**Editor’s Letter**

Every new year begins in a flurry. Old friends connect after a summer apart; people rush to new classes, jobs, and apartments. Bright-eyed freshmen explore their new home and begin to make lifelong friends. I’d like to welcome those students, as well as our wonderful faculty and staff, to this year’s commotion.

Lots of things are changing this year. We have a new dorm, a new nursing and education building, a renovated Arnold Hall. Changes to the bus routes and to downtown dining. Dozens of new shops and restaurants on Broadway and beyond. New professors, staff, and students. The Saber is changing too.

Last year, we dramatically upgraded our print publication. We went from a blocky newspaper layout to a vibrant and lively magazine. This year, we will continue evolving. We will be publishing fewer (but longer) issues, and will begin investing more in long-form reporting and analysis that you won’t find anywhere else. We want to make sure that we’re printing things that are worth reading, and that show the world examples of the type of work that CSU students can produce.

We will also be much more active online. Our main website is still being built, but in the meantime you can go to www.thesaber.wix.com/thesaber to see archived copies of every issue from the last two years. Please also make sure you “like” our Facebook page and follow our Twitter account to receive breaking news, exclusive photos, and videos, and original web-only stories from your fellow students.

We’re trying a lot of new things right now. It might be a bit of a rocky start as we begin the trail, but I think the destination is going to be something we can all be very proud of. Thank you for reading.

Our next issue comes out on September 28th.

-Scott Berson
Editor-In-Chief

**High School Students Get a Head Start**

Move On When Ready students begin class at CSU

How well do you know the student sitting next to you? Did you know that they could actually still be a high schooler? Columbus State University’s student population includes 185 high school students participating in Move On When Ready, a program allowing high school students to take college classes, virtually free, while receiving credit for both high school and college.

To be involved in MOWR, students must meet standardized testing requirements, scoring at least 20 on the ACT or 970 on the SAT, and possess a GPA of at least 3.0. Additionally, the Move On When Ready participation agreement must be completed and signed by the student, a parent or guardian, and a high school counselor.

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Alexander Croom, a junior at Chattahoochee County High School is furthering his education through MOWR. “Columbus State is going to help me get closer to achieving my degree by enabling me to progress my education further and quicker than I’d normally be able to,” said Croom. By the time he graduates high school, Croom will possess a diploma and course credit equivalent to two years of college.

Anna Corser, a graphic design and animation major, is a former MOWR student. Although she moved on to a larger college to earn her degree, Corser advises students to participate in MOWR. “[I was] terrified about starting the program because [of] teachers explaining how difficult college would be,” said Corser. She now describes MOWR as the “best thing I could’ve done involving my education.”

CSU’s partnership with the Early College Academy of Columbus provides academically focused high school students with the opportunity to immerse themselves in college life and networking. CSU’s mission is “to raise the high school graduation and postsecondary success rates of minority, first generation college and low-income youth.”
New freshman choosing to live on Main Campus this semester began the year in CSU’s newly constructed Clearview Hall. Corvias Campus Living, a housing production company from Cary, N.C. spearheaded the project with collaboration from the University System of Georgia and Columbus State University. The price tag was roughly 25 million dollars and the project took about 16 months to complete.

Clearview Hall is 121,000 square feet and stands four stories tall. It contains 130 suite style dorms, 114 of which are quadruple-occupancy suites for freshman. The remaining 16 dorms are single-occupancy bedrooms that house the Residence Assistants.

CSU’s website describes Clearview Hall as a “traditional-styled dorm,” but some residents claim it’s a bit more luxurious than that. Spacious, sizable, comfortable, and expansive were just a few words some freshmen used to describe the new dorms. CSU worked closely with Corvias to determine the specifications for the layout.

“[The] rooms are modeled after the classic freshman dorm but are a bit different because of two unique features: the addition of an entrance room, and the bathrooms located within each suite,” said Kelly Douglas, Director of Communications at Corvias. “Communal bathrooms are un-hygienic and a little outdated; privacy shouldn’t be a luxury for the students, which is something that CSU felt strongly about.”

Each floor contains two wings joined by large, central common areas. These common areas include community recreation and study rooms, kitchens, and laundry rooms. The recreation areas are furnished with lounge chairs, televisions and game tables, and the kitchens include basic cooking equipment such as pots, pans, knives, and dishes. The kitchen supplies are kept behind locked cabinets. ResLife officials hold the keys and regulate the usage of those supplies.

