Welcome to the autumn issue, where we tasked the staff with transforming their enthusiasm for the chilly weather into newsworthy articles. We are grateful and fortunate to have talented staff members such as the illustrator of this autumn, iSpy inspired cover. We hope you’ll enjoy seeing other illustrated covers made by our staff for the upcoming holiday season.

On page 3 you’ll find an article about CSU’s new food pantry for students in need and learn about another way to receive credit for volunteer hours. Also in this issue we have a seasonal, fun guide to making homemade potpourri on page 7 and an interesting read about the somewhat dark history of neighboring Phenix City on page 10.

For students who are going to be taking midterms soon and will be going through the stress and anxiety of exams, I wish you the best of luck; also, stay informed on the effects and symptoms of stress by checking out the article on page 11.

Our next issue, the Halloween issue, will be published on Oct. 21 and will feature another wonderful illustrated cover.

-Catherine Saavedra
Editor-in-Chief
CSU Food Pantry
Career Center makes efforts to provide for students in need

Donate cans in exchange for volunteer hours

The Columbus State University Office of Community Outreach, led by Anne Brown, is responsible for a number of service-oriented projects, such as Cougarthon, Cougar Service Days, and their newest project, the CSU Food Pantry.

The Food Pantry project was formed in January, when the student ambassador program started, and consists of 10 ambassadors at this time.

“We felt it would be useful for students, and we took the spring semester to do a lot of research on other colleges to figure out what format we would have for ours,” Brown said.

According to the research, the Financial Aid office told Brown that “there are a significant number of students on campus who are below the poverty line, and having additional resources on campus for them, including items in a food pantry, would be very beneficial.”

As the Thanksgiving and Christmas season approaches, the time for donations has arrived. According to the Blackbaud Index, the national rate of charitable donations during the holiday season went up overall 6.2 percent in 2014. The holiday season in general shows a rising trend of charitable donations during this time period. Food donation programs such as CSU’s Food Pantry not only add to that trend statistically, but provide students in need with food and other necessities to enable a less hungry fall season.

Donations needed include canned goods, such as soup, vegetables, fruit and beans, canned meats like tuna, chicken or chili, and rice, pasta, ramen and Easy Mac, according to the Food Pantry advertisements, among others.

Also listed on the advertisement’s donation possibilities were toiletries, baby food, diapers, and feminine hygiene products. Right now, the project is in the “collection phase” and is waiting to open applications for students in need. Brown hopes to be able to “provide other resources” for students in need as well and is speaking with the Student Government Association to “raise publicity so students are aware,” and will be partnering with both organizations to hold a food drive throughout Homecoming Week.

On a more student-oriented level, student ambassadors are “required to speak with two student organizations or give classroom presentations,” to inform the student body about donating.

According to the Office of Community Outreach, “For every 10 items or $10 worth of items, you will earn one community service hour.” Items must be donated to the career center, which can be logged on CSUinvolve and will contribute towards service awards available to students.

The food pantry donation area is located in the Office of Community Outreach in Schuster 105, and consists of bookshelves to hold the variety of donations that the program will be accepting. Donations can be delivered between the hours of 8 a.m. to 5 p.m., Monday through Friday.

Brown, who is heading the program, is currently out on maternity leave but will be returning the Monday of Thanksgiving week.

For more information on community service opportunities, service projects and donation opportunities, contact Anne Brown at avb@columbusstate.edu, by visiting Schuster suite 102, or by calling 706-507-8760.
Are CSU’s dining services fair to vegetarian students?

Molly Burch, junior theatre technology major

Columbus State University has been undergoing campus-wide changes, including renovations to both the Cougar Café on main campus and the Rankin Den on the RiverPark campus. While there are mixed views about these revisions, there is one demographic of students who feel that even with all the changes they are still being ignored.

