

# THE SPECTATOR

THE UNFILTERED, UNCENSORED VOICE OF THE STUDENTS.

.SOLDIERS CAUSES DUSTWUN ON PAGE 4...LINES WRAP AROUND BUIDLING ON PAGE 7...

# THIS IS ONLY A TEST!

EMERGENCY ALERT SYSTEM ESSENTIAL FOR STUDENTS  
ON PAGE 3

TRUST BAG FOR YOUR TRUST ISSUES ON PAGE 8... SCENES FROM GAME 1 ON PAGE 12..

# NEWS

## In Case You Missed It...

### Quotes from the Commander-In-Chief Forum

The Republican and Democratic nominees discuss their opposing views and frequent criticisms.

#### Hillary Clinton:



-“I view force as a last resort, not a first choice.”

-“I will do everything in my power to make sure that our men and women in the military are fully prepared for any challenge that they may have to face on our behalf.”

-“It was a mistake to have a personal (email) account. I would certainly not do it again.”

-“I was outraged by the stories that came out about the V.A. ... I will not let the V.A. be privatized.”

-“We’ve got to help people currently serving not to feel that if they report their sense of unease, their depression, that somehow it’s going to be a mark against them.”

-“We have to defeat ISIS. That is my highest counterterrorism goal.”

#### Donald Trump:



MCT CAMPUS

-“I think I would have a very, very good relationship with Putin, and I think I would have a very, very good relationship with Russia ... Russia wants to defeat ISIS as bad as we do.”

-“We’re losing our jobs like we’re a bunch of babies.”

-“Under the leadership of Barack Obama and Hillary Clinton, the generals have been reduced to rubble.”

-“We’re going to create a great mental health division ... They need tremendous help. And we’re doing nothing for them. The V.A. is, really, almost you could say a corrupt enterprise.”

-“I think the main thing is I have great judgment ... I know what’s going on. I’ve called so many of the shots.”

-“Yeah, sure I regret. But in the meantime, I beat 16 people and here I am. So you know, to a certain extent, there is a regret. I would’ve liked to have done it in a nicer manner.”

## Announcements

### Meet The Candidates

The candidates running for local offices will be visiting Bailey Science Center on Monday, Sept. 12. Everyone, regardless of political beliefs, is encouraged to attend.

### SGA Accepting Judicial Council Applications

SGA is accepting applications for its Judicial Council. The 11-member group represents the student body and has the ability to “hear and recommend sanctions for violations of the Student Code of Conduct.” Candidates must have a minimum 2.5 GPA and clean record. Applications are submitted at <https://www.valdosta.edu/administration/student-affairs/student-conduct-office/forms/sga-justice-application.php>.

### Flu Shots Available

The Student Health Center is now offering flu shots for \$10. Vaccinations are offered by appointment or on Sept. 12, Sept. 16, Sept. 26 and Sept. 30 from 9 a.m. to 11 a.m. or 12 p.m. to 1:30 p.m. in the Patient Education Room. VSU ID is required.

### Football Cookout

The Blazers football team Meet and Greet Cookout has been re-scheduled for Sept. 22. VSU takes on West Florida on Sept. 24 at Bazemore Hyder Stadium.

Want to have your event featured in our Announcements section? Email your information to Editor-in-Chief Gabe Burns at [gcburns@valdosta.edu](mailto:gcburns@valdosta.edu).

## Hostesses/Servers wanted for OKTOBERFEST

Sat. Oct. 1st - Sat. Oct. 15th  
LUNCHTIME ONLY  
10:30am - 3pm

Choose Your Own  
Free Days To Work

In Lakeland, GA  
(25 min from Valdosta)



Call

FREE TRANSPORTATION! 229-300-7068

## REMINDER:

Last year’s parking permits expire Sept. 15. Renew your permit at [www.vsuparking.com](http://www.vsuparking.com) or at the Parking and Transportation Department to avoid citations.

# The Spectator Classifieds

The *Spectator* prints free classifieds for current students of Valdosta State University only. These must be no more than 40 words, or a \$14.50 charge will apply. Classifieds for faculty, staff, student organizations, student-owned businesses and the general public cost \$13.90 for up to 40 words.

Ads should be sent to the *Spectator* or delivered to our office in 1238 Hopper Hall. The deadline is 5 p.m. Thursday, a week prior. If payment

applies, it should be submitted in a sealed envelope at the time the ad is placed or paid via Mastercard, Visa, Discover or electronic check online through Aimee Napier, Advertising Manager. Email Aimee Napier at [acnapier@valdosta.edu](mailto:acnapier@valdosta.edu) to pay online.

Ads must be accompanied by the name and phone number of the person submitting the ad. Students must also submit their VSU Student ID number. Ads must be resubmitted each week, as necessary.

The *Spectator* address is: 1500 N. Patterson St., Valdosta, GA 31698. Our email address is [spec\\_advertising@valdosta.edu](mailto:spec_advertising@valdosta.edu).

The *Spectator* reserves the right to reject any classified ad. All ads are subject to standard editing procedures. The *Spectator* is not responsible for mistakes due to a submitted error. The categories for classifieds include: For Sale, For Rent, Sublease, Wanted, Roommate, Services, Personnel and Employment.

VSU  
Students  
Run Your  
Ad Here  
FREE!!!

## For Rent

FOR RENT  
RentValdosta.com  
229-244-7800

\*\*\*Student Special\*\*\*

SETH TOWNHOMES  
2/2.5, \$595/mo  
2415 Seth Place, off Pineview

BLAZER COURTYARD  
2Bd/1Bth • \$495/mo  
909 Slater St.  
(2 Blocks South of University Center)  
NO APPLICATION FEE  
with VSU ID





## Health Tip of the week

A healthy tip from VSU Student Health Center – get your flu vaccine by calling 229.219.3203 or walk in to the health center on Sept. 12, 16, 26 or 30 from 9-11 or 12-1:30 p.m.. The cost is \$10 for students (cash, flex, credit or debit).

# Emergency alert system essential for students

## How to get alerts sent to phone

1. Log into Banner
2. Click Personal Information
3. Click Create or Update your Campus Alert phone number
4. Enter your cell phone number
5. Check the box 'The Campus Alert Numbers displayed above are correct'
6. If you choose to opt-out of voice calls and SMS/text emergency notifications then check box 'I do not wish to provide a phone number for the Campus Alert notification system. I understand that my contact telephone numbers listed in Student Self Service may be used for the Campus Alert notification system'
7. Last, Click Submit.

**Olivia Studdard**  
STAFF WRITER  
oastuddard@valdosta.edu

Before last week, many students had forgotten about the alert system they signed up for at the start of the new semester.

Upon opening Banner, students are prompted to enter a contact number for what is called a campus alert system. During an emergency, the campus uses the number to mass contact students about what they need to know.

By entering a phone number into the system, students can receive a phone call, voicemail, and text message with an alert containing the news from campus officials.

These alerts are used to con-

vey everything from animals loose on campus to inclement weather conditions such as the hurricane that came through town last week.

The system of alerts has shown much improvement over the last few years, but is still not perfect, and some students still aren't receiving any notifications.

"I never got a single alert last semester, even though I double checked to make sure I was signed up," said Bridget Grizzle, junior special education major. "I'm getting them this semester, but sometimes I worry if I'll miss one that I need to see."

While these alerts are far from a foolproof system, they provide many students with

the important information they need.

"Last week when all the crazy was going on with Hurricane Hermine, it helped me know when classes were cancelled," Grizzle said. "There was so much talk about not having school, then we were, then I got the alert and was able to make solid plans before the storm hit."

While most students see these alerts as a great communication method, not all feel that they are extremely necessary.

"Honestly it's a little much," said Brady Ratzlaff, sophomore business management major. "They call, they email, and they text. All at once and I'm like, 'Okay. I get the point.'"

# VSU given grant to aid farmworkers

**Kimberly Cannon**  
STAFF WRITER  
kccannon@valdosta.edu

VSU was given a \$2.1 million grant to assist migratory and seasonal farmworkers, or their immediate family members, through their first year of college.

