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The George-Anne

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THE GEORGE-ANNE

Coping with stress and anxiety as a college student

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Concert Cancelled

Spring Concert event to change in 2016

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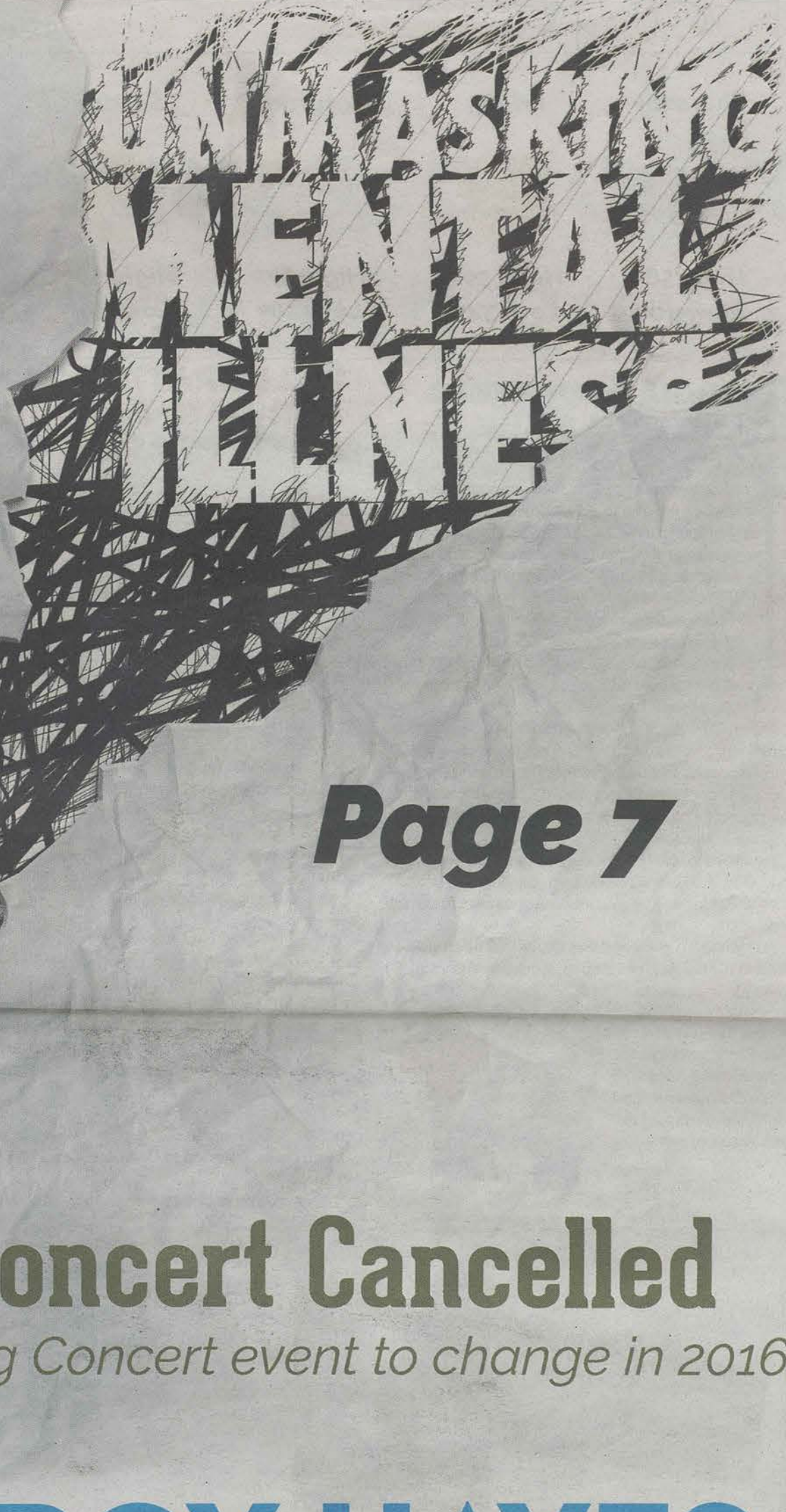
TROY HAYES

From campus to computers worldwide

PAGES 13 & 14

SIGNING DAY

Georgia Southern finishes with #1 class in Sun Belt



Thursday



High: 58°
Low: 40°

Friday



High: 59°
Low: 34°

Saturday



High: 57°
Low: 38°

Sunday



High: 59°
Low: 36°

Hopefully you didn't pack up those winter clothes because it's back to peacoats and yoga pants.

Weather Bar

GEORGIA EDUCATION STANDARDS MAKE LARGE JUMP

After years of grading Georgia extremely low when it came to education standards, the education journal, Education Next, saw great improvement within the state's standards in 2015.

According to the Atlanta Journal Constitution (AJC), Georgia saw the largest improvement of any state in the United States by jumping from an F the last time the rankings were done in 2013, to an A in 2015. This was the first time Georgia had received better than an F in the biannual rankings since 2003 when it received a D-.

Common Core, a set of standards adopted by 43 states with the goal of having a common objectives and standards to assess student proficiency, has been a point of controversy in some states, but is listed in the report as part of the reason for Georgia's jump in academic standards.

Paul E. Peterson, one of the authors of the report said Common Core has helped teachers know what they should teach as well as raising expectations for students.

It is yet to be seen whether higher standards will lead to higher achievement in students. Peterson cites Massachusetts as an example of a school that has had high standards and high achievement rates while South Carolina has had high standards and low achievement rates.



CELEBRATING AFRICAN-AMERICAN ARTISTS ART EXHIBIT



The Betty Foy Sanders Department of Art will be presenting Celebrating African-American Artists, an art exhibit located in the Southern Folk Art Gallery in the Center for Art & Theatre, that will be featuring work by southern African-American artists. The exhibit will run from Feb. 1 to July 29.

According to a press release by the university, Annamarie Kistler, a graduate assistant from the Smith Callaway Banks Southern Folk Art Collection, wanted to show off these pieces for a very particular reason.

"I realized we have a lot of pieces painted of childhood memories by African-American artists who have not been exhibited in a long time. I wanted to do this exhibition to show off these beautiful pieces by these very talented artists," Kistler said.

The topics of the various pieces of artwork will vary from cultural traditions, to passing on a variety of shared values.

The works have been displayed all around the country, Even in the Smithsonian Museum, and have been commissioned to Coca-Cola and The New York Times.

This exhibit is free and open to the public.

UPDATE: LOCAL CONTESTANT ON "BIGGEST LOSER" ELIMINATED



The popular NBC weight loss show "Biggest Loser", entered into its 17th season with 16 contestants all competing with the common goal of losing weight and becoming a healthier person.

According to the Statesboro Herald, Statesboro local Tonsheia "Toy" Grandison, was eliminated from the competition on Monday night, but feels the show has left a permanent mark in her life when it comes to achieving a healthier lifestyle.

"I make sure I stick to my healthy eating tool. I communicate with the show's nutritionist; I communicate with my trainer with the show," Grandison said.

Grandison started the show weighting 316 pounds, but her progress on how much weight she lost will not be revealed until the season's finale on Feb. 22. She advises those looking into becoming healthier to begin being as active as possible, by starting at a slow pace and pushing themselves more each day.

After being eliminated from the season, Grandison now has a more positive outlook on not only life, but also on herself.

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The Iowa Caucus results are out and GSU students had some thoughts. The Circle asked students who they were voting for and what they thought about the overall votes. Check it out!

