Chamber of Commerce has already endorsed the passing of the ballot, as it has a variety of benefits to the university and the university's community.

Some of the benefits of having extra dorms on campus include there being more jobs available with Residence Life as a result of more students living on campus. According to the language of the ballot, if the ballot does not pass, everything stays as it is now.

If you are a citizen of Columbus or have friends or family interested in learning more, you can get in touch with the University Relations office in Richards Hall or speak with Residence Life. Voting on the ballot referendum begins on Nov. 4, 2014.



What "Yes Means Yes" Means:

California schools are not the first to pass new measures against rape

Catrina Dygert

Staff Writer

Photo: Associated Press

After unanimously passing the "Yes Means Yes" legislation, the California state Senate became the first to force colleges to reevaluate their policies on rape. The new bill defines consent as "an affirmative, unambiguous and conscious decision." This means that if a person consents to sex while under the influence of alcohol or drugs, it will now be classified as rape.

The law will apply to all colleges or universities accepting financial aid from the state. Columbus State University sophomore, Jessica Fuqua, expressed her support for the bill, stating that she "couldn't believe it hasn't happened sooner."

For CSU, the decision to establish such a rule has already occurred. Almost four years ago CSU created the Sexual Assault and Violence Education (S.A.V.E.) committee to review cases of sexual assault. Expanding on the Title IX definition of sexual violence, CSU includes "a person who is mentally incapacitated due to the influence of any drug, narcotic, anesthetic, alcohol, or other substance" in their definition of rape.

Many have responded negatively to California's new law, suggesting that an increase in false accusations and unnecessary costs would arise. However, according to CSU's annual crime report, the number of forcible and non-forcible sexual acts has actually decreased from three cases in 2012 to just one case reported in 2013.

The main problem now is unreported cases of sexual violence. Chip Reese, Ed.D., the Dean of Students at CSU and a member of the S.A.V.E committee, says: "I don't know what your story is, but I want to hear it." The committee has several members who have received training through the Association of Title IX Administrators (ATIXA) and

are well-equipped to handle cases of assault or violence.

The committee does everything in their power to ensure the safety of both the accuser and accused until the case is fully investigated. While sexual violence poses a threat to students, the cases are few and far between. In Reese's own words, it is important "to keep breathing, have a good [college] experience, and be safe."



Susan York visits Columbus

Artist and sculptor speaks at the Columbus Museum

Austin Nichols

On Oct. 16, renowned artist and sculptor Susan York spoke on her work and inspiration in the Wright community room of the Columbus Museum as part of the “Lunch and Learn” program which the museum established in collaboration with the art department of Columbus State University. Abby Eden, curator of education at the Columbus Museum, welcomed the crowd and gave a brief introduction of York and her work.

“The quiet, constant world of repetition forms my work. My hope is that the viewer can taste this calm and sink into its emptiness.” Susan York describes her work as an effort to get to the center of an absence, and trying to combine that absence with a large and empty space. She is one of the key minimalist figures in modern art and has art installations in museums all over the world.

York was born in New Mexico and says that the emptiness and beauty of the landscape is one of her greatest inspirations. “The landscape we grow up in gets into our bones somehow, and once there it shapes us.” Another source of inspiration that York talked of is Gerrit Rietveld, a Dutch furniture designer whose “Red Blue Chair” was the motivation for one of York’s first ever works in porcelain. Russian painter Kazimir Malevich was another source of inspiration for York, whose work “Eight Red Rectangles” taught her the value of tension created by unseen asymmetry.

Agnes Martin, an American abstract painter who passed away in 2004, was considered by York to be a close friend and mentor. Martin taught York the importance of having a studio in which to build your own private world. At her

studio in Santa Fe, New Mexico, she uses noise cancelling headphones to try and block out the noise of the city outside and create as much silence as she can. York encourages students to make mistakes and to keep trying, and to play with shapes and colors in their work. She ended her speech and the accompanying slide show with a quote from Sol LeWitt.

“Don’t worry about cool, make your own uncool. Make your own, your own world. If you fear, make it work for you, draw and paint your fear and anxiety. And stop worrying about big, deep things such as ‘to decide on a purpose and way of life, a consistent approach to even some impossible end or even an imagined end.’ You must practice being stupid, dumb, unthinking, empty. Then you will be able to DO!”

