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THE GEORGE-ANNE

THE BLUE MILE

GSU makes its way to downtown Statesboro

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ILLUSTRATION BY VICTORIA SLAGLE

Mental Health

Yoga

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Group Therapy

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Stress Relief Club

Page 9

Look Fab
this Feb
Page 10



TAHIR DAUDIER

PAGE 13



KIARA GRIFFIN

EAGLES SWEEP

Georgia Southern defeats
UT-Arlington and Texas
State in weekend series

Tuesday



High: 48°
Low: 31°

Wednesday



High: 49°
Low: 30°

Thursday



High: 55°
Low: 33°

Friday



High: 61°
Low: 43°

It will be a mostly sunny week, with a slight chance of strong winds on Tuesday. However, Wednesday and Thursday will be perfect weather for studying or sleeping on Sweetheart Circle.

Weather Bar

GEORGIA SOUTHERN'S OFF-CAMPUS HOUSING FAIR

FEBRUARY 16, 2016

MARCH 08, 2016

APRIL 05, 2016

FREE FOOD & GIVEAWAYS
11-2 AT THE RUSSELL UNION



TORNADO CAUSES DAMAGES TO FORT STEWART



PHOTO COURTESY OF FOX5ATLANTA

By Gabe Thomas

Though there was no tornado in Statesboro Wednesday night, the same cannot be said for Fort Stewart and Hinesville.

According to the Savannah Morning News, a tornado passed through both places and touched down in Hinesville for about 10 minutes. The tornado left debris while also causing damage to houses and buildings.

An elementary school in Fort Stewart was closed Thursday Feb. 4 due to damage it received in the storm. About 40-50 people in Hinesville were forced to look for alternative housing as a result of the tornado.

Frank Alsheimer, a meteorologist for the National Weather Service in Charleston, South Carolina, told the Savannah Morning News this is not the normal season for tornados, but the warmer weather probably can be blamed for the tornado that developed Wednesday.

"This is pretty early," Alsheimer said. "Usually when we get tornados our season is March, April, May, and sometimes June. It can happen in February, but they're not nearly as frequent."

Son's Döner Kebab is a German restaurant. The image used was also incorrect.

CORRECTION

REFLECTORGSU.COM

by Julia Fechter

Love Struck?

Here's a little Valentine's help.



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Three Reasons to like Deadpool

Deadpool breaks the fourth wall.

Deadpool's sense of humor is no joke.

He takes perseverance to the next level.

Read the rest on reflectorgsu.com

New interdisciplinary building to replace temporary structures by 2018

BY BLAKELEY BARTEE
The George-Anne staff

Construction for a new interdisciplinary academic building will begin next winter between the Carroll and IT Buildings in an attempt to get rid of temporary buildings at last.

Although it is being constructed in a different location, the new building is expected to hold some of the classes currently taking place at the Forest Drive and human ecology buildings, according to Sandra Wilkinson, the project superintendent.

"[The buildings] were temporary and really weren't intended to be permanent facilities in the first place, but we've ended up making them permanent facilities," David Faircloth, director of facilities said. "They are well beyond their useful life, and they're not adequate space to house the growth of those programs."

This new three story building will have a lobby, two large lecture halls, five large classrooms, two medium classrooms and ten small classrooms, according to Wilkinson. The current size estimation is 109,000 gross square feet.

The new facility will be built where the ROTC building and fashion merchandising, apparel design and interior design buildings currently stand, according to Faircloth and Wilkinson. Before construction can begin, those buildings will be torn down.

The Forest Drive Building, which houses mainly foreign language and history classes, has stood for over twenty years. The classes held in the building will slowly disperse when the construction of the interdisciplinary academic building is complete.

"Ultimately, [the Forest Drive Building] will go away, but it will not go away immediately," Faircloth said.

Eric Kartchner, chair of the department of foreign languages and associate professor of Spanish, is

uncertain that all of the classes from the Forest Drive Building will be moved to the new building.

"I've been at all the meetings [about the new building], so I know what the intentions are. And I've also worked in construction for a long time, and I've also worked in the university administration for a long time, so I know that what is said and what is done don't always match up," Kartchner said. "Whatever happens, it will be beautiful, and it will be useful, and we'll love it. It's just there's no guarantee who will go into that building. Statements can be made, but things can change."

While students in the future can enjoy the new building, some current interior design students dread their new classroom locations during the transition.

"I really wish that the interior designers right now would get to see it, instead of being in the old health building," Alex Ennis, junior interior design major said.

Students hope the new building will help expand the interior design department's resources.

"I think it's definitely going to benefit other students in the future, just because we're going to have more resources for them. Because, honestly, if you think about the classrooms we have now, they're not really adequate for all the stuff we need to do," Jacob Lee, junior interior design major said. "We don't have all the resources we need. We have to go outside of school to buy all of our stuff. Hopefully, with this new building, we'll get more stuff."

While the plain interior design building offers little space and few details, Kartchner praised the Forest Drive Building for its functionality and beauty.

"[The Forest Drive Building] is a very nice building. It's a functional building that provides all the services that we need, and they've made it look very attractive over the years. It has a nice appeal on the outside. So, I



have no complaints about this particular building," Kartchner said.

While Kartchner emphasized his satisfaction with the Forest Drive Building, he trusts the architects and designers to create an attractive and beneficial building.

"I'm sure it's going to be beautiful. We have very talented architects, very

talented designers. And so, whatever happens, it will be beautiful, it will be good for our university. It's nice in an era of economic downturn to be given a building," Kartchner said. "We were lucky to get this building. And so, I'll take whatever we can get."

The Forest Drive building has held classes for the past 20 years. The new building is expected to replace Forest Drive and be completed in 2018.