Follow us on Twitter @thecirclegsu and like us on Facebook!

Annual Spring Concert to be replaced in 2016

BY DEVIN CONWAY
The George-Anne staff

The Georgia Southern University Programming Board (UPB) has decided to cancel the annual spring concert in favor of a more collaborative experience for the campus community.

"Last year's concert was a learning experience, and we're excited to move forward with different events to enhance campus life," Crystele Seya, junior human relations major and VP of Membership at UPB.

Last year's performers, Quavious Marshall, Kirshnik Ball and Kiari Cephus of the group Migos, widely known by their pseudonyms Quavo, Takeoff and Offset, respectively, were arrested on felony and misdemeanor charges including possession of marijuana, possession of undisclosed schedule 2 narcotics and possession of loaded guns in a school zone.

As Quavo, Takeoff and Offset arrived on campus in two vans with a group of 13 others, police detected a potent marijuana smell.

The officers on the scene reached out to the drivers of the vehicles as the group's members made their way into Hanner Fieldhouse, and as the concert began, their vehicles were searched.

The performance was shut down shortly thereafter, and the three were arrested after being brought into police custody along with the 13 accompanying members of their crew.

Students feel that the event being discontinued is a bad idea, but are excited to see what UPB has in-store for them.

"Live music brings a certain atmosphere that's going to be hard to replace. I'm interested to see if the school's organizations will be able to come together and plan an event that draws a similar amount of interest while maintaining that balance between security and sensibility that's obviously

being prioritized in this situation," Ricky Carpenter, senior criminal justice major, said.

Quavo and Takeoff were released on bail, but Offset remained in Bulloch County jail from his April arrest until his hearing on Dec. 4.

Quavo and Takeoff were both sentenced to a year of probation.

Offset faced a total of nine charges including but not limited to: possession of a firearm by a convicted felon, two counts of violation of the street gang terrorism and prevention act, riot in a penal institution and battery.

He eventually accepted a plea deal, the terms of which included five years of probation, a \$1000 fine and an outright ban from Bulloch, Effingham, Screven and Jenkins counties.

Students feel disappointed that the event has been replaced this year, but understand the reasons why.

"I understand the need to be cautious with this year's spring concert because of what went down last year, but to get rid of the event seems a little extreme. I think we were all disappointed that we didn't get a full performance last time around, so I hope something can be worked out to make up for it," Ethan Von Behren, senior finance major, said.

UPB states that the Spring Bling concert was not directly responsible for the cancellation.

"It was definitely more of a creative decision. We're looking to do something more diverse and inclusive that includes all student organizations. The replacement event will have a similar appeal as the concert with a few different elements," Dorian Lambert, junior marketing major and VP of Administration at UPB, said.

After multiple inquiries, the UPB declined to comment on the details of potential replacement events, as they are still in the initial stages of the planning process.



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A student dances along to Migos at the 2015 Spring Bling concert. The concert is being replaced with a more collaborative event in 2016



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Georgia Southern University
68TH ANNUAL SCHOLARSHIP PAGEANT

RUSSELL UNION
2052

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Friday, November 13, 2015
5:00PM
via MyInvolvement

Event Times
October 7th - 6pm
October 8th - 5pm
October 20th - 6pm
October 21st - 6pm
October 22nd - 6pm

YOUR STUDENT ACTIVITY FEES AT WORK ((upb))

CEIT offers new engineering major for students

BY CHANCE SHELTON
The George-Anne staff

The Georgia Southern University Allen E. Paulson College of Engineering & Information Technology (CEIT) is expanding by adding another branch of engineering to the majors offered.

CEIT is now offering manufacturing engineering as part of its curriculum.

The program started accepting students in fall 2015, but all interested are encouraged to change majors. The first expected graduation date is May 2019.

The new branch of study has been accredited by the Accreditation Board for Engineering and Technology (ABET) and has the engineering department excited in being able to offer new opportunities for

students to take advantage of.

"We invited ABET after a year of very extensive self-study programs, and we were able to successfully receive accreditation for this program, upon their visit in 2013 and we are accredited until 2019," Mohammad Davoud, Dean of the College of Engineering & Information and Technology, said.

All universities have to go through the process of getting their programs accredited, which at times can take years. However, CEIT's knowledge about engineering and technology allowed them to receive accreditation in a fast manner.

"This generally does not happen, because many engineering schools will have trouble for the first many years to get their programs first

accreditation, but we were very successful, because we banked on our experience and knowledge of engineering and technology," Davoud said.

Davoud elaborates that since then they have been very successful in having students go through the program and graduating with degrees from the specific college.

CEIT continues to grow as one of the departments in the university awarding a total of 415 degrees in the 2014-2015 fiscal year to undergraduate and graduate students. However, it has much catching up to do in regards to degrees awarded.

In addition, The Gene Haas Foundation has awarded a \$15,000 grant to the manufacturing engineering program at GSU to assist students interested in the manufacturing field.

Students feel the fact that the university continues to grow, it allows them to compete with major universities around the state for prospective students.

"Knowing that we are getting bigger as a university will be great for the future, it puts Georgia Southern on the map to compete with other big schools around the state," A'Lamar Smith, junior business & logistics major, said.

According to Davoud, having a transfer program for engineering majors with Georgia Tech was instrumental in getting their first time accreditation.

As more majors are added to the CEIT, it creates opportunities for not only students, but faculty and staff to grow in their area of expertise.

"We hired a lot of people, we have hired a lot of faculty especially, and our college is

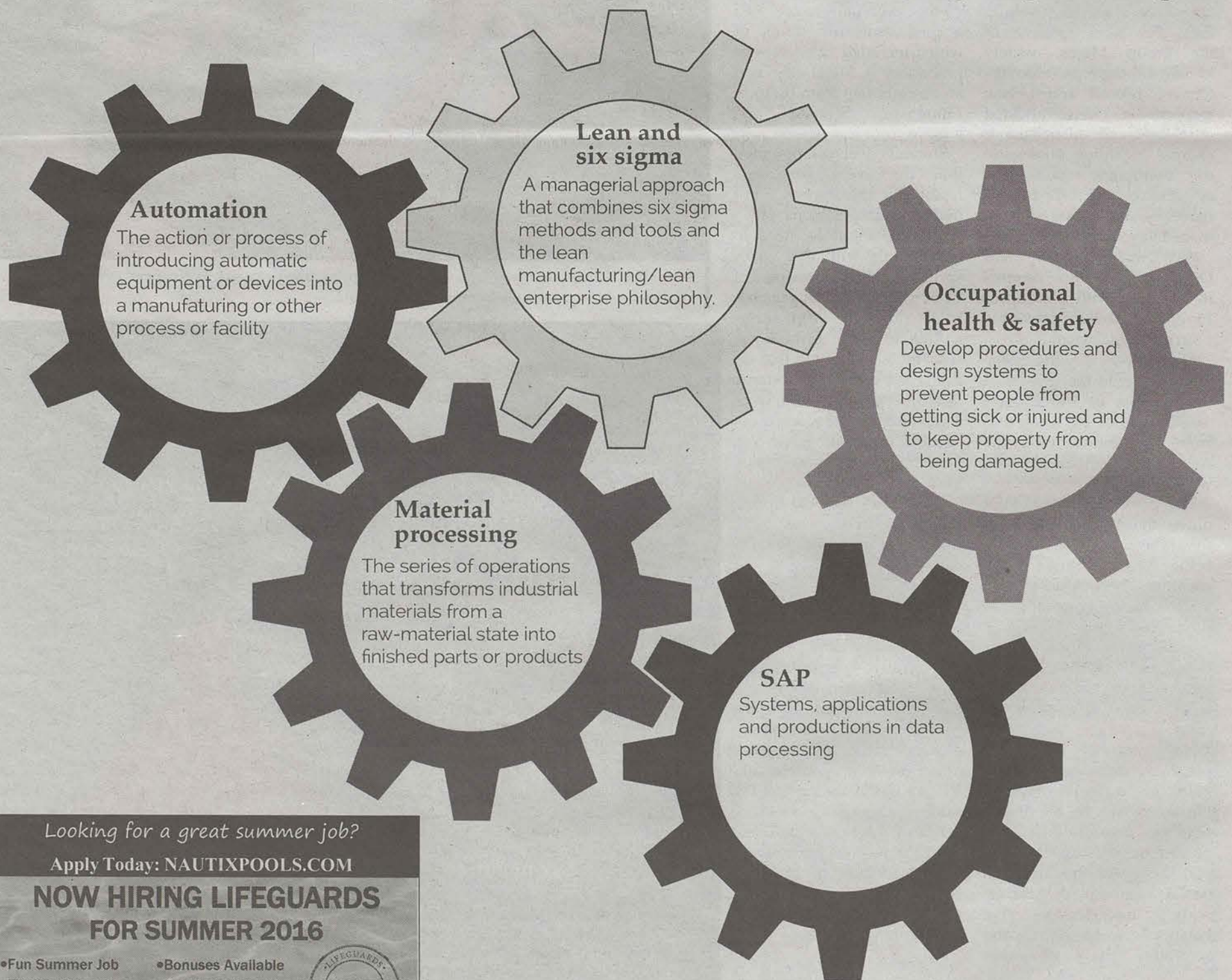
growing very rapidly, first of all we have doubled our students in this college, we have over 3,000 in the overall college, very quickly we have doubled ourselves," Davoud said.

