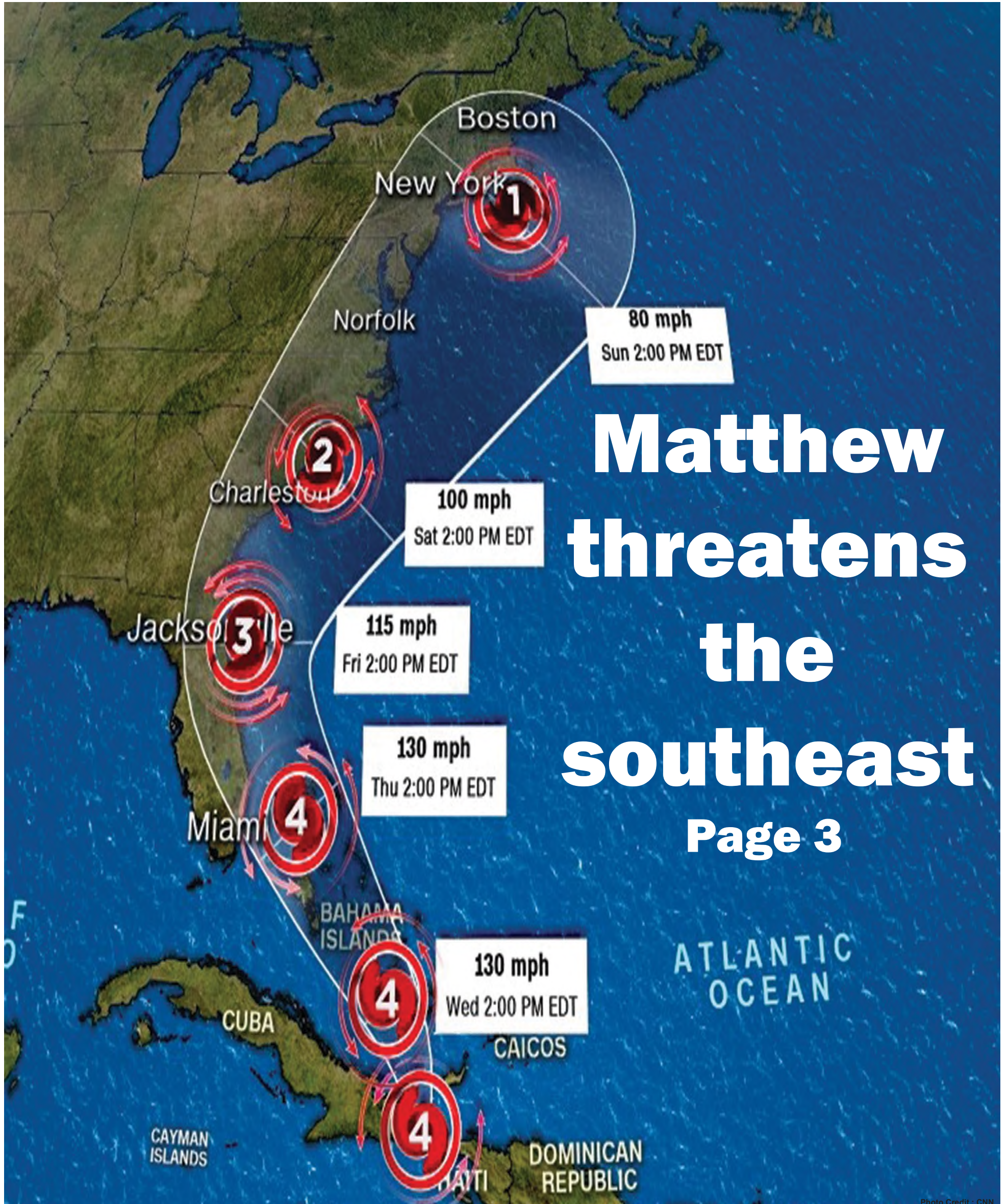


# THE SPECTATOR

THE UNFILTERED, UNCENSORED VOICE OF THE STUDENTS.



**Matthew  
threatens  
the  
southeast  
Page 3**

# NEWS

## National campaign combats depression

**Jyrell Wynn**  
CORRESPONDENT  
jdwynn@valdosta.edu

On October 6, National Depression Screening Day is raising awareness of mood disorders, especially depression, and the importance of suicide prevention through the use of free mental health screenings at helpyourselfhelters.org that keep the identity of the caller discrete.

With the recent increase in suicide rates, the Center for Disease Control and Prevention states the suicide rate in the United States rose 24 percent from 1999 to 2014 which makes it the highest it has been in decades and it is the second leading cause of death for those around 15-34.

As part of the campaign, colleges across the country will participate by holding in-person events and promoting screenings online throughout the month of October.

It is crucial for the public to be educated about this information because research shows that 70 percent of deaths from suicide tell someone or give warning signs before taking their own life.

Screening for Mental Health informs the public about the warn-

ing signs and appropriate steps needed for preventing suicide and they created stopasuicide.org as a site for any additional information.

The anonymous screening tool is designed for students to examine their thoughts or behaviors related to depression, generalized anxiety disorder, bipolar disorder, or posttraumatic stress disorder.

Recognizing the problem early and offering treatment provides the best option from recovering from mental illness.

Some Valdosta State students such as Michael Worley, a junior international business major, believes the program is effective for preventing suicide. "Music and physical activity" are some of the other ways to address depression, said Worley.

Chandler Holt, biology major, finds the idea is helpful to build awareness to show another route to cope other than suicide. Holt stresses the importance of "staying busy and doing something" to keep you motivated in life.

If you would like more information or just need someone to talk to, call (781) 591-5243 or email Sue Thorn, Screening for Mental Health, at sthorn@mentalhealthscreening.org.

## Announcements

### Fall Break Hours on Campus:

**U.C. North Conference Center**  
Friday: 8 a.m. to 10 p.m.  
Saturday: 11 a.m. to 10 p.m.  
Sunday: Closed  
Monday: 8 a.m. to 5:30 p.m.  
Tuesday: 8 a.m. to 10 p.m.

### Student Union:

Friday: 7 a.m. to 6 p.m.  
Saturday: 11 a.m. to 8 p.m.  
Sunday: Closed  
Monday: 8 a.m. to 5:30 p.m.  
Tuesday: 7 a.m. to 11 p.m.

### U.C. North Conference Center

Friday: 8 a.m. to 10 p.m.  
Saturday: 11 a.m. to 10 p.m.  
Sunday: Closed  
Monday: 8 a.m. to 5:30 p.m.  
Tuesday: 8 a.m. to 10 p.m.

### The Rec Center

### Regular hours resume Wed, Oct. 12

Friday: 6 a.m.-7 p.m.  
Saturday: 12 p.m.-5 p.m.  
Sunday: 4 p.m.-8 p.m.  
Monday: 12 p.m.-8 p.m.  
Tuesday: 12 p.m.-8 p.m.

