

THE *Saber*

THE STUDENT-RUN NEWS SERVICE OF COLUMBUS STATE UNIVERSITY



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COLUMBUS STATE UNIVERSITY

THE Saber

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Cover Illustration: Marjorie Pierce

LETTER FROM THE EDITOR



Everyone has a story of how they've reached this moment in their lives. How they came to this school, this job, these friends, and these goals. Many of us have sad stories, or tales of struggle getting to this point. But many students and faculty also have the support of loving family and friends, and of special people who we choose to share our lives with. These are the most important ties to remember as the season of love approaches. Valentine's Day extends beyond dating and marriage, and I hope this V-day everyone finds love in their lives, no matter where it comes from.

Aside from Valentine's celebrations, February also enjoys Black History Month and Mardi Gras. In celebration of the achievements of great African-Americans, throughout the month The Saber will have spotlights on cultural movers and shakers in the artistic community. And as for Mardi Gras, this issue is filled with the holiday's history and even a recipe for making delicious king cakes on a budget.

On another note, I would like to congratulate Marjorie Pierce and Scott Berson for stepping up the plate and becoming our newest senior staff members. We are so proud of how far they've come. We wish you the best of luck!

Happy Valentine's Day and Mardi Gras! We'll see you next week for an earlier than usual issue.

-Catherine Saavedra
Editor-in-Chief

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Changes at the Student Health Center

Federal budget cuts end Women's Health Clinic

Scott Berson

Local and World News Editor

Photo: Carly McMinn

Since 1994, the Columbus Health Department has partnered with Columbus State University's Student Health Center to provide a comprehensive women's clinic. Unfortunately, this partnership has recently ended. Supported by the Public Health Service Act of 1970, the program offered sexually-transmitted disease and pregnancy tests, clinical examinations, certain labs, family planning and counseling, and birth control medication for those with or without insurance.

Aimed predominantly to help those without medical insurance, which statistically includes about one in five college students according to a report by the Government Accountability Office, the program has provided these services on campus at little to no cost for over 20 years.

Now the program's funding has been cut, and the few funds left have been funneled to meet the needs of Metro Atlanta area clinics, according



CSU Health Center lobby

to Rebecca Tew, Director of Student Health Services.

"It was a very sad day when we heard the program was ending," Ms. Tew said, "But I'd like the students to know that we will definitely still see anyone, for everything that we can cover." The majority of the services provided at the clinic are still available, though now they may cost a small fee, depending on the exam. Tests that do cost money are often deeply discounted.

The only actual change in services provided which students may notice is that birth control pills are no longer physically available on campus, and are no longer free, as they were for some who obtained them through the clinic. Prescriptions can still be acquired from the Health Center, but they must be filled and picked up at an off-campus pharmacy. Recognizing that this may provide a burdensome extra cost to students, Ms. Tew says she often directs students to the Wal-Mart pharmacy, where generic prescriptions for birth control pills are only \$9. She also says that students should take advantage of the fact that many insurance plans cover birth control costs completely, a new requirement under the recent health care laws.

Students with questions are encouraged to come by the Student Health Center, which is open on Main Campus from 8 a.m. to 5 p.m. Monday through Thursday, and from 8 p.m. to 3 p.m. on Fridays.

The Search Continues

Presidential search committee examines possible candidates

Sam Sachs

Campus Life Editor

Illustration: Tiffany Ray

The search for the new president of Columbus State University is currently entering the final stages of choosing candidates to lead the school following the end of the spring 2015 semester. The Saber recently had the chance to sit down with a member of the search committee, Courtney George, Ph.D, Director of the Carson McCullers Center and an assistant professor of English, to find out more about how the search for the president was going and what part of the process the committee was engaged in.

George said that at this point, the search committee is narrowing down candidates from a Board of Regents supplied list of 100 applicants to the much smaller list of 9 to 11 potential presidents. Following this selection of the smaller pool, the search committee of faculty, staff and local leaders will be travelling to Atlanta to interview the candidates on Feb. 18-19.

The step after these initial interviews will be to select three to five candidates for "campus visits" according to George, after which a final three will be recommended to the Board of Regents chancellor to choose the next president of CSU. George also provided some impressions of the

committee as a whole, saying that they are all "very amicable and all are on the same page" with what they're looking for in the next president. The committee is also made up of a "diverse group, with different disciplines and origins," according to George.

Going into more detail about the interview process, George told The Saber that each interview would be 75 minutes long with 15 minute intervals between. This process will take place



exclusively over the two days that they will be in Atlanta. Unfortunately, there is a level of discretion necessary to the process so George was unable to provide The Saber with any names or speculation on who the candidates are that will be interviewed.

George, having served on department search committees, expected a smaller candidate pool and was surprised that the committee, led by executive officer of the faculty senate John Finley, Ph. D. had received the 100 applicants to choose from. Along with the other 15 members of the committee, Finley and George have stopped allowing the press to sit in on committee meetings beginning on Feb. 11. Up until this meeting, the Ledger Enquirer's Mark Rice was covering the process, but the meetings are now closed to the public as they approach the final stages of candidate selection.

Following the trip to Atlanta and the campus visits by the final group of candidates, the entirety of the decision will rest with the Board of Regents' Hank M. Huckaby. Until the process is finished, CSU will have to wait for more information on who will be the next president.

Will Greek Life Add Letters?

Phi Sigma Kappa fraternity checks out CSU

Sam Sachs

Campus Life Editor

Photo: Tionna Howard



Romarr Mayne, CSU alumni (left) and Scott Pegram, Expansion and Recruitment Director (right)

In Sep. 2014, the Phi Sigma Kappa fraternity began to look at Columbus State University for a potential new chapter location. Beginning in February, Phi Sigma Kappa will be spending five weeks at CSU to see how recruitment runs on campus and if there is enough interest to form what's known as a "colony," or the organization of a Greek fraternity or sorority before chartering.

Phi Sigma Kappa's press release was made available to The Saber by Scott Pegram, the Phi Sigma Kappa Fraternity Director of Expansion and Recruitment. The release makes special mention that Phi Sigma "intends to offer a focus on and opportunity for scholarship, community service, philanthropy and social excellence." Though new to campus, Phi Sigma was founded in 1873 and base their recruitment on values of "character and commitment" as well as the standards of scholarship and service.