Students feel excited about the university expanding the majors offered, even if they are not in their specific colleges.

"Even though that's not my major, it sort of excites me to know that Georgia Southern never stops bettering themselves," Olivia Perdue, junior biology major, said.

Davoud also explains that even though they are growing rapidly as a college they welcome everyone who wants to see if manufacturing engineering sparks their interest. He stresses that diversity is key, and will be a huge factor in the continued growth of the college.

Five tracks students can specialize in under Manufacturing Engineering:



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Puzzles

2-4-16

5

The George-Anne 2/4/16 Crossword

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Across

- 1 Blood fluids
- 5 Palm starch
- 9 Amazon, e.g.
- 12 Summits
- 13 Door opener
- 14 Roulette bet
- 16 Moves briskly
- 17 Spanish liqueur
- 18 The "O" in S.R.O.
- 19 Intercellular substance
- 21 Amusing account
- 23 Japanese entertainers
- 25 Withdrawn
- 26 Hadron's place
- 27 In pieces
- 31 Kind of hygiene
- 34 Fax button
- 36 Christopher of "Superman"
- 37 According to
- 38 Dockhand, e.g.
- 40 Loser at Antietam
- 41 Draw forth
- 43 Mozart's "Il mio tesoro," e.g.
- 44 Skating venue
- 45 Communist buddy
- 47 Mrs., in Germany
- 49 Bring into play
- 50 Turkish dynasty
- 53 Medical fear
- 57 Military vehicle
- 59 In alignment
- 60 Scored on serve
- 62 Type of cow
- 63 Supports
- 64 Indian bread
- 65 Tequila source
- 66 Permit

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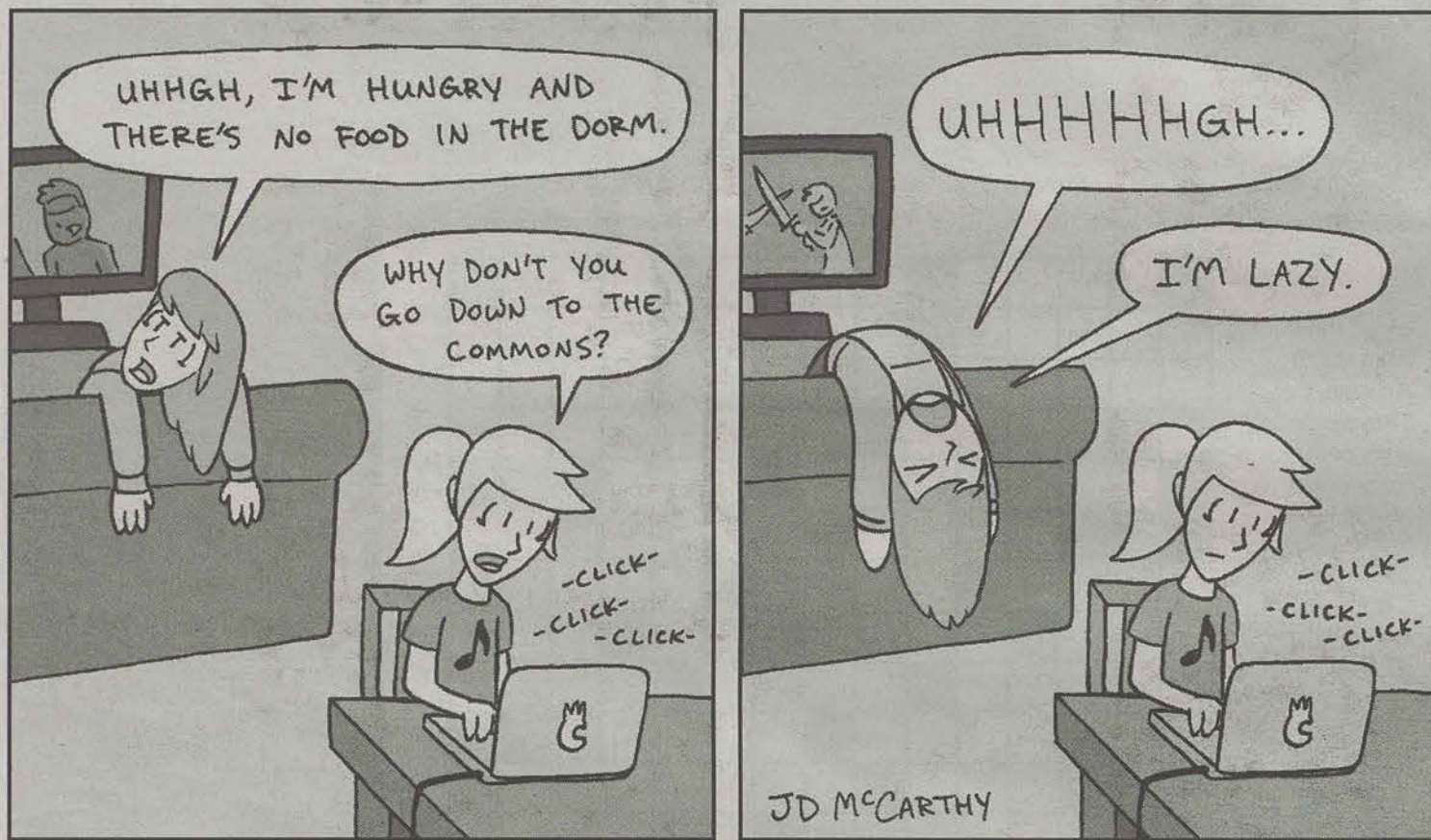
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- 68 Just say no
- 15 Kind of flour
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- 24 Marine or parasitic protozoa
- 27 Aimless
- 28 Pastrami purveyor
- 29 All square
- 30 Raise a stink
- 31 Oil grp.
- 32 Change the decor
- 33 Jack-in-the-pulpit, e.g.
- 35 Common conjunction
- 38 Renter's paper
- 39 Home planet
- 42 Most primitive
- 44 Kind of sale
- 46 Call for, vehemently
- 48 Wild sheep of northern Africa
- 50 Bounding main
- 51 For the birds?
- 52 Brash
- 53 Mom-and-pop grp.
- 54 Seed covering
- 55 Hosiery shade
- 56 UN agency concerned with civil aviation
- 58 CBS symbol
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Down