The grant will be distributed in portions of \$424,833 each year over the course of five years to fund the College Assistance Migrant Program, and through this program VSU will award scholarships to 25 migratory or seasonal farmworkers, or their immediate family members, according to

Jessica Pope, Communications and Media Relations Coordinator at VSU, said. CAMP provides financial aid, admissions and career counseling, tutoring aid, housing assistance and more.

A migrant farmworker, according to the CAMP program, is a farmworker who has worked for 75 days or more within the past year on a temporary or seasonal basis and had to travel such a long distance to work that it inhibited him or her from returning home daily. Seasonal farmworkers work the same schedule as migrant farmworkers but don't

have to travel such long distances as migrant farmworkers do.

The migrant or seasonal farmworker, or their spouse, child, or dependent, must be a U.S. citizen or a U.S. permanent resident to be eligible for CAMP.

The United States Farmworker Factsheet, found on the Student Action with Farmworkers website, said the median highest education level for farmworkers is sixth grade, and by 12 the average migrant child works over 15 hours a week, and due to constant travel it may take a migrant child around three years to advance to

the next grade.

However, individuals applying to CAMP at VSU must first meet VSU's admission requirements, so a High School Diploma or GED is required.

"Migrant and seasonal farmworkers represent some of the most economically disadvantaged people in the U.S.," per the farmworker factsheet found on The National Society for Farmworker Health webpage.

CAMP aims to help migrant and seasonal farmworker families by providing the funding for higher education.

Other Georgia colleges with CAMP include Abraham Baldwin Agricultural College in Tifton, Georgia, and The University of North Georgia in Dahlonega.

Alma Young, CAMP Associate Director for ABAC, and Laura Agundis, CAMP recruiter for ABAC, both participated in the CAMP program when they attended ABAC as students.

According to ABAC's timeline for CAMP CAMP was created in 1965, and it wasn't until 1995 that a CAMP grant spanning the length of five years, rather than one year, was created.

## Flu season is upon us Vaccines offered on campus

**Kelsey Dickerson**  
COLLEGE LIFE EDITOR  
kedickerson@valdosta.edu

As cold and flu season approaches, the Student Health Center has received a flu vaccine that will be distributed to students and staff over the next three weeks.

Students may purchase the shot with their VSU ID for \$10 cash, flex, check, or online with a credit or debit card. Shots will cover both seasonal influenza and the H1N1 strain of the virus.

A student can make an appointment to receive the shot any time with the Health Center online.

The Center for Disease Control recommends everyone six months of age and older receive a flu shot to minimize their chances of contracting the virus. Flu

vaccines have been updated for the 2016-2017 season.

The influenza virus has a range of about six feet, and can be spread from an infected person to anyone within this radius by sneezing, coughing, or even talking, said one CDC report.

Healthy adults can spread the virus a full day before they begin to develop symptoms.

In a 2013, CNN listed the flu as the second most common illness spread among

college campuses, behind the common cold, and noted that H1N1 (swine flu) strain of the virus is con-

tracted by younger people more often than seasonal influenza.

Shots will be available to faculty and staff after the 26th of this month. The first 200 administered will be free of charge while all others will cost \$20.

Vaccines will also be available on Thursday, Oct. 27 at 9 a.m. during the 11th annual Benefits and Wellness Fair in the student union.



Pixabay

## STUDENT SUCCESS CENTER

MON-THURS  
9 a.m. - 7 p.m.

FRIDAY  
9 a.m. - 3 p.m.

SATURDAY  
Closed

SUNDAY  
3 p.m. - 7 p.m.

**Free Tutoring in Core Courses**  
**One-On-One Sessions**  
**Workshops in Time Management**  
**Study Skills, Notetaking, etc.**

229-333-7570

Located Between  
Langdale &  
Palms Dining

[www.valdosta.edu/ssc](http://www.valdosta.edu/ssc)  
for more information



<http://qr2.it/Go/1424849>

*We Can Help You With:*

Math  
Writing (any subject)  
Chemistry  
Biology  
Spanish  
French  
German



Sociology  
Anthropology  
Geography /  
Geology  
History  
Philosophy  
Literature  
Political Science

**/// CORE STRENGTH /// MAJOR SUCCESS**



# OPINIONS

## Soldier causes DUSTWUN Court predictions for sentence too harsh

Our point of view...

### News media must work to gain trust of audience

Sometimes reporters don't have all of the information before running a story. The race to be first on broadcasting big news can be a cutthroat competition, and anything done in a rush is bound to contain errors.

Sometimes the errors are an accident, but other times they are made out of careless haste.

The most recent social uproar against media has been over the incident in Rio de Janeiro, where four Olympic swimmers were accused of vandalism and lying. This could have been avoided if the right reporters were on the case from the start.

The story began as a report of the robbery of four men, then it evolved into a story of the four Olympians vandalizing a bathroom and security demanding payment for the damages. However, one of USA TODAY's sports videographers carefully looked over the security footage to reveal the bathroom had not been vandalized at all.

The whole story has become a mess of information and now readers are confused.

It is our responsibility as reporters to provide the news accurately above anything else, but unfortunately, the desire for publicity corrupts some agencies.

In the end inaccuracy comes back to bite as the public discovers the truth, leaving an agency that reported false or misleading information marked as untrustworthy.

Yet, how is the public supposed to know whom to trust before the fame-biters are revealed by a scandal? Researching helps but that's supposed to be the reporter's job. Not many people have the time to dig up the details of current events on their own. Therefore, trust needs to be built and maintained between a provider and its audience.

In order to gain a reader's trust, the agency should always cite sources; this is also to prevent plagiarism. Online articles could also benefit by providing links to more information and other ways for a reader to easily and quickly see that the information is coming from a reliable source.

Though the readers are not expected to do the research in order to get reliable news, they need to give feedback so that the reporters who do all of the work can improve themselves.

Online communities need to be formed and used so that individuals can give suggestions for stories. Reporters cannot be everywhere at all times, and as a result, some stories go uncovered. The quality of a news agency can be greatly improved if readers start providing ideas for reporters to investigate.

Open-source reporting is when an agency releases story ideas before publishing them so the community can give input. Essentially it's a way for a story to be more transparent. A reader shouldn't trust a story that seems as though it's hiding details.

However, open-sourcing does not work if the audience does not do their part. Once a story is presented, individuals need to use the platforms provided by the agencies, i.e. Twitter, Instagram, etc., to give input.

Essentially, the amount of trust between a provider and its audience all comes down to the amount of work each is willing to put in. If agencies don't want their stories to be transparent, they can't expect their audience to trust them. If readers don't want to use the platforms provided for them, they can't expect their voice to be heard.

If you want your voice heard as a VSU student, give us at the Spectator feedback and suggestions via our Twitter, (@VSUSpectator and @VSUSpecSports; Facebook.com/VSU\_Spectator) and comment sections under stories.

*This editorial was written by a member of the editorial staff and expresses the general opinion of The Spectator.*

**Julia Rodriguez**  
OPINIONS EDITOR  
jlorodriquez@valdosta.edu

According to CNN, Army Private First Class Robert Bowdrie "Bowe" Bergdahl, could be facing life in prison on charges of desertion and misbehavior before the enemy.

On June 30, 2009, Bergdahl went missing from his combat outpost in Paktika Province, Afghanistan. Finally in May 2014, he was released from the Taliban after being held captive for five years. However, his release did not come free. The U.S. traded five Taliban prisoners held at Guantanamo Bay for his freedom. In order to give the defense time to prepare, the judge has postponed the trial until February 2017. This means a new commander-in-chief will be in office by the time of the trial.

"Serial" podcasts chronicle all of the details of the investigation. Listeners move from pity to anger as they learn about the horrors Bergdahl faced and the sacrifices made for him.

"In this blackened dirt room, it's tiny," Bergdahl told the interviewer in the first episode, "DUSTWUN." "And just on the other side of that flimsy little wooden door, that you could probably easily rip off the hinges, is the entire world out there. It is everything that you're missing; it is everybody. Everyone is out there. That breath that you're trying to breathe, that release that you're trying to get. Everything is beyond that door. And, I mean...I hate doors now."