Vegetarian students have a long history of suffering when it comes to dining on campus. Molly Burch, a junior theatre technology major, has been encountering these problems since her freshman year at CSU. “Every semester I’ve lost 10 to 15 pounds due to the lack of nutritional value of the vegetarian food. My freshman year I asked to opt out of my meal plan because the food was undercooked and had no nutritional value,” she said.

This is a problem that still persists, according to students. Margaret “Maggie” Kamperman, a junior theater performance major, believes that “though CSU dining is a lot better this year than in previous years, the food is still lacking in nutritional value and variety. They really only have three or four dishes and will have the same dishes two days in a row.”

The options vegetarians have are sparse. Gregory Pitts, a junior theatre performance major, feels that CSU’s dining staff “just throw the meals together and are like: Hey, we need to make something for them so let’s just throw this together.” Burch is particularly dissatisfied with the variety of dishes, saying that, “Options are sparse and lack protein” and that “refried beans in a flour tortilla isn’t food.”

Kamperman also finds that vegetarians face the issue of staff members not understanding what is in the vegetarian dishes they are serving, “Last year I found a giant piece of steak in a vegetarian bean burrito after I specifically asked if it was vegetarian.” Pitts was also concerned that they are not following the recipes correctly, saying that “there are days that I’ll taste it and it has such a bad texture and taste that it is like it was only half made.”

Pitts believes that Aramark needs to provide “more options during all meal periods [and] should really follow the recipes and cook the food fully.” Kamperman and Burch both feel that Aramark “should take vegetarian needs more seriously.” Kamperman pointed out that having meat products in vegetarian foods is dangerous because “eating meat really does make vegetarians sick because our bodies are not physically able to digest meat products.” Burch suggested that Aramark “needs to sit down with a nutritionist and establish what it means to keep vegetarians healthy.”

For more information on the Dining Services menu and nutritional values, go to columbusstate.campusdish.com under “Eat Well.”
An Interview with Brian Mossing
RiverPark’s new Residence Life Coordinator

This year at Columbus State University, RiverPark campus has a new Residence Life Coordinator, Brian Mossing. Mossing arrived here from Western Carolina University in Cullowhee, N.C., but originally hailed from South Detroit, Mich. For the students who might not have met him, one of Mossing’s entertainment preferences is movies, to which he said “basically anything Marvel and DC!” Students who have seen his office know it is covered in Batman symbols.

Mossing said that what he likes about CSU is “its big atmosphere and […] large feel at what is really a smaller school.” He said that he “almost didn’t realize it was small” on his first and second tours. Mossing also said that his favorite show to watch when killing time or relaxing is SyFy’s “Face/Off.”

Khari Nelson, a junior computer science major in the gaming track said that “[Brian Mossing] so far is doing a good job,” and “[h]e cannot wait to get to know him better.”

Joined by Robin Peacock, Sarah Secoy, Asmita Piya, and the in-house Residence Housing Association staff members and Residence Assistants, Mossing and his colleagues plan the events for both the RiverPark campus and Main Campus while providing support for the student residents.

For more information please contact Residence Life at 706-507-8710 for Main Campus and 706-507-8036 for the RiverPark Housing Office.

Residence Life Coordinator Brian Mossing

SGA Amendment Change
A look at the recent SGA amendment vote

The candidates for Senators must have a “declared major in the college they represent.” This amendment was passed by the SGA forum and will now be sent to the student body for voting, and subsequently sent to President Chris Markwood for his approval and signature. If passed by a majority vote from the student body and signed by Markwood, the amendment will not come into effect until Jan. 2016.

Emily Stanley, a senior human resources management major said, “I think that the requirement of the declaration of a major is a positive improvement because it shows a commitment to the respective college.” She also voiced that this will enable the colleges to have a committed representative within the senate.

When voting at the SGA forum, representatives are given a ballot where they need to fill out their name, the date and the organization they are representing. Any information missing will register their vote as invalid and it will be discarded. They will then choose either the yay, nay, or an option to abstain on the vote presented at that time. The SGA justices then collect the ballots after every topic requiring votes has been presented and the allotted time for voting has passed.

