

# THE SPECTATOR

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									PRICE \$60 EPI PEN IS TOO EXPENSIVE	PRICE \$60 PAGE 6	

# NEWS



Blake Clark/THE SPECTATOR

Students talk at HIV and AIDS awareness forum on Wednesday evening at the Student Union.

## Announcements

### National Hunger Awareness Event

Cantasia, a competitive fantasy-themed event to benefit Second Harvest of South Georgia, will be held Sept. 28. All campus groups are encouraged to participate. Prizes will be awarded in two non-perishable food donations. Registration is open at [www.valdosta.edu/cantasia](http://www.valdosta.edu/cantasia). For details, contact Aaliyah Houston at [ashouston@valdosta.edu](mailto:ashouston@valdosta.edu).

### Sorority Hosting Pink Out

The VSU Colony of Sigma Lambda Gamma National Sorority Inc. invites students to its Pink Out, a 5k run to raise funds for the Breast Cancer Research Foundation. BCRF is funding pioneering investigations that have improved breast cancer care and prevention, saving countless lives. For additional information or questions about the event, contact [slg.pinkout90@gmail.com](mailto:slg.pinkout90@gmail.com).

### Vagina Monologues

The Vagina Monologues is hosting an interest meeting on Sept. 15 at 6:30 p.m. in Ashley Hall Rotunda. For more information, contact Beautiful-Summer Spears at [bn-spears@valdosta.edu](mailto:bn-spears@valdosta.edu).

### Fire Pit Interest Meeting

The VSU Fire Pit is looking for passionate Blazer fans. The group is free and welcomes all fans eager to root on VSU. The interest meeting is Sept. 15 at 7 p.m. in Odum Library in room 1604 (first floor).

### Peace CORPS Information Booth

The Peace CORPS information booth will be in the Student Union Friday from 11 a.m. - 2 p.m.

### Football Cookout

The Blazers football team Meet and Greet Cookout is 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).

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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

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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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DID YOU

# KNOW?

The Spectator was formerly named the "Campus Canopy." Its title was changed to "The Spectator" in 1970.

# VSU first-year enrollment increases

## After a half-decade of decline, VSU sees gain in students

**Ryan Sulski**  
CORRESPONDENT  
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VSU enrollment is increasing, largely due to newer marketing techniques and nearby states being offered in-state tuition, according to Interim President Dr. Kelli Brown. She estimated a 4.3 percent increase in freshmen enrollment from a year ago.

Dr. Brown said VSU's current enrollment range is where the school hopes to stay.

"I think 13,200 looks good; that's a number that we know works well for us," Dr. Brown said.

VSU had experienced an enrollment decline since 2011, which left the school looking for new avenues to stop the bleeding. The university saw a total enrollment drop from 13,200 to just over 11,000 in that time.

Leading the movement is Director of Admissions Tee Mitchell. With a career background at Middle Georgia State College, where he helped increase enrollment by 73 percent, Mitchell has big plans for VSU.

Mitchell describes VSU

as a very favorable working environment.

"Out of all the enrollment management teams I have ever been a part of, this is by far the most dedicated management staff I've been a part of," he said. "(We have a) very supportive faculty here.

"It's not just admissions that takes students in and retains them; it takes a village. It starts at the top with the president Dr. Brown and her vision of the institution and that just has a trickle-down effect to the next level, which is faculty, admissions, registers office and financial aid."

Dr. Brown said she hopes to mold VSU into an institution with a strong personal connection between teacher and student. An institution where the faculty takes an interest into each student individually and uniquely helps each student succeed.

"We see you struggling and find out that you have two jobs, how do we help you be successful ... so you can graduate and move on," Dr. Brown said.

Mitchell carries the same aspirations in mind with hopes of VSU becoming the best mid-sized univer-

sity in the region. He said it has all the amenities of a big university, specifically mentioning athletics, intermural and Greek life, while adding that the school is small enough that students aren't considered just another number.

Mitchell said he plans on taking advantage of this being the first full year of VSU offering in-state tuition to Florida, South Carolina and Alabama, in order to accomplish that goal.

"If we could get to 13,000 in the next 5-10 years it would be quite a feat," Mitchell said.

Their primary recruitment effort is the use of buying the names from the College Board of anyone who meets the SAT requirement of VSU.

Wscribed another one of their many approaches: the V-State Experience.

"V-State experience events are where we take our open house on the road ... a lot of students can't make it to our on-campus open houses ... we take staff from every department and present in front of students from different schools in local states. At the end of the presenta-

tion potential students can go around to the different tables for each department and ask questions relating to the major they are interested in."