Then in episode four, "The Captors" the listener heard how Bergdahl mentally survived the torture of being left alone in a cold room and being cut slowly with razors.

By episode six, "5 O'clock Shadow," the listener's pity begins to fade as the reasons for Bergdahl abandoning camp are explored. One event, according to this episode, was when he went on a mission to recover a destroyed vehicle. The mission turned into a six-day operation because of various attacks, one of which was a Taliban ambush. No one was hurt and when they returned Bergdahl expected a congratulations from his commander. Instead, the first thing his commander said was, "What, you couldn't shave?" in regard to



US Army/Getty Images

the fact that they hadn't brought razors on the mission.

The episode continues by explaining the event that pushed Bergdahl to abandon camp. He and a few other men were digging out a foxhole in heat above 100 degrees. They received permission to remove a few articles of clothing to keep cool, though it was against regulation. However, their commander showed up and yelled at them for being out in the open, unarmored and exposed.

These are the main reasons for abandonment, but it seems there must be something else wrong, either with the situations or with Bergdahl. The situations don't seem extreme enough to want to cause a DUSTWUN (duty status—whereabouts unknown). In the first event it was unprofessional to make a statement about not shaving when a congratulations was due, but the listener can guess there is an air of humor to it. Perhaps the commander was trying to make light of the situation.

The second event did not seem unreasonable. Although it was hot, it seemed completely understandable that the commander would be concerned with his men's safety.

Episodes seven and eight "Hindsight," answer the speculation of Bergdahl's reasons for leaving. It becomes very clear that there is something mentally off with Bergdahl.

According to these episodes, Bergdahl experienced a break-

down only a few weeks into Coast Guard basic training. A psychiatrist recommended discharging him because of "adjustment disorder and depression."

After being discharged from the Coast Guard, Bergdahl said he felt like a failure. He planned to redeem himself by joining the army. He needed a waiver in order to join another branch after his breakdown, but because of the need for troops in Afghanistan and Iraq, it was easier than usual to get one.

Some may say Bergdahl's five years in captivity should serve as his punishment for abandonment; however, the fact that he still does not think he did anything wrong means he has not learned a lesson.

The way the justice system is supposed to work is as a form of correction for criminals, hence the term "correctional institution." Because Bergdahl still does not see the wrong in his actions, he has not been corrected. This means his five years in captivity should not serve as his punishment. According to "Serial" podcasts his abandonment caused multiple deaths in attempts to recover him. Additionally, the U.S. suffered a setback by giving up Taliban prisoners.

Bergdahl should do some time, however not life. Ultimately it is the military who is at fault for letting a mentally unstable man back in. February of next year will tell all.

### Editorial Staff

#### Editor-in-Chief:

Gabe Burns

#### Managing Editor:

Mayah Cantave

#### Opinions Editor:

Julia Rodriguez

#### College Life Editor:

Kelsey Dickerson

#### Sports Editor:

Kyle Dawson

#### Photo Editor:

Blake Clark

#### Web Editor:

Kayla Stroud

#### Multimedia Editor:

Darian Harris

#### Social Media Editor:

Tyra Mills

#### Copy Editor:

Michaela Leung

## The Spectator Staff

### Business Staff

#### Advertising Manager:

Aimeé Napier

#### Business Manager:

Anna Wetherington

#### Asst. Advertising Manager:

Meaghan Bitters

#### Circulation Manager:

Hunter Terrell

#### Graphic Designers:

Kahlil Slader

### Faculty Advisers

Dr. Pat Miller

Dr. Ted Geltner

Cindy Montgomery

### Reporters/Photographers

Shanice Barnes, Kimberly Cannon, Jada Dukes, Evelyn Dunn, Brice Ethridge, Ray Pack, Cynthia Papailler, Olivia Studdard, Hunter Terrell, Carlius Williams

### Contact Us

VSU Spectator  
Hopper Hall, Room 1238  
1500 N. Patterson St.  
Valdosta, GA 31698

#### Newsroom

(229) 333-5688

#### Advertising

(229) 333-5686

#### Business

(229) 333-5686

#### Fax

(229) 249-2618

#### E-mail

spec@valdosta.edu

#### Adv. email

Spec\_Advertising@valdosta.edu

Letters to the editors should be no longer than 500 words in length. Letters are subject to editing for style, length, grammar, and libelous material. Not all letters are published. Letters should be typed and turned in with a disk, or e-mailed as an attachment by Tuesdays before 5 p.m. Letters must include name, year in school, major, job title or other appropriate identification and phone number for verification.

Opinions expressed in the Spectator other than editorials are opinions of the writers of signed columns and not necessarily those of the Spectator and its staff. All rights reserved. Reprints by permission of the editors. Views in this newspaper are not necessarily those of the Valdosta State University administration, faculty and staff.



## OPINIONS

# Summer classes help students start fall classes

**Olivia Studdard**

STAFF WRITER

ostuddard@valdosta.edu

In the generations before us, students didn't head back to classes until after Labor Day had come and gone. This week marks off one fourth of this semester completed. Some students are adjusting well back into the routine of classes and extracurricular activities, while some students are not.

The students who are noticeably transitioning well are the students who took classes over the summer break. One of these students, Grace Snaza, a junior nursing major, who took three classes over her summer break.

"It wasn't really a break for me. I really want to get in my major soon so I'm trying to add on as much as I can while I can," Snaza said. "I nanny too, so it was double the workload. I enjoyed it, and I don't regret taking classes, but I started to wonder if I would ever have a spare moment to myself."

The pressure to add on classes

during the summer leaves little room for any free time, or to do anything else with the few months off of regular term. Some students had to pick between taking classes or working more. In a society that demands so much of college students, it wasn't always an easy choice.

"I was really poor all summer because I couldn't work full time like I had originally planned," said senior psychology major, Jennifer Graham. "I wanted to work more so that I would have more flexibility this semester but between all the work for my class I couldn't handle the extra hours."

The concern over whether or not to take classes over the summer is more than just about whether or not a student wants to catch up or to get ahead. For some it determines their graduation date.

"I took one class over the summer. It was essential for graduation in December but I'm still taking a full load this fall," Graham said. "I just feel like I never got a break."

The stress as classes started back was campus wide. Some students were prepared for the consistency of the school day and the rhythm of classes throughout the week, yet some students came back from a summer off and had trouble getting back into classes.

"I wish I had taken at least one class this summer. I feel like I would have had an easier time transitioning into my major if I hadn't taken that break," said junior business management major, Lindsey Cologie. "Next summer I'm definitely taking at least one class so I don't struggle so much."

However, even students who didn't take classes over the summer still consider their summers valuable. Some students travelled, some worked, and some simply used the time to relax and take a much needed mental health break.

"I spent my summer traveling and I don't wish to take it back at all, but it has been really tough getting back," Cologie said. "There's no regret, but I wish I had been more organized by the time classes were starting."



Kayla Stroud / THE SPECTATOR

# Aim of public anger over Brock Turner case should shift to judge

**Julia Rodriguez**

OPINIONS EDITOR

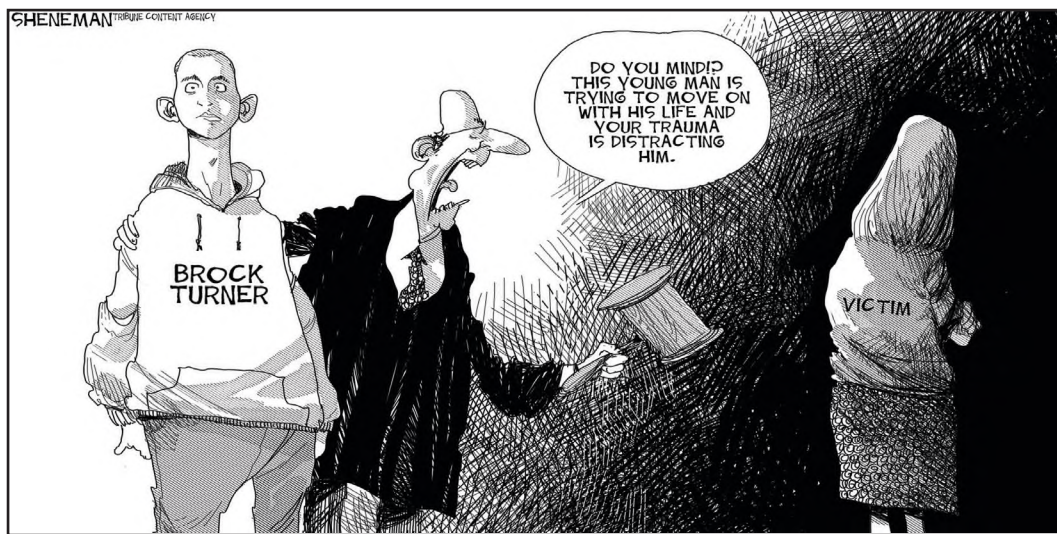
jlrodriguez@valdosta.edu

Brock Turner has been released from jail after serving just three months of his six month sentence due to good behavior. The public is outraged that he got off so easily.

