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THE *Saher*

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THE Saber

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Elaine Hoffmeister



EDITOR'S LETTER

Hello, and welcome to Issue 9. We've brought you some good things we found at CSU, like awesome professors and students, and also some things which CSU could improve upon. Although we don't like to point out our school's defects, we feel it's important to share the information our writers have uncovered about things like the shuttle service (feature on page 6) and dining services (page 8).

I'd also like to direct you to an article about CSU Theatre on page 4. A big congratulations on the new partnership between the

Springer Opera House and CSU's Department of Theatre.

If you're interested in coloring the deer on our fun page, I'd recommend using a sharpie or markers since the paper we print on is kind of glossy. The artist who created the image believes that no one will actually color it, so prove her wrong by sharing it with us on social media!

Thank you to everyone who applied for a staff position on The Saber. We will be contacting promising candidates within the next few days.

Finally, our next issue will come out on March 9th. See you then!

-Catherine Saavedra
Editor-in-Chief

Going on a Pilgrimage

A spotlight on Professor John Hupp

Cassidy Richards

Staff Writer

Photo: Cassidy Richards

It isn't often that you can look around a classroom and see everyone paying full attention to their professor. John Hupp, an adjunct professor in the computer science department, has found the key to fully engaging his students.

Hupp started out in business working for Cullinet, a company who spearheaded early database and global infrastructure development. He also briefly worked with Steve Jobs whom he says he "didn't like."

Although Hupp was successful in his 30 years of business, he didn't feel fulfilled. It wasn't until he began teaching that he "found true happiness."

Even though he loves teaching he believes that American universities devalue education, and view students as numbers and teachers as means to an end. "Our country doesn't value teachers, we pay them to make and follow rules...teaching is critical, we've got to have it. Only if we value [teachers] will we get good teachers and teachers will only be good if they value the student."

He says that Americans view students as "coasters, having no value, as being in between" which he claims is bad. To turn

this status on its head, Hupp calls his students pilgrims because he finds it empowering.

He also says he really cares about his students. "When I grade pilgrims' [assignments] it's not just about grading. I genuinely want to see how they're doing. You have to care about the individual student. When I care about [them] a funny thing happens, [they] begin to care about me and then we start to learn."

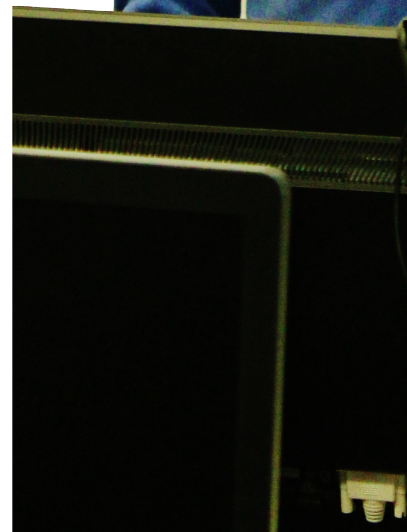
Kai Nelson, a junior communications major, feels that Hupp delivers on this. "He has a more hands on approach [than other teachers] and it's not a student teacher relationship. I teach myself, I'm the pilgrim and he guides me along to my discoveries."

Nelson was previously a computer science major but recently switched to communication with an emphasis in integrated media. He explains that Hupp inspired this change after a video project Nelson did in his class. "The video was really creative and funny but the editing was kind of bad."

He goes on to say, "I felt really bad about it. Hupp made me feel proud because he said I did great [work] in such a short period of time and if I had the

chance I could probably make a blockbuster. This inspired me to pursue a career in film."

Hupp says that he doesn't ever want to feel like the boss of his students. "We are all in this together; I am not smarter or better. We are pilgrims together on a pilgrimage into the future."



The Medders Wish CSU Farewell

Alan and Denise Medders announce their departure from the university

Briana Holmes

Staff Writer

Photo: Medders family

Alan Medders, Vice President for University Advancement and Executive Director of the Columbus State University Foundation, resigned Jan. 31, 2016. Medders has moved on to become President of the Myers McRae Executive Search, which is headquartered in Macon, Georgia.

For the past 3 years Medders's wife, Denise Medders, has also worked for the university as an administrative assistant in the Student

Life and Development Office at CSU. Denise will be departing as well in March. Both Alan and Denise admit that their

departure is bittersweet.

"I will miss the daily interaction with students. They keep me young!" Denise remarked with fondness. However both are enthusiastic about what is ahead for them. The Myers McRae firm works with universities within the United States to find academic leaders and then place them where they are needed.