“We want the freshman to recognize the kitchen as a privilege,” said residence assistant V-keyah, “and the regulation of the supplies acts as a system of checks and balances.”

Each suite contains two bedrooms, and each bedroom houses two students. The bedrooms are connected by a small living/dining area that could accommodate a small table, and in this entrance room are two bathrooms each complete with a toilet and a walk-in shower.

Sarah Secoy, Director of Residence life at CSU, explained that the dorm’s layout encourages the students to get out and interact more. “Freshmen need to get out of their dorms and explore the campus; they need to socialize with one another. Making connections is a crucial part of college, and building those relationships allows the students to work together and pool resources to accomplish more.” One freshman, Nia, agrees. “The community areas are great. They bring us together and force us to interact.”

Freshmen also said that privacy and security have not been an issue so far. “You basically need a security card to get through any door here,” said Domenica, another student.

When asked what they disliked, most were generally happy, although one freshman was tired of people breaking the ping-pong paddles, and another claimed the elevator was extremely slow. Overall, the general opinion of Clearview in terms of aesthetics and practicality lines up with the expectations projected by Corvias and CSU. The freshmen seem to be enjoying their accommodations, and many are making excellent use of the available resources. Upon request, tours of Clearview may be scheduled through the RAs working the front desk. Prospective freshman and curious students are welcome to take a guided look.
BROADWAY REBORN

Business is booming on Broadway, which means more places for students and Columbus residents to enjoy. A few new establishments have already opened their doors and others will be opening soon.

“Columbus is becoming the best lifestyle destination of the region,” said Richard Bishop, President of Uptown Columbus. “We now have the best locally owned and operated restaurants—almost 100 percent are locally owned—and we are having more and more interest from people interested in the area on a daily basis. It just takes time for us to build awareness.”

According to Uptown Columbus, just in the last year in Columbus has seen $74,000 in capital investment (value of building permits), 42 new businesses (net gain), 400+ new jobs, and $203,829,832 in gross receipts (a 30 percent increase in just six years).

Recently Opened:

Crowne Hookah Lounge opened in July and offers a wide variety of hookah flavors, drinks, and food items such as wings, chicken fingers, and fries. Currently on special are $5 gyros. Located at 1113 Broadway (next to Flip Side), they are open to customers 18 and older Tuesday-Thursday from 5:00 p.m. until 11:59 p.m., Friday and Saturday from 5:00 p.m. until 2:00 a.m., and Sunday from 5:00 p.m. until 10:00 p.m. Lunch is available from 11:00 a.m. to 2:00 p.m. Tuesday-Saturday. For more info, call (706) 221-6780.

The Oak Branch, an affordable men’s clothing, shoes, and accessories store, opened June 18 at 1104 Broadway. The store is open Monday through Saturday from 11:00 a.m. until 7:00 p.m. For more info, call (706) 221-7435.

Nonic Bar and Kitchen is a hip craft beer bar and restaurant modeled after places like Porter Beer Bar in Atlanta’s Little Five Points and the Brickstore Pub in Decatur, Ga. Located at 1239 Broadway, Nonic is open Monday through Thursday from 11:00 a.m. until 11:00 p.m., and Friday and Saturday from 11:00 a.m. until 12:00 a.m. Open to ages 21 and up, Nonic has received glowing reviews and is a popular weekend hotspot.

Coming Soon:

My Boulange, a French bakery and café, will be located at 111 12th Street and should open in early October. My Boulange will have an authentic French chef—Bruno Rizzo, former owner and operator of popular New Orleans French bakery Le Boulangerie. The menu will feature fresh French bread, pastries, sandwiches, salads, wine, beer and cheese.

Kilwin’s Chocolates. Founded in Petosky, Michigan, Kilwin’s motto is “Sweet in every sense since 1947.” Known for using the finest ingredients and family recipes, Kilwin’s now has more than 90 stores, mostly in the eastern United States. This new franchise, owned by Christy and Matthew Moore, will be located at 1230 Broadway and will hopefully open soon to satisfy the cravings of Columbus chocoholics. For more information on Kilwin’s and their products, go to www.kilwins.com.
Going to college can be a difficult transition. Students are away from home and dependent on themselves for the first time. To help, here are some tips and tricks that will have you navigating CSU like a seasoned veteran.