Turner has been attacked constantly because of headlines, picturing him as a decorated swimmer who made a mistake, not as a rapist.

Now he has registered as a sex offender in Ohio and his future is not looking very bright. CNN's Ray Sanchez reported that USA Swimming has banned Brock Turner for life from being a member.

Additionally, according to CNN, Turner will have to attend a sex offender management pro-



McCampus

gram for upwards of three years in order to diagnose what caused his behavior and correct it.

Although Turner is a rapist and should be known as such, he has

fulfilled everything the court has ordered for him. It makes sense to be upset that justice was not served, however we can only really be angry with a rapist for

raping. Blaming Turner for his light sentence will not change anything or fix any social issues. Instead, anger should be focused on Judge Persky for not

giving a heavier sentence and for treating the issue so lightly.

Aiming the protests at Judge Persky could very well lead to a huge social step towards equality.

It is not just in this case that the justice system does not treat sexual assault victims properly. Additionally, it is not just in this case that a white male was let off easier than a minority would have been.

If society should protest judges who don't ensure justice.

Giant strides can be made if Judge Persky's rulings on Brock Turner can be used as a leading example of how the justice system is broken. Protests and outrage need to be aimed in the right direction.

Luckily some protests have started in an effort to replace judges corrupted by prejudice with fair ones.

# America takes too many pills

Health is poorly impacted by avoidable bad habit

**Bryce Ethridge**

STAFF WRITER

bjethridge@valdosta.edu

In the words of Gin Rummy from *Boondocks* "...there are known knowns, and that there are known unknowns..." One of these known knowns are that Americans literally take pills for everything, but are these pills helping or hurting us? Do doctors really want to help you get better or do they want you to keep coming back for more in a giant scam used to get more money and keep populations controlled?

If you ever read the book "The Immortal Life of Henrietta Lacks" you would know that her cells are the very cells that were used to find many of the vaccines used today to fight diseases throughout the world.

Another fact is that those very undying cells came from a cancerous tumor that was birthed inside of her cervix, meaning that the cells used to create these vaccines are cancerous at the core. These very immortal cells are

still being studied today to create vaccines to new diseases that pop up.



Julia Rodriguez / THE SPECTATOR

The real question is: Do we need all of these manufactured pills whose ingredients sound like a foreign language to the general population? Back in the times when Native Americans roamed the wilderness of what is now America and up until it was colonized by Europeans, the natives lived long lives, relying only on the nature around them to survived.

Although our bodies have adapted to a good amount of

the dangerous chemicals we consume daily, you are always able to find some natural ways of healing on the internet. You'll learn that there are numerous herbs out there that are able to soothe multiple ailments.

One such herb is garlic. It is said that garlic is able to heal arthritis, asthma, cold, flu, sinusitis and even digestive disorders. It was often used by Egyptians to treat wounds, infections, tumors, and intestinal parasites. It is a potent natural antibiotic, antiviral, and antifungal herb.

Another herb is ginger which has been used to prevent cancer, arthritis, heart disease and other various diseases/illnesses. Scientists have discovered that ginger can kill ovarian cancer cells by making those cells digest themselves.

There are more herbs like these two out there in the world, so do your own research, don't just believe what is told to you, and overall: Stay woke.

# All work and no play

**Shanice Barnes**

STAFF WRITER

shabarnes@valdosta.edu

Many people have pondered upon the age old question: what are we living for? Are working to live? Or living to work?

In order to make money for our living expenses, they tell us that we need a job. Then we need experience to work. In order to gain that experience, you need someone to give you a chance to work.

In order to land a high paying job we are told we must attend a university, and receive a degree.

Many of us cannot afford to pay for college directly out of pocket, so we take out student loans: leaving students in debt.

We're all chasing the same goal: which is to live the "American Dream." We work towards building a foundation and being financially stable for ourselves and our families.

We wake up in hopes of starting our day, and going to our job. But what happens when that job isn't guaranteed, and you

end up losing it.

Then what exactly are you living for? One may not know the exact answer to the age old question. But one thing is for certain we are indeed living just to work. In order to create a solid foundation and a better life for ourselves.

It is unfortunate because life should be about enjoying yourself.

We should only be working in order to support the cost of having fun and living.

Rather, we structure our entire lives around getting and having a job. It is as though we forget to enjoy ourselves along the way.

End the "Sorry, I have to work." Just go.

When we are old looking back on our lives, we shouldn't regret missing opportunities. our biggest accomplishment shouldn't be some promotion.

When our life flashes before our eyes as we exit this world, it should be a show worth watching.



## DID YOU KNOW?

According to CBS News, only 14 percent of college freshmen live 500 miles or more from their home town.

# Rec Pool gets \$500,000 facelift

**Taylor Collins**

STAFF WRITER

tcollins@valdosta.edu

As many of VSU's students know, before the start of the semester the pool in the Student Recreation Center was closed for reconstruction and repairs.

The pool was closed on August 5 for training, and on August 12 the Gordian Group, a Board of Regents approved contractor, requested that the pool be drained in order to meet their scope of work.

The pool reconstruction project is a much more complex process than many realized, dealing not

only with the pool itself, but also with the Dectron unit in the building. The Dectron unit is a vital part of making sure that the pool operates in a productive and comfortable manner by controlling the temperature of the water in the pool, as well as the humidity and the temperature of the water outside of the pool.

Shawn Phippen, the director of Campus Recreation, believes that the Dectron system is what is going to take the most time in the renovations, due to the fact that it has to be constructed in Canada where the company is based out of.

The original Dectron unit was

placed in the building before the roof was completed, so in addition to the manufacturing of the system, the contractors will more than likely have to cut a hole somewhere in the building to get the system inside of the Recreation Center and create a better "overall experience for the students and members" said Phippen.

The pool itself is undergoing major structural renovations to reduce safety risks for the university. The plaster lining in the pool is being replaced and, because redoing the plaster adds height to the bottom of the pool, the tiles inside the pool are being replaced

as well.

There are spots of rust on the walls where Gordian Group believes the rebar used to support the pool is coming through the concrete and plaster, so those will be chipped away and repaired.

One of the side walls where the shallow end turns into the deep end is moving, and Gordian Group plans on diagnosing the problem and fixing it.

The tile surrounding the pool, the epoxy resin on the floor that helps prevent slips and both of the overflow and drainage grates are being replaced.

Phippen believes that the renovations will be an improvement

for the school and the students.

"For more or less, the pool itself will be completely new," he said.

The final cost of the project as well as the date when the pool will reopen are still subject to change, however Phippen was able to give estimates for each.

At the moment, he said a rough estimate is somewhere around \$500,000. Phippen also says that he keeps optimistic that the facility will reopen in November when the pool renovations are scheduled to be finished, but that realistically opening will probably be closer to January 2017 due to the Dectron system.

# Hidden gem located in Remerton

## Studio Imagination an escape for letting out your creative side



Pottery available for customization at Studio Imagination

Jyrell Wynn/THE SPECTATOR

**Jyrell Wynn**

STAFF WRITER

jdwynn@valdosta.edu

Nestled among the bars there is a little building that offers a different temptation for those who enter.