### Student Union

Friday: 7 a.m. to 6 p.m.  
Saturday: 11 a.m. to 8 p.m.  
Sunday: Closed  
Monday: 8 a.m. to 5:30 p.m.  
Tuesday: 7 a.m. to 11 p.m.

### Science Seminar Series Continues:

The Science Seminar Series welcomes Dr. Mark Blackmore from the Department of Biology. Dr. Blackmore will present "Potential for Zika Virus Transmission by Mosquitoes in Georgia" on Oct. 6.

### "Blood, Bone and Marrow"

VSU presents "Blood, Bone and Marrow: An Evening on Southern Author Harry Crews" from 5 p.m.-6:30 p.m. Oct. 13 in the Odum Library Auditorium. Dr. Ted Geltner, associate professor in the Department of English and author of "Blood, Bone and Marrow," will read selected parts of his book.


### The Vagina Monologues Auditions

Any woman interested in auditioning for "The Vagina Monologues" will have the opportunity Oct. 6 at the UC Theater. Scripts will be provided.

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

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The *Spectator* prints free classifieds for current students of Valdosta State University only. These must be no more than 40 words, or a \$18.50 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 Spec\_Advertising@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.

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## Health Tip of the week

A healthy tip from VSU Student Health Center – “Nearly 40,000 women die of breast cancer each year in the US. Breast cancer is the second leading cause of cancer deaths among women in the United States”. (<http://www.cdc.gov/vitalsigns/breastcancer/>)

## SGA prepares homecoming

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

Homecoming events, discounts at the bookstore and awards for athletes with high GPAs were among topics discussed during SGA’s Monday night meeting.

For homecoming week, Monday will involve a kick-off on the front lawn, bungee jumping, a 60-foot obstacle course with a slide, a mechanical bull, body-painting and more from 5-9 p.m.; Tuesday will be an event at Wild Adventures 5-10 p.m. and sidewalk chalk drawing on campus; Wednesday will be knocker ball on the front lawn; Thursday will be the pep rally and an 80s costume contest; Friday there will be a concert 5-8 p.m.

SGA will officially decide at a later time whether to have lip-syncing on Thursday or Friday.

Touchdown Tuesday is an event that occurs the Tuesday following a football game and it involves the top floor of the VSU Bookstore giving a percentage off of its products based on the number of points scored at games, Vice President Othellious Cato said.

All black apparel in the VSU Bookstore will be 25 percent off Wednesday through Saturday because of Saturday’s blackout game, Cato said.

Senator Shayla Slappy announced she met with the Athletics Committee and discussed establishing a rewards program for athletes who make honor roll. This will theoretically encourage athletes to continue with academic success, Slappy said.

During a previous meeting, the Kappa Alpha Psi Fraternity, Inc. requested \$350 to fund their men’s leadership conference, CLASS. At Monday’s meeting, SGA voted to approve the request and allocate the funds to the fraternity. The fraternity stated that any unused funds would be returned to SGA.

Comptroller Erin Shaw announced that the newly formed Allocation Committee will allow for organizations to come to the SGA with requests for larger sums of money, around \$1000, throughout the entire year.

SGA voted to take part in Scream Fest, an event that will be held on the front lawn on Oct. 26 6-9 p.m. Different organizations will have booths with Halloween themed games or giveaways at this event.

Sequoia Kirby, former SGA Comptroller, gave a presentation during the start of the meeting, running for the vacant seat in SGA, and was approved.

There will not be a SGA meeting on Oct. 10, and casual dress will be allowed at the next meeting on Oct. 17.

## Matthew strikes the Southeast

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

Hurricane Matthew has become a deadly storm and although it probably won’t make full landfall in Georgia, Valdosta may still experience tropical storm conditions.

According to CNN, Matthew is a Category 3 hurricane that has caused counties in Florida and South Carolina to announce a state of emergency. The storm is predicted to build up to a Category 4 hurricane by the time it reaches Florida, Georgia, South

Carolina and North Carolina.

“We are preparing for the worst, we are hoping for the best and we’re not taking any chances,” said Florida Gov. Rick Scott to an NBC news reporter.

CNN also reported that President Obama has cautioned Americans in the path of the storm to be on the lookout for evacuation orders and to take them seriously.

VSU has not made any announcements to cancel classes at this time. However, students are urged to ensure that their devices are registered for alerts and to check campus emails and media regularly.

According to Matthew Malone, sports information director, there has been no discussion of game delays or cancellations due to the hurricane at this point. If anything changes there will be notifications sent out through social media.

Students should remember not to travel south over the weekend in order to avoid the dangers of the storm. Whether students live on or off campus they should strive to gather emergency kits to prepare for any devastation. Most hotels in the Valdosta area are fully booked.

### Things to do if ON Campus

Secure your room, close storm shutters and secure outdoor objects or bring them indoors.

Turn off utilities if instructed to do so.

Learn how to keep food safe in an emergency.

If you have a car, fill the gas tank in case you have to evacuate.

### Things to do if OFF Campus

Make an evacuation plan for your family.

Prepare to secure your property.

Turn off utilities if instructed to do so.

Learn how to keep food safe in an emergency.

Plan ahead for your pets.

source: ready.ga.gov

Graphics by Kayla Stroud

## Student Health Center offers after-hours assistance

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

When college students get sick away from home, there are often questions of what to do. Now at VSU, they can turn to a nurse on call after-hours for the Health Center have ended.

In Jan, the Student Health Center on campus added an after-hours care program for students.

The Student Health Center is only open during the day, but now if a student needs medical advice or attention, they have the option of contacting a nurse on call for assistance.

The service is available to all VSU students who paid their health fee at the beginning of the semester and have a valid VSU ID number, which will be requested at the time of connection

with the nurse.

The night nurse program is offered outside of the Health Center’s normal operating hours, including Saturday and Sunday. However, the administration urges students to understand it is more than just a nurse who lists off symptoms and diagnoses you.

“When a student is sick or injured, he or she may want help making a health care decision,”

Lynette Lewis, assistant director of administration of the Student Health Center, said. “The student may not know if he or she should go to an urgent care center, make an appointment at the Student Health Center, or use self-care. The specialty trained, licensed registered nurses will evaluate the student’s symptoms via the phone to help answer and guide the student with their health questions.”

“I think it’s a great idea,” Brian Breland, junior physical education major, said. “I got sick so much my freshman year and I’m two hours away from home. I didn’t know what to do after the Health Center closed so I usually just didn’t do anything.”

The after-hours, on call nurse service can be reached at (229) 259-2083.