The Saber had the chance to sit down with Britney Kelley, the Student Development Specialist for Greek Life, and discuss the process for new chapters joining the CSU campus and get some insight into the men of Phi Sigma Kappa.

Phi Sigma specializes in recruiting "different types of guys" or what they jokingly describe as "those who never thought they'd go Greek." Kelley believes that adding Phi Sigma Kappa to CSU's Greek Life would help to "bring a different perspective" to Greek Life and help Greek Life grow.

To get a colony on campus, Phi Sigma Kappa will need to recruit at least 30 potential members, while the average number of students in each fraternity is

currently 32. Phi Sigma will also need to meet certain requirements from their own national headquarters, such as reaching the proper colony size by an as yet unknown time limit set by nationals. If they do not reach this number, the colony will be "removed" and they may have to try again.

While no events are specifically planned to aid in recruitment efforts, Kelley did say that recruitment in River Park is being planned now, with the Greek Life department being available to facilitate the needs of Phi Sigma Kappa. The fraternity's representatives made an appearance at the Feb. 5 Student Government Association forum and will continue to be present on campus through the second week of March.

According to Kelley, the "Inter-fraternal Council is excited for the new group," and believes that the presence of another fraternity will "bring enthusiasm and drive up Greek numbers."

For those interested in learning more about Phi Sigma Kappa or joining the organization, information is available at the Greek Center or through contacting Greek Life at kelly_britney@columbusstate.edu and scott@phisigmakappa.org.

Business Department Loss

Professor Daniels plans to retire spring semester 2015

Abby Robinson

Staff Writer

Photo: Columbus State University

Michael Daniels, Ph.D., is currently teaching his last semester as a professor inside the physical classroom, and will end his time as an online professor before retiring on July 31, 2015.

Daniels received his Bachelor's Degree in Economics at Stratford University and his Doctorate in Economics at Georgia State University. Since 1976, he has been a professor specializing in microeconomics. As a job on the side he provides, in his own words, "economic analysis for attorneys, business, and economic development organizations." The Saber conducted an interview with Professor Daniels to get a more in-depth story on his career from start to finish.

"It actually goes back to when I was in graduate school," says Daniels. "Every 12 weeks, a new term would start with a different set of students." Daniels taught Micro Principles comprised of 40

students, which made him "just fall in love with it."

Throughout his years of teaching, Daniels says he has learned many things from his students. The passage of time has taught him the need for patience and flexibility. Daniels compares the years of 1980 and 2015. "In 1980, college students were 20 and above. They went to school and had a job. There weren't as many distractions." His advice to help with student's "distractions" is to "get involved in your major, to be pro-active, and don't choose the easiest path."

During his stay at Columbus State University, Daniels learned from both his students and from CSU itself. As he is nearing retirement, Daniels' goal is look out for CSU, which he sees as family. Right now, he is on the search for new faculty members as well as his own replacement as the Accounting and Finance Department Chair of the Turner College of Business.

Professor Daniels plans to continue providing law consultation and traveling as close to the beach as possible during his retirement. Daniels said in closing that "CSU is an institution that is an important part of my life."



Michael Daniels, Ph. D.

Fast Five with a Vice President: Gina Sheeks, Student Affairs

Danielle Davis
Layout Editor
Photo: Gina Sheeks

Recently, The Saber sat down with one of the Columbus State University's administrators to see what life is like on the inside. "One of the greatest things about this job is that I get to shake the hand of each student as they cross the stage at graduation," said Vice President of Student Affairs Gina Sheeks, Ph.D. From the second floor of the Schuster Student Success Center, Sheeks works hard for the students at CSU. "I have one of the best jobs in the world. I get to work with some amazing students and colleagues on a regular basis," Sheeks explained.

1. Where are you from?

GS: I was born and raised in Hopkinsville, Kentucky. It's a small town.

2. How long have you been in Columbus, Georgia?

GS: My husband and I have been here for 28 years. Columbus has become my home.

3. How many years have you been at CSU? What were you doing before?

GS: I've been at CSU for 22 years. I came

in the fall of 1992 to serve as a temporary instructor in the Communications Department. I eventually began work as part-time instructor before joining the faculty full-time. Before coming to CSU, I worked as a part-time instructor at various institutions. I also was an account executive for the local Xerox agency.

4. As the Vice President of Student Affairs, what do you want to achieve most for students? What are your goals? What do you take away most from this position?

GS: As the chief student affairs officer, my primary goal is to advocate for students and provide programs that foster student success. I always hope that Student Affairs has played some part in students' overall success.

5. What's an interesting thing about you that students and your colleagues don't know?

GS: I'm a country girl at heart. I grew up on a farm. Some people might find that surprising because I come to work

every day in a suit. But the countryside, the clean air, and the beautiful lakes in Kentucky are a large part of who I am. I cherish the memories I have of growing up in Kentucky. It truly is a beautiful state. Another interesting thing to add would be that I'm an avid boater. My husband and I own a boat named Brown-Eyed Girl.



Gina Sheeks and the family horse



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Cougarthon Returns for Its Second Year

CSU raises money to support Ronald McDonald House Charities

Austin Wallace

Staff Writer

Illustration: Marjorie Pierce



Mrs. Anne Brown, Columbus State University's Community Outreach Advisor, met with The Saber to discuss an upcoming event on campus called Cougarthon. The idea to create Cougarthon was inspired by other universities and schools across the country that host "dance marathons," night long events where students stay on their feet for extended periods of time. Some of CSU's faculty members wanted

to create a similar type of event, with the added benefit of supporting a different non-profit organization each year.

On April 9, 2014, CSU debuted its first annual Cougarthon event for charity. According to Brown, "Cougarthon is a campus-wide philanthropy," with the goal of bringing students from all areas of campus together to raise money for non-profit organizations.

Last year, the event consisted of roughly 250 students organized into 18 teams. The students met in the Student Recreation Center for a six-hour lock-in where they participated in a variety of games and activities, including a dodgeball tournament, a videogame tournament, Zumba dance sessions, a scavenger hunt, and others. The philanthropy project raised approximately \$2,500, which was donated to that year's elected charity, The American Cancer Society.