The firm agrees that Medders will fit well in his new role as president. "We are fortunate to have Alan joining the firm," said R. Kirby Godsey, chairman of the Executive Search. Both Alan and Denise expressed their gratitude to CSU for the experiences they have had. "Denise and I wish both CSU and Columbus the very best in all future endeavors. Again, thank you for the opportunity to serve with you at Columbus State University."



Retirees Alan and Denise Medders

Happy Birthday Carson McCullers

Celebrating Columbus' literary darling

Scott Berson

Copy Editor

Illustration: Noah Sachs



CSU celebrated the 99th birthday of acclaimed author Carson McCullers on Feb. 19th with a celebratory concert at Legacy Hall in the RiverCenter. McCullers was born in 1917 in Columbus, GA. Although her first passion was the piano, she began a storied writing career after an illness left her too fatigued to perform music full time.

After a brief time spent in New York City, she returned to Columbus, married a man from Ft. Benning, and penned much of her seminal novel, "The Heart is a Lonely

Hunter," which was published when she was only 22 years old. The novel focuses on the interactions between six characters in a sleepy southern town that many think is based on Columbus. The book was praised for giving life to those types of people (a bartender, a deaf-mute man, a small girl, a rural black doctor) who are often overlooked as we pass through our lives. She published many other works, including plays and children's books, but none were met with as much acclaim as her debut novel. After a period of rapidly declining health, she died at age 50 in Nyack, New York.

Even though she is gone, her legacy lives on in Columbus and at CSU. Students can study in New York City at the Nyack House, McCullers's northern residence, and CSU's Carson McCullers Center for Writers and Musicians hosts literary events and concerts that honor her

legacy as a writer and an artist.

CSU also sponsors the Carson McCullers Literary Awards. Open to CSU students and high schoolers, students can submit work in four categories: poetry, fiction, creative nonfiction, and expository writing. There are four winners for each category, and winning entries receive cash prizes and publication in the Arden, CSU's literary magazine. Submissions are due by March 1 - see english.columbusstate.edu for more details.



President Markwood and Director Pierce formally announce the Georgia Repertory Theatre

A WEDDING OF MISSIONS

CSU and Springer Opera House create "America's Professional Teaching Theatre"

In what Springer Opera House producing artistic director Paul Pierce called a "theatrical wedding," Columbus State University's Department of Theatre has moved to officially combine its resources with the State Theatre of Georgia to create an entirely new theatre company, dubbed the Georgia Repertory Theatre.

Although formalized behind closed doors in December, the union was officially announced in a press conference at CSU's Riverside Theatre on Feb. 11th. Director Pierce, President Markwood, Department of Theatre chairman Larry Dooley and other officials all wore tuxedos to symbolize the marriage between the two organizations.

Students and faculty have been working with the Springer for years, either by sharing props and sets, taking classes or working in shows. "We were getting to know students more intimately, getting to know their skills, and realizing that they had become quite knowledgeable in their skills and their tangible abilities," said Pierce.

As he pondered how he could help nurture the growth of CSU's program by expanding their semi-partnership, he realized that they "were inventing America's next great theatre company."

The Georgia Repertory Theatre (GRT) is envisioned as "America's Professional Teaching Theatre." It will offer four undergraduate degree programs and one graduate program, as well as a new certificate program in film production with the Georgia Film Academy. It will have at least five performance venues downtown, will perform nearly 450 shows a year to an audience of 160,000 people, and will produce eight main-stage productions, six studio productions, seven children's productions, six lab shows, weekly improv, two touring shows and a one-act festival. Pierce announced these ambitious plans to thunderous applause. "If you were to read that a new theatre had been invented that presented these assets anywhere in America, you would be stunned and amazed," he said. "We have that here, now."

But it's not all about distinction and prestige. The GRT, both Pierce and Markwood say, is first and foremost about preparing students to enter directly into jobs in the performance industry after graduation. "Our goal is to help motivated students land jobs in theatre, film, and television. Period," said Pierce. The GRT will begin hosting an annual conference in audience building techniques, which will create networks for students throughout the region. It will also have job search counseling services and comprehensive internship programs in theatre administration, directing, stage management, design, theatre tech, theater education, and film and television.

President Markwood celebrated the coming together of two separate institutions to improve both the culture and economy of the city and beyond. "This arrangement is not just about accolades. There is a real, tangible goal of jobs and economic development. CSU has a \$247 million dollar impact on its surrounding region. I daresay that much of that is hap-



Scott Berson

Copy Editor

Photo: Scott Berson

pening because of the way organizations in this town partner together to get things done. I will tell you, it's not normal. It's remarkable."