Studio Imagination offers a unique experience for kids and adults to inspire their creativity through painting and crafts.

Since childhood, owner Barbara Hill wanted to share her art from woodwork to canvas painting with others.

Hill began teaching ceramics in her own studio since 1969.

Opening in 1988, the central location and busy streets meant more opportunities for pedestrians to stop by.

Once a guest walks in, they can select the pottery they would like to paint and get

started on their piece. After completing their masterpiece, the work is glazed and fired for preservation.

Mosaics, bottle slumping, glass fusion, no-fire clay, and other alternatives are available to expand creative horizons.

Canvas painting classes can even be booked for a large group.

Studio Imagination is able to host birthday parties, ladies' nights, school groups, and summer camps.

Located on 1017 Baytree Place, Remerton, Georgia 31601, no experience is necessary. The only requirement is a passion for fun and creativity.

Studio Imagination is opened four days a week from 10 to 8 p.m. on Tuesday, Thursday, Friday and Saturday.

## Free college abroad tempting

Fees worth it for comfort and close proximity to home

**Jada Duker**

STAFF WRITER

jldukes@valdosta.edu

U.S. students are paying zero dollars in tuition to earn their bachelor's degree at a faster rate by choosing to study abroad.

According to a CNN article titled "Americans are moving to Europe for free college degrees," there are around 44 schools in Europe offering a free college education and others with tuition costs lower than \$2,225 a year.

"That is amazing, why aren't we doing that?" said Se'deryius Hicks, sophomore, undecided major. While Hicks seem excited about the idea, even saying that "German is a language I've always wanted to learn," Hicks said that the

idea of studying abroad is "tempting" but in entirety "would be a hard decision because you're going to another country."

Hicks also said that the "fear of not knowing where I am, and where everything is, and not knowing anybody," would be something to think about before getting on a plane.

According to the CNN article, all public schools in Germany, Iceland, Norway, and Finland are free for international students. The article also states that there are schools offering programs taught entirely in English in order to attract foreign students.

According to the VSU website, the total estimated cost of tuition and fees without housing, a meal plan, or books for a fulltime under-

graduate student is \$3,148.40 per semester. The total cost of on-campus housing, meal plans, and books more than doubles fees, adding to a total estimated cost per semester of \$8,101.

"It is very expensive but I am grateful that I've had financial aid to help with that," said Jalyssa Ellis, junior exercise physiology major.

While studying abroad can prove itself to be an opportunity to immerse yourself into different cultures and broaden your worldview, it isn't for everyone.

Ellis said that family is a big reason as to why she would be hesitant to fly to another country for school. "Financially it sounds good but it just wouldn't be convenient because all of my family is here," she said.

**Follow us on twitter**  
**@VSUspectator**

**Pick up next week's issue**  
**of The Spectator**  
**to read:**

-A review of Palms Dining

-Tips to get the most out of your professor's office hours

-A look at the Blazin' Brigade



## COLLEGE LIFE

# Healthy Competition for VSU

## Campus Wellness kicks off cookbook contest

**Kelsey Dickerson**

COLLEGE LIFE EDITOR  
kedickerson@valdosta.edu

The Campus Wellness Committee will be accepting recipes for its September Recipe Challenge until Sept. 15th.

The committee is looking for healthy appetizer ideas this month as part of a challenge that will continue through the fall and spring semester this school year.

Faculty, staff and students are all invited to submit creative and healthy recipes for review.

The contest, which began last month, is designed to get Valdosta State faculty, students and staff excited about healthy recipes and ideas that they can cook at

home.

According to a news release on the Valdosta State website, all recipes must be original and must not exceed 250 calories, 760 milligrams of sodium, 7.6 grams of total fat or 2 grams of saturated fat per serving.

"Every year we have a series of events including Active for Life, Dine and Discover, and the Spring Fitness Challenge," Dr. Bobbie Ticknor, Campus Wellness committee member and a department Criminal Justice faculty member, said in a VSU website news release.

"This year we wanted to include something on healthy cooking and thought it would be fun to have faculty, staff, and students compete against each other

to see who comes up with the best — and healthiest — recipe. I'm really interested to see what healthy recipes our students come up with. It's not always easy cooking in a dorm."

Of all the recipes submitted this month, three will be chosen and announced in the Campus Wellness newsletter.

Each winner will receive a prize such as VSU t-shirts, gift cards, and other prizes, and will have the opportunity to appear in a cookbook published by Campus Wellness next school year.

Winners will receive two pages in the cookbook, one with their bio and another with their original recipe; they will not receive royalties, according to the

Campus Wellness Recipe Challenge.

Winners from each month will be showcased at the Taste of VSU event, happening this spring, where they can compete for more prizes. Attendees will be able to vote for their favorite recipe.

The recipes for the challenges are due every month on the 15th. Themes run each month, except during the holiday break during December and January.

A list of themes is posted on the Campus Wellness webpage, with next month featuring soups, stews and chilies.

Participants can email their recipes to [recipie@valdosta.edu](mailto:recipie@valdosta.edu), or contact Dr. Ticknor at [bbticknor@valdosta.edu](mailto:bbticknor@valdosta.edu).

# Lines wrap around building

## Switch to Aramark leaves Chick-Fil-A unchanged



Customers wait in line for lunch during a rush at Chick-Fil-A. Lines can sometimes back into the bookstore

Kelsey Dickerson/THE SPECTATOR

**Tiana Foster**

STAFF WRITER  
tjfoster@valdosta.edu

VSU has switched to Aramark dining management this school year. One of the most popular dining spots on campus is Chick-Fil-A.

Dwayna Evans who has been an employee for six years has always worked with a smile while serving students and faculty of VSU.

She went into detail about how there is a whole new staff but assured that the food quality was still the same.

"Aramark didn't affect Chick-Fil-A," Evans said.

If you have ever been to a Chick-Fil-A then you know that you may get caught in the line which sometimes can be extremely long.

Keiko Williams, senior, industrial electrical major, hates waiting in the line which sometimes alters his decision on whether or not he wants

Chick-fil-A. "I feel like the lines are consistently long," Williams said.

One of the most ordered meals is the chicken sandwich meal. Not only does Chick-Fil-A provide chicken sandwiches but their menu also varies.

The variety of meals caters to many different people, whether you want something light such as a salad, which also comes with bits of chicken, or a nugget meal for a quick meal on the go.

Their lunch menu brings in most of their customers, but their breakfast menu also caters to different breakfast eaters.

Darrell James, senior, mass media major, said that he stops by Chick-fil-A on the days that he's able to get breakfast.

"I love the Chick-fil-A breakfast. I normally order a chicken biscuit meal with extra hash browns and a Simply Orange orange juice," James said.

It's safe to say that the chicken whether it's on a bun or biscuit is the most popular food items.

Dwayna explains how they are never really busy during breakfast hours. "Breakfast hours are straight. We don't really become busy until our peak hours, which starts at 11 a.m. until closing," Evans said.

A few other things have changed this school year. Not only is Chick-fil-A under new management but they have also discontinued their BOGO (buy one get one) specials.

This is not a result of the new management. But, according to Evans, all Chick-fil-A's in the area have stopped BOGO on Mondays.

One of the biggest changes was the hours of operation. Monday through Thursday the express restaurant opens at 7 a.m. and closes at 10 p.m.

Friday hours have changed, still opening at 7 a.m. but now closing at 3 p.m.

Chick-fil-A has also added a new sauce to their menu,

a sweet and spicy Sriracha sauce. It's a sweet and tangy sauce that's made with chili peppers.

Along with the new sauce, they improved their smoke-house BBQ and buffalo sauce.

Customers are asking for the new sauce, and it's becoming a hit. But the Polynesian sauce remains the most popular, said Evans.

Chick-fil-A has also decided to start the new school year with a new sleek design for the plastic cups and bags, which still keep the simple colors of red and white.