The Umbrella Revolution

Students demand a true democracy for the upcoming Hong Kong political election

Cam Krafthefer

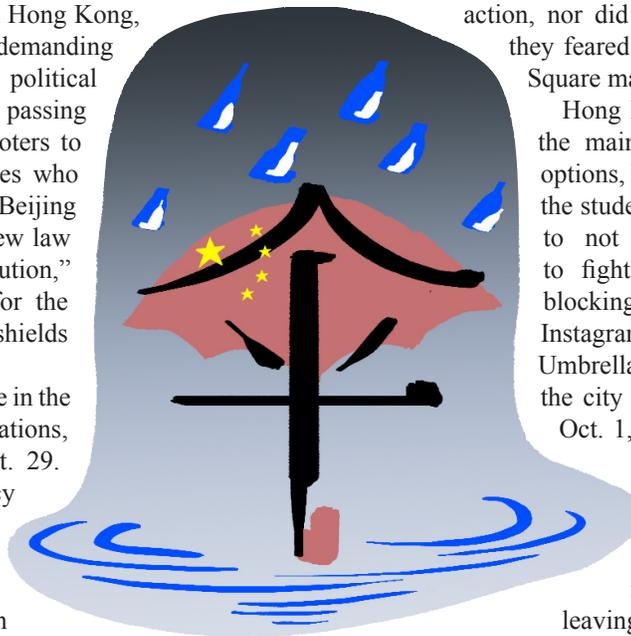
Local and World News Editor

Illustration: Marjorie Pierce

For over three weeks, protestors in Hong Kong, China occupied the streets of the city, demanding a true democracy in the Chinese political system. This petition arose after the passing of a new law, which would force voters to choose only from political candidates who were preapproved by an inclusive Beijing group. The movement against this new law has been labeled the “Umbrella Revolution,” as umbrellas became the symbol for the protests after they were used as shields against police-issued tear gas.

A revolution that began weeks before in the classrooms with student-led demonstrations, the physical protest started on Sept. 29. Occupy Central and pro-democracy student protestors came together and filled the streets of Hong Kong’s Central Business District, in order to shut down businesses in the financial district. Protestors hoped that this action would cause Hong Kong and Beijing officials to allow universal suffrage for the 2017 chief executive election.

Soon after the protest began, police were instructed to use tear gas on the protestors to get them to evacuate the area. However, protestors were exercising their right to freedom of speech and protest, which was granted to Hong Kong in 1997 when the city was released to China from the UK. Due to the “hands-off” policy, the Hong Kong police force was not allowed to harm the peaceful protestors. The protestors demanded that Hong Kong’s current chief executive, CY Leung, step down because he allowed for the police to issue the tear gas. Hong Kong police did not take further



action, nor did the Beijing police force, because they feared re-creating the horrific Tiananmen Square massacre of 1989.

Hong Kong officials agreed to meet with the main student leaders to discuss their options, but the meeting was called off when the student leaders instructed demonstrators to not desist the protest. China tried to fight back against the protestors by blocking certain social media sites, such as Instagram, but the protest remained strong. Umbrellas and yellow ribbons alike covered the city in symbol of the dissent. Even on Oct. 1, China’s national day, the day that the People’s Republic of China was founded in 1949, the protests for a true democracy raged on.

As the weeks went on, the number of protestors dwindled, leaving only a couple hundred left to continue to occupy the main streets of Hong Kong’s Central Business District. Because the protests occupied this district, schools and businesses were forced to close. On Oct. 17, Hong Kong’s police force was issued to remove the remaining protestors from the streets because businesses were losing money. Business owners rejoiced as the protestors were moved from the streets.

Though the majority of the physical protest has ended, the fight is not over, as the demand for a true democracy is still high. No compromise has been made as of yet, but CY Leung has agreed to schedule a meeting with student leaders to hear their opinions.

Ebola Outbreak Continues to Spread

Deadly virus hops borders and threatens the U.S.