Carrie Moll, a senior theatre performance and English literature double major, commented on the new process: “The higher GPA is a positive change because academic success should come before curriculars.”

The SGA executive board also had voted in regard to the parking appeals process. The executive board voted to give students the option to appeal tickets before they pay them; the announcement was made at the most recent forum, on Sept. 23.

The next forum will be held on Oct. 7 at 3:30 p.m. in the Columbus Room in the Davidson Student Lounge.
Follow, Like or Subscribe for News

Millennials are increasingly turning to social media for updates

The Pew Research Center conducted an online survey called the American Trends Panel regarding where individuals found their news back in 2014. It determined that 61 percent of millennials get their political news from Facebook, followed by 44 percent watching CNN, and 37 percent tuning in to their local news station.

These findings are supported by some Columbus State University students. “I read random articles online. Usually I see stuff on Facebook and I’ll read that article,” said Danny Watkins, a junior computer science major. Others denied using social media as a news source; instead they cited online websites. Imani Austin, a freshman environmental science major reported that she did not rely on Facebook for news. Instead, she said that, “I use the New York Times online or Google news. Sometimes I watch CNN.” Colleen Gottfried, a senior history major, noted that she watches the news at night, and if the newspaper is delivered she reads that too.

The report’s findings are not surprising to everyone. “Do students get the news?” asked senior political science major Justin Walters, “Not unless it pops up on their newsfeed.” Facebook, and other social media sites like Twitter, may not be sought out by millennials for their news; rather it is more of an incidental experience. The Pew Research Center explains that, “the more time one spends on the site, the more likely they are to get news there.” According to the same study, 87 percent of millennials use Facebook and 24 percent of those users reported that at least half of their newsfeed content was political in nature. Another 66 percent reported seeing less than half but more than zero political content on their Facebook pages.

Despite the high numbers of millennials who get their political news from Facebook, only 26 percent say that politics and government are among their top three interests, according to the Pew Research Center. From the same American Trends Panel study, only 35 percent reported talking about politics at least a few times a week.

Home is Where the Art is

The equalizing power of art

“Home is Where the Art is” is a free art program for the homeless of Columbus. Sessions are held every Wednesday from 1:00 p.m. to 2:30 p.m. at the Rosehill Methodist Church Safehouse, located at 2101 Hamilton Road.

“The program breaks down barriers for people who normally struggle with self-expression,” stated program director and artist Marina Dunbar who works for the Bo Bartlett studio. “The effect is people walk away a little bit happier than when they came.” “Home is Where the Art is” was inspired by a similar outreach program named “HeARTworks” located in Jackson, Miss., founded in 2008 by Stacy Underwood who got the idea from a book entitled “Same Kind of Different as Me” by Ron Hall and Denver Moore. The book tells the true story of a homeless man and a wealthy man who become best friends despite their differences.

“Home is Where the Art is” came into being through a collaborative process between the noted artist and Columbus native Bo Bartlett, Stacy Underwood, Jan Miller, Helen Brooks, Neil Richardson, and Dunbar. The Bo Bartlett Center supports the program by providing paint, paint brushes, canvases, and all other necessary art supplies. There is even a creative writing workshop led by center intern Christofer Gass every Wednesday from 9:00 a.m. until 10:30 a.m. Additionally, Suzanne Fine, Jo Farris and other members from the Board of Advisers have contributed their time and materials to support the program.

“We have regulars and newcomers every week,” said Dunbar, “who describe the few hours of painting as a therapeutic experience after which they feel a sense of accomplishment.” One participant, who goes by the initials B.R., expressed sincere appreciation for the program and said the following: “Art brings to life many different expressions that otherwise could be held captive in one’s mind. You would be surprised what is inside you.”

As paraphrased from The American Association of Art Therapy, creative expression allows for the exploration of feelings, the reconciliation of emotional conflicts, fosters self-awareness, manages behavior and addictions, develops social skills, improves reality orientation, reduces anxiety, and increases self-esteem. It can improve or restore functioning and a sense of well-being.