One big difference between Cougarthon 2015 and Cougarthon 2014 is the event scheduled is to take place beginning on April 10 at 8 p.m. and ending the following day at 8 a.m. Brown explained that Cougarthon 2015 will be a "12 hour, up-all-night event," an event twice

as long as the previous year. She also mentioned that, "Because Cougarthon is philanthropy, those 12 hours can be logged as community service hours."

This year, Cougarthon will take place in the Student Recreation Center again, but this time the organizers hope to double the number of attendees to 500, as well as raise at least \$5,000 for this year's chosen charity, the Ronald McDonald House. The students that participate will be divided into 25 teams who will then compete in all of the games and competitions, similar to those of last year.

The Ronald McDonald House is a non-profit organization that helps to keep families together when children are hospitalized. They provide temporary housing for families who may not be able to afford the financial burden of staying at a hotel when medical treatment facilities are far from home.

For more information regarding Cougarthon, Mrs. Anne Brown can be reached through her email, brown_anne1@columbusstate.edu or through the Career Development Office in the Schuster Student Success Center.

Valentine's Day Events

SAC, Chi Alpha, BACCHUS and Cougar Cafe

Toni Stauffer

Staff Writer

Illustration: Elaine Hoffmeister

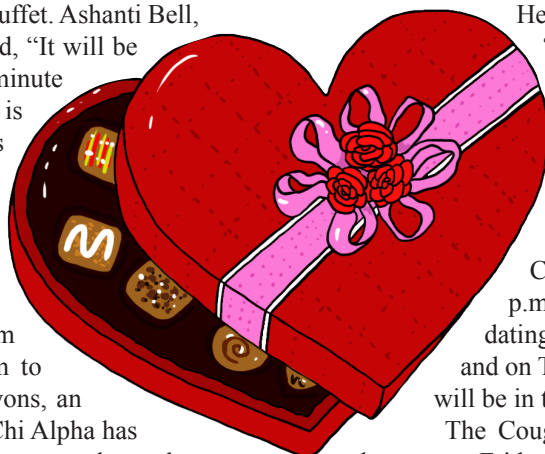
"Forgot your Valentine? SAC has your back!" That is the tagline on the poster for the event "Can You Feel It? Love is in the Air!" to be hosted by the Student Activities Council on Thursday, Feb. 12 from 12 p.m. to 1 p.m. in the Davidson Lounge. There will be a Build-a-Bear station and a candy buffet. Ashanti Bell, the Graduate Advisor for SAC stated, "It will be a way for students to create last minute Valentine's Day gifts." This event is paid for with student activity fees and is open to all Columbus State University students.

Chi Alpha is hosting a Date Auction to raise funds for their spring break mission trips. One team of students will be sent to the Dream Center in Atlanta and another team to the University of Georgia. Mary Lyons, an intern with Chi Alpha, explained, "Chi Alpha has a very strong missions culture, because we know how these trips affect student lives. Students return from mission trips forever changed and are oftentimes more ready to give their lives completely over to God. So, we hope that the Date Auction will really help us raise enough money to send students who otherwise wouldn't be able to go without the financial assistance." The auction will be held on Monday, Feb. 16 at 7:30

p.m. in the Columbus Room in the Davidson Student Center. Students up for auction are Kerri Bateman, Erika Shea, Dawn Grier, Devon Brown, Gabriel Rodriguez and Matt Dean.

BACCHUS (Boosting Alcohol Consciousness Concerning the Health of University Students) will be hosting "Sexual Responsibility Week" Feb. 9-13. Candy grams will be sold in front of the Cougar Cafe every day except for Friday from 11:30 a.m. to 1:00 p.m. in \$2 and \$5 packages. The "Sexversations" event was Monday in Schuster, room 130 at 8:00 p.m. On Tuesday was "Chasing the Cookie," in Davidson, room 254 at 12:30 p.m.; Wednesday's "R U the One?" speed dating will be in Schuster, room 130 at 7:30 p.m., and on Thursday "How to Survive Valentine's Day" will be in the cafeteria at 12:30 p.m.

The Cougar Cafe will be offering Valentine's Day desserts on Friday, Feb. 13 as a lunch time perk from 11 a.m. to 2 p.m. Kelly Sullivan, the marketing coordinator for Aramark Food Services said, "We'd love to see a great turn out, so that everyone can get in the Valentine's Day mood." BACCHUS at CSU is affiliated with The BACCHUS Network, a university and community based network focused on health and safety initiatives and is partnered with Residence Life.



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Black History of the Arts: Musical Legends

Highlighting the greats

Quintavious Wallace
Staff Writer

Images: Wiki Commons

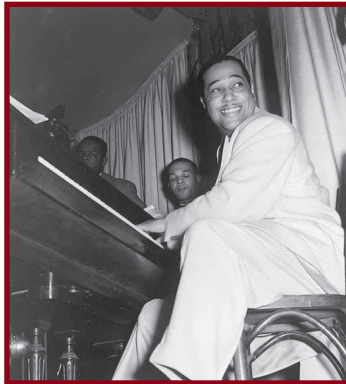


Sister Rosetta Tharpe

It is February and Black History Month, an important time for the African American community. The history of this culture is rich; there are many genres of music that have been touched by the artistic influences of African Americans. Below are some of the people who left the greatest impressions.

Born March 20, 1915, Sister Rosetta Tharpe was thought to be a musical genius. She was a singer, songwriter, and guitarist, and has also been deemed the "Godmother of Rock and Roll." Her gospel music crossed the charts because of the rhythm and rock sound she created. Tharpe was the first gospel artist who was able to cross over into other genres, and the pioneer of rock and roll music. Her influence went on to inspire artists such as Little Richard, Johnny Cash, Jerry Lee Lewis, and Elvis Presley.

Edward "Duke" Ellington was considered one of the most



Duke Ellington

influential and soulful men to ever grace the music scene. Born in 1899 in Washington D.C., Ellington is widely known for popularizing jazz in its prime.

Starting at the early age of seven years old, Ellington was taught to play the piano and began his musical studies. Highly encouraged by his family and friends to do musical shows, Ellington was so talented that he began to do professional shows in New York by the age of 17. By age 23, he and his band were doing shows all over the state.

Building a name for himself during the 1920s, Ellington expanded his band to 14 members. Hand-picked by Ellington himself, the success only grew from there. During the 1930s, the band was even able to do their first world tour in Europe. Crafting together musical pieces such as "Cotton Tail," "Main Stem," and "Echoes



The Temptations

of Harlem," he continued to write music and lead his band until his death in 1974.