Scott Berson

Staff Writer

Illustration: Noah Sachs

Seven months since the beginning of the worst Ebola outbreak in history, efforts to contain the spread of the virus have largely failed. Since the Center for Disease Control's initial outbreak report on March 25, slightly under 9,000 cases of Ebola hemorrhagic fever have been detected, almost half of them resulting in death. The virus has spread from Guinea, where it was first detected, to Liberia, Nigeria, Senegal, Sierra Leone, Spain, and the United States.

Because the Ebola virus usually kills too quickly for it to spread far, outbreaks of the virus have traditionally been brief and rare due to their tendency to crop up in remote areas. This strain of the virus, however, causes symptoms that last slightly longer and allow the virus more time to proliferate.

Ebola does not travel in the air or water; it is spread through direct contact with an infected person's bodily fluids. This means that a person must come into contact with an infected person's blood, urine, feces, semen, sweat, or saliva. Fluids must have an entry point, such as an open wound, the eyes, or the mouth. What this also means is that a person who can spread Ebola is obviously sick. However, during the 10-30 day incubation period where they are not showing symptoms, they are not contagious.

The symptoms of Ebola are initially flu-like: tiredness, fever, headaches, pain in the joints, muscles, and abdomen, vomiting, diarrhea, and loss of appetite. After this, the victim usually experiences bleeding from the mucous membranes and injection sites. This blood loss, among other causes, results in multiple-organ failure and often leads to death.

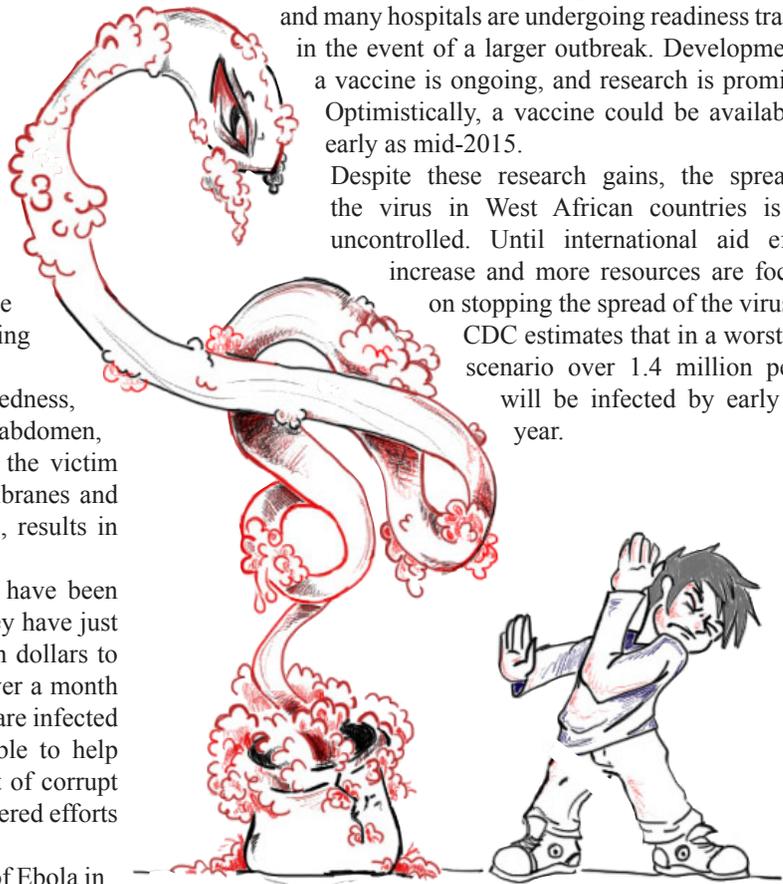
Although efforts to stop the spread of the virus have been ongoing, the World Health Organization says that they have just not been good enough. A fund asking for one billion dollars to combat the disease received only 100,000 dollars, over a month after it was established. As more health professionals are infected and lost to the virus in West Africa, they are unable to help patients, and the situation worsens. Fear and distrust of corrupt governments and outside aid groups have further hindered efforts to control the disease.

As of Oct. 17, there has been three confirmed cases of Ebola in

the United States, all of them originating in Dallas, Texas. One of these three patients, Thomas Duncan, fell ill after visiting Liberia and died on Oct. 8. Two of the nurses who attended to him, Amber Vinson and Nina Pham, have become infected with the virus since then. The CDC is monitoring their potential contacts to see if they develop symptoms.