**Got a news tip? Let us know!**

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**Tweet us: @VSUSpectator**

**Email us: Spec@valdosta.edu**

## THIS WEEK'S EVENTS

<p><b>Thur, Oct 6</b> “Embrace of the Serpent” Jennett Hall, Rm. 1111 6:30-9:30 p.m.</p>	<p><b>Fri, Oct. 7</b> An Evening with Moi Enormenga U.C. Theater, 7-9 p.m. Host: Susan Wehling</p>	<p><b>Wed, Oct. 12</b> Movie “Under the Same Moon” Student Union, Rm 1 A&amp;B 7-9 p.m.</p>
<p><b>Thur, Oct 13</b> “Nine Queens” Psych Auditorium, Rm 1204 7-9 p.m.</p>	<p><b>Fri, Oct. 14</b> Hispanic Dance &amp; Dinner Magnolia Room, U.C. 6-9 p.m.</p>	<p><b>Tues, Oct. 18</b> National Security &amp; Immigration Arts &amp; Sciences Speaker Series Bailey Science Center Auditorium 7-8 p.m.</p>
<p><b>Mon, Oct 17</b> “También la Lluvia” U.C. Theater, 6-8 p.m.</p>	<p><b>Thurs, Oct. 20</b> Study Abroad Research &amp; Service Learning Colloquium U.C. Theater, 6-7 p.m. Hosts: Grazyna Walczak &amp; Victoria Russell</p>	

(For more info on these movies call 333-5948 or visit <http://www.valdosta.edu/colleges/arts-sciences/modern-classical-languages/>)

# OPINIONS

## College students face agism

Criticism from misunderstandings between generations

Our point of view...

### Domestic violence hurts everyone



MCTCAMPUS

Nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men, according to the National Coalition Against Domestic Violence (NCADV). October is Domestic Violence Awareness Month for the purpose of encouraging survivors to come forward to seek help and protection.

What is also alarming about this statistic is that many people suffer in silence due to fear. Survivors not only fear their aggressors but also the possibility of no punishment.

In 2014, NFL player Ray Rice brutally assaulting his now wife, Janay Palmer, on camera. In the video, Rice punches Palmer and drags her out of the elevator. Rice was eventually released by the Baltimore Ravens but hasn't spent any time in jail.

Although the attack was on camera, it wasn't enough to put him in jail. A situation like this is discouraging to survivors of domestic violence. How could someone feel comfortable coming forward if video evidence isn't enough to put someone away?

In a similar incident, singer Chris Brown was arrested for assaulting his then girlfriend, singer, Rihanna. Brown spent no time in jail for this assault, and many fans continued to support him during the ordeal. Does this mean we are in a society that pushes the issue of domestic violence under the rug?

Someone's celebrity status should not exclude him or her from facing the consequences of heinous actions. Survivors are less likely to come forward if they are convinced the legal system is going to fail them like it has done to so many people.

In other situations, male victims of domestic violence are often ridiculed. Many people think men cannot be victims of such violence because they are seen as "stronger"—when in fact, domestic violence has no gender boundaries. According to the NCADV, one in seven men has been victims of severe physical violence at the hands of an intimate partner.

All survivors should have their voices heard and all abusers need to face jail time.

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

**Olivia Studdard**

STAFF WRITER

oastuddard@valdosta.edu

Age is just a number, and to let it define a person is weak reasoning.

To withhold privilege from someone because they haven't reached a magical age is faulty logic, because science tells us that people mature at different rates, and even though a young man and young woman may be the same age in years, females mature around six years faster than their male counterparts.

College students seem to be stuck in the middle.

It is expected of them to decide their entire life, future careers, and retirement plans by the age of 18, yet they are coming from the high school environment where they still have to ask to use the restroom.

There is a particular stigma that surrounds college students, that says we are here to play Pokémon Go, get wasted, and take up space until we graduate. But some students are now trying to break that mold, including in the classrooms.

"We're still treated like kids but we're expected to be adults,"

sophomore, American sign language interpreting major Kaitlin Adams said. "In classes, especially in core, teachers would treat us like we were kids. They would go detail by detail to explain it to us but when we get it wrong or get confused they call us adults and ask why we aren't understanding the material."

The majority of college students nowadays not only attend classes, but also work to create an income for themselves.

It's a common belief of the older generations that the money from these jobs is just to buy alcohol or concert tickets, but many college students support themselves the four or more years they are enrolled.

"I still live with my parents, which is helpful and I love them for letting me, but I pay for a lot of my expenses. I work at Little Caesars so I always need to put gas in my car, but I'm also involved on campus, and involvement costs money," junior psychology major Chance Yeomans said.

The majority of ageism comes from a misunderstanding of each party. The truth is, without the generations before us, we wouldn't have the wisdom in our

lives from our professors and parents alike to direct us which way to go.

However, our generation is about so much more than wasted time and wasted college students.

Getting past this misunderstanding would require looking past stereotypes. Older people should understand that college students work harder than they may assume.

College students are caught in the midst of a transformation of times.

Some are drinking every night until they pass out and living as much life as they can, while some of their colleagues are working their way up the corporation ladder and building a life for themselves. Neither path is right or wrong, they're just the unique paths we take to figuring out who it is that life wants us to become.

The truth is, without the generations before us, we wouldn't have the wisdom in our lives from our professors and parents alike to direct us which way to go.

However, our generation is about so much more than wasted time and wasted college students. Getting past this misunderstanding is crucial to social and individual growth.

## Clown sightings getting out of hand

Crime should not be trendy and participation should end

**Julia Rodriguez**

OPINIONS EDITOR

jlorodriguez@valdosta.edu

The clown appearances are getting out of hand and it is officially not a laughing matter.

People are scared: There are threats being made and terrifying videos are running rampant on social media.

According to Lisa Kashinsky of North Andover, Merrimack College officials are of the many taking reports of clown sightings very seriously. Especially those reported to have weapons.

Although the clown report at Merrimack College was found to be a Twitter hoax, a residence hall at the college was evacuated and the campus was put on lock down, reported Kashinsky.

It is unknown whether the clowns are all criminals or if some are just pranksters.

However, any threat to safety will be taken seriously.

If this clown trend really is just a joke, it is certainly not a funny one and no one is laughing.

Those participating in this clown trend are not only terrifying people, but putting themselves in danger.

Walking around with a weapon at night and running at vehicles are signs of hostility. Sooner or later one of these clowns will be hurt.

South Carolina seems to be where the clown sightings began when parents were "alarmed after a group of people dressed as clowns were reported as trying to lure children into the woods," according to a press release from the Georgetown, South Carolina, Police Department.

Since the first few sightings, many others in different states have popped up without explanation.

No one seems to understand why this trend has started, but it is scary, dangerous and getting

out of control.

Multiple schools in Ohio, were reportedly closed Sept. 30, because of concerns for student safety after a woman had reported been attacked by a clown.