- 1 Scrawny one
- 2 Chew the scenery
- 3 Convicted one's hope
- 4 Sports stat
- 5 Calypso offshoot
- 6 Actresses Paquin and Faris
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- 10 Faux pas
- 11 Knight fight
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STATEMENT OF OPERATIONS

The George-Anne is the official student newspaper of Georgia Southern University, operated by GSU students using facilities provided by the university. The newspaper is the oldest continuously published newspaper in Bulloch County.

The newspaper is published twice weekly, on Tuesdays and Thursdays, during most of the academic year. Any questions regarding content should be directed to the student editor by phone at 912.478.5246 or at gaeditor@georgiasouthern.edu.

ADVERTISING: The newspaper accepts advertising. Inquiries may be made by calling 912.478.5418 or 912.478.0566. For questions e-mail ads1@georgiasouthern.edu.

The George-Anne receives additional support, in part, from the Student Activities Budget Committee. For more information, rate cards, or sample publications, contact the advertising manager or student media director. The advertiser is responsible for any errors in advertisements and its liability for adjustments is limited to the amount of space the error occupied in the ad. Further, the newspaper is not responsible for any damages caused due to an ad's omission from a particular edition and its responsibility solely is to reschedule the ad in the next regular edition at the regular advertising rates.

STUDENTS BEWARE: The George-Anne screens all advertisements prior to publication. The newspaper strives to accept ads for legitimate products and services only. Students are urged to exercise caution when replying to ads-- particularly those that require personal information. Students are also urged to report to the newspaper any suspicious offers which they might see in an ad.

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Overcoming my own stigma



ASHLEE GILLEY

Gilley is a junior multimedia journalism major from Calhoun Ga.

First and foremost I want you all to know that the best thing that ever happened to me was being diagnosed. Almost two years ago I was diagnosed with anxiety, depression, and OCD. Although this is something I struggle with, you would never know it if you saw me in town or on campus.

Flash back to four years ago and I was taking mostly online classes simply because going to class, staying on my old campus too long and interacting with people seemed like the scariest thing in the world to me. I never thought that I would be where I am now, in fact, I never thought I would amount to or accomplish much.

I felt stuck, and if any of you have ever felt this way then you know it is not a good feeling. I wanted so much more for myself, and at the same time I didn't think I deserved it. I never would have imagined myself coming to a big university like Georgia Southern, becoming a staff reporter, let alone having a happy over a year long relationship.

Don't get me wrong, some days are hard. Doing the things I want to do feels like walking through quicksand, and some days I am tired and

all I want to do is stay in bed all day and sleep.

The only difference is now I don't let those things control me. Now I know that I am completely capable of accomplishing all of the goals I have for myself, even if it feels like an uphill battle some days.

I do not let my diagnosis define who I am. Those things are a part of me, not all of me. I have so much more to offer the world and I refuse to be labeled as the girl with anxiety and depression.

Mental health awareness is so important because you never know who out there is struggling and is too afraid to say something because of the fear of judgement. When I think back to myself as a younger person, I never talked about how I was feeling because it all seemed like such a taboo.

That is a shame because it would have been so helpful

to have known what was going on. Imagine feeling like there is a huge weight on your shoulders, weighing you down and making everything more difficult. That's how I have always explained my depression to people and that is how I lived my life for the majority of my adolescence and young adulthood.

According to activeminds.org, almost one-third of all college students report having felt so depressed that they had trouble functioning, and compared to older adults, the 18-24 year old age group shows the lowest rate of help-seeking.

Why is there such a stigma on mental health when getting diagnosed is the first step to helping yourself? If we can all try to better understand mental illness then maybe we could lessen the stigma it has on it.

“Compared to older adults, the 18-24 year old age group shows the lowest rate of help seeking.”

Information from activeminds.org



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When students think about Georgia Southern, they think of Eagle Nation, of the special bond we as students share with one another. What is at the heart of this bond? It's our community. It's the members of our student body that make us True Blue.

Our tight-knit community is the key to the success of our university and the relationships that we form

here are the key to our success as individuals. This semester, The George-Anne Special Publications section hopes to shed light on issues that our student body is facing, and give a voice to those issues that often go unnoticed.

This edition will focus on mental health awareness on campus, specifically wellness and on-campus

resources that students can utilize during their time here at Southern. We spoke to brave students, who were willing to share their stories as well as trained professionals who revealed facts about the true nature of mental health on our campus.

**BY CHANCE SHELTON &
RASHIDA OTUNBA**
The George-Anne staff

In order to treat physical pain a person communicates what they are feeling to others and are encouraged to seek the best course of treatment to alleviate their symptoms. However, when the problem is mental students keep quiet and internalize their feelings.

"In the population here at Georgia Southern, we see depression and anxiety mostly, and in first time students we see adjustment disorder," Dr. Shauna Joye, Ph.D., assistant professor of clinical psychology, said.

Joye adds that students also experience adjustment disorder, something most would describe as being "home-sick" but it can still

affect a student's daily routines.

"It's time limited, and comes down to impaired daily functions, and not performing their daily activities," Joye said.

Joye recognizes that GSU deals with mental illness on a daily basis, although it may not be something that every student thinks about every day.

"I definitely believe that Georgia Southern's campus deals with mental illness, because we are all individuals who go through many different things that affect us while we are here at school," KeShawn Harris, SGA At-Large Senator, senior public relations major, said.

Dr. Jodi Caldwell, Ph. D., director of the Counseling Center, shared the five most prevalent mental health issues affecting students.

"The main shift we've seen in recent years is whereas depression in the past has been number

one, it has flip-flopped with anxiety. Anxiety and depression have always been number one and number two, but anxiety in recent years has taken over as the most common presenting concern reported by students," Caldwell said.

Anxiety happens to anyone who is under distress or fear of misfortune and in college many students deal with anxiety in some shape or form. According to the Anxiety and Depression Association of America (ADAA), college students can experience anxiety from exams, classes, organizations and anything that one may do in their daily life. The ADAA also stated that 62 percent of students who withdrew from college, withdrew because of mental health problems.

CONT. ON PAGE 8

The ADA explains depression as a condition in which a person feels discouraged, sad, hopeless, unmotivated or disinterested in life in general, and although depression is treatable, it is a prevalent illness that affects many people, three to five percent to be exact.

Anxiety and depression are not the only factors affecting students. Relationship issues, whether they be romantic, platonic or familial, as well as financial problems are concerns students are facing.

Although these concerns are some of the most widespread, students who visit the Counseling Center are actually dealing with an entire spectrum of mental health concerns, Caldwell said.

"Oftentimes I get asked by students or job candidates, 'What do you typically see at the Counseling Center?' What I tell them is everything. If there is a diagnosis, we are probably seeing it here," Caldwell said.