Indeed, the GRT plans to be a major player in helping the community grow. It will provide reduced-price tickets to every area student, and many schools will receive completely free performances. The GRT also plans to provide free bus transportation to the venues and will host free workshops and class visits with local students to help familiarize them with theatre and what it has to offer.

Markwood sees it as a tremendous step in building both Columbus' and CSU's reputations regionally and nationally, and says it presents a profound opportunity for students to get an edge in the highly competitive marketplace for theatre professionals. "I am very confident that this new partnership will continue to push the demand for spectacular education and nationally envied artistic innovation."

Clubs That Should Catch Your Eye

There's more to discover on campus

Lindsay Marchello

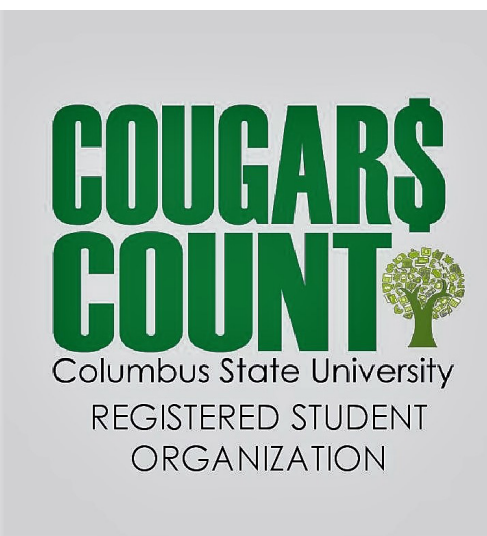
Copy Editor

Media: Columbus State

There are 140 student organizations listed on CSUinvolve, which can be a little overwhelming to anyone looking to join a new club. Some clubs have garnered more attention than others, such as the Campus Nerds, Greek life, and the Student Activities Council, but others have mostly flown under the radar. These organizations tend to be more specialized, but they still offer great opportunities to meet new people, help out the community and generally have a good time.

If you are looking for a club that offers some friendly competition, look no further than CSU Board Games. Just as the title suggests, this club is for people who love hanging out with friends and playing board games. The club meets every other Friday and is open to all kinds of games, ranging from the relatively new game, The Resistance, to older classics like Monopoly or chess. Anyone who is interested in joining or learning more about this club is welcome to request to join them on CSUinvolve.

Interested in volunteering? Then take a look at She's the First, an international non-profit organization aimed at providing scholarships to girls in low-income families around the globe. CSU now has its own chapter and they are ready to get started. The co-president, Isabella Nunez, a sophomore engineering major, has a lot to say about the club. "The CSU chapter contributes to this movement by promoting education equality through raising awareness for girls' education and hosting fundraisers to contribute to the scholarship



fund." Their first interest meeting will be on Tuesday, March 1st at 12:30 p.m. in Schuster 130 (tentative location).

Last, but certainly not least, is Cougar\$ Count, a financially-minded organization that meets on the first Tuesday of every month. This organization is partnered with the CSU Financial Success program and is overseen by Lyn Riggsby-Gonzalez, the Director of the Center for Career Development.

Riggsby-Gonzalez describes the goal of the program as being "to provide innovative programs and services to aid and support the financial understanding of our students in an effort to promote informed financial decision-making."

Cougar\$ Count hosts several special events that aim to educate students on budgeting their finances and plan for the future. On March 1st at 12:30 p.m. in Schuster 130, Cougar\$ Count will be hosting an event entitled "Exploring the Relationship between Financial Success and Career Success."



SHUTTLE CROWDS, COMMENT BOXES?

Feedback was given but shuttle problems persist

Last semester, I took an astronomy class in the Coca-Cola Space Science Center. The lab ran until 9:30 p.m. and the bus came around 9:35 p.m. at the One Arsenal stop. In theory this doesn't seem too bad, but taking into account the time it took to pack up and walk (or even jog) to the stop, it meant that I could never catch the bus on time. If I hadn't had friends willing to drive me home, I would have been stranded downtown, at night, alone, for at least another hour.

I'm not the only one who's had issues with the buses. Some students are upset about standing-room only runs throughout the day. Others complain the buses are frequently late, or leave stops several minutes too early.

Nidya Derricotte, a sophomore nursing major, said the RiverPark buses "are on their own time" later in the day. The longer gaps between buses at night makes this problem even worse.