Along with the new design they have provided a self swipe machine for those customers who do not have a flex or a meal plan and wish to pay with other funds.

You can head over to the Student Union and grab a chicken sandwich but make sure to remember the long lines that sometimes wrap around the room.

## Style Spotlight

### Unique style



Kelsey Dickerson/THE SPECTATOR

Zakiyya Johnson, senior, psychology major

**Kelsey Dickerson**

COLLEGE LIFE EDITOR  
kedickerson@valdosta.edu

Zakiyya Johnson's look, a play on soft lines of informal clothing versus structured, more formal pieces shows off a unique style that is polished and playful at the same time.

The skirt and blazer add up to a more professional silhouette than jeans and a sweater, while her t-shirt and boots give her outfit a more day-to-day cool girl feel that's perfect for a full schedule of classes.

During this transition period between summer and fall, this look is a winner.

Johnson's playful tulle skirt, wide-brimmed sun hat, and mismatched bracelets give her a summer vibe.

Her blazer and boots, however, cozy up the outfit with a chunky look that's just right for moving in to fall.

Though her look may be both beautiful and trendy, Johnson doesn't recommend tagging along with the crowd when it comes to what you wear.

Johnson's own mother had a big impact on her style.

"She taught my sister and me to look the part," she said.

Her mother told her and her sister that as African American women they would always have to work a little harder than some of their other peers, and that dressing for success was the way to go.

"It starts with your look," said Johnson.

### Fashion Tip

"Be you, because everybody's style is different, and the clothes you wear should speak of who you are," Johnson said.

### Johnson's Look-book inspiration:

Janelle Monáe and Erykah Badu

### Get the look:

-Blazer, Run DMC top, sun hat: Forever21

-Tulle skirt: Ebay

-Timberland boots: Journeys, Forever21, Macys, or online.





**DID YOU KNOW?**

According to Cydiaguide, the App Store was the first place to legally download an app.

# Trustbag for your trust issues: The world's safest backpack?

**Cynthia Papailler**  
STAFF WRITER  
ctpapailler@valdosta.edu

School's back in session and although it's already been a couple of weeks, you might still be looking for school supplies. And the Trustbag might be the perfect backpack for you.

The draw-string bag made of polyethylene is currently priced at \$149. The company boasts that this bag is cut resistant, waterproof, theft resistant, and scan resistant.

According to their site, the material was accidentally discovered in 1898 by a Ger-

man chemist named Hans von Pechmann. It was later revealed the material was capable of blocking high frequency waves, which proved helpful against identity theft by scanning credit card chips and cutting off phone signals.

On the surface, the bag's claims appear legitimate. Youtube channel TeckTop ranked it number two in anti-theft backpacks. It comes with either the German Abus combination lock or American Master Lock to secure the opening of the bag. The company initially claimed the bag was bullet-

proof, but discontinued that claim in their latest promo videos.

However in my opinion, the promo video looked sketchy and almost like a parody. The tiny lock looks as if a huge rock or hammer could break it. Even though they demonstrated a slash test with a box cutter, it didn't seem as though they were really trying.

Overall, I don't feel that it's worth the highprice tag and I believe that there are other more affordable contenders that are visually appealing.



Photo courtesy Trustbag

# Driverless taxis may soon be hailed

**Evelyn Dunn**  
STAFF WRITER  
eadunn@valdosta.edu

Singapore became the first country to let a driverless taxi roam its streets, an innovation that could possibly change the transportation industry forever. Who wouldn't want to take a high tech ride like this?

The driverless taxi project was trialed by nuTonomy, a company that was founded by two MIT researchers. Karl Iagnemma and Doug Parker are excited that their invention can be tested by real people, so that they can get the best feedback for the upcoming debut.

According to The Straits Times, only one car has made it completely through the regulators test, a Mitsubishi i-MiEV. It was recently taken on an official test drive with multiple passengers. Now, more models are undergoing inspections to join the team on the streets. The company anticipates to have over 50 models by 2018.

A select few were invited to take a ride in the car. With a certified engineer behind the untouched wheel; passengers fought apprehension and skepticism before take off, but reported that they were soon at ease. The car ran

smoothly, and there were no hiccups during the test run, so everything was a success.

Parker explained to The Straits Times that it was ideal to have the trial testing done in Singapore because of their well-kept roads, the insistent demands for taxis in that area, and that the government protocols were very clear with what they can test in the trial. This way they would have no complications concerning the testing sight.

They have been testing the car since April, on a long stretch of road that is ideal for a simple test. According to The Straits

Times, they had 12 different locations the taxi could drive you. They went on to explain that the testing never occurred during busy traffic hours around those locations, in the interest of safety.

This new technology could even surpass Uber, which has been popular nationwide since 2009. According to Parker, the driverless taxi can be summoned for free by downloading their app on your smartphone, so the taxi can find your location with advanced software.


The company is anticipating to make the innovations final debut in 2018. They

also told The Strait Times that they wish to introduce it to at least ten Asian and U.S. cities by that time as well. Parker also said that they would like to get new users to try out the driverless car, to get more insight on what can be improved.

So, should this great new technology be introduced to the USA? We've already heard about the self-parking cars and the automatic breaking mechanisms some feature. Why not have a car that has everything wrapped up into one great transportation system? One thing is clear folks, the future is here.

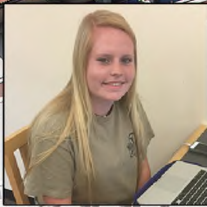
## WELCOME TO ODUM!

### MORE THAN JUST BOOKS



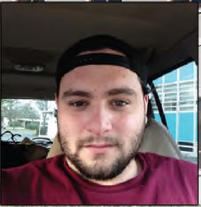
**KEONA BRYANT**  
SOPHOMORE • BIOLOGY

"It's a place I can study without being distracted."




**KIRSTYN GRIFFIN**  
FRESHMAN • GENERAL HYGIENE

"I always come to the library because I can't really concentrate in my room. It's just a place I like to go."



**BRANDON O'ROURKE**  
SENIOR • BUSINESS

"I don't have a computer, so it's a great place to come and write my papers. I like that there are resources to help me with research if I need it."




**Juliet Jones**  
Grad Student • Communication Sciences & Disorders

"The library has helped me in several ways. I can type and print notes for class. The librarians have helped me find resources for research papers and projects. When I get distracted at home, I go to the library for a nice quiet study environment."

- Schedule Your Consultation with a Reference Librarian
- Email Your Research Questions/Problems for Help
- Live Chat with a Reference Librarian from Home
- Individual Research Appointments

Odum Library Hours				
SAT	SUN	MON-THURS	FRI	
NOON - 8 PM	NOON - 2 AM	8 AM - 2 AM	8 AM - 9 PM	

Internet Cafe Hours:				
SAT	MON-THURS	FRI	SUN	
NOON - 8 PM	24 HOURS	CLOSES @ 9	OPENS @ NOON	



229-333-7149

[valdosta.edu/academics/library/services/students.php](http://valdosta.edu/academics/library/services/students.php)

Go check out

“Lifestage: the new Facebook App”

only on our website

vsuspectator.com





DID YOU

# KNOW?

According to Games Radar, Mario was depicted as bald in early Donkey Kong merchandise

## Sudoku X

\*Complete the grid so that every row, column, diagonal and 3x2 box contains every digit from 1 to 6 inclusive.

Good Luck!

				6	1	3		
5								1
	2			3		9		
					3	5	8	6
3			8	2	6			7
6	7	8	1					
		5		8				4
8								5
		1	2	5				

\*\*\* For the solutions head over to our site at VSUSpectator.com!