With Halloween just around the corner, it is reasonable to guess that the clown sightings will increase.

There are plenty of people afraid to send their kids out to go trick-or-treating.

Whatever the motivations behind this strange and scary movement are misplaced and the clown epidemic needs to end. People should not have to fear for their lives or be afraid to send their children to school because of a trend.

It is hard to predict what would happen if the trend spreads or gets worse. The appeal is unapparent to many.

Hopefully, the trend dies out and people can go back to seeing clowns as a friend at the circus.

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### 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

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OPINIONS

# Victims should never be subjects of jokes

**Juston Lewis**  
STAFF WRITER  
justlewis@valdosta.edu

The Kim Kardashian robbery is no laughing matter, contrary to what social media says.

Let's take away the fact she is world famous superstar Kim Kardashian for a second. Let's take away the valuables she lost.

Kim Kardashian is a wife and a mother of two. Above all else, she is a human.

When it comes to celebrities, people often drain them of their humanity. Often times we see reality television stars and athletes as more of symbols.

The fact is that Kim was gagged, tied up and a gun was put into her face. It is a situation terrifying for anyone to go through.

She should not be the butt of some joke and she did not bring this upon herself.

I'm not a Kim Kardashian "stan," and at the time of the

robbery I had no strong opinion. It was not until I logged on to Twitter and saw the countless jokes that I realized how wrong this was.

When I got on Snapchat and discover it was filled with opinions that thought she brought it upon herself.

No matter how rich you are, how flashy you are, there is no way you can bring a robbery upon yourself. No one deserves to be robbed and scared either.

Did she bring it on herself because she decided on staying in her apartment instead of going out? Or did she bring it upon herself because of her millions of social media followers? Neither. Crime does not work like that.

Think about if you were in a foreign nation and multiple people bust into your residence. How would you feel? Kim feared that the criminals who robbed her would rape or kill her.

Kanye West was performing at

the Meadows in New York and cut his set short due to this incident.

This received hefty backlash as well, but it was unnecessary. This is the wife and mother of his children. He did what any person would do and put his family before his work.

I hope that if any events like this occur in the future people will treat the victim like a human not an object of fame.

Crime is crime, no matter who the victim is.

POINT OF VIEW



Midterms here, graduation approaching, students find them easier to ignore.

Sheneman/MCTCAMPUS

## Hard work trumps talent Combination of both works best

**Shanice Barnes**  
STAFF WRITER  
shabarnes@valdosta.edu

Talent is the natural aptitude or skill that a person possesses. It's the natural ability to perform a task and make it look extremely easy.

Some may argue that people with talent do not work hard. That statement can either be true or false.

People with talent may feel that because they have the natural ability to do something, they don't have to work for it.

Hard work is defined as a great deal of effort and endurance.

Just because a person may not have the natural ability or skill to perform a task, doesn't mean that the person cannot develop some amazing talent by doing their best and putting in hard work.

People respect people who work hard for what they want to achieve more than a person who expects their talent to get them everywhere in life.

Mainly because that hard-working person may not be the best at performing a certain task, but he or she works hard anyway and never give up.

Sometimes you may try your hardest to do a certain task/activity and what you're doing may not go as planned, but people will respect you because you tried and worked hard doing it.

While some may say hard work gets you where you want to go; some people still favor natural talent when going through the hiring process.

Even though you can develop a skill by working hard towards it, some people still feel that natural talent saves them a lot of training time and money. While some may find that to be somewhat unfair that's just the way the world works.

Combining both hard work with talent can be a great thing. Take basketball for example: a player that is an all-around great athlete can become an even better athlete if he/she works harder, they may even develop a skill they may not have known they had.

Talent is a great thing to have, but it really pays to work hard.

Talent will only take you so far, but combining the two will truly pay off.

Another thing to consider however is that talent may not be something individuals are born with.

Perhaps certain people are just more drawn towards certain activities, therefore participating in them more often. More participation means more practice and in turn improved skill.

Maybe the real difference between talent and hard work is the passion, not genetics or physical ability.

## VSU should consider sorority houses

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

The one thing that stands out the most about Greek Life at VSU is not the parties, friendships, events—it's no sorority houses.

One reason, rumor has it that six or more unrelated women living together constitutes a brothel.

David Mikkelson, from snopes.com explained a law was created a long time ago stating that six or more unrelated women living in a house together is considered a brothel. It may sound ridiculous now, but this law was created to prevent actual prostitution houses.

The law was eventually appealed in 1984, according to Mikkelson, so now it is nothing but a rumor, that still floats around campuses. But because of this

rumor there are still no sorority houses connected to campus.

However, is the reason just as sexist? Members of sororities have disclosed that they actually vote on this kind of stuff every year. Every chapter of that sorority puts in a yes or no for what they're debating, such as getting a house for instance. All of the chapters have to agree, otherwise the request is denied.

Some ladies expressed that they are not too bothered by not having a house. They said that it would be nice to have one, but apparently sorority houses have a lot of rules and restrictions. Plus, they have more of an incentive to go out to meet fellow sorority members, instead of already having them all together anyway.

Others have different opinions, some think that it is an outrage that some law that doesn't even exist anymore still has an impact.

They said that it is sexist and unfair that boys get their fraternity houses while they do not.

Having sorority houses would benefit VSU and its campus life. It would make students more inclined to join a sorority, as well as make campus life more diverse, instead of just having fraternity houses.

It is understood by minimal research that it would be in no way illegal for six or more women to live in the same house together and yet universities continue to ignore the obvious sexism of fraternities having their own house without question, while sororities do not.

VSU should consider looking into this housing situation, and figure out what exactly is preventing them from granting the same basic rights that fraternities have.

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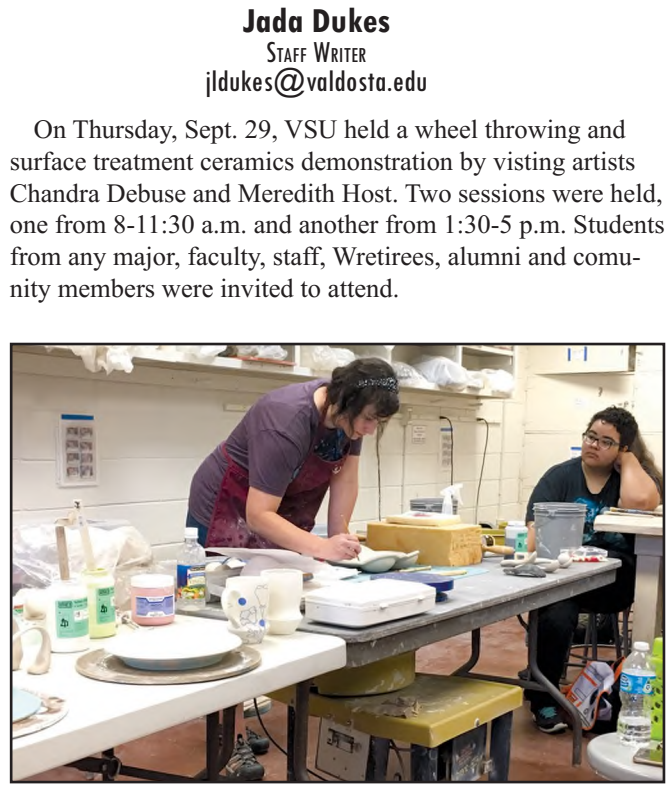
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**DID YOU KNOW?** According to encyclopedia.com, The oldest known ceramics are thought to date from around 27,000 b.c.e.