When asked about the issues students face when taking the shuttle from later classes, Potiphar Alexander, Bus Operations Manager, said that he "hadn't heard about

this problem until now." He mentioned that the number of drivers per shift drops from four to two at night, but it would be possible to add a third night driver.

Although Alexander made no promises about adding this third driver, he did say that the transportation department was looking into the possibility of adding a 7:30 p.m. stop outside Davidson. This stop, if implemented, should help alleviate some crowding. Alexander didn't mention any other plans to tackle this problem, but said that "it's not uncommon to stand on a public bus...We don't want it to happen, but...if there's a student that stands, that's something we allow for."

He also stressed that even the highest recorded number of people standing on a CSU bus, nine people, was not a hazardous number. Another possible way to alleviate crowded conditions would involve using CSU's larger buses during peak hours. While this seems like a reasonable solution, it can take up to 30 minutes to switch out buses. When asked why this took so long, Alexander simply responded with "driver availability."

The problem with implementing any feasible solution to overcrowding during peak hours is that it is difficult for the transportation department to reliably predict when buses will be most crowded. Currently, CSU drivers are only required to count students when they get on the bus. They do not take into account when and where students get off the buses. Looking at this data, it would be easy to misinterpret when "peak hours" are.

For instance, picture a scenario in which three students got on the bus at the Davidson stop, then three more got on at Fontaine. The data would add up to six passengers, but if four students got off the bus at the Oglethorpe stop, the data would still show six passengers for the route even though there are now only two. Looking at this type of data, one could easily see peak hours when there are actually very few people on the bus.

The only other way transportation could tell when there's crowding would be if passengers said something. Most students, however, don't know how to speak up. There is an online feedback form

on the Department of Transportation website. There are also blue comment cards located at the front of every shuttle, but most students seem unaware of this, and even if they are aware of them, the only way to turn in the cards is to hand them to the bus driver. Erykah Adams, an undeclared freshman, thought it "would be awkward" to turn these cards in. If the comment is negative, students may not bother writing one at all, and because the driver takes the cards, there is no accountability if they lose or throw away a negative review.

Alexander said he had not considered the possibility of drivers neglecting to turn in comment cards. Transportation might run into issues when reviewing these cards as well. While drivers are required to display their name on the bus, many do not. Without the drivers' names, it may be difficult to correct what the complainant reported for each driver. A permanent comment box promised by the department a year ago has yet to materialize.

Despite all this, many students were satisfied with the



Rachael Mockalis

Staff Writer

Photo: Lobna Yunis

How to Beat Those Parking Blues

Best practices for parking at Columbus State

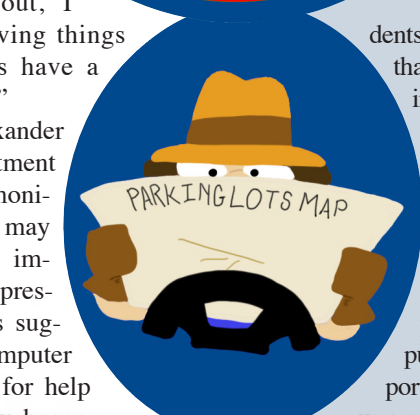
Tieanna Graphenreed

Copy Editor

Illustrations: John Hope

shuttle service. Freshman computer science major Mekaila Quarshire said, "I'm glad they have [the buses]." Sophomore pre-engineering major Rain Mitchell expressed gratitude for drivers helping him out, "I have a habit of leaving things and the bus drivers have a way to get it to me."

Although Alexander stated the department lacks the means to monitor social media, it may still be possible to improve their online presence. Some students suggested asking the Computer Science department for help updating the buses' webpage or designing a mobile app for students. Others would be satisfied with a safe place to return comment cards. Improving how drivers collect data may also ease implementing improvements.



Columbus State University students, faculty and staff are probably familiar with frequent complaints to administration about a lack of parking on main campus after the construction of the new freshman dormitories temporarily closed one of the largest lots on campus.

Despite negative backlash from students, CSU Police Chief Rus Drew says that he has witnessed positive changes in traffic on main campus. "Parking on main campus for the fall semester went better than expected due to the great participation we had in students using the outer lots at the soccer complex and the Cunningham Center," said Drew. "That provides relief at the front of campus, not only in parking but more importantly [it] reduces traffic and makes us a safer pedestrian campus."

Though many students seem to have adjusted well enough, some could use a few tips. Here is an easy guide to navigating CSU traffic, parking your car, and getting to class on time.

Step One: Forget about the parking garage (and any other hot-commodity parking lots).