The center has collected many works of art by program participants over the past several months and is planning a future show. “I am very excited to share the work of these talented individuals with the public,” said Dunbar. Columbus State University students are invited to volunteer and may contact Marina Dunbar at assist@bobartlett.com.
Op-Ed: Why Do We Love Autumn So?

**Colors, carnivals and a tinge of melancholy**

Fall is here, and for a lot of us, it’s a joyous arrival. “Who needs summer? Christmas is a chore,” we autumn lovers scoff. But why exactly do we love the season so much? Sure, we like the leaves, we like dressing up for Halloween, we (especially) like the crisp air that feels like sweet freedom from the heat wave that is summer. But there’s more to it. People are drawn to, fascinated by and intrinsically linked to paradoxes - and fall is just one beautiful, grand contradiction.

Autumn is a celebration of both life and death, of ends and beginnings, of the beautiful and the macabre. The gorgeous foliage we see on the trees is dying, and we know that, yet we find it dazzling. We celebrate the harvest time with fall festivals, yet historically that celebration came laden with dread that the food wouldn’t last the winter. We dress up, get drunk, party and have a good time at Halloween while portraying the grim and horrifying creatures of our deepest imaginations.

One of my favorite things about autumn is the carnival season, and luckily there are a few in town this year, one at the Civic Center on Oct. 14-18 and another, larger fair in Perry on Oct. 8-18. I’ll probably go to both of them. I love the noise and the lights, the crummy sideshows and disgusting, delicious fair food. I love the people, the atmosphere. Especially at night, each person at a carnival seems lost in this happy, dreamy wonder. Couples hold each other on the wobbly rides, we love it despite ourselves. Because that’s what we have to do in life, we have to walk that line. This fall, take a minute to think about what the season means and why we love it so much, and what autumn has meant to mankind over the centuries. And then buy a candy apple, ride a roller coaster and fall into the spectacle. Have fun, and enjoy the most beautifully mystifying of seasons.

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Sensational Seasonal Smells

**DIY pleasantly pungent potpourri**

It is finally fall and there isn’t anything quite like all of the warm, feel good flavors that come with it. From spiced teas to fresh baked pies, fall envelops our kitchens, our homes and our hearts in a way that no other season can. Living in the dorms can make it difficult to bring those fall sensations into our temporary living spaces. While candles seem the easy way to go, a good one can be expensive, and tacking on the price of a candle warmer (since flames are a no no!) can up the price even more, and scented air fresheners can smell artificial and make your roommates sneezy. So what do you do? Potpourri is a cheap and easy way to make your room smell like your grannies’ house on Thanksgiving morning!

**The Basics:** Cinnamon sticks, Coarsely ground nutmeg, Whole cloves, Allspice, Whole star anise

**For Flourish:** Dried apples, Dried pears, Dried oranges

**Suitable Vessels:** Mason jars, Cheese cloth bags, Burlap bags, Other non-plastic breathable bags

**Assembly:**

Use as much, or as little, of each spice as you feel necessary. Make sure that you break the cinnamon sticks up enough to fit in whatever vessel you use. If all you want is a chai-like scent, stop here and proceed to packaging. If you are feeling a little more adventurous, proceed to step 2.

For drying out any of the fruits listed above, you will need a baking sheet and parchment paper. **Do not grease your pan as a substitute, or the fruit will not dry properly.** Preheat your oven to 200 degrees. Slice your fruits as paper thin as possible. Place them in a single layer on your baking sheet. You can sprinkle each slice with a couple of drops of vanilla at this stage to add an extra layer to your scents.

Place the baking sheet in the oven for an hour and a half. Check to see if your fruits are dry; if not then place them back in the oven for 30 more minutes. Repeat this until they are dried.