# Spinning the pottery wheel



**Jada Dukas**  
STAFF WRITER  
jldukas@valdosta.edu

On Thursday, Sept. 29, VSU held a wheel throwing and surface treatment ceramics demonstration by visiting artists Chandra Debus and Meredith Host. Two sessions were held, one from 8-11:30 a.m. and another from 1:30-5 p.m. Students from any major, faculty, staff, Wretirees, alumni and community members were invited to attend.

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## COLLEGE LIFE

## REVIEW

## Rain in the planetarium

Brian Ethridge

STAFF WRITER

bjethridge@valdosta.edu

Valdosta State University hosted "A Gentle Fall of Rain" Sept. 30 in its extensively renovated planetarium on the 3rd floor of Nevins Hall.

The planetarium features a "Digitarium Kappa" digital projector which can reproduce the night sky as seen from anywhere on Earth or from the surface of any object in the solar system, from the past or future. This technology is the first of its kind in the world.

The presentation was free of charge and open to the public.

The show started with a viewing of our night sky starting at sunset leading up until sunrise using pictures captured from the Kepler telescope.

The introduction detailed the brightest stars and constellations we see in the sky after our sun sets and a rare view of the Milky Way galaxy.

"Usually the brightest stars aren't even stars at all, but are planets," said Dr. Kenneth Rumstay, VSU Observatory Director and Astronomy and Physics professor. Planets like Venus and Mars are the brightest stars we see in the night sky.

The Milky Way galaxy was depicted in a view that hasn't been seen from the naked eye in Valdosta since 1995, "When power failure expanding 80 miles in every direction turned off all the lights and once again gave sight to the pristine site as observed by the ancient people of Earth as they would pick out and name constellations out of boredom," Rumstay said.



Dr. Rumstay giving a presentation in the planetarium.

Photo courtesy of VSU

Constellations named after people, animals and objects, were shown in the presentation not to look like the object they represent.

For example, the constellation Sagittarius is supposed to be a centaur archer but in reality was shown to look like a tea pot, with the Milky Way appears to be steam rising from the pot.

The main presentation "A Gentle Fall of Rain" explained how rain is the constant exchange of water between earth and sky which makes the diversity of life on our planet possible. Whereas many planets in our solar system are known to rain, ours is the only one that rains water.

The audience learned that in order to have rain water in our solar system a planet must have liquid water on the surface, be within the solar systems habitable zone and provide conditions for recycling of the planets precious chemicals. The conditions necessary are a rotating heated central core.

"A Gentle Fall of Rain" showed that Venus, along with Earth and Mars are in our solar systems habitable zone. The difference in the planets is the atmospheres of each.

A planet must have a magnetic atmosphere in order to protect it from electrically charged particles being released from the sun which forms the destructive solar winds that strip planets of their precious chemicals.

Outside of the habitable zone there is rain on planets Saturn and Neptune. On Saturn it rains liquid petrol and Neptune, existing 30 times our distance from the sun, rains diamonds.

Even those who missed the show were able to gaze into the sky via multiple telescopes on top of the campuses observatory that were set up with their targets sited on our distance celestial neighbors such as mars and the north star.

The presentation lasted about 50 minutes and show times were 7,8 and 9 p.m.

The planetariums 45 seats were handed out on a first-come, first-serve basis and were all taken during each of the showings, resulting in many disheartened star gazers being turned away.

Upcoming presentations include "Are We Alone?" on Nov. 4, and "The Star of Bethlehem" on Dec. 2.

Call (229) 333-5752 for more information.



Dennis Balogh/MCT Campus

## Students de-stress

### Campus wellness holds mental health day

Tiana Foster

STAFF WRITER

tjfoster@valdosta.edu

On Sept. 28, The VSU Counseling center, located in Powell Hall, partnered up with Campus Wellness to introduce a Mental Wellness Day to the university.

The event took place outside of the Palms Quad from 11 a.m. to 2 p.m.

According to Samantha Heartman, VSU alumna, the event was to help students become aware of the resources that are available to them.

By offering giveaways, sidewalk chalk and spike ball, the event was put in place as an attempt to release the stress of students who were passing by. They also provided students with information and tips on how to manage their stress.

Heartman explained why she liked and participated in the event herself.

"I think it is really important to set aside time for yourself; to do something relaxing that doesn't involve school," she said.

There was also a wellness screening offered to students who wanted to be checked for depression, anxiety or mood concerns.

Bradford Coleman, staff counselor, described how the testing revealed a snapshot of a person's stress and how he then followed up by referring students to resources that might be beneficial for them.

For most, midterm week is a stressful one. Students revealed how they de-stress to prepare for the long test-taking week.

Many students stress themselves out by staking out in the library for a long period of time, but what most students don't know is taking the time to relax and de-stress helps the brain function even more.

Some students prefer the privacy of their homes oppose to studying at the library.

"I don't like to study in the library," Erin Wright, a senior criminal justice major, said. "For

one it is too cold and there's always people making noise; I don't know what it is but my home is a better study environment and doesn't give me anxiety like the library would."

Other students explained how they gravitate to playing sports when they become stressed.

"When I play basketball I don't think about anything else," Armani Bibbs, a junior art major, said. "I do art or listen to music as well. It helps take my mind off a few things for awhile."

Some students use their religious backgrounds as a way to manage their stress.

"When I'm stressed out, I turn to God first. I listen to gospel music and watch inspirational videos to keep me focused," Nia Phillips, a sophomore pre-nursing major, said.

Using cell phones and interacting on social media are some ways students relieve their stress, but for others going without serves an even greater advantage.

"I like to isolate myself from social media and friends so that I can take some time to just focus on myself," Davion Baynard, a senior sociology major, said. "Sitting in a quiet area always seems to relax me."

While most students participate in activities to relax, there are others that like to go to sleep to take their mind off of things.

"Usually when I feel myself becoming stressed I either listen to my favorite songs or just go to sleep to get my mind off whatever it is that's stressing me out," Kiara Baldwin, a senior psychology major, said.