© TAHIR DAUDIED

Boro goes blue: How GSU is helping to revitalize downtown

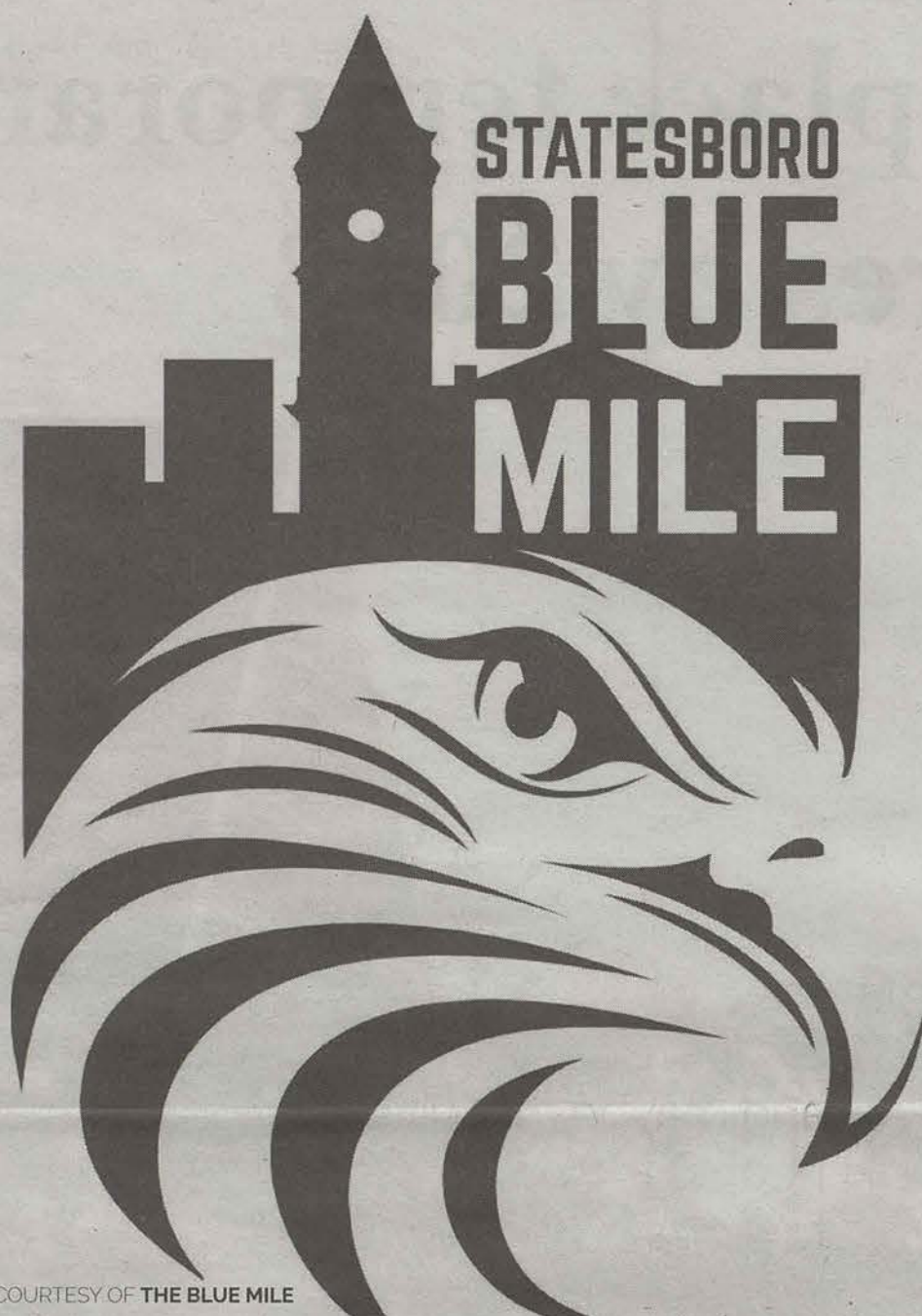


PHOTO COURTESY OF THE BLUE MILE

The Blue Mile project is expected to connect students with downtown Statesboro. Development on the project is currently halted due to lack of funding.

BY TANDRA SMITH
The George-Anne staff

Georgia Southern University is currently working with the City of Statesboro on a revitalization project for the one-mile stretch between the university and downtown Statesboro, titled the "Blue Mile".

"[The Blue Mile] is a city initiative supported by the county and university to rejuvenate the South Main portion of Statesboro so we don't have the sense of separation between what is campus and what is the downtown area," Wendy Denton, assistant director for service learning in the Office of Leadership and Community Engagement said. "This [project] is an effort to recapture our original town relationship."

Historically, the university had a huge presence in the downtown area, with students working, living, and spending time in the city. However, with the completion of the US 301 Bypass in 2008, less students travel downtown and opt to instead use the bypass to visit the more developed areas of Statesboro.

"I'm from Atlanta, so I'm not used to not having a lot to do. [The project] sounds good because I'd like to walk and be closer to downtown and attend some of those events," Devin Jones, senior biology major said.

Jones does not go downtown a lot and had not heard of the Blue Mile project before. He is just one of the many students that Denton tries to target.

"[My main role] has been to help encourage and introduce students to the idea of the Blue Mile," Denton said.

One particular event that she helped to create was Step Into Statesboro, an all-day field trip-esque event that was held in the fall of 2015, in which over 300 students traveled to the downtown area to learn about the history of Statesboro, visit the Farmer's Market and the Averitt Center for the Arts

and meet various Statesboro community leaders.

"We had a number of students take an interest in the downtown organizations and the downtown revitalization effort. [The Office of Leadership and Community Engagement] functions as a front door to get students out into the community," Denton said.

Students feel that the Blue Mile will allow them to visit downtown more easily, however haven't heard much about the project.

"[The project] sounds cool. It's good to try to get more people into the town, but I think there should be better advertising. I would go [downtown] more often if I knew what was going on downtown," Rachel Borkowski, freshman engineering major said.

Funding a project like this is not cheap. Currently, Statesboro is in a competition titled "America's Best Communities" sponsored by Frontier Communications, Dish Network, CoBank and the Weather Channel. According to the website, the goal of the competition is to invest in communities to help spur economic growth and community revitalization.

Statesboro is a semi-finalist in the competition and is among fourteen other communities vying for a \$3 million prize. The city has already won \$60,000 and that money has been implemented in various engineering studies, focusing on adding sidewalks, bicycle paths, and tree planting.

In order to eventually win, Denton says the current focus is on social media.