Seeking treatment

Recognizing mental illnesses on college campuses is only the first step. Talking about it openly and seeking help involves getting over the stigmas often associated with mental illnesses.

Gail* a young woman who was

diagnosed with bipolar disorder II shared her thoughts on the culture of stigma.

"I think our generation is definitely more open and accepting but I still don't share [that I am

a long time. You don't hear stories about the functioning members of society with mental illness," Gail said.

These stigmas are not only found in the college student generation;

comes to mental health, and pull yourself up," Joye said.

While there are negative connotations associated with mental health in the outside community, the perception of mental health on GSU's campus might not be so pessimistic.

"Historically there has been [stigma]. What I have found on this campus is that there's always going to be a little bit of that but students on this campus by and large seem very willing to access the resources that are here for them," Caldwell said. "I hear a lot from students who say 'my mom or my dad or my family doesn't believe in therapy or they don't believe in medication,' so I think that a generation removed, the stigma is still there but the current generation is much more open to talking about mental health concerns and coming in for our services."

The University Counseling Center is a resource for students seeking help coping with mental health issues. Students have access to the Counseling Center at all times, and each student is guaranteed 12 free individual sessions per year. To learn more, visit their website at students.georgiasouthern.edu/counseling/ or call (912) 478-5541.

“ In the population here at Georgia Southern, we see depression and anxiety mostly, and in the first time students we see adjustment disorder.

Dr. Shauna Joye
PhD. assistant professor in clinical psychology

bipolar] upfront because people definitely look at you differently and understandably so because all they hear about are people who are bipolar who kill their whole families or abuse them or kill themselves, so there's gonna be a stigma around it for

they also come from the culture associated with a college campus like GSU.

"In the South, and rural areas, we are taught to get yourself together when it



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BEHIND THE MASK

A journey through one student's diagnosis

BY RASHIDA OTUNBA
The George-Anne staff

Bipolar disorder is a mental illness that affects over 5 million adults in the United States. The Depression and Bipolar Support Alliance (DBSA), states that the median age for developing bipolar disorder is 25 years of age, although a person can develop symptoms in every stage of life.

Sudden bursts of anger, bouts of depression, paranoia, mood swings and rash decision-making is a way of life that is foreign to most people, but for many individuals this is a reality of life.

At first glance Gail* seems like a regular student, trying to maintain her grades by going to class and working all while trying to maintain a social life but what unknown to others, she has been struggling with bipolar II disorder for the majority of her life.

The repercussions of misdiagnosis

Born and raised in Georgia, Gail describes her home life as

tumultuous. Her father was abusive, and in addition to that she was sent to a strict religious school which did not help to relieve her from the stressors of her home life.

"My dad is really mentally ill himself which really convinced me that I never want to have kids. I'm sure a ton of kids can tell that same story because it's pretty rampant," Gail said.

Gail describes her father as a man who grew up in an abusive home as well, noting that the nature of his own abuse exceeded that of her own childhood. Her father was against seeking treatment for himself and was skeptical of medical intervention.

"My dad is crazy smart and has a bunch of degrees in psychology, but he would never go and get himself diagnosed and doesn't believe in medicine," she said.

At the age of 10 when most children are just starting the fifth grade, Gail was institutionalized for the first time for a suicide attempt.

"I had crazy, violent anger and my brain had all this fluid and chemicals, plus I grew up in a bad household in an oppressive school system, which is a bad recipe," she said.

Prior to her suicide attempt, Gail had been rambunctious and active. In school she was the student who talked constantly and disrupted the class during lessons. This, however, changed drastically when she was wrongly diagnosed with ADD and ADHD in second grade and was prescribed medication to help relieve her symptoms of hyperactivity.

"Since [ADD and ADHD] wasn't my illness, I was zombied out for, like, four years. My friends in middle school didn't want to talk to me when I took my medication because it made me so boring," Gail said.

Gail adds that the medication helped to sedate her and make her focused, but also made her feel cut off from her emotions.

"It definitely cuts you off and puts you in a robot-type business mood, which is super useful but definitely not good for a kid."

Help after diagnosis

At 16, Gail was finally diagnosed with bipolar

disorder after taking a series of tests given to her by therapists.

"[Being diagnosed] was a really big step. I had been diagnosed with ADD and ADHD up until then because people didn't want to put that label on a kid. I would guess that there are a lot of people with mental illness that have been diagnosed with ADD and ADHD when it's really crippling social anxiety or something else."

Gail is not alone, according to a report released by Michigan State University, one million children in America are misdiagnosed with ADHD.

"I was really relieved when I was finally given the right diagnosis. My behaviours were always much more extreme than ADHD, it was like violence."

Since being diagnosed, Gail is now on the right medication and feels as if the medicine has made a noticeable impact in her life by greatly helping to alleviate her symptoms.

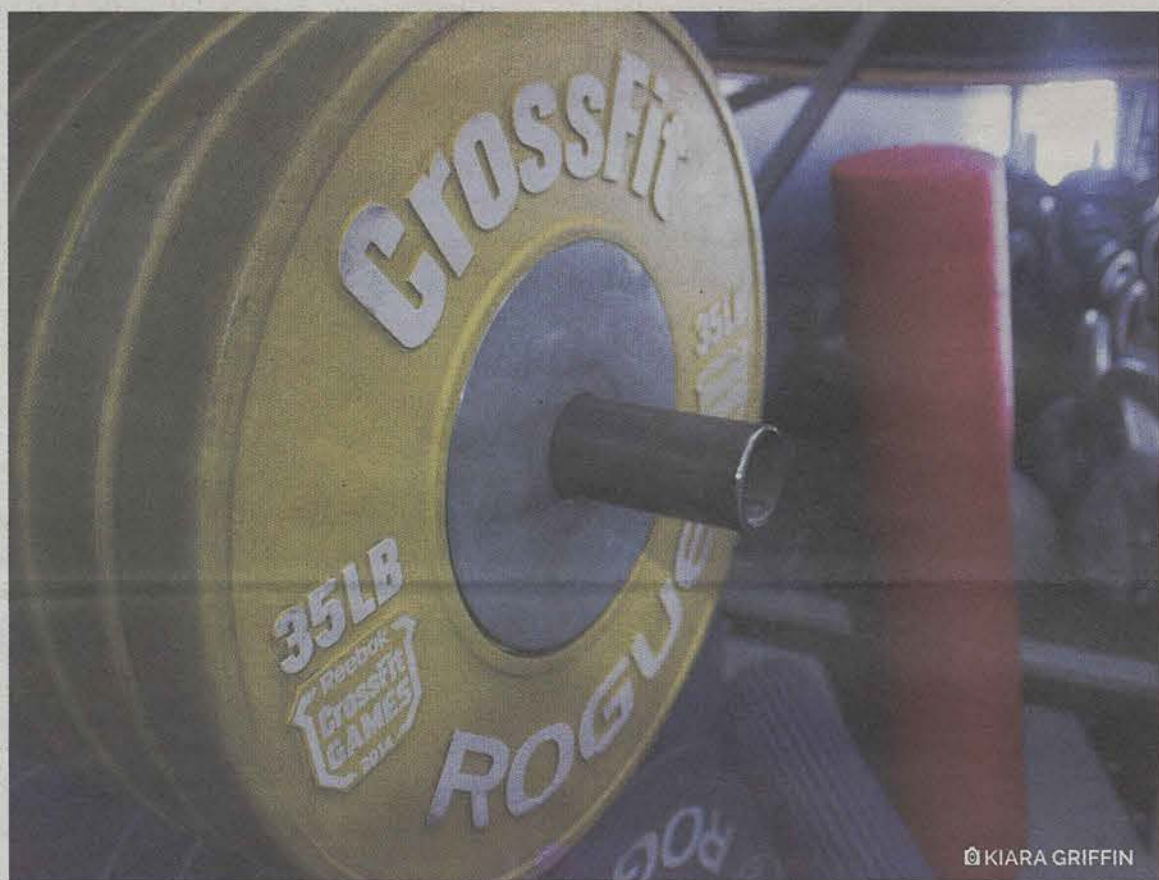
"My medication is made for treating bipolar disorder and epilepsy. It's really subtle, the difference it makes in my life. It makes me feel much more in control of my world. It gets rid of my paranoia, which is another irritating trait of bipolar disorder. You think that everyone is looking at you, talking about you, laughing at you. Everyone. It's just a feeling of judgment from strangers for no good reason but you can't shake it."