When you're running late, parking your car quickly and efficiently is the priority. You're unlikely to find a spot on the first try, so venturing toward the parking garage and popular lots like the one near the CCT is a waste of time. Avoid the main entrance and

check out lots 3, 3a, 5 and 7 (near plant ops) for open spaces and a shorter walk. Lot 9 and the soccer complex are often almost completely empty, and only add about a minute of walk time.

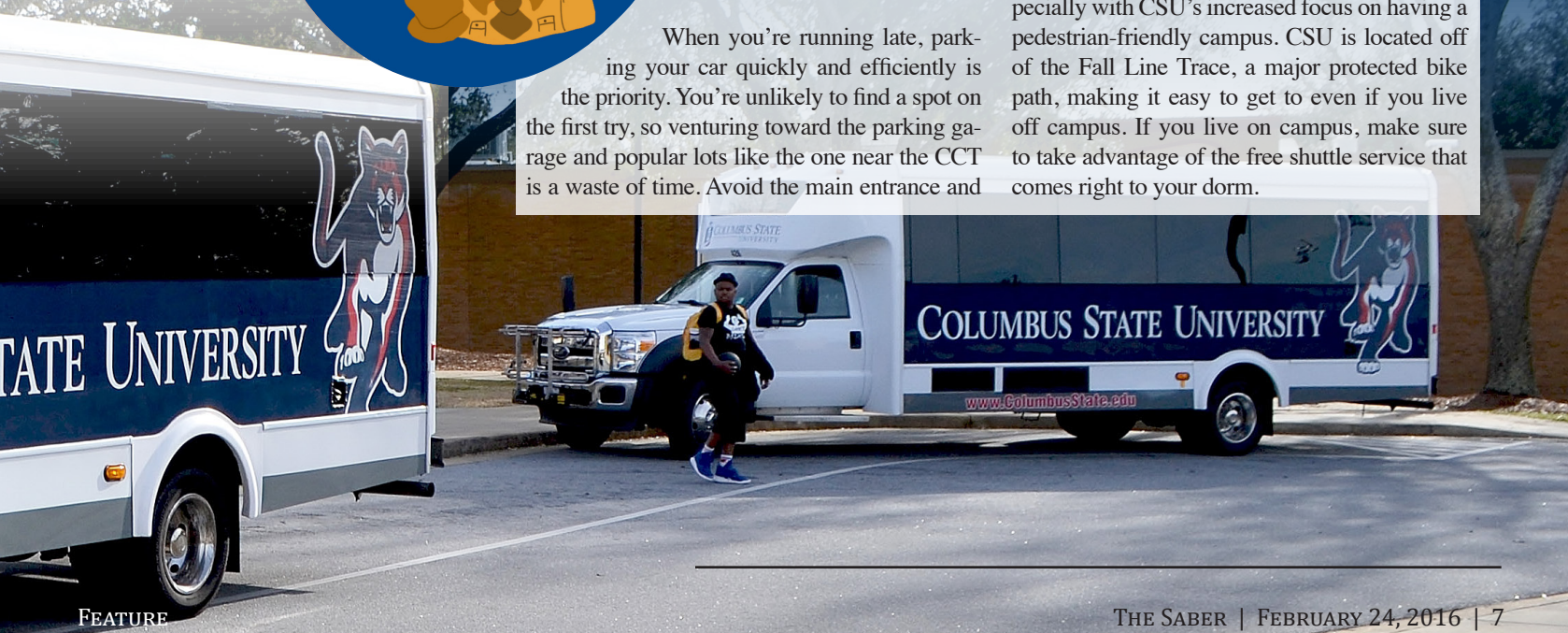
According to Chief Drew, these outer lots are the better choice for those seeking speed and efficiency. "The fastest way to find a parking space on the main campus during our peak hours of Monday-Thursday, 10:00 am - noon, is to enter the campus off East Lindsey Drive and go directly to the Soccer Complex or the Cunningham Center parking areas. Then walk the five minutes to your classroom building." The time you'll save hunting for a parking space is well worth the longer commute to the classroom. Plus, parking in lesser-used lots will help to avoid the skyrocketing rate of fender-benders happening in and around the parking garage.

Step Two: Take advantage of faculty spaces after 5:30 p.m.

With the exception of lots 8 and 18, parking is open to students in all faculty and staff spaces marked by green lines. This may be one of the best-kept secrets at CSU, as there are always open spaces when faculty and staff depart every evening. Don't miss out.