In the early 1960s, The Temptations broke out into the music world. With help from R&B and soul legend Smokey Robinson, The Temptations quickly made a name for themselves and over the years achieved great popularity. Their first number one single, "My Girl," still continues to sell copies to this day and is known widely as their signature song.

With the dawn of the "Classic Five" Era, more hit records followed almost instantly. David Ruffin was the lead singer of many tracks, along with Eddie Kendricks, Otis Williams, Paul Williams, and Melvin Franklin. Songs like "Ain't Too Proud to Beg," "Since I Lost My Baby," and "Beauty Is Only Skin Deep," all made their mark on the charts, with each of them placing in the top 10 at least.



Brian McKnight

Due to many issues within the group and personal problems, David Ruffin left the group to be replaced by Dennis Edwards. Over the years, many other faces of the Temptations have changed as well. The group is currently touring with all new members except for the lone member of the "Classic Five" Otis Williams.

Starting off in the 1990s, Brian McKnight got his first big break when his brother's band, Take 6, signed to Warner Bros. Records. Inspiring himself to do the same, McKnight signed with Mercury Records. Releasing his first album in 1992, McKnight has seen nothing but success since the release of hit singles such as: "Anytime," "Back At One," "Love of My Life," and "Everytime You Go Away." McKnight's commercial success has earned him a total of 16 Grammy nominations over the course of his career.

Mardi Gras 2015

The biggest celebration in New Orleans

Eric Nicey

Staff Writer

Illustration: John Hope

The costumes, parades, and big bead-filled celebrations of Mardi Gras are back once again. Mardi Gras 2015 will continue its tradition of honoring New Orleans's rich heritage through its extravagant costume parties and parades. With its bright masks and delicious cuisine, including "king cakes," it is anticipated to have its usual enormous turnout.

Although the event has not begun, parades for the holiday have preceded it as they usually do. The first spectacles were held just a few weeks from the New Year, on Jan. 31, 2015. Mardi Gras 2015 will officially start on Tuesday, Feb. 17 at 6 p.m. with the Krewe of Joan of Arc near the French Quarter. Individuals planning to attend Mardi Gras will need to get their tickets and reservations as soon as possible.



College Kitchen

Pillsbury mini King Cakes

King Cakes were originally introduced to New Orleans by the French in the 1870s as a way to celebrate the Holy Day, when Jesus first showed himself to the Three Kings. The colors that adorn the cake represent specific traits: purple symbolizes justice, green signifies faith, and gold represents power.

A traditional recipe for King Cake involves cinnamon and yeast, to create a light cinnamon cake. However, modern King Cakes offer more variety, including coffee flavored cakes and cream cheese-filled cakes. Typically, the cakes would contain a small plastic baby, which could be substituted for a large seed or bean. Whoever found the baby would be crowned king for the day and would have good luck in the coming year. King Cakes remain a staple during Mardi Gras, but most students don't have the time to make a traditional cake, which can take more than five hours, depending on the recipe. Luckily, this recipe, using Pillsbury cinnamon rolls, is both quick and delicious!

Time: 25 minutes **Yields:** 5

Ingredients:

1 can of Pillsbury Grand's! Cinnamon Rolls
Green decorating sugar
Purple decorating sugar
Yellow decorating sugar

Instructions:

1. Preheat oven to 350 degrees
2. Open the can of cinnamon rolls
3. (Optional) Spend 10 minutes struggling with the can and just buy a cake at the store (Note: do NOT bang the can on the counter. It will make a huge mess. Trust me).
4. Once the can is open, pull the cinnamon rolls apart and unroll them completely
5. Twist the unrolled strands like you would wring out a cloth
6. Shape twists into circles by pressing ends together
7. Place on greased cooking sheet and bake for 20-25 minutes.

Decorating:

1. Use icing that comes in the Pillsbury can
2. Apply icing while rolls are hot!
3. Open the decorating sugars and sprinkle onto the warm icing



Mini King Cake

An Evening with Sholeh Wolpé

Award-winning Iranian-American poet visits the Carson McCullers Center

Hosted by Nick Norwood, Ph.D, on Friday, Feb. 6, the Columbus State University English Department held a 4 p.m. discussion and a 7:30 p.m. reading with Iranian-American poet Sholeh Wolpé. At the afternoon event, Wolpé seemed at home in the cozy setting of the Carson McCullers Center as she sat in a straight-backed wooden chair. When asked why she does translations of poetry, she answered: "Why do I translate? I truly, truly believe that only literature, music, and the arts can save our human society and the world, because they are the only means to bridging the gap between cultures and people."

Wolpé also spoke about the need for Americans to buy and request translated works since translations only make up about 2% of published work, and that Americans could have a positive effect on the translations market if they made at least 30% of their reading purchases translations.

During the 7:30 p.m. reading, Wolpé spoke with passion about being a writer in exile and about the suffering of women in Iran, where men acting as morality police

use poisoned blades to slash the arms of women wearing sleeveless shirts. Iranian women have been known to lose an arm from the poison. She spoke of growing up in Tehran and being sent to live with her aunt in Trinidad at the age of 13, followed by a stint at a boarding school in the United Kingdom. Wolpé misses her home, but cannot return because of the current political environment. Not only has she spoken out against the Iranian government, but Wolpé has also translated works banned in Iran, noting that "I'm not prison material."

A poet, writer, editor, and literary translator, Wolpé is the recipient of the 2014 PEN/Heim Award, the 2014 Hedgebrook Residency, the 2013 Midwest Book Award, and the 2010 Lois Roth Persian Translation Prize. Her first poetry collection is "The Scar Saloon," released in 2004. Her second collection, published in 2008, is "Rooftops of Tehran," and her most recent collection from 2013 is "Keeping Time with Blue Hyacinths." For more information about Sholeh Wolpé, visit her website at: www.sholehwolpe.com. She resides in Los Angeles.

Wolpé's visit is part of the Georgia Poetry Circuit. The next poet appearing will be Noah Blaustein on April 13. For more information on the Georgia Poetry Circuit, please go to english.columbusstate.edu. The next event at the Carson McCullers Center will be the David Diamond Reading and Recital Series featuring CSU Creative Writing student Rebecca Martin and the CSU Schwob School of Music Guitar Ensemble on Feb. 18 at 7:30 p.m.