## Word Search

V S L E D W W D Q S F A T S U N I  
 N W C A A T S A P I I C C P D I S  
 A A I H S X M V T B Y K F L O E L  
 E R B R E M Q A F E Y R T H L T T  
 Y K M I N E R A L S R F T B R O I  
 T I E C Y J S X I Q V R A L H R S  
 E Q E E O Z M E Q I Z T O B U P B  
 E V Q O G S P U T E E G G U R O X  
 U K S T U N L A K G R L C X S L P  
 S T I U R F M L E D A B H F N Z X  
 U Q F M T I I V E E S S I M A K E  
 C W E I N M J O R J O L Z F E J G  
 N A Q S S B R E A D S P I S B C G  
 T J M J A H C L C S W T I O Z C S

- Beans
- Breads
- Cereal
- Cheese
- Dairy
- Eggs
- Fats
- Fiber
- Fish
- Fruits
- Meat
- Milk
- Minerals
- Nuts
- Oils
- Pasta
- Poultry
- Protein
- Rice
- Water
- Vitamins
- Vegetables
- Yogurt

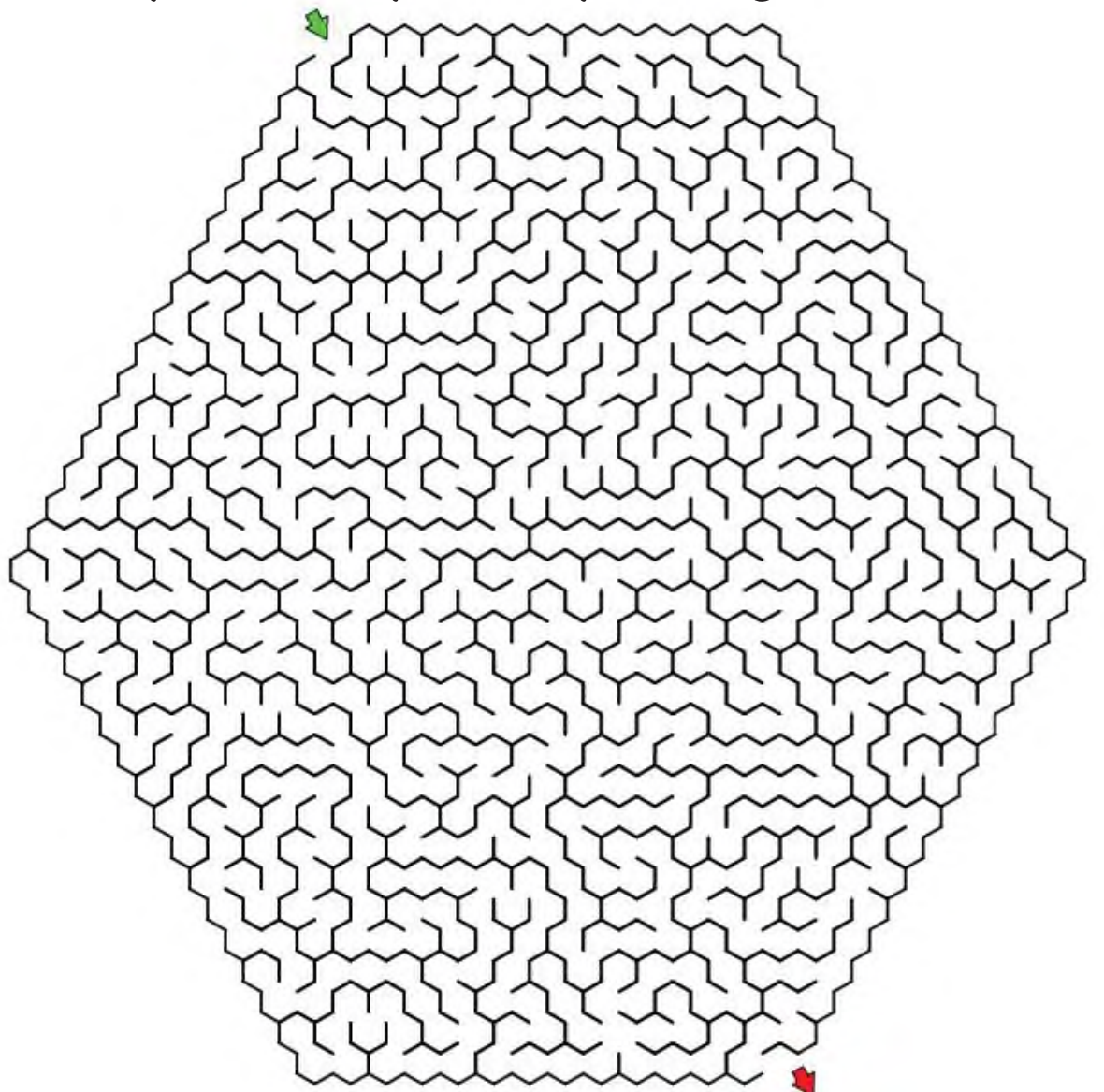
### Go check us out on social media!

**Twitter:**  
@VSUSpectator

**YouTube:**  
ValdostaSpectator

**Website:**  
vsuspectator.com

Can you make your way through our maze?







## Soccer falls to 0-2

**Juston Lewis**

STAFF WRITER

justlewis@valdosta.edu

VSU soccer saw defeat in their season opener against Auburn-Montgomery by a score of 0-1.

Despite a light rain, there was a fairly large crowd at the fieldhouse for the home opener.

There were a lot of early advances from both teams as there were nine shots on goal between the teams.

In the first half the Blazers had three shots, none of which resulted in a goal.

Auburn-Montgomery, however, had six shots in the first half, including a goal in the 28 minute.

In the second half, VSU became far more aggressive. The team took double the shots they took in the first half and strung together long chains of possession.

The defense did not give up any corner kicks in the second half and became more involved in offensive activities. Sabrina Mango, Ashley Miller, and Logan Lindy all made their presence felt on both sides of the ball. Often times they'd win the ball on defense and send a through

ball to the top or even go forward to support the attack.

At the top, Mallory McDaniel had three shots to lead the team. One of those shots came after a beautiful pass lofted over an Auburn-Montgomery's defender that left her one-on-one with the goal keeper.

Despite the best efforts from the Blazers, Auburn-Montgomery went to a "park the bus" strategy as the game dwindled, and they were cautioned multiple times for time wasting.

Coach Nolin declined to comment after the loss but she seemed to be looking forward.

On Thursday, VSU played its second game against Clayton State in Morrow, Georgia.

The Blazers lost, but they scored their first goal off of the foot of Megan Muffley, a freshman midfielder.

The Blazers were out shot 22 to nine and they allowed six corner kicks.

VSU's next game will be in Milledgeville on Sept. 9 against Georgia College and State University as they continue to prepare for conference play, which starts on Sept. 16.

## Holloway is ready to race

**Kelsey Dickerson**

COLLEGE LIFE EDITOR

kedickerson@valdosta.edu

Valdosta State's fastest 2015 cross-country athlete, Tyra Holloway is gearing up for another great season.

While she hasn't been sticking to a specific routine to beat last year's times, she has been watching her habits.

"[I] make sure I'm eating right, running, and taking advantage of practice time," said Holloway, a junior exercise physiology major.

Her practicing seems to be paying off, as she led the VSU team in the season's opening meet at the Jacksonville State University Struts in Oxford, Alabama, on Sept. 2.

Holloway was excited for the meet but, "a little nervous." She came in first amongst the Blazers and 36 over all divisions in the 4k race.

Holloway, who went to North Cobb high school, has been running cross country since the seventh grade.

"I did soccer and all of that stuff, but my parents said I needed a sport to do," she said. "I didn't really choose cross country, my parents chose it for me, but then I

liked it."

"I had no idea what cross country was, but I was on the middle school team so I just ran every day and I was like 'Oh! That's fun.' I like it better than track," said Holloway.

Holloway most looks forward to the big races, when all of the cross country teams in the area show up to compete.

"Conference, like the Gulf South Conference with all the schools, you see who you've been waiting to race all season," said Holloway about her favorite race of the season.

She also said regionals, just before championships, is also one of her favorite meets.

Last year, she made history as Valdosta State's first female cross country athlete to ever run in NCAA Division II Cross Country Championships where she came in 174 out of 247, and was one of two Gulf South Conference runners to compete.

Holloway also received honors for academics, and was selected for the 2015 GSC FireSeeds Fall All-Academic team with a GPA of 3.75.

The team will continue its season on Sept. 10 at the Ga. College Bobcat invitational.