Step Three: Check out alternative transportation

For those who want to avoid the headache altogether, walking or biking is a great choice, especially with CSU's increased focus on having a pedestrian-friendly campus. CSU is located off of the Fall Line Trace, a major protected bike path, making it easy to get to even if you live off campus. If you live on campus, make sure to take advantage of the free shuttle service that comes right to your dorm.



ARAMARK MISSES THE MARK

Cougar cafeteria has multiple health code violations

Sam Sachs

Copy Editor

Media: Georgia Dept. of Public Health

Aramark-operated Davidson Market Place dropped from a 100 to an 84 on its health score following an inspection by the Georgia Department of Public Health. The 16-point drop is the lowest score the cafeteria has received since 2013's score of 96. Scores fluctuated from 96 to 100 back and forth until the most recent inspection on Feb. 8, 2016.

In the state of Georgia, it is a legal requirement that following a health inspection, the publicly displayed score must be updated the day of the inspection; however, this rule was not followed in this situation.

None of the violations which were discovered during the inspection were given a rating low enough to be considered a health risk, but they were concerning to the inspector. The three violations all centered on proper storage of food and ingredients, or how food was served.

According to health inspector Brittany Holt's report, employees were seen "with

single-use gloves, [touching] their cell-phone and then [serving] customers with [the] same gloves."

The next listed violation was that "[The] observed time/temperature control for safety [of] food (cooked rice and cooked chicken) stored in walk in cooler [was] not covered to prevent/protect from overhead contamination."

The final violation was that inspector Holt "observed no thermometer in [the] walk in cooler." Holt also noted in the report that the "person in charge stated she will purchase a thermometer by the end of the week."

While the Aramark cafeteria has consistently had an A rating up until this point,

storage problems are nothing new. According to inspection reports from November 2013 and October 2014, violations included problems with maintaining foods at proper temperatures and storage of equipment on both occasions.

Going forward from the most recent inspection, the Aramark Corporation must accurately display its current health score as well as institute proper standards for storage and preparation in order to maintain safety requirements for the health needs of students, faculty and staff at Columbus State University.

A request for comment was sent to Aramark, but as of Feb. 22, Aramark has yet to respond.

GEORGIA DEPARTMENT OF PUBLIC HEALTH Food Service Establishment Inspection Report				CURRENT SCORE	CURRENT GRADE
Establishment Name: DAVIDSON MARKET PLACE				84	B
Address: 4225 UNIVERSITY AVE					
City: COLUMBUS	Time In: 01 : 10 PM	Time Out: 03 : 00 PM			
Inspection Date: 02/08/2016 CFSM: Daniel Bachiller (exp. 12/15/2020)					
Purpose of Inspection: Routine <input checked="" type="radio"/> Followup <input type="radio"/> Initial <input type="radio"/> Issued Provisional Permit <input type="radio"/> Temporary <input type="radio"/>		Score: 100	Grade: A	Date: 08/13/15	
Risk Type: 1 <input type="radio"/> 2 <input checked="" type="radio"/> 3 <input type="radio"/> Permit#: 106-609		Score: 96	Grade: A	Date: 10/15/14	
<small> Risk Factors are food preparation practices and employee behaviors most commonly reported to the Centers for Disease Control and Prevention as contributing factors in foodborne illness outbreaks. Public Health Interventions are control measures to prevent illness or injury. Good Retail Practices are preventive measures to control the introduction of pathogens, chemicals, and physical objects into foods. </small>					
SCORING AND GRADING:				A=90-100	B=80-89
				C=70-79	US69



Real life hero Cylina Velazquez

CSU Super Student

Give it up for this everyday hero

Lindsay Marchello

Copy Editor

Media: Cylina Velazquez

Cylina Velazquez, senior marketing major, does not consider herself a hero despite having saved someone's life. On Dec. 3, 2015, an elderly woman almost choked to death at the Rankin Den. Had it not been for the quick thinking of Velazquez, the evening would have ended in tragedy.

The woman in question had been eating dinner with a female friend before going to watch a play at the Springer Opera House. Velazquez had just walked in for dinner when she saw the elderly woman choking and her friend attempting to perform the Heimlich maneuver.

"I looked around and noticed everyone was frozen in place," said Velazquez. "As a Resident Assis-

tant, I knew I had to do something." Velazquez approached the two women and asked if she could help. "The friend was in a panic. She told me she was too frail to perform the Heimlich effectively." Velazquez then took over and performed the Heimlich maneuver, saving the elderly woman's life.