Her family is her support system. Although she is estranged from her father, she is very close with her mother who was diagnosed with depression as well as her siblings.

**In our effort to raise awareness about mental health concerns on campus, we reached out to student sources to gain new knowledge about this very broad subject. Although our generation is rapidly accepting of mental health concerns, The George-Anne recognizes that this is still a sensitive topic. In the article you are about to read, a student agreed to share their story about their experiences with mental illness and the effect that it has had on their daily life. Due to the sensitive nature of this article, we have agreed to protect the identity of this student.*

TRAIN YOUR BRAIN WITH CROSSFIT

© KIARA GRIFFIN



© KIARA GRIFFIN

BY RACHEL KELSO
The George-Anne staff

The first things that often come to mind when someone says 'CrossFit' are intense, high-energy workouts made for bodybuilders, police officers and firefighters. However, these workouts can be for anyone regardless of age, body type or weight and can improve mental as well as physical health.

While CrossFit is designed to have high intensity strength and conditioning workouts, it's also designed to create a diverse and uncommon workout routine for those participating. One of the many interesting factors that separates CrossFit from ordinary gyms is the group aspect of it. Group work is common in CrossFit gyms, so all members work together and motivate one another to complete the task at hand, building their confidence builds as well as their muscles.

"Exercise is a coping mechanism for those struggling with mental health [problems] or it can also be a preventative measure to prevent mental health problems from developing," Michele Martin director of the University Wellness Center, said. "Endorphins are released when you exercise. [They] are the 'feel-good cells' that help you to see things a little more positively, or they help you to see a new perspective. They help you to feel good and they happen to last even after the exercise is over."

If normal exercise routines alone boost a person's mood or mental health balance, then surely CrossFit must really do a number on improving mental health problems.

"This will give them confidence," Ryan Brack, owner and coach at CrossFit Boro, said. "This will make [people] less depressed because of the hormones released during the workout."

Brack admitted that while they don't necessarily disclose their reasoning for participating in CrossFit, his clients do

leave feeling worn out and exhausted. "You can't really think about [anything] because during your workout. You're worried about your breathing and finishing the task at hand more than all of your problems."

CrossFit is a popular workout regimen for those in high physically-demanding jobs, such as police, firefighters and members of the armed forces. Most people don't have the confidence to start a CrossFit workout routine, and sometimes it's those people who may need it the most.

"CrossFit is definitely more of a stress-reliever," Hunter Waters, junior criminal justice studies major and five-year CrossFit participant, said. "I've definitely been happier [since starting]."

Waters explained that a CrossFit workout is much more demanding but also more rewarding than average workouts.

"People aren't being challenged by normal workouts at the RAC... [With CrossFit] you're always on the go, it's like a circuit workout. Once you get done doing one thing you do another thing even while you're still tired," Waters said. "It's all about pushing your body and seeing what you can handle, then pushing those limits after you've reached them. I think that's where most of the thrill comes from, just seeing what your body can do."

College alone is a huge stress for many students. Exercising releases endorphins in the body and brain. These endorphins relieve feelings of anxiety and depression while also improving one's confidence and helping them to sleep better at night, something every college student wants more of.

If you're interested in joining a local CrossFit program, you can contact CrossFit Boro at (912) 349-9660, or drop in at 1189 Sarahlyn Ln, Statesboro, Ga. 30461.

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THE BUZZ LIST

KAT SHUMAN

Assistant Features editor



► **Kanye West to Release Gospel Album:**

Kanye West provided some serious entertainment for everyone on Twitter Wednesday. After Kanye misinterpreted a tweet from Wiz Khalifa, he went on a Twitter rant tweeting about Khalifa over 17 times. His tweets ranged from "you let a stripper trap you" to "I think you dress cool I wish I was skinny and tall" to "I am your OG and I will be respected as such."

Though Kanye deleted all of his tweets later, he did mention that his next album will be "Gospel album." I can't wait to hear it at First Baptist Church in the future.

► **Everybody Hates Zayn:** Former One Directioner, Zayn Malik, released his new single "Pillowtalk" on Friday. The music video, featuring his (maybe) girlfriend, Gigi Hadid has risen to number two on the charts, right behind, you guessed it, One Direction's "History."

An insider reports that Harry Styles said Malik named the song "Pillowtalk" because "the song puts you to sleep." And Styles isn't the only one unhappy with Malik at the moment. Hadid, who was rumored to be dating Malik seemed put off after Malik said they were "good friends."

Kendall Jenner came to Gigi's rescue saying, "Gigi is the best girlfriend a KenGi could ask for."

► **If the Kylie Jenner Lip Challenge Didn't**

Work for You: The other Jenner, Kylie, has been busy at work putting together a new color called "POSIE," for her line of lip products. #LipKitbyKylie sold out in ten seconds when Jenner released her first lip kit in December. "POSIE" will be out in time for Valentine's. <3 <3<3

► **The 1D Daddio:** Louis Tomlinson and Briana Jungwirth, announced the birth of their son last week. Their son's name is Freddie, and Tomlinson thinks he's "pretty amazing" according to Twitter.

2/4 WEEKLY BUZZ -2/10



Keeping you in the know about Student Affairs and Enrollment Management events, designed with you in mind.

● **Apply for Student Support Services**

Student Support Services (SSS) is a federally funded program through the U.S. Department of Education that provides comprehensive services to first-generation students, limited income students, and students with disabilities. The primary goal of SSS is to help transition, retain, and graduate college students. Applications are currently available under the "How to Apply" tab at GeorgiaSouthern.edu/EOP. Contact Information: (912) 478-5256 or SSS@georgiasouthern.edu

FEBRUARY 6TH

● **UPB: 68th Annual Miss Georgia Southern University Scholarship Pageant**

Time: Saturday, February 6th. 6:00 pm - 9:00 pm

Location: Russell Union Theater

Miss Georgia Southern University is a preliminary pageant for Miss Georgia and the winner could go on to become Miss America. Miss GSU attends traditional and community events and represents the student body in all that she does.

Contestant Requirements

- Must be currently enrolled at Georgia Southern University for 12 or more hours.
- Must have completed at least one semester at Georgia Southern University by date of pageant.
- Must be in good academic and disciplinary standing with the university.
- Complete application, contract, etc. and submit to the Office of Student Activities.
- Must not turn 25 years old during the year of service.
- Must attend Miss Georgia Forum Weekend, if crowned Miss GSU. Contestants must meet all requirements to compete.