International poet Sholeh Wolpé

Toni Stauffer

Staff Writer

Photo: Toni Stauffer

Opinion: College, Love & a Pen

Love Memoirs

Franchesca Renfroe
Arts and Entertainment Editor
Illustration: Elaine Hoffmeister

Love is in the air. Or, maybe that's just really expensive perfume. Either way, this is the season of being in love. When watching steaming romances, it's always fun to see how characters meet and/or how they fall in love. Sometimes, it may seem unreal, but those narratives can happen in real life too. Here is how different people at Columbus State fell in love with their significant others, or, with themselves.

"I heard about him first. A friend showed me his picture. 'I'm not saying he's your person, but he's the godliest man I know and you NEED to date him.' 'He's pretty cute,' I said. 'In a nerdy sort of way.' Four days later, I was on the Frisbee field, and this gorgeous man walked on the field. 'Heck no, I can't date him! He's way too gorgeous to be mine!' Three weeks later, we went on a short run and dinner afterwards. I thought it would take a few hours, tops. Seven hours later, I was hooked. Apparently, so was he. Less than a week later, we started dating. Six months later, I still can't believe I get to call him my boyfriend!"
—Mercy Morecraft, Communication major.

"We met through a friend. Over the span of two years, we became really good pals. He developed feelings for me, but I turned him down. Even after that, he still liked me. Ironically, I eventually grew to like him more than just as a friend, but it took me forever to admit it! Finally, I stopped being a scaredy-cat and confessed how I felt about him, at his birthday party. It's funny how your best friend could end up being your better half. Many thanks to Cupid for sending me my cinnamon apple!"
—Brittany Upshaw, Sociology major.

"When many couples meet, most tell of a love at first sight. However, when I met my wife I never would have guessed that I would be spending the rest of my life with her. All of my friends wanted to date her but she chose the one that didn't desire her attention. We began to hang out and the more we were together,

the more inseparable we became. She has been my best friend for over five years now and I'm truly a lucky man to have an intelligent, beautiful woman at my side."

—Brandon Lashley, Communication major.

"We met on a social network. Then we met in person. Through time we learned to love and appreciate each other. We recently got engaged and plan on getting married as soon as he returns from his deployment. Army Love! I can't wait till he gets back."

—Mijahla Eadon, Psychology major.

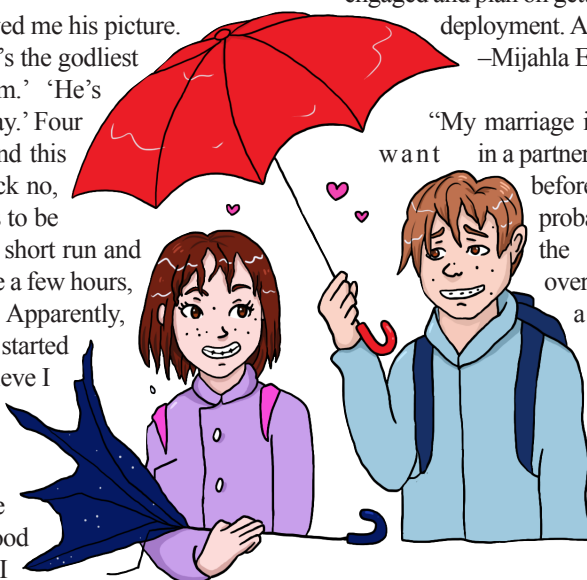
"My marriage is a lesson in knowing exactly what you want in a partner and being confident in your own identity before seeking a partner. My wife and I are probably in the first generation of people in the millennial generation who connected over digital means, which I approached with a realistic and honest mindset. We met on Match.com, and after a couple of dates, we have been together and happy in the six years that have followed. She is my best friend, my closest counsel, and someone I treasure as my partner in life."

—Christopher McCollough, Ph.D.,
Public Relations Professor.

"Coming from the single perspective, I believe before you can start loving someone else you have to truly love yourself. It took me a while to get there. You have to fall in love with you, where you are in your life, and know that wherever you wanna go, you'll get there. You can't wholeheartedly give your love to someone else if you have yet to figure out your worth. And why you would mean the world to yourself. What makes you special. What your flaws are. A man can truly fall in love with you once you're confident within yourself"

—LeShawndra Stevens, Marketing major.

Beautiful stories from beautiful people. Enjoy your Valentine's Day. Whether alone or as a couple, it is a wonderful day to be in love.



Love and Laughs

Mike Epps to perform at the Columbus Civic Center on Valentine's Day

Danielle Davis

Layout Editor

Image: www.foxie105fm.com

They say laughter's good for the soul, while love is the stuff people dream about. And this Saturday, Feb. 14, the two will come together for what's sure to be a fun night out. Comedian Mike Epps will be returning to Columbus, Ga as part of his The Real Deal Tour. His performance will begin at 8 p.m. at the Columbus Civic Center, and he will be accompanied by fellow comedian, Adele Givens.

Epps was born in Indianapolis, Indiana on Nov. 18, 1970. He made his way to Atlanta later in life where he began work at the Comedy Act Theater. He is best known for his role Day-Day Jones in the "Friday" franchise, which also featured Ice Cube and Chris Tucker. He has starred in the movies, "Jumping the Broom" and "Lottery Ticket."

In addition to the work he did in Atlanta and performing in Columbus before, Epps has strong ties to the peach state. He has dedicated a significant portion of his time and money to the Tupac Amaru Shakur Foundation for the Arts in Georgia.

Tickets for Epps' show can be purchased online through various sites as well as at the Columbus Civic Center box office. Tickets at the box office range from \$44.50 to \$67.50.