### Next Week:

A look at VSU wide receiver Dallas Baldner. Baldner had four receptions for 80 yards and one touchdown in VSU's win over ASU.



Darian Harris/THE SPECTATOR

## Cross Country is poised to improve

**Tiarra Bell**

STAFF WRITER

tbell@valdosta.edu

Valdosta State's cross country team opened the 2016 season on Sept. 2 at the MCROSS meet at Jacksonville State. The women finished fourth, while the men placed sixth.

After rebuilding, the Blazers are optimistic for a better season.

Last year, Tyra Holloway made history and became the first female runner of VSU's cross country team to advance to the NCAA Division II Championship. Holloway dominated the 6k race placing fourth out of 109 runners with a time of 22:29.71.

The only senior on this year's women's cross country team, Jessica Hubler looks to follow in Holloway's footsteps by improving her personal record.

She hopes the team advances to nationals and regionals.

"I'm doing better this year because mentally, I'm in a better place," Hubler said. "For this season, we're starting out stronger than we did last year. As a team, we're more encouraging to each other and better at helping each other get through the workouts. We definitely want to make to nationals or at least our top two."

Both women's and men's teams, will feature old runners and new faces.

On the men's side, sophomore Connor Dalrymple said he believes the team will have a winning season compared to last season.

"The team, as a whole, is in better shape than we were last year," Dalrymple said. "Last year, we were in the middle of a coaching transition and we didn't

have an official coach for the summer. This year, the coach we have come in and was able to get us through his program to move us along and push us through the summer."

Because it is a very young team, the Blazers have created a bond with each other which makes them a more competitive team.

"We have newcomers that are ready to work and our returners came back really motivated," Dalrymple said. "They know what it's like to lose and have a bad season like we had last year. They're doing everything in their power to not have that happen again."

The Blazers' next meet is the Georgia College Bobcat Invitational, which is set for 8:30 a.m. Sept. 10.



Kelli Holland

Sarah Owens and Samantha Cohen, were chosen as all-americans at NDA dance and cheer camps this summer.

## Two all-americans highlight VSU Red Hots

**Bryce Ethridge**

STAFF WRITER

bjethridge@valdosta.edu

The Red Hots are and have been a vital part to the spirit at VSU's football games. Just as fans are excited to see them when they perform on the field, they are also excited to be on the field, expressing their passion.

Last week was VSU's first football game and their first performance of the year, which they have been practicing since the beginning of August.

To prepare for the year, the Red Hots went to an NBA dance camp to better hone their skills. At the end of the camp they began their school training with coach Kelli Fields, who had them practice Monday, Wednesday,

Friday for two and a half hours.

She also has them condition and work out on Tuesday and Thursday mornings so that they'll have the stamina to perform and "look good" while they perform. Coach Fields said that her dancers have gotten jobs with NBA teams, which is a testament to the program's intensity.

She said that there are two alumni that are dancers for the Atlanta Hawks and one as a dancer on the new Atlanta lacrosse team, thus showing that the position is definitely attainable if any of the Red Hots want to become one.

Over the summer, two Red Hots, Sarah Owens and Samantha Cohen became All-Americans, which is a position given to only about 10 percent of the overall

population that attend US dance and cheer camps.

Owens is a senior and captain on the team, and Samantha Cohen is a sophomore on the team.

Fields said that the two all-american selections represent the team's hard work.

"It's awesome and it really shows their talent, leadership and overall growth," she said.

Cohen said she felt excited and that it was her first time becoming an all-american. After she graduates, Cohen said she wants to continue dancing.

"I'm not sure where I'm going, but it will be something in dance," Cohen said.

Fields said that the best way to support the Red Hots is to come support them at the football and basketball games.

The Spectator is always looking for sports writers. If interested, contact Kyle Dawson at [kkdawson@valdosta.edu](mailto:kkdawson@valdosta.edu). No experience needed.

Follow us on Twitter: @VSUSpecSports



# SPORTS

## Way too early predictions: NFL edition



With the 2016 NFL season starting this weekend, The Spectator sports writers and friends came together to predict what they think the playoffs will be at the end of the regular season. Contact us on Twitter @VSUSpecSports to give your own predictions.



Kyle Dawson



Gabe Burns



Jacob Dennis



Juston Lewis

AFC East	Wild Card	Wild Card	Wild Card	Wild Card
AFC North				
AFC South				
AFC West				
NFC East	Wild Card	Wild Card	Wild Card	Wild Card
NFC North				
NFC South				
NFC West				

### Football feedback

Tweet

You Retweeted



VSU Spectator Sports  
@VSUSpecSports

Who is your MVP from VSU's opening win?

- Rivers (2 TDs) 6%
- Robinson (2 ints.) 23%
- Baldner (80 rec. yds/TD) 11%
- Wilson (8 punts-336 yds) 60%

165 votes • Final results

9/4/16, 12:57 PM

13 RETWEETS 8 LIKES

Punter Gavin Wilson received the most votes in the latest VSUSpecSports Twitter poll. Wilson had three punts downed inside the 10 yard line.



Senior defensive back Larry Murphy lines up to guard an ASU receiver.



Roland Rivers looks to find a receiver in the home opener against ASU. VSU didn't score until the third quarter.

WE BUY GOLD

Find us on: **facebook.**

## WE BUY & SELL:

LAPTOPS • TABLETS • TVs • NEW & VINTAGE VIDEO GAMES!

FLAT SCREEN TVs

GUITARS, ETC.

100'S OF VIDEO GAMES

COMPUTERS

PEPPER SPRAY

229-241-9040      1113 N. ASHLEY ST.





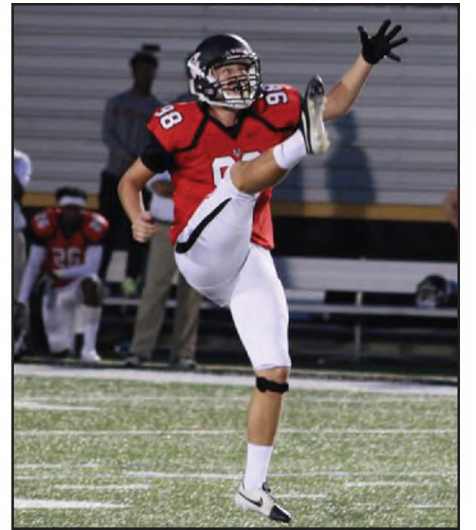
# DID YOU KNOW?

Albany State has only beaten VSU in football once, which came in a 24-22 win in 2004. VSU went on to win the Division II National Championship later that year.



## Scenes from Game 1 Blazers open with a win over ASU

VSU overcame some miscues early, including Xay Howard having half a foot out of bounds in the endzone on what would have been the Blazers' first touchdown. The Blazers then suffered some misfortune when kicker Logan Roberts missed a 20 yard field goal that would have put VSU up by three. Later in the second half, however, the Blazers got the offense rolling a little bit, when kicker Andrew Gray made a 43 yard field goal. Then, after an interception from Dante Robinson, Roland Rivers threw a five yard touchdown pass to Dallas Baldner. Baldner led the team in receiving with 80 yards and a touchdown on four receptions. Later in the third quarter, Rivers scrambled into the end zone for another touchdown. He ended up with 137 yards in the air with one passing touchdown and one rushing touchdown. One unsung hero of the game was punter Gavin Wilson, who punted eight times for 336 yards, with four punts downed inside the twenty yard line. Darian Harris/THE SPECTATOR



If you're interested in writing sports for the Spectator, contact Kyle Dawson at [kkdawson@valdosta.edu](mailto:kkdawson@valdosta.edu)

## STUDY ABROAD AND BE LIKE NATALIE!



Natalie Tanner, VSU alumni, has a degree in International Business with a minor in German.

Contact us @:  
[studyabroad@valdosta.edu](mailto:studyabroad@valdosta.edu)  
[valdosta.edu/studyabroad](http://valdosta.edu/studyabroad)  
229.333.7410

"It was humbling," she says, "and I feel better prepared now." When asked for what, she simply smiles and says, "My major. My career. My dreams."