There are several different methods students can use if they feel like they are becoming overwhelmed. But it's always a good idea to relax before reaching that point.

The Counseling Center provides a massage chair for use any time a student feels the urge to release some stress with a quick massage.

### Pick up next week's issue for:

- "Moves from Africa" zumba review
- A photo spread of the fall choir concert
- "Time to Be Aware" candlelight vigil recap



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**DID YOU KNOW?**

According to Express.uk, The average person in the UK watches just over four hours' television a day.



Photo Courtesy of Snapchat

## Snapchat sunnies make their debut

### New look shades from app capture video

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

On Sept. 24, Snap Inc., previously named Snapchat after the company's social media app, posted on Snap.com that it created a pair of sunglasses, Spectacles, with an integrated video camera.

Spectacles connect to Snapchat via Bluetooth or Wifi, and the video captured is directly sent to the wearer's Snapchat account, Snap Inc. stated on Snap.com.

These sunglasses capture video with a 115 degree field of view, allowing for the recordings to be taken from the wearer's perspective.

"We've created one of the smallest wireless video cameras in the world, capable of taking a day's worth of Snaps on a single charge," Snap Inc. stated on its website.

According to Spectacles.com, Spectacles charge while inside their case.

Spectacles record video in 10 second intervals after tapping on a button near the hinge of the frames, Snap Inc. CEO, Evan Spiegel, told Seth Stevenson of The Wall Street Journal.

The product will be released

this fall for \$130, Casey Newton of The Verge reported.

Spectacles come in three different colors: red, light blue, and black.

Spectacles have two round camera lenses, outlined by yellow, on the top corner of both sides of the rounded frames.

Spiegel told reporter Stevenson about his first time using Spectacles: "I could see my own memory, through my own eyes," Spiegel said. "It was the closest I'd ever come to feeling like I was there again."

Snapchat, originally named Picaboo, was launched in 2011.

Snapchat has approximately 150 million daily users, and it surpasses Twitter's amount of daily active users, Sarah Frier of Bloomberg reported in June.

"The app reaches 41 percent of all 18-to-34-year-olds in the United States, while an average TV network in the top-15 for the same demographic reaches six percent," Stevenson said.

Spectacles are Snap Inc.'s first hardware product, Casey Newton of The Verge reported.

A video illustrating the recording capabilities of Spectacles can be viewed on Snap.com in the newsfeed.

Many news organizations have

been comparing Spectacles to Google Glass, Google's wearable technology that was withdrawn from the market place due to its lack of popularity with consumers.

The casual design of Spectacles allows for more inconspicuous wear than that of Google Glass. Spectacles also feature a lower price tag than that of Google Glass.

Spectacles cost less than a similarly designed pair of rounded frame Ray-Ban sunglasses, and Spectacles also have the technological edge out of the two brands.

Some people have argued that constantly capturing videos interferes with life, degrading the quality of a person's experience.

"We all need to stop focusing so much on capturing the moment and just enjoy it instead. Be present. Live in it," Valerie Alexander said about using cameras in an article for The Huffington Post.

The design of Spectacles may allow for users to both experience life and to record it, possibly eliminating this issue that Alexander and other individuals may have with using cameras.

## The glory days of VHS Tapes: a thing of the past

**Bryce Ethridge**  
STAFF WRITER  
bjethridge@valdosta.edu

Back in the day, VHS tapes were all the rage. They were the reason for the existence for Blockbuster, Hollywood Videos and other similar businesses that either had to conform to the ways of society, blink out of existence, or try to and still be erased from existence.

Now, we have streaming services like Netflix and Hulu in addition to DVD distribution systems like RedBox Rental. Kids these days don't even know what a VHS is let alone what Blockbuster is. To them VHS is in the same category as flip phones; they are relics of a distant past that went out of existence due to some great disaster like a meteor. No wait, that's the dinosaurs, but same difference, right?

The real question is: Is it so bad that VHS tapes are gone? Just look at what technology has given us. Our people now have a wonderful invention called the remote. Now no one has to suffer having to get rid of their sense of comfort to go and rewind their favorite movie just because they forgot to rewind it the last time they watched it. Could you believe that we thought that watching "Lion King" or "Chicken Run" at least 10 times that day was worth all of the time it took to rewind their tape.

To be honest, it's easy to see that DVDs and their respective players are far easier to handle than that of VHS. Being able to fast forward or rewind it to watch your favorite moments as many times as wanted. With the nice menu function there is virtually no waiting time

to watch your favorite movie from the beginning and you also get to see special features, like how the movie was made. Streaming services make it even easier. Why get out of bed or off of the sofa when you've got all of the movies at the press of a button.

Another thing people no longer have to worry about is how someone can accidentally record a football game or their favorite show over their wedding ceremony and be forced to sleep on the couch by their significant other. On the bright side, VHS tapes were always good for recording shows through DVR and also recording those special moments like a baby's first steps or someone's very first bite of a ghost pepper chimichanga. Even now we have devices that can do such tasks with ease.

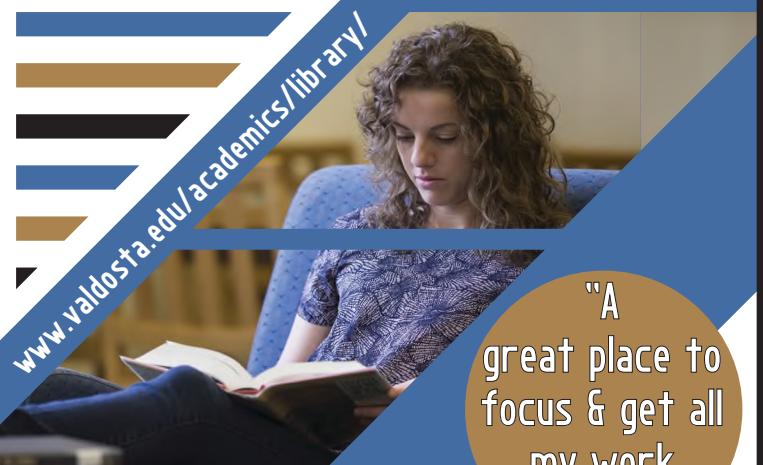
Well, at least they're still loved by the federal government considering it wasn't the norm to pirate VHS tapes.

VHS tapes may be outdated right now, but that's not what matters. What matters are those memories you have with those tapes and the sentimental value that they hold. They were there for you in your darkest moments, cheering you on and being a shoulder to cry on when your girlfriend broke up with you and you just needed to watch "Breakfast Club."

Don't throw out your VCRs. Keep them and keep your tapes, so that you can relive your childhood memories. Just remember one thing: They may be gone now, but they'll always live on in our hearts.

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# DID YOU KNOW?

