

Student Government Association

Minutes for meeting held Wednesday, February 25th, 2026

The meeting was called to order at 4:06 PM by President Abby Stovall. Attendance was taken and a quorum was established. The minutes for the meeting held on February 18th, 2026 were approved.

Special Order of Business:

- **Ms. Taylor Eversole and Ms. Erin O'Sullivan** - speaking on behalf of the Counseling Center; *see pages 4 and 5*

Student Open Forum:

- President Stovall asked for suggestions for weekend events that could be done next fall for Welcome Week that might entice people to stay. The main suggestion seemed to be getting music artists without specific people in mind. *If you have any ideas, please send them to Ms. Anna Hardy!*

Officer Reports:

Faculty Executive Board Representative – Ms. Zoey Shamblin

- Ms. Shamblin was unable to attend the February 23rd meeting as she was helping Advancement set up for President's Ball
- She will provide Senate with a report as soon as she receives the minutes

Board of Governors Representative – Mr. Garon Wiseman

- Mr. Wiseman is still waiting to receive the minutes from the last BOG meeting; he will provide the Senate with a report as soon as he receives them

Judicial Liaison – Mr. Garon Wiseman

- Court was held last Thursday (February 19th)
- All sanctions have been given out
- As a reminder, Mr. Wiseman's office hours are on **Wednesdays from 12 to 1 PM and Fridays 10 to 11 AM**

Ombudsman – Ms. Maren Boblits

- Ms. Boblits was unable to meet with CUSAC this week because of illness
- She is currently looking through concerns, which she will address with CUSAC at their next meeting

Parliamentarian – Ms. Elena Chamness

- Weather-permitting, Ms. Chamness will meet with the Rules Committee on February 26th

Secretary – *Mr. Brian Strickler*

- Due to losing an hour to attend President Stovall's Founder's Day speech, Mr. Strickler's office hours this week will be **Wednesday from 3 to 4 PM and Thursday from 5 to 6 PM**
- The first SGA highlight has been posted to the Instagram; Delegate Robrecht was featured!
- **Again, 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*

- After approval of budgetary requests from the Honors Program and Bonner Scholars, we have about \$1,350 left in the discretionary fund
- If you have any interest in requesting funds for your organization and need help getting started, please see Ms. Shamblin in her office hours on **Fridays from 4 to 6 PM**

Vice President – *Mr. Matthew Atwell*

- **The Friday event for Spring Fling has been finalized!** From 2 to 6 PM, we will have a petting zoo outside near Sarvay Hall. From 6 to 9 PM, we will have country-themed "Music in the Valley" with different events
- Mr. Atwell will send out a survey seeking music requests for the DJ

President – *Ms. Abby Stovall*

- President Stovall was unable to have her Monday office hours due to attendance at an event in Charleston; she will make them up **Thursday (February 26th) from 5 to 7 PM**
- A survey will be sent out seeking ways to improve meal plans and will close the Friday before Spring Break

Committee Reports:

Budgetary Commission – *Ms. Zoey Shamblin*

- Again, if your organization is seeking funding, please see Ms. Shamblin!

Philanthropy – *Mr. Matthew Atwell*

- Members of the Philanthropy Committee need to be checking their e-mails for information about their next meeting

Rules – *Ms. Elena Chamness*

- The Rules Committee will meet at 3:20 PM on February 26th

CUSAC – Ms. Maren Boblits

- CUSAC will meet the Tuesday we get back from Spring Break (March 17th)

Technology – Mr. Brian Strickler

- The Technology Committee will meet on February 27th at 5:45 PM

Unfinished Business:

- *No unfinished business*

New Business:

- *No new business*

Announcements:

- **Ms. Erin O’Sullivan** - Ms. O’Sullivan and Ms. Eversole will be hosting a support group on “Change: the Good, the Bad, the Ugly.” Check your e-mails for more information and a start date!
- **Hopper-Turing Society** - (*Mr. Jacob Lambert*) The Hopper-Turing Society did not meet this week due to the weather. Their next meeting will be at 2 PM on March 2nd in S102; Professor Dietrich will go over security certification reviews.
- **Aramark** - (*Ms. Linsey Umberger*) There will be a soup cookoff at lunch on February 26th. Craft night in the 1872 Room will be at dinner on Monday, March 1st. For lunch on Tuesday, March 2nd, there will be a “Sail the Mediterranean Takeover” at lunch
- **Ms. Carolyn Worley** – There will be DIY license plates on Tuesday, March 2nd in the Student Center ground lobby.
- **Ms. Zoey Shamblin** – *Come on out to the President’s Ball Saturday night!* It will be Vegas themed, and tickets will be sold at the door!

Meeting was adjourned at 4:32 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

Treatment Options:

- We have services on-campus, including in-person at the Counseling Center and online
- Meditation and yoga can be helpful