"The most important thing [students] can do right now is go out and like us on Facebook and go out and look at our Twitter feeds. The way that we're going to win this contest is if we can prove that we in Statesboro really want to win this contest and that we care about this project," Denton said.



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WHAT THE HELL IS A CAUCUS?



SKYLER BLACK

Black is a senior writing and linguistics major from Warner Robins, Ga.

The Iowa caucus was held on February 1st and the results had Ted Cruz winning the republican side and Hillary Clinton winning the democratic side. Cruz beat Donald Trump by 3.2 percent, which is roughly 6,000 votes. Clinton defeated Bernie Sanders by 0.3 percent and, based on false information, six coin flips. Now, I am fairly certain that I know what you are thinking. What the hell is a caucus, why do I care and coin flips?

A caucus is used as another form of nominating candidates for the primary ticket. The meetings work in the way that voters gather to show their support and select delegates for the nominating conventions. But the drastic difference is between the way the republican and democratic parties determine the amount of votes per candidate. For the democratic candidates, the voters divide into groups based on their preferred candidate. For the republican candidates, the voters cast a secret ballot.

"A caucus, in general, is kind of like a very intensive primary," Joshua Kennedy Ph.D., assistant professor of political science, said. "People are divided in caucus states into various precincts and, come election day, rather than going to a polling place and just casting a ballot and leaving, they go to some designated location." At this location, the people line up based on which candidate they are supporting. This in turn decides what candidate the state's delegates will vote for in the national convention.

As college students this affects us more than you would expect. The early votes can drastically change the face of the presidential race for the rest of election season.

"I think it's important to pay attention particularly to find out who the viable candidates are," Kennedy said, "By the time the Georgia primary, the super Tuesday primary, rolls around people may have a sense of, okay, here are the candidates who are really starting to come into their own, here are the candidates that are just treading water and maybe that gives people the opportunity to reevaluate their choice." The Georgia primary is less than a month away and many college students will be able to vote for the first time. According to The Guardian, this is the first Iowa caucus in over a decade that took place while colleges were in session. A large amount of the student population has the option of paying attention to how the race is turning out as time goes on.

Our population makes up two-thirds of Statesboro and according to the University System of Georgia, in 2014 the enrollment in colleges and universities totaled in at 312,936. Voters in college can drastically change the course of the political race. To make an educated decision about which candidate to cast your ballot for, it is imperative to pay attention to the state caucuses and primaries.

Finally, the minor detail of Hillary Clinton winning the last two delegates by six coin flips. The fact of the matter is the democratic decision to use a caucus has a correlation on the type of voting that was used. The argument can be made that if the democratic voting was done in the same format that the republican was, there would not have been any reason for a coin flip. There is a chance that it would make no difference at all but either way a coin flip is an interesting way to decide a winner to be a representative for the nation. "If they simply have no other option, I understand why. It seems strange to say, okay well we can't make a decision so it's literally going to come down to coin flips. It's a little strange, a little odd, a little undemocratic. Very undemocratic because it's leaving it up to chance," Kennedy said.

“By the time the Georgia primary, the super Tuesday primary, rolls around people may have a sense of, okay, here are the candidates who are really starting to come into their own, here are the candidates that are just treading water and maybe that gives people the opportunity to reevaluate their choice.”

JOSHUA KENNEDY

Assistant professor of political science

3 major steps to a caucus

1 Voters will gather in sections for candidates

2 Delegates are assigned based on the support for each candidate

3 The amount of delegates are tallied for the winner

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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Puzzles

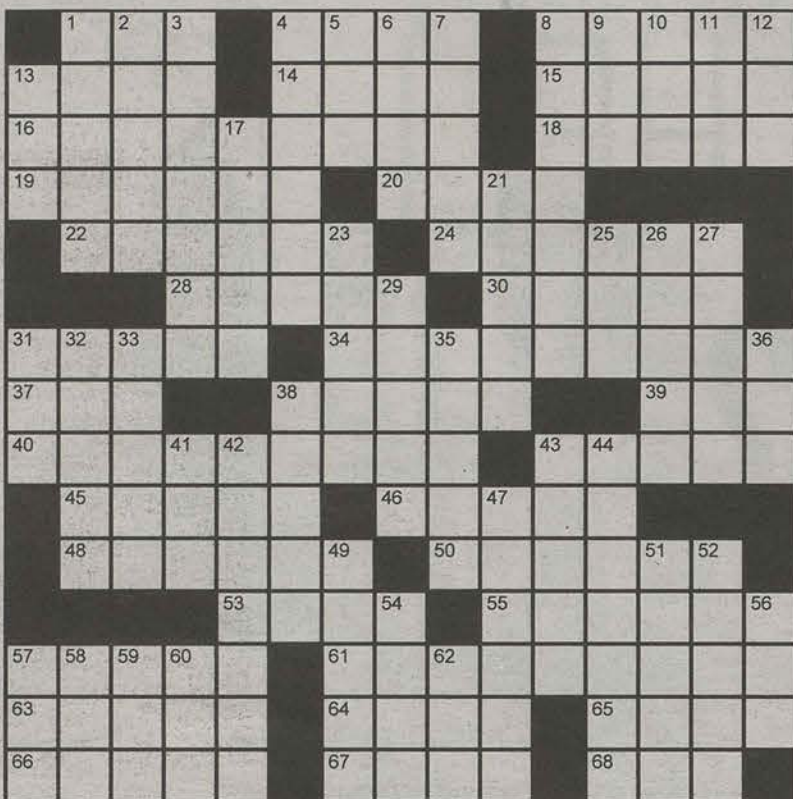
6

The George-Anne 2/9/16 Crossword

PuzzleJunction.com

Across

- 1 Deli request
- 4 Shell game
- 8 Itinerary
- 13 Lip balm ingredient
- 14 Hamster's home
- 15 Garbage
- 16 Real estate mogul
- 18 Tempest
- 19 More abstruse
- 20 Monopoly equipment
- 22 Soak
- 24 Feudal lords
- 28 Aromatic solvent
- 30 Musical composition
- 31 ____ profundo
- 34 Courier
- 37 European peak
- 38 Wins
- 39 Cousin of an ostrich
- 40 Gulf of Mexico feeder
- 43 Central position
- 45 Passport endorsements
- 46 Land on the Red Sea
- 48 Tickled pink
- 50 Idler
- 53 Family group
- 55 Taking the place (of)
- 57 ____ of Forth
- 61 Chose a team
- 63 Get out of bed
- 64 Spew
- 65 Surrender
- 66 Beguile
- 67 Declare untrue