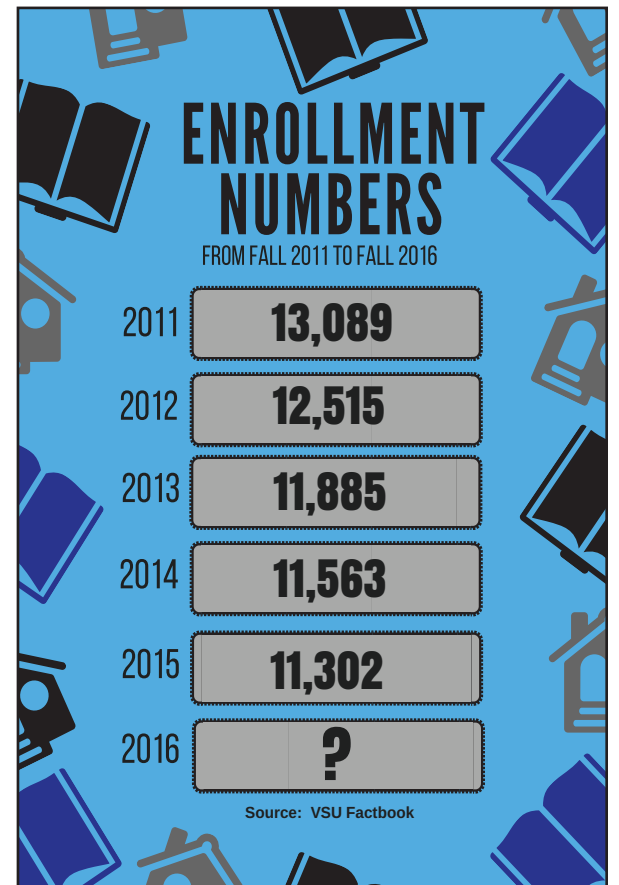
VSU's out-of-state benefits have made a positive impression on students.

"A lot of people from my high school look at VSU as an option because it's a good school and it's the perfect size," said Ashleigh Corbett, an incoming freshman from Live Oak, Florida, who is taking advantage of the new in-state benefit.

VSU suffered a roughly 10 percent decline in freshman enrollment a year ago, but has rebounded with an almost five percent bump this year following the revamped marketing and out-of-state tuition drops.

Dr. Vince Miller, the new Vice President for Student Affairs, told The Spectator earlier this month that VSU has "potential" and the university's recent struggles trace back to a lack of permanent leadership. He said rather than VSU doing anything wrong, the university has "lost momentum" due to the instability.

VSU has new leadership once again, but Dr. Miller



Mayah Cantave/THE SPECTATOR

VSU saw a decline in enrollment from Fall 2011 to Fall 2015. 2016 has reversed that trend. Official numbers will be released Oct 7.

said he believes the group in place will continue turning the tide. The school has solidified most of its administration, except for

the permanent president's position.

## President Brown visits SGA

**Kyle Dawson**  
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SGA held their third meeting of the semester on Sept. 12, in which VSU Interim President Dr. Kelli Brown was in attendance and helped to induct six new freshmen into the senate.

Dr. Brown, who was the president of her grad student association while getting her master's degree, said SGA is a perfect place for students to have their voice heard.

"SGA is very important from a leadership perspective," Dr. Brown said. "Students can gain their leadership skills either through being a senator or an elected officer or heading up committees. Those leadership skills can be read about in books, but here students can actually put them in play. This is a great kind of a playground or sand box for students."

Brown said that everyone on campus must work together to make the university thrive.

"When we think about shared governors on campus, we think about faculty, staff and students," Dr. Brown said. "They're all very critical, so we need to have all folks involved in the shared gov-

ernors process and that's the role that student government plays."

SGA president Maya Mapp talked about an upcoming community service project SGA will sponsor regarding the upcoming election. At the end of October, SGA members will help work the polls in Lowndes County. Former VSU SGA vice-president Nick Buford will be coming to train current SGA members on how to help at the polls.

Later in the meeting, Mapp encouraged the senators and everyone else in attendance to visit Blazer Sports Grille, which has changed its meal exchange hours from seven to midnight to five to midnight.

Vice President Othellius Cato then spoke about the upcoming SGA retreat. The retreat, which will help SGA come closer together and to grow as an organization, will include a trip to CORE Outdoors' challenge course.

Comptroller Erin Shaw then talked about some scholarships that SGA is sponsoring. The senate voted to give \$75 to contribute to scholarships in the future.