Fifty Shades of Grey Hits Theatres

Pleasure meets pain this Valentine's Day

Danielle Davis

Layout Editor

Illustration: Noah Sachs

Image: Universal Pictures



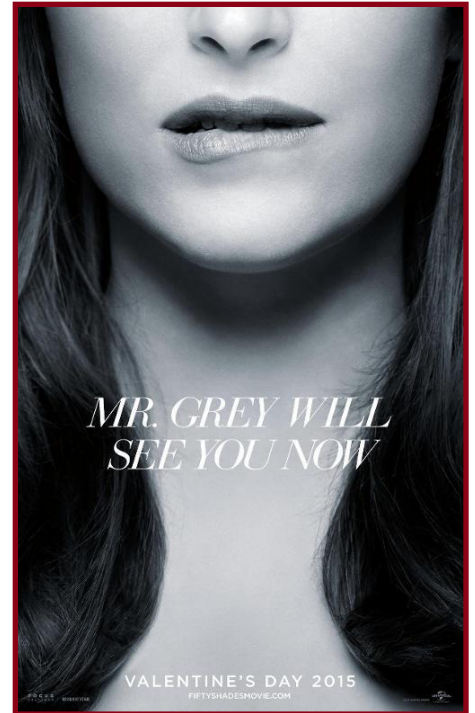
Since its 2011 release, E. L. James' novel "Fifty Shades of Grey" has sparked controversy as well as excitement. Despite lackluster reviews from critics, the novel, along with sequels "Fifty Shades Darker" and "Fifty Shade Freed," has garnered immense popularity from readers everywhere.

Rooted in the world of BDSM (Bondage, Discipline, Sadism, and Masochism), the novel focuses on literature student Anastasia "Ana" Steele, who becomes

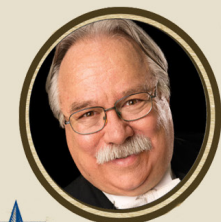
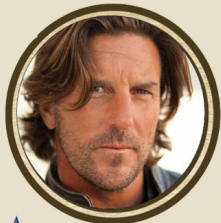
enamored with successful businessman Christian Grey. From rides in his private helicopter to sexual encounters in his "Red Room of Pain," Steele finds herself delving deeper into the life of the self-made billionaire. However, the further she involves herself with Grey, the more she discovers his "dark side." Fans will get to see play out the big screen beginning Feb. 14.

The film adaptation stars Dakota Johnson as Anastasia "Ana" Steele and Jamie Dornan as Christian Grey. Johnson has previously appeared in films such as "21 Jump Street" and "Need for Speed." Dornan has appeared on the hit ABC television series "Once Upon A Time" and the BBC Two crime drama "The Fall."

According to MTV.com, the director of the film, Sam-Taylor Johnson, has confirmed that there will be film adaptations of the two remaining novels in the trilogy.



Dakota Johnson as Anastasia Steele



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The History of Valentine's Day and Mardi Gras

Origins and evolution

Toni Stauffer

Staff Writer

Illustration: Elaine Hoffmeister

Valentine's Day

It has been estimated that Americans spend approximately \$18.6 billion each year for Valentine's Day, with every person spending around \$130.67; that's \$1.9 billion spent annually on flowers, \$1.6 billion on candy and \$4.4 billion on jewelry. Valentine's Day is not only a boon to the economy, but a boon to the heart with about 6 million couples getting engaged every year. So how did this day of hearts and flowers begin?

In mid-February ancient Pagans held the Lupercalia festival, and were either celebrating in honor of Lupa, the she-wolf who suckled the Roman emperors Romulus and Remus, or in honor of the fertility god Faunus. The ancient Pagans didn't celebrate with cards and flowers. Animals were sacrificed and young women were whipped with bloody strips of hide to encourage fertility.

The day got its name from St. Valentine, a priest who martyred himself for love. Roman emperor Claudius II, believing that unwed men made better soldiers, banned marriage. Father Valentine ignored the decree and married young lovers in secret. In 278 A.D., after being discovered, he was arrested. It is said that the young couples he married would visit him and pass him cards and flowers to show their gratitude. In 496 A.D., Pope Gelasius II created the holiday and in the 1840s Esther Howland from Massachusetts became the first to create and sell Valentine cards in large quantities.



Mardi Gras

It is 11 p.m. and Bourbon Street in New Orleans is packed with people wearing masks, costumes, and lots of coveted, colorful beaded necklaces. Jazz can be heard playing from the clubs as happy revelers drink and laugh into the wee hours of morning. Welcome to Mardi Gras, the second biggest party in the nation after New Year's Eve.

The origins of Mardi Gras began in the 17th century when it was known in the French House of Bourbons as "Boeuf Gras," meaning fatted calf. In 1699, March 2, French Canadian explorer Jean Baptiste Le Moyne Sieur de Bienville established "Pointe du Mardi Gras," 60 miles south of New Orleans. Mardi Gras is French for Fat Tuesday, a Catholic holiday that is the first day of Lent, the day before Ash Wednesday. Lent is the 40 days before Good Friday and Easter Sunday when parishioners focus on prayer, fasting, abstinence and charity.

The very first Mardi Gras celebration took place not in New Orleans, but in Fort De La Louisiane (Mobile, Ala.) in 1702. For a short time, Mobile even had a secret society for Mardi Gras known as 'Masque de la Mobile,' similar to the Mardi Gras Krewees existing now. Krewees, Mardi Gras community clubs, organize the parade. In 1718, Bienville took Mardi Gras to New Orleans. To outsiders, Mardi Gras may appear to just be about the party, but to those who call New Orleans home, Mardi Gras is about family and tradition.

This year Mardi Gras falls on Tuesday, Feb. 17, but parades began on Feb. 6. For more information, visit www.mardigrasneworleans.com.

Oil in the Ice

Should America drill in the Arctic?

Austin Nichols

Staff Writer

Photo: Jazmin McCoy



Welcome sign on the historic Alaska Highway

For more than a decade, environmental protection agencies and oil companies have engaged in a heated debate over the decision to drill for oil in the Arctic National Wildlife Refuge. Massive depositories in the 1.5 million acre coastal plain of Alaska, containing billions of barrels of oil, have the potential to drop gas prices to an all-time low.

The area is home to seabirds, caribou, and polar bears, and is about the size of South Carolina. The area proposed to begin drilling on is less than two thousand acres, roughly the size of an airport, but Kristen Miller, former Legislative Director of the Alaskan Wilderness League, warns that drilling is a slippery slope.

"These wells would spread over the entire 1.5 million acres. And with these wells comes a sprawling spider web of millions of miles of pipelines, of gravel roads, of power lines, of airstrips," she said. "I mean this is a true industrial complex and it is an industrial complex that would be going into an area that is completely untouched from development."

The recent drop in gas prices has drastically lowered the public push to begin drilling, but as prices begin to rise again a new outcry can be expected to be heard. Miller claims that the decision to drill on the refuge or to continue to protect it is not a decision that can be made by the Alaskans alone. "These are public lands," Miller said. "They belong to all Americans. And everybody has a voice in deciding whether they stay protected."