In 2014, VSU soccer head coach Rebecca Nolin led the Blazers to a Gulf South Conference championship in her first year at VSU. In the one and a half years since, the team is 4-18-5, and has not made the playoffs.

## Volleyball still looking for first win at home

**Bryce Ethridge**  
STAFF WRITER  
bjethridge@valdosta.edu

On Sept. 30, VSU's volleyball team traveled to Tennessee to play two games back-to-back against Union University on Friday and against Christian Brothers on Oct. 1.

VSU won the game against Union by a score of three sets to one. It lost to Christian Brothers, 3-0.

On Friday, the Blazers had a season high hitting percentage at .285 while also keeping their opponents' low at .156.

Head coach Mike Swan said the team was "in system" more so on Friday than Saturday, showing a strong offense and defense.

Antia Rodriguez-Sanchez, a senior outside hitter, also had a season high hitting percentage at .400. She also had one error and 17 kills, which was a season high.

Susi Peonia and Trystn Sells also earned season high hitting percentages. Carly Smart was also integral to the team's offense by earning a total of 26 assists. Sydney Chick was also shown to

be a pillar on defense due to her 24 digs along with Peonia, who had four blocks and eight digs.

"Friday's win was truly a team effort," Natalia Campos, senior libero, said.

On Saturday, the Blazers were swept by Christian Brothers after a lackluster offensive performance. Only Peonia was able to hit double digits in kills, with 10. The Lady Bucs ended up dominating the Blazers offensively with a hitting percentage of .333 opposed to VSU's .176.

The Blazers started out alright defensively with a total of four blocks to Lady Bucs' three blocks. Swan said offensive continuity is a problem for the Blazers.

"The main issue is getting offense to flow," Swan said.

He also felt the team played too much "catch up" with the Lady Bucs.

"Sometimes when we play a game, we keep the other team in it versus dominating on our side to finish the match," Campos said.

The loss left the Blazers with a 5-10 overall record and a 3-5



Jyrell Wynn/THE SPECTATOR

Volleyball will look to get its first home win on Friday, Oct. 7 against the University of North Alabama.

record in Gulf South Conference play.

Swan said he plans to work on the team's ball handling, running offense and blocking in prepara-

tion for the game against North Alabama Oct. 7, as well as Saturday's game against Alabama-Huntsville on Oct. 8.

"I think winning at home is at-

tainable if we stay focused on our side and our game," Campos said.

The game Friday against North Alabama will take place in the P.E. Complex at 7 p.m. on Oct. 7.

## Soccer misses out on first win in extra time

**Juston Lewis**  
STAFF WRITER  
justlewis@valdosta.edu

After losing to West Georgia and Saint Leo last weekend, VSU Soccer is still in search of its first win of the season.

VSU leads the Gulf South Conference in saves with 72. It also leads the GSC in save percentage with .735 percent. Despite these strong defensive numbers, the team has yet to pull out a victory. However, the Blazers have also put together valiant offensive efforts in recent games.

Sept. 30 against West Georgia, the Blazers had 11 shots. They had five corner kicks and numerous counter attacks. One of the counter attacks resulted in the team's first home goal of the sea-

son. Kayla Robles found a lofted through ball on the right side of the field and sent a cross into the box that was headed into the back of the net by Maggie VanHusen.

The goal was VanHusen's first goal as a Blazer and she fell to the ground in celebration right at the spot where she scored.

VanHusen's teammates were very supportive of her after the goal.

"I honestly was near tears,"

Logan Lindy, a junior defender, said. "I was so happy for her and our team since we struggle so much with scoring."

The goal put the teams even at 1-1 with less than 20 minutes remaining. The Blazer defense did not break or lose focus and forced extra time.

The two teams went into the golden goal period where the

first team to score would walk away with a win. Less than two minutes into the extra period West Georgia chipped a shot past Alyssa Curtis for the victory.

VSU players were in disbelief while others were overcome with emotion.

Head coach Rebecca Nolin felt like her team had a "good performance" and they matched up with West Georgia very well.

"We were very dangerous at times and we had them on their back foot," Nolin said. "Our performance tonight doesn't match with the result."

The West Georgia game was as close as the Blazers have come to winning an in-conference matchup.

"I definitely think this was a winnable game for us," said

Lindy. "We were well matched on the field."

The loss put the Blazers at 0-4-1 in conference play. Lindy said the team would have to play hard for "90 minutes and then some" if they wanted to earn their first victory in the future.

"We have to have the heart, fight, and drive to want to win and the wins will come," Lindy said.

On Sunday, the Blazers traveled to Saint Leo, Florida, to play a make-up game against the Saint Leo Lions. This non-conference game was cancelled earlier in the season due to inclement weather. The Blazers were defeated by a score of 7-0.

The Lions scored five goals in the second half. Of those five goals, three came in the final 10

minutes.

The Blazers have only netted three goals this season. However, they have done a better job getting forward and getting shots recently. In the past three games they are averaging roughly 12 shots a game.

Despite the four conference losses the Blazers have not been eliminated from post-season play yet. Every game will be crucial as the Blazers next seven opponents will all be from the GSC.

The Blazers next game will be in Clinton, Mississippi, where they'll face Mississippi College on Oct. 7. The Choctaws are currently undefeated in GSC play with a 4-0-1 record.

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**Next Week:**  
A look at Adam Robles. The Blazer quarterback helped set a VSU single game passing record against Kentucky State with 401 yards. He also had three touchdowns.



VALDOSTA STATE UNIVERSITY

# Hollingshed looks to fill some big shoes at running back



Ray Pack Jr./THE SPECTATOR

Cedric Hollingshed wants to pick up where RB Cedric O'Neal left off.

**Juston Lewis**

STAFF WRITER  
justlewis@valdosta.edu

Cedric Hollingshed is a freshman running back who could be the future of VSU's offense.

Hollingshed is from Macon, Georgia, and helped lead Westside High School to a 10-2 record overall in 2014.

He credits his decision to attend VSU to the departure of another Cedric who played running back for VSU.

"One of my offense lineman was telling me to come down here to play," Hollingshed said. "He was telling me how Cedric O'Neal was leaving and he told me that could be me."

Former VSU running back Cedric O'Neal went to the NFL and tried out with the Philadel-

phia Eagles last April. O'Neal ended his VSU career as the all-time leader in rushing yards with 4,115 and touchdowns with 49.

Hollingshed could be a breakout star for VSU this season. He led the Blazers in rushing yards against West Florida and he was also the only Blazer to have multiple touchdowns in the game.

"It felt good to score those touchdowns, but I want to score some more," Hollingshed said.

His performance against West Florida earned him the Gulf South Conference Freshman of the Week. It only took Hollingshed two quarters to put up those numbers and earn the honor.

Against Kentucky State, Hollingshed did not see a lot of action but he makes sure he is ready if he does get the call during a game.