The next SGA meeting will be Sept. 19, at 8 p.m. in Student Union meeting room one.

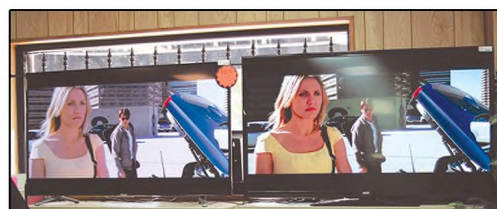


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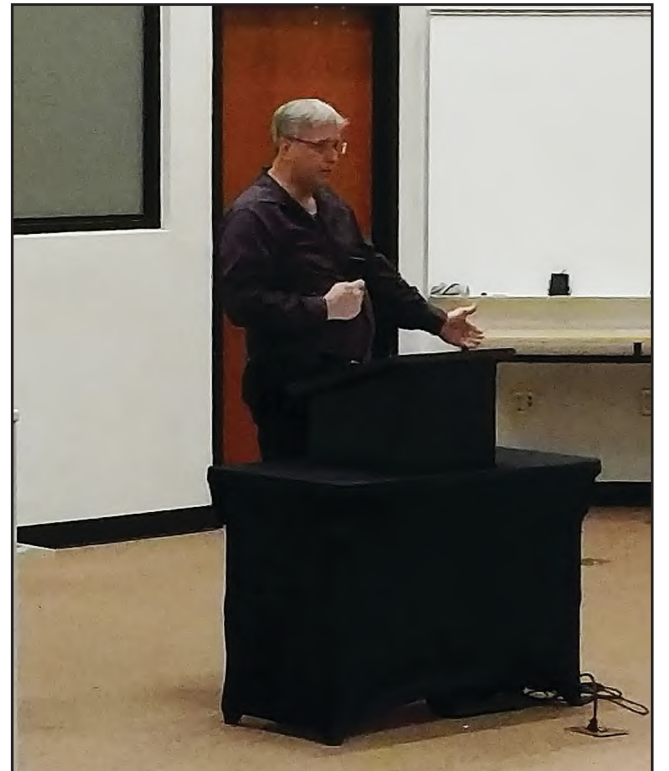
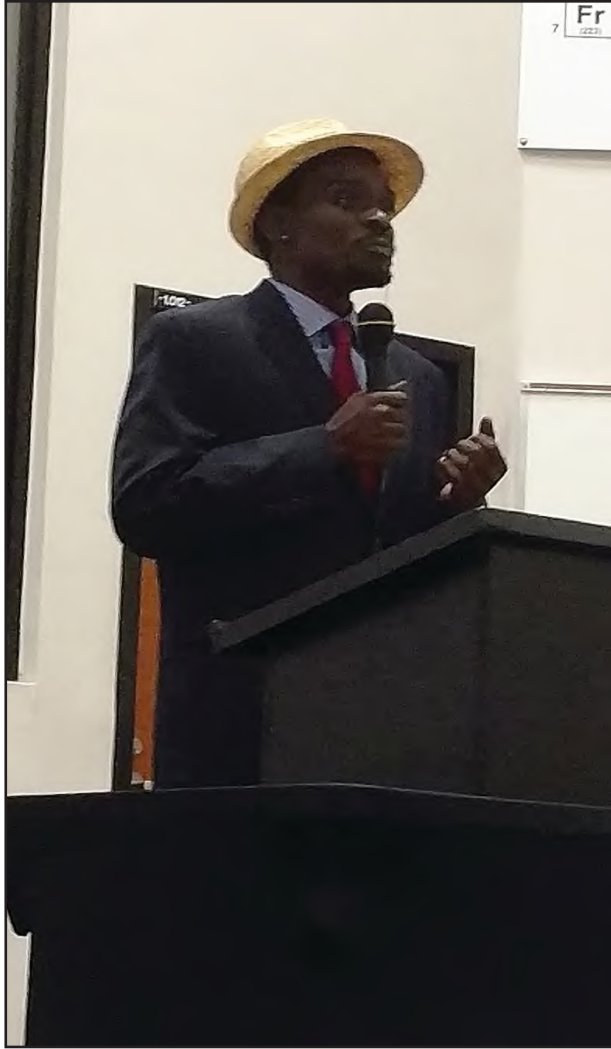
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# Meet the candidates

## VSU hosts local politicians for upcoming race

**Blake Clark**  
PHOTO EDITOR  
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Local politicians, students and community members gather for an open forum "Meet the Candidates" hosted by Valdosta State University's, Young Democrats and Lowndes County Democratic Party. Democrats and Republicans running for local office in the upcoming race were given six minutes each to discuss political philosophy, campaign pledges and commitments, as well as, life histories and aspirations. The event was hosted in the Auditorium (room 1101) of the Baily Science Center. Young Democrats of VSU are organizing voter registration drives on campus until the deadline on October 11. Contact Kaitlyn Hardy, president of Young Democrats of VSU for more information at khardy@valdosta.edu.