*Remember that the nose knows!* You absolutely do not want your fruits to burn. If they are starting to smell super fragrant, don’t be afraid to check them to see if they are dry. If they are, take them out even if there is still time left on the timer. Let fruits cool completely.

**Packaging:**

Use whatever vessel you like, but just remember that if you use a mason jar or other non-breathable containers then the cover you use needs to be breathable. You can find a cheese cloth or piece of fabric to cover the top part, and fasten it with a rubber band or a ribbon. Decorate your containers however you like, take a big whiff, and enjoy!
Move Over, Vegas
Georgia legislature may legalize casino gambling in 2016

Big changes are on the table for Georgia’s traditionally conservative stance on gambling. This summer, legislators drafted an amendment to the state constitution that could allow up to six major casino resorts around the state, arguing that the amount of tax revenue they would bring could add up to $250 million a year to the state’s flagging HOPE scholarship program.

Georgia has had a long history of opposition to gambling. Even the now familiar Georgia Lottery did not hold its first drawing until 1993, and charity bingo and raffles were illegal until 1973. But lawmakers are feeling the pain as more than $350 million in revenue leaves Georgia each year to gamble in other states. Advocates say that legalizing these resorts would bring millions more tourists into Georgia to bolster up local businesses and provide more than 30,000 new jobs across the state.

The idea is not without its critics. “I personally think gambling is the wrong way to go,” said Amy Woyke, a sophomore communication major. “If we depend solely on these casinos to bring in money for the HOPE scholarship, what would we do if they go out of business? Where would we turn for the money?” Woyke touches on an important criticism, and that though $250 million a year would help prop up the HOPE program for a time, skyrocketing tuition costs would quickly outpace it, and that would be a problem to deal with all in itself.

“The academic conclusions on the impact of legalizing casinos are uncertain,” said Andres Jauregui, Ph.D., Assistant Professor of Economics. “Research has found mixed results on the economic impact of legalizing casinos. Some research has found a positive impact, meaning that casinos may increase economic performance in the state, but then others have found no relationship whatsoever. There are always going to be positive and negative aspects of legalizing gambling. I think that the government’s decision needs to look at whether the overall benefits outweigh overall costs.”

Students seem to be cautiously accepting of the idea, but say that they probably would not partake if a casino were to open nearby. “I’m of the opinion that as long as it’s a consenting adult, they should be able to do whatever they want,” said Anne Bullock, a senior art major. “But I personally would not be taking part in any gambling because that’s just a really efficient way to lose money I don’t have in the first place.”

The future is still hazy. Lawmakers are waiting on a committee report that will be presented this winter. After this, and perhaps after a referendum of Georgia voters, the decision on whether or not to open casino gates will be made.

Trees Columbus Helps City Go Green
The organization keeping nature in the Fountain City

For many, the changing colors of the leaves are one of the greatest parts of fall, and it may be hard to imagine an autumn without them. But those colors are not the only benefits trees bring. Trees in urban areas reduce pollution, create shade, provide shelter for city wildlife, and even reduce the risk of floods. Moreover, in a study from the University of Illinois, researchers found that the amount of trees in an urban area was “directly correlated with lower levels of fear, fewer incivilities, and less violent and aggressive behavior.” Knowing all this, losing trees could mean more than losing that fall color.

Trees Columbus is an organization that works to preserve Columbus’ existing trees and plant more. Since their founding in 2000, they have planted about 10,000 trees in the area, and are getting ready to plant even more between late Nov. and early March. A flourishing urban canopy is not uncommon in Georgia. (which is 67 percent forested) but it requires a substantial effort to maintain and protect. Trees Columbus advocates for “tree friendly” public policies, plants trees and educates the public on Columbus’ urban canopy through programs held at churches, schools, garden clubs and other public venues.

One such educational program, their “Out on a Limb for Trees” event, is coming up on Oct. 24 from 9 a.m. to 2 p.m. This event allows participants to climb the large laurel oak on the Broadway median with a safety harness and professional supervision. “We hope this offers a different perspective of the tree canopy, and a better appreciation for our urban trees in general,” said Candace L. Wayman, Assistant Director of Trees Columbus.