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Down

- 1 Lose blood
- 2 Romeo, for one
- 3 Collapsible shelters (Var.)
- 4 Burn
- 5 Spending limit
- 6 Got gray
- 7 Kind of raise
- 8 Dusty purplish pink color
- 9 Frequently, in poetry
- 10 ET's ride
- 11 La Brea goo
- 12 "Slippery" tree
- 13 Contribute
- 17 Slowly, on a score
- 21 Kind of board
- 23 Macho guys
- 25 Wimple wearer
- 26 Abutted
- 27 Looks like
- 29 Primed
- 31 Place for a screwdriver
- 32 Still in the game
- 33 Turn sour
- 35 Symbol of strength
- 36 Furrow
- 38 Swiss city on the Rhine
- 41 Fed. property manager
- 42 Mechanical device
- 43 Wherewithal
- 44 Impose, as pain
- 47 Tribal social group
- 49 Passé
- 51 Pillow stuffing
- 52 High-pitched
- 54 Christen
- 56 Don't waste
- 57 Portly plus
- 58 Boiling blood
- 59 Canyon feature
- 60 Recipe amt.
- 62 Relations

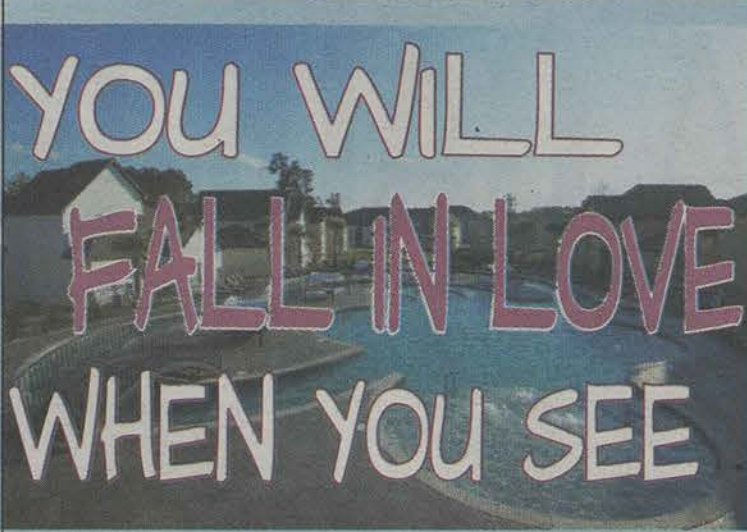
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	2	6				3	
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		7			6	8	
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3				7			9
4		6			9	2	3



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Special Issue

2-9-16

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YOGA AND MEDITATION

A healthy way to combat mental illness

BY BLAKELEY BARTEE

The George-Anne staff

Anxiety, depression and other mental illnesses affect many college students, who already face the constant pressure to succeed in a fast-paced academic environment. Yoga, along with other forms of exercise, can offer a healthy way to cope with stress and mental illness.

Michele Martin, the university wellness program director, struggled with depression in the past. She found relief in exercise, especially yoga.

"Exercise is considered a coping mechanism for mental illness... Whether it's anxiety or depression or simple stress-management, exercise is a mode of release," Martin said. "I have had some struggle with depression in the past. I found yoga to be very beneficial."

Exercise increases blood flow and sends endorphins—the brain chemicals that help relieve stress and create feelings of euphoria—through the body, according to Martin.

For Martin, yoga was the calming, low-intensity exercise that helped lift her from the oppressiveness of depression.

"Yoga is a form of exercise that does not have to be very intense and at the same time, it's very purposeful and mindful. It's quiet, it has a connection for your mind and your body and, in that regard, it could be the starting point for somebody," Martin said.

In addition to the steady, calming movements of yoga, people often practice meditation during and after the exercise.

For some, yoga and meditation can alleviate anxiety. Andrew Easterwood, sophomore interior design major and yoga instructor at the RAC, discovered his passion for yoga and meditation as a freshman in high school after struggling with anxiety.

"I had a lot of anxiety problems growing up and I tried a bunch of coping methods and nothing really fit for me except for when I started doing yoga and meditation," Easterwood said. "I was learning how to remove myself from all of the stuff going on in my life and I could just be me for an hour or two and not worry about anything."

Meditation can help alleviate symptoms for those who suffer from anxiety and it can also help people with typical stress-management.

"[Meditation] definitely helps with stress, because it helps to clear your

mind for a while. And that helps to bring out creativity, so that helps with classes, which is the biggest cause of stress for college students today," Easterwood said. "It also helps you realize that the biggest problems in life aren't as big as they seem. You can just let go."

Shana Flury, sophomore English major and yoga instructor at the RAC, believes the breathing techniques used during yoga can relieve stress.

"[Yoga] makes you focus on your breath and as we know, breathing techniques really help to calm us down, which is why breathing techniques are often prescribed to patients with anxiety and depression," Flury said. "It really helps to sort of bring you down from that heightened, scared place and puts you back in your mind and your body."

Kathryn Carrico, sophomore mechanical engineering major, is a regular at the RAC's yoga classes, where she can take a refreshing break from the stresses of school.

Exercise is considered a coping mechanism for mental illness... Whether it's anxiety or depression or simple stress-management, exercise is a mode of release."

Michele Martin
wellness program director

"I really think [yoga] helps me to clear my head. To not think about anything really helps to take away a lot of anxiety and worry that I carry through the day, because so many things build up and then I just let it go," Carrico said.

For those who suffer from mental illness, finding motivation to exercise can be difficult. Martin, the university program director, recommends taking small steps, rather than immediately doing challenging workouts.

"It could be as easy as taking a fifteen-minute walk. I think people generally think [they] need to exercise for a half-hour or an hour to see a benefit, but that's not accurate," Martin said. "If somebody could muster up the ability or energy to do ten minutes, then, the next week, they might be able to do twenty minutes."