This event is free and open to the public. Students, bring your Eagle ID. For information on accommodations related to access, Contact Information: UPB@GeorgiaSouthern.edu

FEBRUARY 8TH

● **SOLD Series Workshop - Confessions of a Depressed Comic**

Time: Monday, February 8th. 7:00 pm

Location: Russell Union Ballroom

Kevin Breez is a writer, comedian and social activist. He is a mental health activist that has been a part of millions of dollars of fundraising for suicide prevention and is one of the National Spokespeople for the prestigious Bell Let's Talk campaign. For more information, please see: <http://kevinbreez.com/>.

Contact Information: Kvannoord@GeorgiaSouthern.edu

FEBRUARY 9TH

● **New Student Organization Workshop**

Time: Tuesday, February 9th. 5:30 pm

Location: Russell Union Rm 2044

Looking to start a new student organization on campus? This workshop will show you how to create a new student organization and the processes involved.

Contact Information: Kvannoord@GeorgiaSouthern.edu

YOUR STUDENT ACTIVITY FEES AT WORK

The Weekly Buzz is sponsored by the Office of the Vice President for Student Affairs and Enrollment Management.

Name: **Hamilton Troy Hayes**
 Age: **21**
 Major: **MMFP** (multimedia film production)
 Hometown: **Dunwoody, Ga**



TROY HAYES

A student, a song and some social media

BY **ASHLEE GILLEY**
 The George-Anne staff

When you combine a Georgia Southern student, a successful YouTube musician, and wrap it all up in a goofball, you get local artist Troy Hayes.

Two years ago, Troy started uploading music videos of cover songs to YouTube. Since then, he has gained over six thousand subscribers. He is very active on social media and enjoys interacting with his audience, which he calls his "Hamily".

Hayes produces all of his own music on his guitar, who he named Ezra. Recently he released his own EP called "Sleep", which has a mellow style that he describes as somewhere between Ed Sheeran and The 1975.

At age seven, Troy learned to play the piano and progressed in middle school with a new found love for the bass, along with the formation of his old band, Midnight Memories.

Troy almost gave up on singing completely, after a failed attempt at backing vocals in middle school made his friend tear up from laughing so hard.

Troy revisited singing his senior year of high school when he received a lead role in the play "Bye Bye Birdie". After that he continued to work on his vocals and began pursuing his dream of making and performing music.

To keep up with Troy's adventure, follow him on Twitter and Instagram @hthaze, on YouTube at Hamilton Troy Hayes, or on Snapchat at hamhayes94.

Catch Troy and his guitar Ezra perform at Mellow Mushroom every Friday in February.

Do you have any weird rituals before or during performances?

"Yeah. Definitely. I definitely do. I scream at the top of my lungs in my car (to a song). I get eight to nine hours of sleep. I drink honey and lemon every day."

Which musician dead or alive would you like to have dinner with?

Ed Sheeran and Zayn Malik.

How do you decide which songs to cover?

"I have to like the song. I'll never cover a song that I don't genuinely like."

Tell me about your YouTube success.

"It changed my life. Once I started uploading videos I started meeting people. Its all about networking."

How often do you play in front of crowds?

"Whenever I can. Whenever someone is willing to pay me money. Or food."

What inspires you?

The 1975. Ed Sheeran. John Mayer. "My brother Kevin wrote songs. Seeing how many songs he wrote definitely helped me get out of my shell."

Hayes shows off one of his guitars, Ezra. He performs at Mellow Mushroom every Friday.



WELCOME HOME EAGLES

After a near three week long absence from Hanner, the basketball teams will host UT-Arlington tonight. Tip off for the women's game is at 5 p.m.

BY KEITH SMILEY
The George-Anne staff

After a long four game road trip against some of the most challenging competition in the Sun Belt, the Georgia Southern University Women's Basketball team returns home on Thursday to face UT Arlington.

This will be the second time this season GSU will face off against UT Arlington and the Eagles will be looking to redeem their loss from the last meeting. It was a blowout victory on the Mavericks court, as they defeated GSU 71-30. The first meeting was GSU head coach Kip Drown's second Sun Belt game and his players were still buying into his system. Since then, GSU has grown some tough skin, as they went on the road

and beat their rivals, Georgia State and App State and then traveled to face last year's Sun Belt champions and the current number one team in the division in Arkansas State.

"When you're playing the people we played, Arkansas State the number one team in our league, hasn't been beat. Little Rock is the defending champion in our league in the NCAA tournament last year and of course are two big rivals GA State and App State. When you look to go the road with those four and get two wins, that's not too bad," Coach Drown said.

The Eagles are still near the bottom of the Sun Belt, and are hoping to get some wins down the road to put them into contention for a tournament spot. It has been a bumpy road for head coach Kip Drown and



© KELLY LOWERY

As part of Military Appreciation Night, all military personnel will get in free. Families of military will receive \$5 off admission.

the Eagles but the program has already improved in his inaugural season. Under head coach Kip Drown, the Eagles have already won more games than last year's team, led by former coach Chris Vozab.

GSU will be looking to improve their 3-7 conference record Thursday at 5 p.m. in Hanner Fieldhouse against the 3-6 UT Arlington Mavericks.

BRIGHT FUTURES AHEAD

Georgia Southern locked up the top class in the Sun Belt on Signing Day. Our football editor offers his thoughts on the class.



HAYDEN BOUDREAUX

Boudreaux is a senior finance major from Saint Marys, GA.

Wow, what a signing day for Eagle football. There have been many great recruiting classes at Georgia Southern, but this current #Swoop16 class may produce the best team in the school's illustrious history. With only about a month and a half to work, Coach Tyson Summers and his staff truly performed in the clutch.

There is a lot of curiosity revolving around how the offense and defense will work next season, as there is with every new coach. Summers said that the option was here to stay, and if that remains true there will certainly be a lot of talent in the future to supplement it. At wide receiver, four-star recruit Darion Anderson will make waves in the passing game as he was the first ever ESPN 300 recruit to sign with the Eagles. Throwing him the ball may be the commit from South Carolina, Yafari Werts, who was offered by App State

and the Eagles but received a last minute offer from the University of South Carolina. The Gamecocks were likely looking to change his position from quarterback, so Werts decided to take his talents to Statesboro.

Defensively, the Eagles had a stellar January as the talent pouring into the defense next season will be tremendous. A few notable commits include: Monquavian Brinson, a highly recruited corner out of Atlanta that was committed to Tulane but flipped to the Eagles, Deshon Cooper, a strong outside linebacker out of junior college, and safeties Rakeem Hightower and Martial Washington, both of whom should make huge impacts in the defensive backfield.

One thing I appreciate in the recruits is that they come from a winning tradition. This means that their high school had a solid program where

expectations were high and the pressure was always on to perform for their town. This parallels well to the atmosphere in Statesboro, and several recruits have such experience. Three players from Colquitt High School, the reigning national champions by many polls, will bring their winning experience with them. Two of the players come from a defense that was lethal all through their careers and will have a chance to really blossom in the Sun Belt. The third is a kicker by the name of Luis Martinez, who set the record in Georgia for consecutive extra points, finishing his career 164 out of 166.