1 **Check Financial Aid:** If you rely heavily on financial aid to attend Columbus State, it’s a good idea to track your benefits. Deadlines in college can sneak up on people who do not manage their time well. You could find yourself losing your financial aid and getting dropped from classes before you know it. Be proactive in getting your FAFSA filled out and submitted prior to the deadline.

2 **Free Microsoft Office:** With college comes assignments, essays, and presentations. Luckily, CSU provides students with a Microsoft Office subscription. All you need to do is bring your CSU ID, laptop, and computer charger to the UITS helpdesk in the CCT computer lab to receive the software. Turns out those student fees actually go toward something useful.

3 **Faculty Parking:** Classes are done, but you need to go to the computer lab or the library to study? After 5:30 you can park in any faculty parking lot (besides 8 and 18) without worrying about coming back to a ticket.

4 **Adult Resource Center:** Are you a student age 23 or older? There is a work area with computers and printers located in the Schuster Student Success Center just for you. This area is designed to give non-traditional students a place to unwind before a class or have a quiet space to work. Plus, there’s free coffee.

5 **Bikes on Shuttles:** Due to new changes in parking, many students found new ways to commute to school. Want to go green and commute by biking around the school, but have to get to the RiverPark campus downtown? CSU shuttles can make accommodations for bikes. Just ask them how to stow it in the rack in the front of the bus. Now there is nothing stopping you from being “that guy” who brags about how low of a carbon footprint you have.

6 **Sauna:** The CSU Rec Center has dozens of machines to help students get into peak physical shape. Hidden in the pool area, however, is a secret gem. CSU has a sauna that is available for all currently enrolled students and permitted guests. So whether you want to go and relax after a hard workout or sweat out the Whopper you just ate, the sauna is the place to go.

7 **Copy Center Posters:** If you want to personalize your room with high quality posters, the CSU copy center has you covered. Bring a copy of your favorite picture to the copy center or email it to cougarcopycenter@columbusstate.edu and print a 12x18 post for 65 cents. Your order should be ready by the end of the day, or first thing the next morning.
July was the craziest month I’ve ever experienced at CSU. Students who suffered through summer classes can attest that the campus, and the rest of the world, was in a Pokémon Go frenzy. Damn near every student had their face in their smartphone, lures were dropping like a never ending cherry blossom bonanza, and no one, not even professors, could escape the colorful draw of children’s cartoon characters. I will never forget overhearing a couple of burly jocks in deep discussion about the merits of the pink Jigglypuff one of them had caught earlier.

The biggest kicker is that this is actually the second time I have experienced a Pokémon frenzy of this caliber. As a child of the 90s, I was around when the roaring Pokémon trading card craze spurred a veritable black market during school recesses. When there were Pokémon on the silver screen. When McDonald’s was stocked with the little monsters and I’d beg my family for a Happy Meal. Pokémon Go is, in many ways, an incredible wish fulfillment for all of us who wanted to be Pokémon masters.

The app itself is hilarious. Columbus is infested with rats, birds, and bats, and you can catch them with the crappy avatar you desperately settled for (because your first attempt to play the game was a battle between all the good names being taken and the servers crashing every few seconds).

The game mechanics don’t allow you to move beyond a brisk walk, and I’ve burned through more data usage and battery life in the last two months than in the last two years. Meanwhile, our urban neighbors in Atlanta flaunt their casually caught Dragonites and Snorlaxes, while I’m over here just wondering “Where the heck can I find a Vulpix?”

As for the gameplay, it’s truly remarkable that Niantic made a game that you can continuously play and only get worse at. I can’t aim worth a damn, so 20 Pokeballs on a CP10 Weedle is just business as usual. How many of us have experienced the constant lack of Pokeballs, the tantalizing temptation of wanting to spend real money on some incubators, and the gratitude for players who aren’t stingy with lures?

The game is so unbalanced it’s almost more rewarding to poke fun at it. No, I love it when I’m walking through a sea of Valor gyms all controlled by our Vaporeon and Exegger overlords. Not to mention the unfortunate implication that the Pokémon you catch are ground up into candy and force fed to other Pokémon. Yummy.