Boko Haram Slaughters Thousands

No end in sight for radical terrorist organization

Austin Wallace

Staff Writer

Image: Wiki Commons

In early January, the Islamic extremist group known as Boko Haram launched an attack on the town of Baga, Nigeria. Between Jan. 3 and Jan. 7, over 2000 people were confirmed killed by the terrorist organization, while up to 500 were abducted. According to a Nigerian local district head, Baba Abba, a majority of the victims were women, children, and the elderly who could not flee quickly enough when the terrorist organization launched their attack.

In the aftermath of the massacre, corpses lined the streets, large portions of the town were left in ashes, and tens of thousands of people were forced to seek refuge elsewhere. In a recent video circulating the Internet, the current leader of Boko Haram, Abubakar Shekau, credits his terrorist organization with the attack, stating: "We killed the people of Baga. As our Lord instructed us to in his book." Later in the video, Shekau also assured that the attack on Baga was just the beginning when he stated, "we will not stop" and "this [attack] is not much."

The Nigerian Muslim extremist, Mohammed Yusuf, founded Boko Haram in 2002 in the state of Borno, Nigeria. The group was originally fairly peaceful, designed with the goal of creating an Islamic state. Boko Haram



Boko Haram's logo

translated into English means, "Western education is forbidden." In an interview with BBC News, Yusuf claimed that Western Education "spoils the belief in god." Over the next seven years, the organization attracted impoverished Nigerian families by establishing religious complexes, recruited Jihadis, and took steps to militarize itself.

The organization took another step towards extremism in 2009 after its leader was arrested and killed in police custody. Boko Haram's current leader, Abubakar Shekau, came into power following Yusuf's death. The following year, Shekau led a prison break in Maiduguri, Nigeria, where 105 of the group's members escaped along with hundreds of other inmates. Over the next few years, the group gradually became more and more violent and initiated the first of many terrorist attacks.

Last April, Boko Haram made international headlines when they kidnapped more than 276 girls from a boarding school in Borno, Nigeria. The following month, a man claiming to be Shekau appeared in a video stating: "I abducted your girls. I will sell them in the market, by Allah." To date, the schoolgirls have not been returned to their families.

In 2014 alone the group killed more than 950 people living in the Northeastern area of Nigeria. After a string of bombings around the country in 2011, the President of Nigeria, Goodluck Jonathan, declared a state of emergency. Over the years, public officials have deployed troops in an effort to halt acts of terrorism; however, the Nigerian military has developed a reputation for inciting coups, so public officials intentionally keep them weak for fear of being overthrown. According to the Governor of Borno, Kashim Shettima: "Boko Haram is better armed and better motivated than our own troops. Given the present state of affairs, it is absolutely impossible for us to defeat Boko Haram." In regards to Boko Haram's streak of terror across Nigeria, there is no end in sight.

Hershey's vs. Cadbury

A battle between chocolate giants pulls Cadbury from U.S. shelves

Lucas Ely

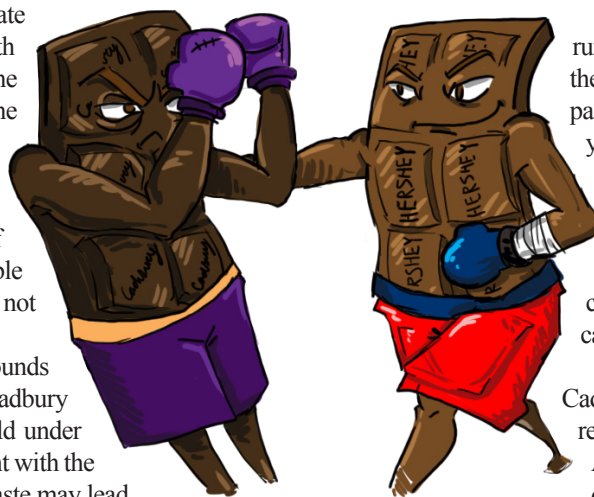
Staff Writer

Illustration: Noah Sachs

Last month, an online story surfaced concerning a New York shop that specialized in selling British goods, such as tea and products like Cadbury chocolate. In this story, Hershey's had banned the sale of imported Cadbury chocolates, because they possessed certain similarities to chocolates produced by Hershey's in the U.S. Hershey's feared that the imported chocolate violated their licensing agreement with the Cadbury company concerning the manufacturing of chocolate under the Cadbury name. Though Cadbury has not technically been banned in the U.S., Hershey's has taken action that will result in the discontinuation of importing chocolates that might resemble Hershey's products, including, but not limited to, Cadbury chocolates.

Hershey's frames their suit on the grounds that customers may mistake imported Cadbury chocolates to be Hershey's products sold under the Cadbury name, as per their agreement with the British company, and the difference in taste may lead to the defamation of their products. However, from sources that have tasted the difference, it seems that popular opinion is that the imported chocolate is better tasting and more appealing than what's being produced through Hershey's and sold as the same. According to

The Guardian, one Brit even said the Hershey's chocolate "smell[s] like stinky feet." Regardless of what popular opinion is, however, Hershey's was victorious in their attempt to corner the chocolate market even further by removing this competitor from the U.S. market.



While chocolates from overseas may run the risk of being confused with their American counterpart due to their packaging, the taste would certainly make you check the wrapper twice. British chocolates, in particular, contain more dairy and run a higher butterfat content than what is typical in the U.S. While this lends itself to a more fudge-like chocolate, it also produces more fat and calories than an American counterpart.

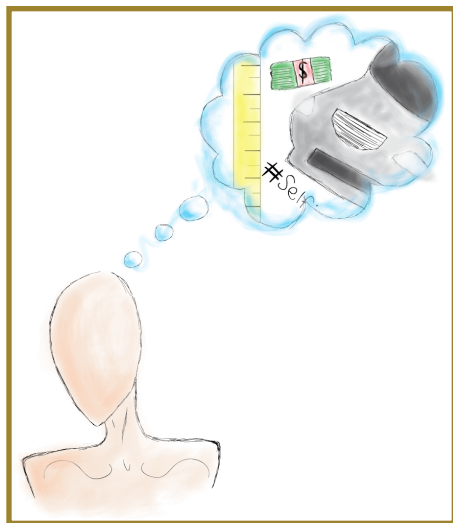
The first ingredient listed on a Hershey's Cadbury bar, on the other hand, is sugar. This represents the main ingredient in many American snack foods: an abundance of sugar. The second most noticeable characteristic of the Hershey's bar would be the inclusion of preservatives that are absent in the British recipe. This does improve the shelf-life of the product, but brings into question the possible health repercussions concerning the inclusion of the additives.