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# OPINIONS

Our point of view...

## VSU shouldn't forget current students

It might be time for VSYOU to take a backseat to VSUS. The 2015-2016 school year saw the beginnings of the VSYOU advertisement campaign, and this year enrollment is set to reap the benefits. The campaign has produced an almost 5 percent increase in freshman enrollment from last year, with majors such as communications, math and accounting seeing the biggest growth since its implementation.

After years of decline and a large faculty lay-off, a rise in enrollment seems like a ray of sunshine for our college. The campaign seems to be going in the right direction, but compared to 2011 enrollment, which peaked at over 13,000 students, Valdosta State could stand to bring in even more students than it did.

As a side effect of the drop in enrollment, Valdosta State seems to have become obsessed with raising numbers, which, while important, shouldn't be the goal of a learning institution.

More and more these days, college education seems to have become a business like any other, instead of an opportunity to learn and explore. The VSYOU campaign, too, seems to leave out current students in favor of attracting more freshmen.

Enrollment numbers are what keep the university afloat, but the disconnect between current students and the administration, probably due to the extended search for a permanent president, cannot be ignored.

Some facets of the campaign are great. Dropping out-of-state charges for our neighboring states has increased enrollment, and the focus on the individual student's experience is an important part of the small class sizes VSU has to offer, but Valdosta State cannot ignore current students.

The truth is, students trust each other when it comes to college. If current students are happy with their experience at Valdosta State, they will recommend the college to younger, prospective students. The same goes for unhappy students.

The new intramural turf field is a great part of retention efforts, but the idea for the \$365,000 upgrade didn't come from the right place. While studies might show that students involved in intramurals are more likely to stick with their college, only 1,550 students out of 11,302 participated in intramural sports last year. That's roughly one in 10 students. What about what the other nine students want?

Sometimes, it seems like the VSYOU experience stops after admission. Shouldn't ideas about how to improve the campus come from the people who use it most? In the end, students fund the college, and if an individualized experience is what Valdosta State is trying to provide, the administration has to stop over-looking the opinions of the students.

Administrators, listen to what the current students have to say about their experience. Our education is not a business deal or an ad campaign. Invest in the current student body because students are the voice of a university and an overlooked resource when it comes to recruitment. Consider holding an open forum every month for students to voice their opinions, or doing something as simple as emailing surveys to current students to find out what changes they would like to see in the university before spending more money.

Students, don't be afraid to speak up. This is our college and its reputation, enrollment numbers, and strength of programs are what give our degrees merit. Try to see the administrators as a group of people here to make the college the best it can be for everyone. Don't be afraid to ask for more transparency.

A little more transparency and a little more unity could be all it takes for retention and enrollment rates to skyrocket at Valdosta State.

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



MCTCAMPUS

## Islamic community building cemetery Newton County residents not yet ready for Muslim mosque

**Hunter Terrell**  
CIRCULATION MANAGER  
hterrell@valdosta.edu

Outside of the Atlanta area in Newton County, Islamic community leaders purchased land with the hopes of building a Muslim Mosque and Cemetery.

The Al Maad Al Islami mosque located in Doraville bought a total of 135 acres last year and received a county permit for a place of worship. When an engineer hired by the mosque met with county development, word spread across town attracting national attention.

The undeveloped land was inexpensive at \$675,000, and located across the street from a Baptist church and cemetery.

The Mosque was approved by the county's zoning department under current regulations which allow for a place of worship.

In early August, Newton County Board of Commissioners held a public forum. Over 500 people filled the Commission headquarters. Many residents shared their "concerns" with the construction of the Muslim community.

One man expressed his fear of unsanitary water due to the Muslim tradition of burying deceased unembalmed.

Others had concerns of property values, traffic congestion and noise from the mosque.

Even a Facebook page was created "STOP the Mosque

Newton County Ga." which now has over a 1,000 likes—it is clear the Mosque is receiving harsh criticism.