Looking down the list of recruits that signed their letters of intent yesterday, we see that the coaches and recruiters have pulled in a wide array of talent at every position and even some that may have an immediate

impact, while others will redshirt and bide their time. A couple interesting things of note include the fact that the team is stacked at running back and quarterback, but at the end of this season Ellison, Upshaw, and Harley will be gone. No other quarterbacks have taken a snap for the Eagles in a game, so we will likely see fresh faces when the team is up by a comfortable margin. Many spots will be up for grabs in the defensive backfield and a few others sprinkled around the defense, though it will take a big fight for a true freshman to win a spot among the current talent.

Overall, the talent pool will continue to get bigger for Georgia Southern, but with big recruiting numbers comes a lot of expectations. The new coaching staff proved they could make it through February, now we get to see how they fare moving forward.

GEORGIA SOUTHERN LANDS SUN BELT'S #1 RECRUITING CLASS

Coach Summers brings in a record-setting recruiting class to Georgia Southern. GSU's 2016 recruiting class #Swoop16 features the program's first ever 4-star recruit.

PLAYERS RECRUITED BY STATE



The Student Support Services (SSS) program provides comprehensive services to first-generation students, limited income students, and students with disabilities. The primary goal of SSS is to help transition, retain, and graduate college students.



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Contact us at SSS@GeorgiaSouthern.edu

BY KEVIN KENEELY
The George-Anne staff

Football has always been big here at Georgia Southern, but not until yesterday has GSU claimed the greatest recruiting class in program history.

This program has been built on men who strive to work hard and prosper in the life of the underdog. Not much has changed in regards to this class other than the fact that GSU should lose their label as the underdogs.

With the arrival of Coach Summers, plenty of questions have been raised about this year's #Swoop16 recruiting class. But Summers came in and immediately got on the recruiting train and seemed to always be tweeting about new recruits committing. All within days of him joining the program, Summers was changing the game of GSU recruiting.

GSU is bringing in a record-setting one 4-star and seven 3-star recruits. Players are ranked on a scale of stars ranging from 0-stars to 5-stars, with 5-stars being the best.

The athletic ability of these incoming recruits is outstanding with a majority of them playing on both sides of the ball.

Here is an overview of our top five recruits according to rankings from ESPN:

1) DARION ANDERSON, WR, 4-STAR:

Anderson initially committed to play ball for UGA, but later decommitted from them and took an official visit with GSU and immediately fell in love with the program. Anderson is listed as an ESPN top-300 recruit, making him GSU's first ever ESPN top-300 recruit. ESPN ranks Anderson as the 12th best athlete in this year's recruiting class. In his junior season, Anderson had 55 receptions for 1,262 yards and an astonishing 18 touchdowns; both the receiving yards and receiving touchdowns are school records for his high school.

2) DESHON COOPER, DE, 3-STAR:

Cooper brings GSU's defense another imposing playmaker. He is coming from Copiah-Lincoln C.C. and is ranked the 10th best

DE coming in from the junior college (JUCO) level. With his prior experience at the JUCO level, Cooper has a chance at playing time in his first season at GSU. He picked up other offers from Georgia State and Mississippi State. Cooper initially was committed to play ball at Mississippi State before signing with GSU.

3) DREW WILSON, OG, 3-STAR:

Wilson is a big-time guard from South Carolina who got offers from multiple big-name programs like Auburn, East Carolina, Georgia, N.C. State, and North Carolina. ESPN has Wilson ranked the 38th best offensive guard in this year's recruiting class. He provides a combination of size and athletic ability needed to thrive on and run-blocking line.

4) LAWRENCE EDWARDS, OT, 3-STAR:

Edwards is a two-sport athlete from Florida, lettering in both track & field and football. Edwards is the 59th best OT according to ESPN. Coming in at 6'7 260 pounds, Edwards will be a match up problem for Sun Belt defensive lines for years to come. Edwards had offers from Boise State, West Virginia, Florida International, Idaho, Iowa State, and Tulane. Edwards was another recruit GSU was able to flip, as he was initially committed to play ball at Tulane.

5) RAKEEM HIGHTOWER, S, 3-STAR:

Hightower is another recruit brought in from Colquitt County. Hightower helped lead his team to back-to-back undefeated seasons and two state titles. Hightower had picked up offers from both the SEC and the ACC before signing with GSU. Hightower is the 79th best safety according to ESPN. During his senior season he had 61 total tackles and 3 interceptions.

Georgia Southern eyes Sun Belt Championship in 2016

Baseball season is back, and the Eagles are gearing up for their second year in the Sun Belt Conference.

BY KEVIN KENEELY
The George-Anne staff

Georgia Southern University's baseball team has a history of consistently being a great program, but the 2016 team has far bigger goals than just being great. They want to win the Sun Belt, go on to the NCAA Regionals and hopefully cash in a ticket to Omaha for the College World Series for the first time since 1990.

Coming off a 2015 campaign with many ups and downs, the Eagles are looking to find its way back to the NCAA Regionals this season. However, this will not be an easy task as the team has a lot of reloading to do. They will only be returning 3 positional starters and 2 starting pitchers, but the team is not using that as an excuse.

"In terms of goals, our goals don't really change year-to-year, we expect to compete for a conference championship and get ourselves in position to get into the Regional Tournament and try to play our way to Omaha," Head Coach Rodney Hennon said.

Coach Hennon is stressing to the team that they can't live in the present and always work on being better than they were the day before.

"Well you know right now we're just focused on getting better day-to-day, we are three weeks from opening day and our focus right now is just getting better day-to-day and preparing for Feb. 19," Hennon said.

Despite losing so much on both offense and defense this offseason, starting pitcher Evan Challenger and the rest of the team strongly believe that this season will not be a rebuilding year.

"I think we are going to be good. I'm really impressed with how deep our staff is. I think it's deeper than it has been in years past so I'm looking forward to seeing those guys come out, I think we are going to put up some pretty good numbers," Challenger said.

Challenger was named to the Preseason All-Sun Belt Conference team earlier this week. He had a great season last year, going 5-3 with a 2.03 ERA. He redshirted the season in between his freshman

and last season for medical reasons, and in that time he was able to work on all his mistakes from his freshman season, and by doing so, his ERA went down from a 4.23 to a team-best 2.03

"I think just controlling my off speed a little more. I've added some more pitches this year so I'm working on making that a part of my everyday pitching," Challenger said in regards to what he hopes to improve on before the season starts.

The team starts their season a little over two weeks from now, Feb. 19, at UGA. Georgia Southern is 7-2 against UGA over the past three seasons and hopes to improve on that head-to-head record.

"Again our focus right now, we've gotta get better tomorrow than we were today. Georgia is going to be there in three weeks and we'll be ready to compete come Feb. 19, but right now our focus has got to be just making improvement one day at a time," Hennon said.

The team will be hoping to start the season off strong, after ending last season in a not so glamorous way, losing their first two games in the conference tournament and quickly being eliminated. Doing so will take lots and lots of practice and Coach Hennon knows exactly what it is the team needs to work on in order to make it to the next level.

"Well we are trying to improve on several areas from last season. One, defensively I feel like we've gotta improve from where we were last year, that was an area where we struggled for a good portion of the year. And offensively get back to doing some little things, we've worked hard on our two strike approach and cutting down our strikeouts and trying to do some things to put a little more pressure on the defense. Those are the two biggest areas that we feel like we really need to improve on," Hennon said.

With all this practice and optimism in the locker room, this upcoming season will be one to follow. Make sure you come out to support the Eagles in their first home game Wednesday Feb. 24 at 6 p.m.



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The Eagles finished 30-27 in the 2015 season. They will play their first game on Feb. 19 against The University of Georgia.

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