"Afterwards the woman told me that I saved her life and God bless. She didn't want me to call an ambulance. She just wanted to leave," said Velazquez. When asked if she thinks she is a hero, Velazquez said no. "People came up to me saying I saved someone's life. The whole experience was so draining. I just wanted to leave too."



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TO BANG OR NOT TO BANG

When should you do the do?

Marie Isbrandt

Illustration: Raylyn Ray

How old is too old to be a virgin in college? Should I be worried that I haven't lost my v-card yet? When is the right time to have sex? These are just some of the many questions that I find myself musing about late at night.

I have asked for advice from friends, but then I get so many different answers that I don't know what to think. Some folks advised me not to sweat it and wait for the right person, while others have suggested that I just go for it. The latter have informed me that casual sex is something everyone at college has experienced, and that I am missing out by putting too much value on sex. Either

then I wait for my soul mate to show up or I take the next opportunity that arrives.

You could get whiplash from hearing everyone's (from your rather promiscuous friend to your old-fashioned relative's) views on sex.

How are you supposed to determine

when the right time for

sex is when you hear so many conflicting voices? You can turn

on the television and watch a show where college students have so much

sex you start to wonder how they even

have time to breathe, let alone study. Then you change the channel and find another show that has a whole episode devoted to a character laboring over the decision to lose their virginity. Change the channel again and you have virgins acting as the center of the show's jokes. Switch channels once more and you see the sexually active character being labelled a slut.

I knew going into college that casual sex was socially acceptable, but I wasn't sold on it. I didn't want my first time to be with someone I barely knew, so upon entering college I had decided that I was going to wait until I was in a committed relationship. But every guy I got involved with wanted sex on the first date, and when I declined they had this annoying tendency to disappear. I understand that not everyone wants sex on the first date and not everyone is going to jump ship when refused, but this has been my general experience since arriving at CSU. What is a girl to do?

Unfortunately there is no universal answer for when it's the right time to have sex. The decision is completely up to you and that is sometimes the most frustrating part. No one else can tell you what to do because no one knows what's best for you. Deciding to have sex can be one of the most difficult decisions of your college experience but it can also be the easiest. All of it depends on how you feel and not how others think you should feel.

How to Be a Cheap Date

Dating in Columbus on a college budget



Riverwalk Island in Uptown Columbus

Cassidy Richards

Staff Writer

Photos: Cassidy Richards

Are you broke on a college budget but still want to wow your partner on date night? Not to worry! Here are some date ideas that are so cheap...they're free.

RiverWalk Island, located on Uptown Columbus's RiverWalk, is great for a picnic by the river, watching rafters and kayakers, and even swimming. If you don't have a car you can take the RiverPark shuttle downtown and walk from there.