The Practice of Gratitude

How to be thankful in everyday life

Jennifer Moore, Ph.D.

*Staff Psychologist
CSU Counseling Center*



I'm 5-foot-4 but I wish I was 5-foot-6. This is especially true when I can't reach things on the top shelf at the grocery store. I also wish I drove a nicer vehicle, because mine is from 2004. My CD player doesn't work, one of the visors has fallen off, and the rear window on the driver's side won't roll down. Sometimes, my bank account gets too low for comfort, and it would be nice to have more security,

and less anxiety, about my future.

We can all create a list of what we want to be different in our lives. It's easy to see how things are not good enough, especially when we compare ourselves to other people. Some days, it feels as if everyone else is happier, more attractive, more successful, or more popular.

Facebook, Instagram, and other social media can be great ways to stay connected with people, but they can also be tools to tear down how we feel about ourselves. In just a few seconds, we can see posts and pictures of a new blissful relationship, another party being thrown, or new outfits being modeled. Don't get me wrong, I love to see people experiencing joy, but, sometimes, I feel jealous that some of these things aren't happening to me.

If we balance the full picture of ourselves against a slice of another person's, then we may always feel envious. It's important to remember that it is rare for someone to share how they might be suffering, whether they are irritated with their partner or scared of failing. We all occasionally believe that we

come up short, but we don't want everyone else to know that. So, how can we stop beating ourselves up for not having another person's life? The solution is simple: Gratitude.

Gratitude is loosely defined as a feeling of appreciation and thanks. To practice gratitude, try making a list of things that bring you peace and add to it as needed. Read it over to yourself or share it with someone. Call someone that you dearly value and actually let them know how much they mean to you. The small things count too. I love Krispy Kreme donuts, and I have no shame in admitting to being grateful when I see the "Hot Now" sign is lit. You can see gratitude in action in a YouTube video called "The Science of Happiness - An Experiment in Gratitude."

Of course, there are things that I want to be different, and I'll continue to work in order to make my plans become reality, but, right now, I have many things I am thankful for: I'm loved, I'm employed, I have my health, and I have a sweet dog waiting for me when I come home. I wonder what list you can create to show yourself the sweetness in your life.

Chemical Romance

The science behind attraction

Elaine Hoffmeister

*Managing Editor
Illustration: Elaine Hoffmeister*

For all those romantics out there, read no further. While many believe that love manifests in unpredictable ways, science has proven that being attracted to a person has some definite guidelines, mainly those which chemically lead us to our perfect mates.

Unconsciously, our brains calculate a match that has youth, fertility, and good health, all qualities which will improve reproductive fitness and can be passed down through generations. Using the five senses and preprogrammed clues, the body unromantically identifies which passerby has spouse potential and which should be kicked to the curb. There's little that can be done about it, except realize what's going on and watch the telltale signs of the brain's unconscious messages.

Ever wonder why there is such a focus on beauty in the world today? Visual cues are a major part of determining who will be dating material. For instance, facial symmetry is a big indicator of beauty. People tend to find those whose left face matches the right to be superior to someone with imperfections, all in the name of healthy offspring. Pop bands can sing about loving a person just as they are, but it's because of this need for symmetry that the plastic surgery business is booming.

Also, even though beauty is culturally divided, on the whole women prefer men with broad shoulders and narrow waists, while

men look for wide hips and the classic hourglass figure in a woman. If that's not enough, another interesting aspect to look for the next time someone eye-catching walks by is whether they are a mirror image of yourself. People tend to gravitate more towards people who look and act similar to themselves. This is especially evident when looking at married couples.

Smell is the greatest aid in gravitating toward a potential mate. Pheromones, chemicals in the body which trigger a physiological response in members of the opposite sex, are the culprits in determining who is found attractive. Women smell better during certain times of the month, believe it or not, and symmetrical men smell better than those who are lopsided, as found in pheromone studies. This goes beyond deodorant – people are just naturally inclined to sniff out mates with an opposite immune system, so that their children will have a greater chance of survival.

If all else fails, there's always the psychology behind a relationship. Looking at behavioral cues help couples determine the merits of the relationship. Women love guys who can make them laugh; men prefer women who laugh at their humor. But above all, in behavioral studies across the board, it was found that what a person seeks most in a relationship is fidelity. So no side dates, ladies and gentlemen.

While it seems a bit cold to think about love in terms of chemicals and mannerisms, all of these factors are still not completely understood in the scientific world. As such, there is still plenty of opportunity to make some rational choices in the dating game.



Basketball Recap

CSU girls withstand Hurricanes, boys blown away

Akil Charles

Staff Writer

Photos: Akil Charles



Carrie Washington shoots a free throw

Continuing a good season with their sixth win, the Lady Cougars, now ranked 12th, took an early lead in the first half against Georgia Southwestern's Lady Hurricanes. Point Guard Dee Dee Deshazer was top scorer of the game with 19 points.

The men's team, however, did not fare as well as their female counterparts. While exciting, the game was not without struggle as the Cougars, who were ahead of the Hurricanes well into the second



Lady's final score


quarter, lost their cushion after a few well-coordinated plays. The Cougars, who had two turnovers and two fouls, but no points in the last two minutes of the game, saw their lead diminish from 62-59 to 62-61 with one and a half minutes left on the clock thanks to GSW's Leonard Damien's two free throws. GSW's Deric Rudolph was fouled by BJ Battle and made two free throws to put the Hurricanes ahead 63-62 with only



BJ Battle dunks over the competition

24 seconds left. With three seconds left, Battle's missed jump shot forced the Cougars to watch their nine win streak vanish. Despite the loss, both CSU and GSW kept fans on the edge of their seats until the very end.

Both teams went to Clayton State University for the 13th divisional game on Feb. 4. CSU then had another home game Saturday, Feb. 7 against Georgia College in the Lumpkin Center.



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