

Student Government Association

Minutes for meeting held Wednesday, February 18th, 2026

The meeting was called to order at 4:01 PM by President Abby Stovall. Attendance was taken and a quorum was established. The minutes for the meeting held on February 11th, 2026 were approved.

Special Order of Business:

- *No special orders of business*

Student Open Forum:

- *No comments or concerns*

Officer Reports:

Faculty Executive Board Representative – Ms. Zoey Shamblin

- Ms. Shamblin attended the recent faculty assembly
- Freshman and transfer enrollments are slightly up
- Recruitment in Virginia is being amped up
- An error last semester was made in charging people for the Concord Complete/Follett Access textbook program; updated billing statements were sent out over winter break. Students with a balance on their account have an extended time to pay.
- The provost search committee has narrowed the search down to three candidates, two of whom have visited campus
- Concord was awarded 7.5 million dollars for further renovation of Wooddell Hall

Board of Governors Representative – Mr. Garon Wiseman

- The Board of Governors met over ZOOM on February 17th; Mr. Wiseman will provide the Senate with a detailed report after he receives the minutes from the meeting
- Retention is down dramatically, especially for first-year students

Judicial Liaison – Mr. Garon Wiseman

- Court will meet on February 19th at 3 PM; Mr. Wiseman will report back to Senate next week

Ombudsman – Ms. Maren Boblits

- Ms. Boblits will meet with CUSAC on Tuesday, February 24th to talk about some of the concerns received recently

Parliamentarian – Ms. Elena Chamness

- *No report*

Secretary – Mr. Brian Strickler

- As a reminder, Mr. Strickler's office hours this week will be **Wednesday from 3 to 4 PM and Thursday from 5:30 to 6:30 PM**
- "Highlights" of Senate members will start on the SGA social media soon. Delegates Carothers and Robrecht will be the first two highlights
- **If you or your organization is unable to attend Senate, PLEASE FILL OUT THE EXCUSAL FORM!** We are willing to work with you so that you don't lose voting rights, but we have to know what's keeping you from showing up.

Business Manager – Ms. Zoey Shamblin

- Ms. Shamblin met with the budgetary commission on February 17th to review the two budgetary requests that had been received
- There is \$2,500 available in SGA discretionary funds
- The Honors Program was approved for \$400 for day passes to the New England Aquarium; another request from Honors was declined to preserve money for other organizations
- Bonner Scholars was approved for \$750 for new storage and men's shoes for the professional clothing closet
- There is about \$1,350 left in the budget for organizations; please see Ms. Shamblin for more information if your organization is interested in requesting SGA money

Vice President – Mr. Matthew Atwell

- Mr. Atwell will meet with Ms. Worley to finalize the last event for Spring Fling on Monday, February 23rd
- **If you get an e-mail about a committee meeting from the head of your committee, it is your responsibility to respond on whether or not you can attend!** Failure to communicate will eventually lead to loss of voting rights

President – Ms. Abby Stovall

- President Stovall met with Dr. Meighen on February 17th to discuss ongoing campus projects and weather-related concerns
- **The weather response survey closes on Friday, February 20th at 4 PM!**
- Options for replacing FoodLab the academic year after next are being looked into
- **A drawing was done for free President's Ball tickets based on attendance at Senate meetings!** Congratulations to Cierra Lucas (Cheer), Amelia Muscari (PATCH), Gillian Fraley (SSS), Cassandra Hibberd (Delta Zeta), and Justin McClung (Tau Kappa Epsilon)!

Committee Reports:

Budgetary Commission – *Ms. Zoey Shamblin*

- Ms. Shamblin moved to approve the budgetary request from the Honors Program detailed in her report; seconded by Student Support Services
- Ms. Shamblin moved to approve the budgetary request from Bonner Scholars detailed in her report; seconded by the 4H Club

Philanthropy – *Mr. Matthew Atwell*

- Mr. Atwell thanked everyone for making the Valentine's Day cards last week
- The next philanthropy event will be announced after Spring Break; committee members need to check their e-mails for when their next meeting will be

CUSAC – *Ms. Maren Boblits*

- Again, Ms. Boblits will be meeting with CUSAC on Tuesday, February 24th

Technology – *Mr. Brian Strickler*

- *No report*

Unfinished Business:

- *No unfinished business*

New Business:

- *No new business*

Announcements:

- **Aramark** - (*Ms. Lindsey Umberger*) For dinner on February 18th, there will be pudding cups for sweet treats. For lunch on February 19th, there will be a "2000s Takeover." On February 23rd, there will be BINGO in the 1872 Room during dinner. For lunch on February 25th, there will be a chef making homemade microwaveables.
- **ChemClub** - (*Ms. Jacelyn Lilly*) ChemClub is collecting hygiene products for displaced residents of the Princeton Towers; donations can be made to Dr. Hatzis in S401.
- **Alpha Psi Omega** - "APO Presents" will be the evening of February 18th. The dates for the spring musical *Firebringer* will be April 23rd through 26th
- **Mr. Colton Lively** – DIY Stress Balls will be in the Student Center ground lobby from 10 to 2 PM on Wednesday, February 25th
- **Ms. Anna Hardy** – There have been complaints about inappropriate use of the Fizz app. Ms. Hardy has reached out to Fizz's customer service for faster turnaround times on removing inappropriate comments and blocking problematic users. Just because it is

“anonymous” does not exempt you from being held responsible for breaking the university’s acceptable use of technology policy. If you have any issues, please take a screenshot of the post and send them to Ms. Hardy. She has requested a meeting with the student moderators for Concord’s Fizz.

- **Ms. Anna Hardy** - (on a happier note!) The Athens-Concord Town Social for 2026 is being moved from the Sunday before classes start to the Sunday after classes start! It is our hope that we can entice people to stay on-campus that weekend; if you have any ideas for events on that Friday and Saturday night, please reach out to Ms. Hardy!

Meeting was adjourned at 4:21 PM

Brian L. Strickler, Secretary

Presentation by the Counseling Center

Given by Ms. Taylor Eversole and Ms. Erin O'Sullivan

Ms. Eversole and Ms. O'Sullivan introduced themselves as MSW students interning in the Counseling Center.

Seasonal Depression:

- Seasonal Affective Disorder is depression and anxiety brought on by changes in weather
- The onset can vary
- In the winter, associated symptoms include:
 - Weight gain
 - Changes in sleep patterns
 - Depression-like symptoms
 - Social isolation
- In the summer, associated symptoms include:
 - Anxiety
 - Aggression
 - Weight loss
- Around 5% of adults in the U.S. are diagnosed with Seasonal Affective disorder, with symptoms typically first arising in the 18-30 age group
- *Seasonal depression looks different in different people*

Changes in Sunlight:

- Changes in sunlight have a physiological effect on the body, including hormone regulation
- One affected hormone is melatonin (the sleep hormone), which the body produces more of in the dark winter months, contributing to loss of energy
- Serotonin levels are also affected
- Sunlight is an important source of vitamin D, which regulates processes like immune support and muscle regulation

Coping Strategies:

- *These will look different for different people!*
- Getting as much sunlight as possible is important, as well as regular exercise
- Eating a balanced diet (the Mediterranean diet is recommended) is another important factor
- Getting into a routine that gives you time for activities you enjoy is very important!
- Fulfilling relationships can help