But really, any frustration with the game just means you’re not playing it up to its full potential. It’s not the true millennial experience unless you simultaneously display a childish waste of time while also flaunting your newfound adulthood by claiming a gym after midnight when all the kids are asleep, or by doing a drive-by and planting your CP 10, 0.01 kg Pidgey on a newly conquered gym just to tick the other team off. Driving at 12 mph to hatch a 10 km egg and get another Eevee. Spending days of your
The Pokémon Go app gets people outside. It has helped people with anxiety and depression and agoraphobia. Hospitals are using the app in rehab, and many families play together. It’s not saving starving children in Ethiopia, but from a social aspect it’s pretty cool, and nearly everyone who plays it can attest to having spoken to people they never would have otherwise.

There are plenty of Facebook haters, people who say our generation is lazy, that think we are wasting time. But what cheers me up is that despite the critics, there are many people in our generation and others who just get it.

I had to explain to my parents, who by the way don’t think it’s appropriate for someone my age to be “playing Pokémon,” that there are some real benefits to this game. There are so many positive stories, which are refreshing to hear and read about when most of the time these “millennials” are increasingly jaded, cynical, and stressed.

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I see countless older people playing the app, and better yet, their young children are teaching it to them. There are still mobs of people in big city parks all bonding over an experience. Pokémon Go dates are a thing (sorry to my bf for playing it all the time). The real value of this app isn’t in raising a CP 3000 Dragonite, it’s in having something to connect people in an increasingly disconnected time. There are flaws, sure, but anything that can get so many people excited is one of the best things that can happen in a year that has otherwise had little to cheer to give.

On September 9, 2015, a trailer hit the internet and swept the entire planet up in a huge tornado of hype. It promised that we would finally get a chance to meet all of our favorite Pokémon, here, in the real world. It promised adventure with our friends and family that would take us from our backyards to the Himalayas, and ended with hundreds, maybe thousands of people, in the middle of Times Square, fighting and eventually catching a Mewtwo.

I just got chills remembering how I felt that day. Today, not even a year later, we have on our phones the game that was promised, but has it lived up to our expectations? Has life now transformed into nothing but a joyous romp of adventure? Unfortunately, no. Let’s investigate why.

While in development, there was a lot of speculation over whether or not players were going to have to travel outside of their local area to truly enjoy the game. John Hanke, Niantic CEO, alleviated that concern in an interview with Polygon. “You don’t have to collect them all to compete for gyms and progress,” he said. Given this guarantee, we should be able to catch a fair amount of Pokémon in our city and then enjoy what the game has to offer.

This is just not happening. I live on the northeast side of town and still to this day what I primarily find when I take a walk around my neighborhood are Pidgeys, Rattatas, Caterpies, and, occasionally, their evolutionary forms. This was okay at launch, when the elation of simply seeing any Pokémon dance on top of my car was enough to get me through my drab work day. But now, almost two months after release, I don’t even want to open up the app.

If you live or work downtown, you’re already in the best place in Columbus to catch Pokémon. This makes sense because Niantic wants its players to get out, explore, and see things in their city that they may not have otherwise. Where better to see landmarks than downtown?

The problem is that it is the only good place to catch rare Pokémon, and after you explore a place, it becomes mundane. If the only problems with this game had to do with poor placement of spawn eggs, unfair distribution of free items, and lack of iconic features like trading, then that would be okay. Niantic is aware of these issues and claims that many of them will be fixed in upcoming updates. But just like the Pokémon in the game, the woes of Pokémon Go have started to leak out into the real world.

Not even a full week after the U.S. release of the game, reports came in from Missouri concerning a string of robberies, where a group of local residents were suspected of using Pokémon Go’s geolocation to track down players that might be hunting Pokémon in shadier areas of town. In the same week, while attempting to catch water Pokémon, a teenager found a dead body in a river. An entire country, Iran, that has banned Pokémon Go outright, stating that the game is a security threat. Niantic is currently being sued by a local couple in Detroit, according to VG247. “Nobody gets sleep anymore,” the couple say. “How is this acceptable? … They hang out on our lawns, trample landscaping, look in vehicles…We don’t feel safe.”

Niantic has already released a couple of updates that place band aids on some of the more annoying aspects of catching Pokémon. The updates also alert players to not drive and play or go into dangerous areas. But they still have a long way to go before the game will meet players’ expectations.
U.S. Senator David Perdue Visits Columbus State

Speaks to faculty, Saber about current issues

David Perdue, the junior U.S. senator from Georgia, came to Columbus State University on August 8, 2016 to speak at CSU’s monthly leadership breakfast.