Exercising with a friend can raise someone with depression, anxiety or stress out of a mode of isolation and friends can hold each other accountable and raise motivation, said Martin.

For beginners, Easterwood and Flury offer a few tips for easing into yoga and meditation.

"I would recommend the Yin or Restorative Yoga, which I teach on Sunday nights at 7 pm, because it will really get you into the flow of it and the understanding of it without it being a super-intense workout at first," Flury said. "Most beginners really enjoy that, because you get really stretched-out and people realize how tense and tight they are."

Easterwood teaches the Yoga and Meditation class, which he recommends for beginners. He noted the importance of taking small steps with meditation.

"You want to start with five minutes or four minutes and see how you'd feel. And you do that a couple of times a week until you want to start building up from there," Easterwood said. "You definitely want to do guided [meditation] for a while. It definitely helps to have someone speaking or telling you what to do... Try different things and [see] what works for you, and then start building up the time."

While yoga and meditation can help many people alleviate anxiety, stress and depression, all forms of exercise can improve physical and mental health.

"It doesn't matter what the mode of exercise is," Martin said. "If it's walking, if it's yoga, if it's aerobics, if it's Zumba, if it's Crossfit, whatever it is, all exercise does the same thing to the brain. There's not any one way to go. I would encourage people to do what they enjoy. Do what's easy. Do what's helpful to them and their situation."

Yoga and Meditation Tips for Beginners

- Try guided meditation at first. You can find guided meditation videos on Youtube or you can attend the Yoga and Meditation class at the RAC.

- Meditate for short four to five minute periods every few days, and then try meditating for longer periods

- Restorative Yoga at the RAC is a low-intensity class that can help beginners ease into yoga

- You can find free beginner's yoga classes from certified instructors on Youtube

Yoga Classes at the RAC

SUNDAY

Yin Yoga: 7:05 p.m. - 8:00 p.m.

MONDAY:

Vinyasa Yoga: 5:30 p.m. - 6:25 p.m.
Yoga and Meditation: 7:05 p.m. - 8:00 p.m.

TUESDAY:

Morning Yoga: 7:00 a.m. - 8:00 a.m.
Vinyasa Yoga: 5:30 p.m. - 6:25 p.m.
Yoga Abs: 8:30 p.m. - 9:15 p.m.

WEDNESDAY:

Morning Yoga: 7:00 a.m. - 8:00 a.m.
Vinyasa Yoga: 7:05 p.m. - 8:00 p.m.

THURSDAY:

Vinyasa Yoga: 12:15 p.m. - 1:00 p.m.
Power Yoga: 5:30 p.m. - 6:25 p.m.
Vinyasa Yoga: 7:05 p.m. - 8:00 p.m.

FRIDAY:

Morning Yoga: 7:00 a.m. - 8:00 a.m.
Yin Yoga: 5:30 p.m. - 6:25 p.m.

SATURDAY:

Vinyasa Yoga: 10:10 a.m. - 11:00 a.m.

According to a survey by the The Association for University and College Counseling Center Directors (AUCCCD), these are the top ten presenting concerns that students have when seeking treatment at their university counseling centers:

1. Anxiety
2. Depression
3. Relationship issues
4. Taking psychotropic medication
5. Suicidal thoughts/behaviors
6. Had extensive or significant prior treatment histories
7. Engaging in self-injury
8. Alcohol abuse/dependence
9. Learning disability
10. ADD or ADHD

All information is compiled from the AUCCCD.

ILLUSTRATION BY VICTORIA SLAGLE

GROUP THERAPY OFFERS SUPPORT IN NUMBERS

BY RASHIDA OTUNBA
The George-Anne staff

When it comes to seeking professional treatment, oftentimes the first thing that comes to mind is one-on-one sessions between a patient and a therapist. However, group therapy is another beneficial method of treatment that often goes overlooked.

"Actually, I don't think people normally come here with the expectation of choosing group therapy, which is unfortunate because I think that group therapy might actually have more of a bad reputation than individual therapy when you see it on TV and movies," Dr. Amanda Rickard, Psy. D., Group Therapy Coordinator at the Counseling Center, said.

At Georgia Southern University, group therapy is offered throughout the semester, something that many students find beneficial due to the fact that it is held weekly.

"We've had a lot of success lately with getting students to decide that group is the best option or a good option because they can get a weekly hour and a half of therapy," Rickard said. "When our

staff schedules get booked out, they may only see their counselor once every two, three, four weeks, maybe and that's not really enough sometimes for them to really see the progress that they want to make, so we're able to kind of encourage them to try group therapy and once they try group therapy the majority of them stay and enjoy it and it works very well."

In order to start group therapy, students must schedule an intake appointment in order to determine what method of therapy would best suit their individual needs.

"If you make an intake appointment and you come in for an intake, I'm going to talk to you about group because I'm going to know that in a few weeks your sessions are going to be really spread out and I'm going to explain that to you upfront. Then I'm going to talk to you about the group I think would fit your presenting concern the best," Rickard said.

During this intake, depending on the student's concerns, more than one type of group therapy may be recommended. After the group is determined, Rickard

then matches the group therapy schedule with that of the student's to see if their schedules are compatible, which is then followed by a group screening.

"When I do a group screening I like to talk to them about the group rules and the expectations and give them more in-depth information about group and then I talk a lot about that particular group then I talk about their goals and why they are interested in that group. Then we see if it's a good fit," Rickard said.

The Counseling Center staff consists of psychologists, counselors and trainees, all of whom are eligible to be facilitators of groups therapy sessions.

"Right now we have a mix of staff members co-leading with interns, who are the predoctoral interns finishing their doctorate or practicum students who are getting their master's or doctorate and are doing practicum, they can co-facilitate or process observe," Rickard said.

Group therapy does not include the 12 sessions each student is guaranteed throughout the year, meaning regular attendance will not count towards a student's

individual therapy number. Regular attendance is key to getting the most out of the group therapy experience, Rickard said.

"Attendance is really important because that's how you get bonded and feel comfortable trusting the other members. The longer and the better your attendance is, the more comfortable you become and the closer you become to people, so not only do you feel more comfortable sharing stuff you might need help with but people feel more comfortable sharing with you, so attendance is the most important thing," Rickard said.