"I just stay ready and keep going hard at practice," he said.

Hollingshed is one of the many Blazers that knows about the pursuit of a fourth national championship. His personal goal is to help VSU win that championship.

"My goal is to help win a championship," Hollingshed said. "That is my main goal."

To win that championship, the Blazers are going to have to go through many tests. Hollingshed gave credit to his coaches for always believing in him and knowing he can get the job done.

Hollingshed is currently playing behind junior running back Jordan Germany, but if he is called upon he said he will be ready.

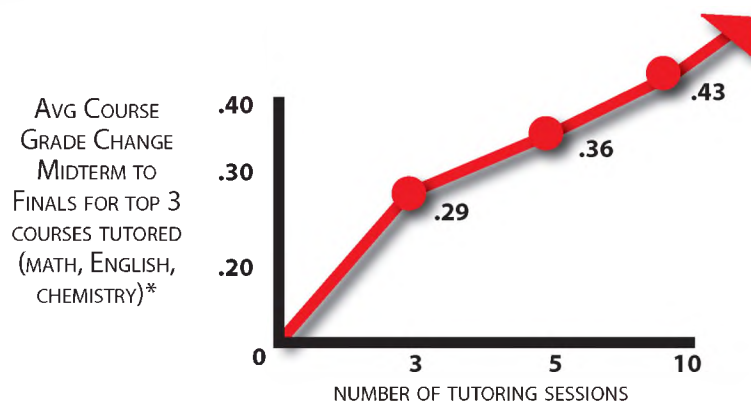
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**Blazer Stats Leaders**

Passing Yards Roland Rivers (696)	Receiving Yards Dallas Baldner (276)	Sacks Alex Williams (2)
Rushing Yards Jordan Germany (155)	Tackles Kenny Moore (18)	Kick Return Yards Jeray Demby (179)
Total Touchdowns Roland Rivers (6)	Interceptions Dante Robinson/ Brandon Roe (2)	Field Goals Andrew Gray (7/9)

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Who's your VSU football MVP for the Kentucky State game?

1. Adam Robles (QB)
2. Xay Howard (WR)
3. Kenny Moore (S)
4. Damien Strange (WR)

Robles-401 yds 3 TD 1 int	45%
Howard-10 rec. 153 yds TD	32%
Moore-3 Tkls. Sack. Int.	21%
Strange-4 rec 34 yds 2 TD	2%

56 votes • Final results

Adam Robles, a sophomore quarterback, was voted as the VSU Football Player of the Game after the Kentucky State game on Saturday, Oct. 1. Robles threw for 401 yards and three touchdowns in the game.

# SPORTS



VALDOSTA STATE UNIVERSITY

Adam Robles drops back to pass in the victory against Kentucky State during the Okefenokee Classic. Head coach Kerwin Bell has not picked a starter for the game against UWG.

## Football ready to go peach picking against UWG

**Juston Lewis**

STAFF WRITER

justlewis@valdosta.edu

On Saturday, VSU football will trade the marsh for the harsh in terms of environment. After a record-setting performance against Kentucky State, VSU will face West Georgia this week.

Last Saturday, VSU participated in the inaugural Okefenokee Classic. The game was held in Waycross, Georgia, and featured Kentucky State's football team and South Carolina State University's marching band.

The game was a blowout where the Blazers won the game handedly by the start of the fourth quarter.

The contest on Saturday will feature a much tougher opponent. The rivalry between West Georgia and VSU is over 30 years old. UWG and VSU are usually competitive, and Saturday's matchup should be no different.

After a loss at North Alabama last weekend, West Georgia will enter the game 1-1 in the Gulf South Conference. The Blazers come in with the same record and will be fighting to move up in the national rankings from No. 25 in Division II.

"This is a home game, and you have to win all of your home games in the conference," VSU Head Coach Kerwin Bell said. "This is a big game for us but it's a big game for them too. We're both 1-1 in the conference."

Bell said he is not worried about the team losing focus after such a big win.

"They're focused," he said. "They're already talking about winning the Peach Basket."

The "Peach Basket" is the coveted prize that the winner of the matchup gets to take home with them. VSU lost it last year after holding it for several years prior.

In order to win the Peach Basket, the Blazers will have to be balanced, according to Bell.

"We've got to be balanced," Bell said. "Everybody knows that. We have to be able to run a little bit but throw it also."

The Blazers have recently had struggles with their offensive line, and the West Georgia defense is known for getting to

the quarterback. Against UNA, the Wolves had seven sacks, whereas the Blazers only had one. Bell believes his offensive line is ready for the test and being healthy will help them.

"We've got Josh Adams coming back and David May is practicing, so that gives us two veterans that'll be playing this week," Bell said.

Bell also praised his offensive line for playing "as good as they have all year" in Saturday's victory.

The Blazers are still in the midst of a quarterback competition after the win over Kentucky State. In the game, Adam Robles and Roland Rivers combined to pass for 575 yards, which is a VSU record.

Robles got the start for the Blazers, and Rivers came in once the offense became stagnant.

"I'd grade them about the same in the game the other day," Bell said. "We've got to find a guy that makes that jump."

Bell also said for his team to be really great, quarterback play is the key.

"For us to really takeoff, the quarterback, whoever he is, has to take a big leap," he said.

With Bell arriving in January, he credits some of the struggles to his quarterbacks being "new in this system."

The Black Swarm defense has been a large factor recently. They have held their past two opponents to a -50 point differential while causing eight combined turnovers in the two games.

"Against a good football team you have to play good defense," Bell said. "If you want to win a

championship, you have to play like a championship defense and this is the big game right here."

Bell reiterated that his players were ready to play in a "great football game" on Saturday.

"This is why you play, for big games like this," Bell said with a smile.

Five of the Blazers six remaining games will come against Gulf South Conference opponents. The Blazers are looking to

build momentum as they gear up for a possible post-season run.

The game against West Georgia is Saturday at Bazemore-Hyder Stadium at 7 p.m. The football team is asking that all fans wear black and make this a "blackout" game.

"Have our students out there and have it blacked out," Bell said. "It'll be a great environment and our kids are going to be excited to play."

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LEARN HOW TO MAKE EXCELLENT VIDEOS!

RULES OF ELIGIBILITY

- Be a registered full-time VSU student (both Fall 2016 & Spring 2017 semesters)
- Be in good standing academically
- Must submit video by posted deadline in Spring 2017
- Must sign a release for videos to be used by VSU

\*Entrants are strongly encouraged to attend at least one of the workshops offered in October to prepare their video in line with VSU branding standards.

E-mail questions to [kwculpepper@valdosta.edu](mailto:kwculpepper@valdosta.edu) • VSU VIDEO CONTEST sponsored by PROJECT INNOVATE!