Perdue won his first senatorial race in 2014 after campaigning for a “change in direction [in Washington].” He and his supporters believe that his experience as the chief executive officer of companies like Reebok and Dollar General gives him valuable insight and a different perspective on congressional matters. Perdue now serves on five committees, including the Foreign Relations Committee, the Special Committee on Aging and the Budget Committee.

Perdue spoke extensively about the government’s budgeting problems and how to fix them. Last year he worked on balancing the government’s budget, and looked at corporations and other countries to see how they managed their finances.

“We came back to just a few guiding principles,” Perdue said. “One is that the budget needs to be a law. Two, every thing you spend needs to be on the budget…and third, if you don’t get it done there have to be consequences.” Perdue also said the government’s current budgeting method has only resulted in a balance a few times since it was instated, and is unlikely to ever work again. This means the government has spent more money than it has collected from tax revenue every year since 2001.

“The people who really should be most upset about the financial catastrophe I’m trying to describe are people eighteen years old,” said Perdue. He said that the people this “economic malaise” strikes hardest are college graduates. For this reason, he emphasized the importance of students getting involved with and educating themselves about the realm of politics. He especially stressed the importance of learning about differing opinions. “My father told me when I was in high school…if you’re conservative, read someone you trust who’s a liberal. And if you become liberal, read somebody who’s conservative.”

On the subject of the current race, Perdue voiced his opinion that Donald Trump was the better presidential candidate. According to Perdue, people need to “get off talking about the cons [of Trump] because that’s a distraction. Focus on the failures of this administration and Hillary Clinton.” Perdue also believes that the polls showing Clinton as the overwhelmingly favored candidate are mistaken and mentioned that the polls during his own senatorial race were incorrect.

When asked for his opinion on Georgia’s recent “campus carry” bill, which would have allowed students to carry firearms on Georgia campuses had Gov. Nathan Deal not vetoed it, Sen. Perdue affirmed his support for the Second Amendment. “[The Second Amendment] is a paramount right given to us in the Constitution that cannot be toyed with,” Perdue said. He also mentioned his work to preserve the Second Amendment on a federal level, specifically to make sure the judiciary doesn’t start encroaching on those rights.

Senator Perdue returns to Washington in September.

If you can write, you can do anything.

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Pizza, bagels, french fries, and donuts. What do they all have in common? They all lack the nutrients necessary to be part of a healthy meal. Avoid the trap of take-out and make simple health-conscious meals at home. The following recipes require minimal preparation, which make them great options for students with limited time or cooking know-how.

Cheap, Healthy, Easy Vegan Meal

By Jacquelyn DeLauder

Rice and Vegetable Stir Fry

**Ingredients:**
- Measuring Cup
- Salt
- 1 ½ cups Water
- A pot with a lid
- Frying pan or electric wok
- Your choice of vegetables (chopped):
  - Carrots, Onions, Zucchini, Tofu, Broccoli, Mushrooms, Garlic
  - Fresh or Ground Ginger
  - Olive Oil
  - Soy Sauce
  - 1 Cup of Rice

**Directions:**

If you have a strainer, rinse the rice with water to remove the excess starch. Add the water and rice to the pot with a couple dashes of salt. Start the stove burner under the pan. When the water boils, cover the pot with its lid and decrease the burner’s temperature to low.

Let the rice cook for 22 minutes without stirring. Heat your pan or wok with a teaspoon of olive oil over medium heat. Chop your choice of vegetables while the rice cooks. Add the chopped vegetables to the heated pan and sauté. Add soy sauce to taste. Heat the vegetables until tender. You can also add beef, chicken, or other types of meat for a non-vegan twist.

Once the rice finishes cooking, turn off the stove top and let the rice sit for 5-10 minutes. Mix in the vegetables and enjoy!
Apple Hummus Wraps

Ingredients:
One apple cored and sliced into thin wedges
Hummus (any flavor)
Spinach or Kale
Tortillas
Toothpicks (optional)
Dried Cranberries (optional)

Directions:
Spread a layer of hummus onto a plain tortilla, leaving the outer edge dry. Sprinkle some cranberries on top of the hummus and then add a layer or two of your greens onto the hummus. Add thin apple slices and roll your wrap, securing with toothpicks if necessary. The wraps can be made with a variety of fruits and vegetables, so feel free to branch out.

Recipe submitted by Meyia Johnson
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