In addition to group therapy, the Counseling Center offers an array of other resources for students to access. Their website, students.georgiasouthern.edu/counseling/resources/, contains information on coping, relaxation and stress management skills, as well as links to many other online resources.

The Counseling Center is located on Forest Drive between the old Health Center building and the Forest Drive Building.



COLLEGE OF LIBERAL ARTS
AND SOCIAL SCIENCES

Ahead in
CLASS
FEBRUARY

All events are open to the public, and admission is free except where otherwise indicated. For more information, please visit GeorgiaSouthern.edu/class.

2/9: LECTURE Great Minds Lecture with Chad Posick Chad Posick, Ph.D., will present a lecture entitled "Exposed and Vulnerable: The Consequences of Violence and What Schools, Families, and Communities Can Do to Keep Children Healthy"; 5:30 p.m.; Russell Union room 2048; 912.478.8597

2/10: CLUB La Table Francaise The French Conversation Table; 5:30 p.m.; Russell Union, 5:30 p.m.; 912.478.8597

2/11: GALLERY Structural Findings Artist Talk Jean Gray Mohs and Lois Harvey will host an artist talk about Structural Findings; 5:30 p.m.; Visual Arts Building room 2071; 912.478.5358

2/11: GALLERY Structural Findings Reception The Betty Foy Sanders Department of Art will host a reception for Jean Gray Mohs and Lois Harvey following the Artist Talk; 6 p.m.; Center for Art & Theatre; 912.478.5358

2/11: LECTURE "Marble Reliefs: Forgotten Florentine Masterpieces from the Fifteenth Century" Dr. Shelley E. Zuraw, Associate Professor at the University of Georgia, will present a lecture on fifteenth-century Italian works; 5 p.m.; IT Building, room 1004; 912.478.5358

2/11: READING Georgia Poetry Circuit Poetry Reading The Georgia Poetry Circuit present a reading from Andrea Hollander. Craft Talk at 3:30 p.m. in room 1114 of the Newton Building; 7 p.m.; IT Building, room 1005; 912.478.0739

2/11: GALLERY SGC International Member's Traveling

Exhibition Reception The Betty Foy Sanders Department of Art will host a reception for the 2015-2018 SGC International Member's Traveling Exhibition; 6 p.m.; Contemporary Gallery, Center for Art & Theatre; 912.478.5358

2/16: LECTURE Psychology Dept. Colloquia - Dr. Shauna Joye Dr. Shauna Joye will present on the topic "Wilderness Therapy for Combat Veterans"; 3:30 p.m.; Carroll Building, room 2268; 912.478.5539

2/20: CONCERT Faculty Series Recital Arikka Gregory and David Murray Performance from mezzo-soprano, Arikka Gregory, D.M.A., and pianist, David Murray, D.M.A.; 7:30 p.m.; Carol A. Carter Recital Hall; 912.478.5396

2/22: CONCERT General Student Recital #2 Performances from Georgia Southern's talented students; 1:25 p.m.; Carol A. Carter Recital Hall; 912.478.5396

2/25: CONCERT Georgia Southern University Wind Symphony Presented by the Department of Music; 7:30 p.m.; East Georgia College in Swainsboro, Ga.; 912.478.5396

2/28: CONCERT Georgia Southern University Symphonic Wind Ensemble Presented by the Department of Music; 6:30 p.m.; First Baptist Church; 912.478.5396

2/29: CONCERT General Student Recital #3 Performances from Georgia Southern's talented students; 1:25 p.m.; Carol A. Carter Recital Hall; 912.478.5396



© ERINN WILLIAMS

The SRC is a fairly new campus organization that utilizes fun activities to aid students with stress relief. The club meets every two weeks and is open to students of all majors.

Combat stress with the Stress Relief Club

BY ERINN WILLIAMS
The George-Anne staff

In room 0108 of the Hollis Building, students of differing majors sort through Netflix and Amazon Prime until they stumble upon the perfect TV show. Though this may seem like an ordinary night in the lives of undergraduates, there is something more serious going on behind the scenes. These students are fighting a battle against one of college's most lethal foes: stress.

80 percent of college students say they frequently or sometimes experience daily stress according to a survey done by the Associated Press and mtvU. The Georgia Southern University Stress Relief Club aims to chip away at that burden.

"We started in the fall. As far as we knew there wasn't anything like this on campus. I think stress affects everyone so I thought it would be good to have a club where everyone could just come and relax," Becky Burchett, president and junior psychology major, said.

Every other Wednesday night at 7 p.m. the SRC provides students with snacks and stress relief methods like watching TV shows, coloring, Play-Doh,

blocks, arts and crafts, aromatherapy and games.

"Some of the things we do might seem a little childish, but everything that we do has been proven by research to help manage stress," Julia Barns, vice president and sophomore anthropology major, said.

The SRC has already made its way through numerous episodes of "Parks and Recreation" but also makes room for animated shows like "Disney Shorts" and "We Bare Bears."

Many students use the club as a break from mentally draining schedules or coursework.

"It's really fun! It's a break from homework so I like that," Molly Mayne, sophomore psychology major said.

Though the Stress Relief Club is composed of a close knit group of friends at the moment, they have high hopes of attracting many more students into their organization and helping them to cope with university life.

"We want people to de-stress for a little while and walk away with skills that will help them for the rest of their lives," said Burchett.

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FEBRUARY FASHION GUIDE

BY RACHEL KELSO
The George-Anne staff

Her matching shoes and hat add a more casual feel to the outfit while still managing to not clash colors.

CARA LAINE SIMS
junior fashion merchandising major



Big necklaces work great with most basic single-colored outfits.



Cara Laine is wearing colorful bracelets with her all-black attire, adding the perfect pop of color to the outfit.

Break up solid colored outfits with flashy accessories to make a statement.



Q: What runs through your mind when you're picking your outfit for the day?

A: If I'm going to be in my fashion classes, I want to dress to impress. If I want to go to the gym or run some errands, it's all about what I'm doing that day.

Q: What's unique about your closet?

A: I'm a big fan of textures. I love fur and I love fringe. I also like soft, loose things [rather than] tight clothes.