Trees Columbus is also working with Columbus State University to develop a Geographic Information System (GIS) for the city of Columbus using aerial photography. The GIS will allow Trees Columbus to assess which areas need more trees based on factors like crime, flood risk and heat stress. “A quality tree canopy assessment is a great guide for decisions about planting and maintenance of a healthy urban tree canopy,” Wayman said.

If students are interested in volunteering for Trees Columbus, they can call 706-571-0436 to help with educational programs, work at their events, help with office work or plant trees. Students can also pay a membership fee to receive a newsletter and invitations to their events. For more information on Trees Columbus, visit their website at www.treescolumbus.org or look them up on Twitter, Instagram or Facebook.
What Is Going on with St. Francis?
An investigation into recent events involving CSU’s nearest hospital

In the last few years, Columbus State University’s closest hospital has been somewhat of a black sheep in the city’s medical services.

From 2007 to 2010, St. Francis was accused of overbilling Medicare and Medicaid patients at one of their inpatient facilities to milk profits. This discovery resulted in a quiet settlement in which St. Francis was ordered to pay over $4 million to the United States government and $200,000 to the state of Delaware. The inpatient facility was closed in 2011 as a result.

This has not been the only tribulation for the hospital. Last October, an audit discovered an accounting error in which hospital administrators found that they had $30 million less than what they had thought.

A short time later, St. Francis regretfully announced they had to cut 80 jobs to remain solvent, leading to extended wait times and a lack of staff availability for patients. As a result, Chief Financial Officer Matt Moore was terminated from his position on Nov. 14, 2014.

Shortly after, Robert Granger, former president and Chief Executive Officer of St. Francis for 10 years, tendered his resignation and Kirk Wilson was named as his replacement.

Over the past year the hospital has been searching for a prospective buyer, so Wilson’s primary role was to help improve the hospital’s financial situation to attract purchasers.

But in the process of the buyer search, a lawsuit was filed against the hospital. Community Health Systems LLC., a Tennessee health company, is attempting to recover more than $5 million invested in a deal that went south.

The company claims that St. Francis intentionally withheld information concerning the hospital’s issues and willingly allowed them to spend money with no intention of making a deal.

St. Francis began discussions with the company in April 2015, and on July 29 announced that the discussions were over. The next day St. Francis issued a letter of intent to be acquired by Lifepoint Health.

On Oct. 2, an early morning press release said that a deal had been reached, and St. Francis would be sold to the Tennessee-based healthcare conglomerate.

Terms of the deal with Lifepoint Health have not been disclosed, but Richard Y. “Bo” Bradley, chairman of the St. Francis Hospital Board of Trustees, said that he is happy to now be able to “not only move beyond our previous financial challenges, but to strengthen our operations and advance how we care for our communities in the future.”

Many CSU students had no idea of the circumstances involving the hospital, but expressed concern. “I just hope the job cuts weren’t too devastating for previous employees,” said Chrishson Iverson, a sophomore communication major.

“I knew it was bad, but really?” added Erica Sheard, a senior exercise science major. “St. Francis has a duty to Columbus to keep things under control.”

This acquisition may be the first step in the road to recovery.
Sin City of the Southeast?
Examining the ruin and revitalization of Phenix City

Columbus State University students may recognize that there is a negative stigma attached to Phenix City, but few students seem to know why.

Senior psychology major Brittany Burns had an explanation for the negative impressions of the city. “It used to be really bad,” she said. “Gambling, drinking, prostitution.” Phenix City’s sordid past is rooted in misfortune, and it started when the city fell upon hard times in the 1940s.

After the Great Depression left Phenix City bankrupt and over a million dollars in debt, people turned to vice as the primary source of revenue generation by selling beer, wine and whiskey. This was followed by the legalization of gambling, and eventually the proliferation of organized crime rings dealing in narcotics and supporting prostitution.