Despite the widespread fear, the likelihood of an epidemic in the U.S. is low. Healthcare protocol is much more stringent than in West African nations, and though the possibility of a larger outbreak is real, protections are in place. Incoming passengers from infected countries are being screened for the virus, and many hospitals are undergoing readiness training in the event of a larger outbreak. Development of a vaccine is ongoing, and research is promising. Optimistically, a vaccine could be available as early as mid-2015.

Despite these research gains, the spread of the virus in West African countries is still uncontrolled. Until international aid efforts increase and more resources are focused on stopping the spread of the virus, the CDC estimates that in a worst-case scenario over 1.4 million people will be infected by early next year.



New Columbus Hospice Opens

An additional 350 patients will receive the care they need

Catrina Dygert

Staff Writer

Photo: Tionna Howard



The newest children's room at Columbus Hospice's ward at Midtown Medical

Columbus Hospice hosted an open house for its newest location at Midtown Medical Center West on Oct. 8. The floor has 10 in-patient beds, one of which is a children's unit. The Saber caught up with Terri Roberts, Director of Volunteer Services for Columbus Hospice, to talk numbers for this new ward.

Roberts says they expect to see approximately 350 patients a year with an average stay of five days. The residents range in age from one to 105 years old. For the younger patients, the hospice has a play room at their Moon Road location filled with toys and stuffed animals for the children to play with.

Roberts states they have the funds to purchase anything the patients could need. Columbus Hospice is free and the only non-profit of its kind in Columbus. Officials are excited about the new branch opening, because now more patients closer to the downtown area can seek attention that is needed.

Columbus State Adds New Club Programs

Men's lacrosse and equestrian added to the 2014-2015 calendar

Jake Hall

Staff Writer

Illustration: Marjorie Pierce

Men's lacrosse and equestrian eventing join the club sports roster for the 2014-2015 athletic calendar, making CSU one of the few colleges in Georgia to have such programs.

Club sports do not work like varsity sports. There are no scholarships or official rankings, but they do get the same opportunities as varsity sports to go out and compete against other teams from different universities. They are funded by the community through donations. Typically club sports are started by the student body, but lacrosse, equestrian, and football were started by campus recreation.

"We looked around to see if there was any interest, and there was, but they were not starting themselves," said Dean Reese, Assistant Vice President for Student Affairs and Dean of Students. "We decided that these would be good things to do, so we got them running."

Certain club programs run as "recruiter sports." They are designed to draw interest to the university, and to bring more students in. Football, lacrosse and equestrian eventing have brought close to sixty additional students that otherwise would have gone somewhere else in Georgia. The tuition plus other expenses that these athletes are paying brings in close to \$220,000 to CSU.

"These students were going somewhere," said Reese. "We have 17 people that were going to play lacrosse somewhere, so that's 17 people that otherwise would not be at our institution. We also had a few equestrian riders that actually halted their application process to other schools just to come to their home town university."

"All of our guys are not from the area," said Brendan Bonacum, Head Coach of CSU's men's lacrosse team. "We have 16 guys from the Atlanta area, one guy from upstate New York, and a guy

from the Fort Benning area that is originally from California."

"These guys came here to play lacrosse," said Bonacum. "We can't offer them any scholarships so it's all academic based, but when they saw the campus and the facilities they were shocked by how impressive they were, and they instantly felt at home."

Equestrian events are triathlons for horses. They involve the horse working on both a flat surface and over fences. The three phases of the events are dress, cross country, and show jumping. The riders will run the home events at Poplar Place Farms, and their next event is at Chattahoochee Hills on the weekend of Oct. 25 and 26.

Lacrosse played Emory University over the weekend, and their next game is at CSU during homecoming weekend on Oct. 25. "For homecoming weekend at one o'clock you usually think football or whatever that highlight sport is for the university, and we think it's a huge opportunity for us and it is phenomenal," said Bonacum. "We want to be that sport that the student body rallies around."