Q: Any tips for being fashionable on a college budget?

A: Bargain shop. Around here Ross, TJ Maxx and even local boutiques want to help a college kid on a budget.

Q: What are your favorite accessories?

A: I like statement jewelry, so I like to keep what I'm wearing underneath it very simple so the focus is on my jewelry.

Q: What are your favorite pieces in your closet?

A: I love my Uggs, little black dress and my picos. They are things I think will always be around.

© TAHIR DAUDIER



Kick it up a notch! Adding a pair of sunglasses can make any outfit look fresh and fabulous for those sunny days.

James' solid vest breaks up the pattern of his shirt and creates a fashionable yet appropriate outfit for the recent cold weather.

The neutral tones in the shoes and plaid shirt complement each other well and tie the outfit together.



The watch that James is wearing gives his outfit a hint of upscale style while still looking casual enough for class.

A pair of Cole Haans creates a business casual look. Perfect for a night on the town or a day on campus.

James Brewer junior biology and chemistry major

Q: What runs through your mind when you're picking your outfit for the day?

A: How late I'm about to be to class.

Q: What's unique about your closet?

A: Plaids are my pattern.

Q: Any tips for being fashionable on a college budget?

A: The best sales I find are after major holidays. That's an opportune time to save some money.

Q: What are your favorite accessories?

A: My watch and sunglasses are my favorite pieces. I have both casual and formal.

Q: What are your favorite pieces in your closet?

A: I think my favorite pieces are Oxfords and quarter-zip pullovers.

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JUST IN CASE DATES

Great ideas for the last minute romantic

BY ASHLEE GILLEY
The Georgia Southern Staff

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1. FRIENDS AND FEELS

If you and a few of your single friends are bummed out about not having a date this Valentine's day try having a night in filled with your choice of snacks and a marathon of your favorite romantic comedies. It's simple, yet perfect. This way you won't feel down about being alone, you get to spend some quality time with your friends, and you can live vicariously through the movie romances until the next love interest enters your life.

2. HEY, I JUST MET YOU AND... I DON'T WANT TO SCARE YOU OFF

If any of you're in that honeymoon phase, and it's a little too soon for a grand gesture, try something simple like going to the Wild Life Center on campus, or going for a walk around the lakes and a picnic on Sweetheart Circle. It's simple, thoughtful, and says 'I care' but not 'I just met you and I'm ready to propose.'

3. LOVE AND LAUGHTER

If you and your date just want to have a good time and forget all of the pressure, go somewhere like the Clubhouse. Whether it be a gutter ball, you losing a race or them getting more tickets in the arcade, this is bound to be an active, laughter filled date. You and your date can laugh the night away without having to worry whether or not the date was 'perfect' or 'good enough.'

4. TRULY, MADLY, DEEPLY.....BROKE

Being a college student often falls in line with being broke, or at least on a tight budget. So that can make holidays a little stressful, especially Valentine's day. Start the night off with making your favorite meal together at home and spend the evening doing whatever activity you both love (video games, movies, etc). Here's the kicker, try doing it all without your phones. This will show your honey that they have your undivided attention.

5. YOU BETTER SHAPE UP 'CAUSE I NEED A PLAN

If your date is more of the traditional type, you can impress them by having the whole night planned out. Pick them up at a set time, greet them at the door, with flowers of course and take them to dinner at an unexpected spot in town such as El Rinconcito or Coconut Thai. After dinner, gain extra points for taking a romantic walk around campus with ice cream. End the night with whatever activity the two of you want, and your date will be sure to stick around for more amazing Valentine's Day dates to come.

Spread the love!

Come celebrate Valentine's Day with The Reflector Online! Help us spread the love by stopping by the Rotunda for giveaways, card making and a cheesy pick up line contest.

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EAGLES HEAD WEST FOR NEXT CONTEST

There are eight games remaining in the regular season. The Eagles sit at seventh in the Sun Belt.

BY MARQUS WILLIAMS
The George-Anne staff

The Georgia Southern Eagles ended their home stand with a 66-62 win against the Texas State Bobcats on Saturday. The win brought them to a 10-12 overall record and a .500 record in conference play at 6-6. Their three game winning streak is the longest of the season.

The Eagles have now jumped to seventh in the Sun Belt, and are just one game behind multiple teams for third place in the conference. They have been led by sophomore Mike Hughes, as well as freshmen Tookie Brown and Ike Smith, putting together a string of great performances to ignite the team.

Hughes, Brown and Smith have averaged 20.6, 22.6 and 12 points per game in their three game winning streak respectively. One stat that has been consistent in the Eagles success has been their second half scoring differential. The Eagles have outscored their opponents 124-103 in the second half, with Texas State being the only team to outscore them in the second half by two points.

"I tell them we can't use being young as an excuse anymore for not winning games. I'm really proud of our guys and the way they've been playing" Coach Byington said after the team's win on Thursday against Texas-Arlington. Being the youngest team in college basketball, their

inexperience was an obstacle they have tried to overcome all season and now they seem to have finally gotten over the hump.

The Eagles upcoming game against Troy on the road Thursday night will test the Eagles once again, though they won the last matchup at home in overtime 93-88. That game showed one of the Eagles' most resilient moments of the season, as they led by 15 at the half but let the Trojans battle back to send the game into overtime where the Eagles ultimately won.

The Eagles play eight more games this season and each game will be crucial as they contend for a strong finish and a high seeding in the Sun Belt tournament.

TEAM OVERALL STANDINGS SUN BELT STANDINGS

ARKANSAS LITTLE-ROCK	21-2	11-1
LOUISIANA- LAFAYETTE	13-8	9-3
LOUISIANA-MONROE	11-12	7-5
ARKANSAS STATE	11-12	7-5
UT ARLINGTON	15-7	6-5
GEORGIA STATE	13-8	6-6
GEORGIA SOUTHERN	10-12	6-6
SOUTH ALABAMA	9-14	4-8
APPALACHIAN STATE	6-17	4-8
TEXAS STATE	9-11	3-8
TROY	7-16	2-10



© TAHIR DAUDIER



© KIARA GRIFFIN

Above: Tookie Brown goes for a layup against UT-Arlington. He scored a team-high 26 points.