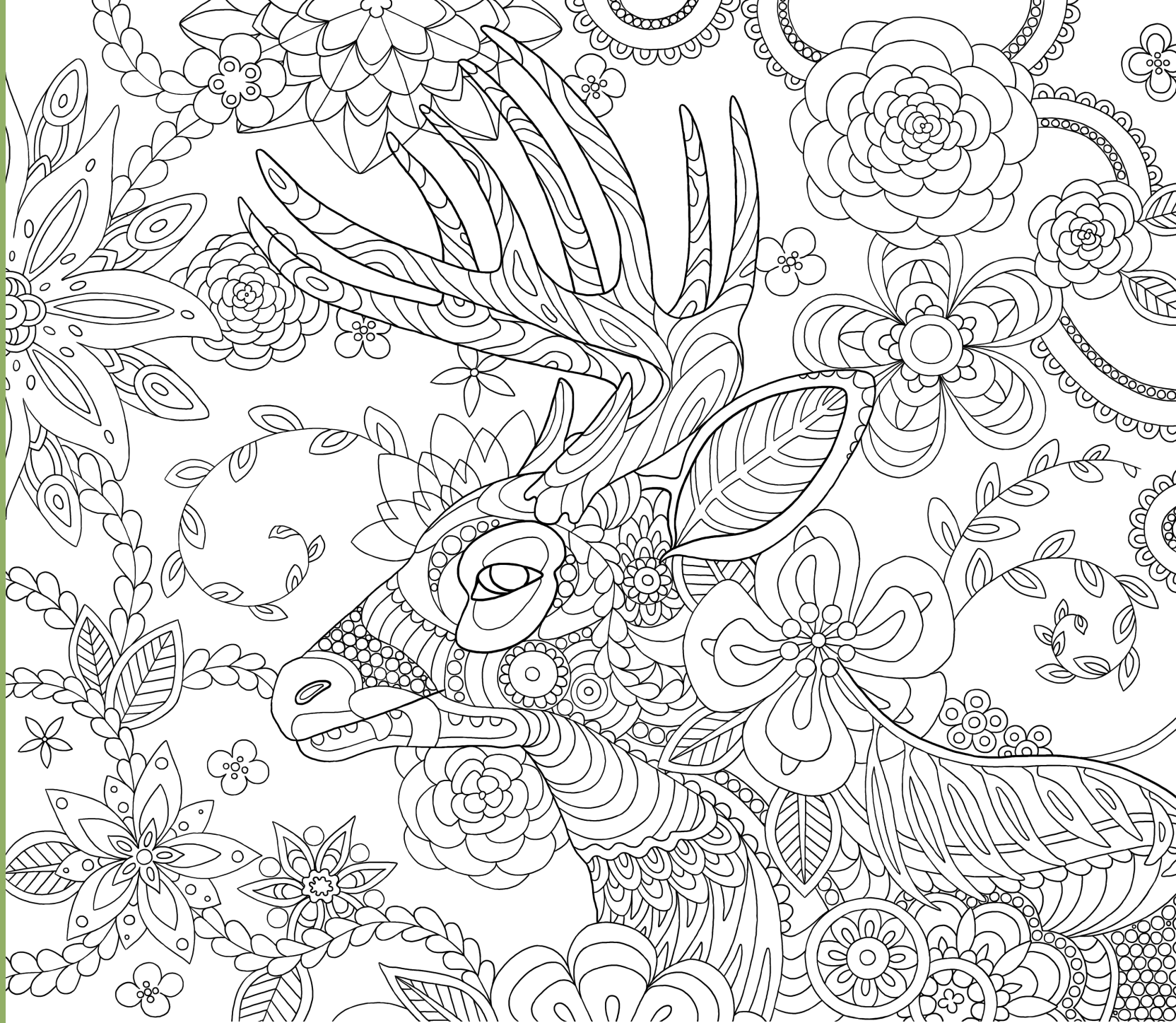
If you're looking for a trip through nature that is more educational you can catch the 5:30 shuttle from Main Campus to Oxbow Meadows. Oxbow has beautiful natural trails and an awesome reptilian exhibit that you can view for free. They also offer programs, such as picnicking with tortoises, that are either free or have nominal admission fees.

If you're mobile or have a generous friend who's willing to help you out, there are other great destinations that aren't too far away. The Columbus Museum offers installations from local and touring artists. They also offer special programs, including musical performances, and have a kids section that offers hands-on artmaking stations that are just as fun for adults.

If you're looking for something a little less conventional, you can visit the Historic Linwood Cemetery. Linwood offers different tour options including an industrial and Civil War tour. However, you are also free to browse the historic headstones and sculptures at your own pace.



Turtles on a date at Oxbow Meadows



Adult Coloring Books, an Unexpected Trend

Elaine Hoffmeister
Managing Editor

You're in the grocery store checkout and BAM! There it is. Right next to Reader's Digest and The National Enquirer is a coloring book covered with loopy geometric patterns. Hey, isn't that where the Sudoku used to be?

What was formerly a niche market has become a massive trend that nobody saw coming. Adult coloring books became bestsellers, the unanticipated demand shooting them to the top of Amazon bestseller lists and causing them to crop up everywhere like spring flowers - you'll even find a few in the University Bookstore.

With drawings far more complicated than those found in children's coloring books, the adult coloring book trend originated with Johanna Basford's "Secret Garden," which has since paved the way for countless spin-offs. The books are popular with everyone from college stu-

dents looking for a break to senior citizens who use them to form social groups.

These books are popular because people have realized that they can be used as a sort of art therapy; the act of coloring is a stress reliever for busy adults, almost like Zen meditation. Repetition helps the colorer relax and gain a sense of choice and control in an otherwise chaotic world. Plus, it's low-tech and helps people who stare at screens all day unplug and express their creativity without necessarily having to be artists.

Adult coloring books now come in all shapes and sizes, from hypnotic swirls and animals, to pop culture icons like Game of Thrones, to truly "adult" books with lewd images. Check out The Saber's own offering above and share your completed artwork with us on Facebook and Twitter!

Tower Day 2016

What: Tower Day is an annual event through which CSU undergrads present research, scholarly activities, and creative endeavors.

When: Tuesday, April 12th

Where: Schuster Student Success Center and Davidson Student Center

How: Proposals to present or participate in the poster session must be submitted by

Friday, March 11th at

research.columbusstate.edu/undergrad/towerday/

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