Throughout the 1940s Phenix City was rife with crime and political corruption. Crime bosses played an instrumental role in the rigging of local and state elections, placing themselves into leadership positions on Phenix City’s Chamber of Commerce, hospital board, school board and service organizations.

Additionally, prostitution made Phenix City an ideal location for a night of debauchery, especially for local soldiers. U.S. Secretary of War Henry Stimson publicly dubbed Phenix City “the wickedest city in America.”

The negative attention from the rest of the nation spurred several members of the Phenix City community to form the Russell Betterment Association (RBA), led by local business owner Hugh Bentley and state attorney Albert Patterson.

The RBA met with sometimes violent resistance in their efforts to end corruption, but Russell county citizens continued their crusade against organized crime, believing Albert Patterson being elected Attorney General would solve many of the city’s problems. When Patterson won the Democratic primary, tensions reached a boiling point. On June 18, 1945, Albert Patterson was shot outside of his law office and died on the scene.

The assassination served as a turning point in the community. Phenix City was placed under martial law, brothels and gin joints were raided, and crime decreased. Since then, Phenix City has slowly been making a comeback. It was called Look Magazine’s “All-American City” in 1955 and was named the “Nation’s Best Affordable Suburb” in a 2007 BusinessWeek article.

Anthropology professor Danielle Cook is a four-year resident of the Phenix City area and unconcerned with the sordid past of the city. “Its past has not come into play” she said. “Everywhere has some type of seedy past. There’s no ‘Pleasantville’ anywhere in the country.”

Phenix City officials have recently dedicated resources to the revitalization of school programs, including a multimillion dollar STEM education center. Residents of the area should expect more positive growth in the near future. With tourism being boosted by the whitewater course and significant new investment at the Alabama riverfront, Phenix City is being reborn.
Stress Sickness
What stress can do to your body

Every student has experienced some level of stress throughout his or her college career, yet, according to director Rebecca Tew, B.S.N., M.S., at Student Health Services, it is the “constant state of stress” that impacts students the greatest.

Tew explained that there is a normal state of stress people have in life, and that occasionally increases when something like midterms or finals week approaches and will usually decrease to normal levels once the initial stressor is over. She continued to explain that for some students, however, that stress “never reaches normal” again. Tew cited some stress induced symptoms such as elevated blood pressure and possible depression, but other symptoms according to Mehmet C. Oz, M.D., Michael F. Roizen, M.D., and Ellen Rome, M.D. in their book “YOU: The Owner’s Manual for Teens,” are anxiety issues, emotional instability, and general sickness due to a weakened immune system.

Malina Rollins, a sophomore liberal arts major, commented on how stress affects her daily life. She explained that stress makes one think about everything all at once and that can have a domino effect on other internal issues. In regard to schoolwork, she said it “slows you down so much.”

Tew mentioned other symptoms, such as sudden weight loss or weight gain. “It affects the appetite differently,” she explained, “Some students eat more, some eat less.” Aside from physical symptoms, she began to talk more about how stress can affect one’s mentality. “When you’re stressed, you’re not resting well, which leads to not thinking well,” she said. This can be a major problem with students trying to concentrate on their studies.

There are things some students could do to relieve this stress, and resorting to alcohol is one of them. Tew explained that some students use alcohol as a way to cope with stress, but alcohol is actually a “pseudo-stress fixer.” This means students use alcohol as a temporary fix for stress in that particular moment in time, but this does not solve the problem in the long run.

Student Health Services and the Counseling Center work together to help student needs, both medically and mentally. Tew encourages students to use these resources and others like tutoring services or campus workshops regarding alcohol and drug use. “Some students asked for help too late,” she said, “you just have to say ‘I can’t do all of this’ and especially not alone.”

Students can reach the Student Health Center at: healthservices.columbusstate.edu and by calling Main Campus: (706) 507-8620 or RiverPark Campus: (706) 507-8347.
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