Left: The Eagles dig in on defense. They held Texas State to 62 points on Saturday.



MADISON REYNOLDS

TOP OF THE KEY

Alexis Sams has been a rock for the Eagles this season. The redshirt junior is the only player to start every game.

Sams takes her defender to the rim. She averages 36 minutes per game, the most on the team.

BY CHRIS SMITH
The George-Anne staff

Standing at 5'5", Alexis Sams is usually one of the smallest players on the court. Her heart and dedication to the game of basketball is what makes her a serious threat that other teams can't take lightly.

"I really forget that I'm 5'5," Sams said. Forgetting about her size might be a great thing because she uses her small frame to her advantage. Sams is quick, explosive and tough to guard. Defenders have to get lower in order to stay in front of her.

Sams has been in the gym ever since she was young because both of her parents were coaches. Her mother played basketball in college for Robert Morris University and helped Sams realize her love for the game.

"I actually did gymnastics for eight years and once I quit gymnastics just being around basketball a lot and being in the gym got the love of the game going for me," Sams said.

Around the time Sams was in middle school she realized that she wanted to play basketball at the collegiate level. This road for Sams has not been a smooth one. She was bitten by the injury bug during her senior year of high school and the early part of her time at Georgia Southern. She has had to deal with recovering from two ACL injuries.

"My knees are doing great. I have to get extra treatment, shout out to our trainer. They are doing well, and they are hanging in there. Two ACL tears, it's tough but I'm doing alright," Sams said about her health this season.

Sams averages the second most minutes played per game

in the Sun Belt conference. You would think that would affect her play down the stretch of this long basketball season, but it really hasn't. She has worked tirelessly in the offseason preparing her body for the season and getting in great shape. Her effort on the court every game has started moving her into a leadership role for her team.

"Being a point guard it is kind of an assumed role. It's nice when you have people that are willing to follow you," Sams said.

Sams leads the Eagles in assists averaging 2.4 per game and she is third on the team with points averaging 6.0 points per game. As a leader you are supposed to step up in game defining moments and that is exactly what Sams does. She plays the role of a facilitator and a floor general well, but when the top two scorers struggle Sams can step up and take on the role of a scorer also.

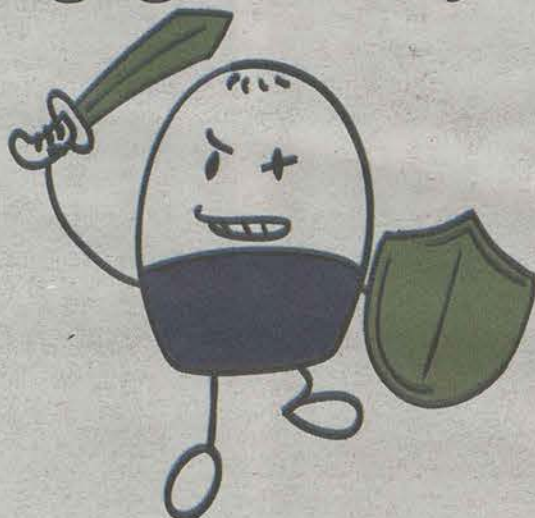
As of right now the Georgia Southern women's basketball team is on the outside looking in for the Sun Belt conference tournament. The top eight teams in the conference go to the playoffs and currently the Eagles are tied for ninth with Appalachian State.

"Our first goal is to be in the top eight, and to do that we are going to have to compete hard and win games against other teams in that area," Sams said about their playoff hopes.

The Eagles are only one game back of the eighth spot and they have a great shot to sneak into the tournament. It is going to be up to Coach Kip Drown and the leaders on the floor to get them into the position that they want to be in. Sams is a fearless leader that will do whatever it takes for the success of her team.

College Health Tip #3

Don't engage in risky behavior.



No, you are not invincible. Really, guys.



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HAYDEN BOUDREAUX



Paulson Stadium is currently undergoing construction to install new turf. It is expected to be completed sometime in April.

BY ETHAN FLYNN
The George-Anne staff

Since Paulson Stadium's Glen Bryant Field was first dedicated on Sept. 29, 1984, there hasn't been a significant change. Glenn Bryant Field is currently undergoing its latest revision, the installation of turf. This new alteration includes the removal of the currently natural grass field and its eventual replacement with an artificial turf field. According to Georgia Southern University Director of Athletics, Tom Kleinlein, the company that won the bid to start the transition was Shaw, out of Calhoun, Ga. Shaw Sports Turf has proven their product in over 2,000 fields across the U.S. including but not limited to fields for: Furman University, Vanderbilt University, University of Arkansas, the Baltimore Ravens and the New York Jets.

What are the start and finish dates for Shaw Sports Turf?

The removal of the natural grass field is currently underway. Shaw Sports Turf will begin installation of the new field on Feb. 8 with an estimated completion date of mid-April.

What is Shaw Sports Turf installing?

GSU and the Georgia Southern Football Program have elected to install Shaw Sports Turf's Legion 41 System. It's described as a two-inch, dual fiber system, that combines slit film with the most durable synthetic fiber turf and monofilament film.

One of the more sophisticated aspects of Shaw Sports Turf's Legion 41 System is the HydroChill. HydroChill is an evaporating cooling system installed underneath the field to help cool the turf the same way the human body cools itself through sweating. This technology is the only patented technology of its kind and is guaranteed to cool the field to at least 30 degrees lower than a standard synthetic turf field.

What are the reasons for installing Shaw Sports Turf's Legion 41 System?

"Shaw is a company that really does a great job when it comes to synthetic turf fields," Kleinlein said in a release from the GS Athletics Department. "We did a pretty extensive investigation of a number of companies and really felt comfortable with the leadership at Shaw. Synthetic turf gives us an option and a flexibility to not only have a great stadium environment, but a practice field that can be utilized when needed. It also gives us the flexibility to bring outside events into Paulson Stadium and makes our stadium more accessible to the community without wear and tear on our field."

GEORGIA SOUTHERN INSTALLS TURF AT PAULSON STADIUM

GSU's football field is going through massive changes this offseason. The Eagles will play on turf beginning next season.

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