"We're trying to raise the awareness of Columbus State throughout the region," said Reese, "It gives our students, whether they participate as an active member or just go and watch, more opportunities for a greater college experience."

For more information on all of CSU's club sports, please visit campusrec.columbusstate.edu.



Rub it In

How CSU students can benefit from medical massages

Athletes understand the risk of injury involved in playing sports. Musicians and artists, however, share the same risk, but few outside those fields understand the danger. Any constant repetitive motion, such as playing the violin for three hours or working on a painting for two, causes strain on the body. The strain can cause knots or tears in the muscles and connective tissues.

The music program at CSU teaches body mapping to avoid injury, but for students like Samantha Chase, the lessons came too late. Chase has developed intercostal knots, or knots on the muscles between her ribcage. If she doesn't stretch daily, these knots sometimes even make it hard for her to breathe. The one thing that really helps is a weekly medical massage.

Unlike the common understanding of massage, medical massages are designed to find and fix physical problems at a muscular level, rather than only relaxing the patient. Chase says they are "more than just somebody rubbing you. It's educational."

It's not just music or art majors that would benefit from a massage program at CSU. Sitting for long periods has been shown to result in lower life spans, but it also creates tight muscles and

imbalances that can result in pain, fatigue, or decreased mobility.

Students who have to stand or sit for long periods of time can benefit, as can students who are feeling the pressure of finals or other obligations. Just like physical stress can result in tears, mental stress can create muscular tension that can have very physical effects. An appropriately educated and licensed massage therapist can help relieve mental stress as well as improve physical ability.



Catrina Dygert

Staff Writer

Photo: Wiki Commons

A Remedy for Anger

Jennifer Moore, Ph.D.

Staff Psychologist
CSU Counseling Center

“The healthy man does not torture others -generally it is the tortured who turn into torturers.”

I wonder if I would make it in the zombie apocalypse. I find myself asking this question while watching “The Walking Dead.” Like millions of other people, I am a huge fan of the show. Whenever I talk about it, I have to consciously make myself speak softly in order to not scare people with my excitement! I’m surprised that I love it as much as I do. It’s gory, it’s violent, and it depicts people doing horrible things to one another in the name of survival. It’s hard to find the hope in it sometimes, but if I couldn’t see it, I’d stop watching it.

I focus more on what drives a character to do whatever act they are committing as opposed to the act itself. No one in the show is all good or all bad. Sometimes, the person who is engaged in a rude or mean behavior might have been harmed in some way. They feel safer when they are separated from other people. It can be easier to drive people away than to be vulnerable to the possibility of being cut, literally or figuratively, by another person.

Real life is like this too, minus the zombies. I have no doubt that each of us can think of someone who seems angry all the time, never sees the good in anyone, or who purposefully

makes other people feel horrible about themselves. They seem to have a difficult time being aware of how they might be contributing to arguments that they are frequently involved in, but can very easily find the fault in the other person.

So, what do we do with the angry people in our lives? I’ve come to realize that underneath red-hot anger is usually someone who feels little, lost, and alone. I’ll own that this is going to sound odd, but one possible answer might be to love them even when they are acting unlovable.

I’m not suggesting trying this with everyone; after all, there are varying degrees of anger. Some people are physically violent and constantly belittle those around them with their words. A quote by Carl Jung that I have to remind myself of often is this: “The healthy man does not torture others - generally it is the tortured who turn into torturers.” No person who is accepting of themselves would physically hurt another person just because they can.

However, apart from physical or verbal abuse, when those we love are angry and try to make us see red as well, instead of taking the bait, ask them if something is going on with them, or let them know that they seem really overwhelmed or worried about something. Maybe they’ll be able to talk it out and the anger will go away on its own. I’m not saying it will work every time, but give it a try.

Maybe a zombie can be a human again.

GO VEGAN

SA



Mmmm delicious.

Hey wait, too many of these aren't good for me.

These are much better.

NEXT ISSUE:

SLUTTY COSTUMES: **SEXUALIZATION OF HALLOWEEN** —

LOCAL LEGENDS: **COLUMBUS GHOST STORIES** —

HORROR: **WHY DO WE LIKE BEING SCARED?** —

EVENTS: **HALLOWEEN IN THE VALLEY** —



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