Many residents reacted angrily to the news and demanded the county commission put a stop to the project immediately.

they decided to build there. Personally, I have religious tolerance but people who live and have always lived in Newton County, generally do not. I hope they can withstand all the hate and unnecessary hardships they are going to experience, but I think they should be prepared."

Mohammad Islam is the imam of Al Maad Al Islami. He said he expected some pushback, but was surprised by the intensity in which people reacted.

Islam said his organization was planning a cemetery and a "simple" mosque on the site. Eventually, Islam said, the congregation would like to build a park, residences and possibly a school.

Controversy is still on the rise, as Gray said some friends from back home told her "even a peaceful protest was held on 9/11." Al Maad Al Islami still has hope to begin construction within the year.

Being from Newton County, I know that the mosque is going to experience more than the expected hardships. Newton County is mostly filled with old-fashioned, God fearing middle class citizens.

Unfortunately, Newton County is not prepared for the changes that are to come with this.

I hope that my community will prove me wrong and will exemplify the religious and cultural tolerance, as well as offer respect the church deserves.

*Many residents reacted angrily to the news and demanded the county commission put a stop to the project immediately.*

Furthermore, a five-week moratorium was put on the new place of worship.

Newton County native Taylor Gray, junior (major), sees things going bad before they get worse. "I don't know what to expect in the next year," she said "Newton County is not really a culturally diverse area, so I don't know why

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OPINIONS

# Exercise on your own time

## Working out relieves stress but consumes schedules

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

It can seem almost impossible to schedule a workout into a week full of classes and hours at a job, sometimes it can even seem like trying to work out or be on a sports team is more stressful than not.

"Throughout the day it can be stressful because there is no 'sit down time'" senior soccer player Kayla Robles said about playing a team sport in college. "(It's) OK, I have this to do then after that I still need to eat lunch before practice, etc."

Being on a sports team in college comes with a full schedule and stresses that are unavoidable as the team may be on the road up to four days a week.

"Being away from home, on a bus, playing 90 minutes per game plus trying to study for a test is very stressful," she said.

Trying to maintain a GPA along with a team sport can leave you with little, if any, free time. An hour for sleeping, eating or hanging out with friends may be sacrificed for study time.

According to a study published in the American Psychological

Association, exercise, when implemented the right way, can be a stress reducer. Experiments with animals and exercise that have been conducted since the 1980s has shown that physical activity increases the concentration of a stress reducing chemical called norepinephrine in the brain.

Exercise was also shown to increase the body's ability to cope with stress overall. Working out forces the body's cardiovascular, renal, muscular and sympathetic nervous systems to work together more closely, helping your body better cope with stress later.

The Mayo Clinic cites exercise as an endorphin producer that helps produce a natural "runners high" that boosts your mood and helps you forget about the stresses of the day.

They also note that exercise can boost confidence and relieve symptoms of mild anxiety and depression, leading to better sleep at night.

While joining a college team



Michael Hogue /mctcampus

Illustration of balancing school and sports

sport may not be the best way to reduce your stress, exercise itself is not a completely invalid way to do so.

Trying to fit in an extra walk or bike ride can be just as effective. Walking the long way to class, or kicking the ball around on the front lawn with your friends is a great way to keep your stress levels down.

Even Robles noted that a good practice could help her reduce stress from her hectic schedule. "After a stressful day in class I go to practice and I feel much better," Robles said. "Practice helps me clear my head and takes my mind off of school."

# EpiPen is too expensive

## Patients don't have many options

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

Mylan Inc.'s well-known product, the EpiPen, has increased in price 600 percent in the last several years – raising the price of an individual EpiPen from about \$50 to over \$300.

According to Market Watch, a drug price-comparison will show that the cheapest option for EpiPens now is a two pack for over \$600.

Unfortunately, the prescription is not an easily avoided one. The EpiPen is used to treat anaphylactic shock: This device saves lives. Finding an alternative is hardly a choice either.

According to Market Watch, Mylan's competitor, Sanofi, was recalled late last year and the generic alternative, Adrenaclick, does not provide much of a price difference.

Now, individuals and parents are forced to make difficult

health decisions and possibly resort to risking their health by not replacing expired pens or going without.

Patients are seemingly out of options on how to resolve this issue. They cannot just protest Mylan because they need the medication.

Pharmacies cannot protest either because they need to provide the medication. Mylan claims that it has no control over the retail prices.

However, not all hope is lost. Market Watch reported that there are rumors of cheaper EpiPens in other countries such as Canada.

Some individuals are driving there to get their medication or ordering online. No one should ever be deprived of life due to finances.

It seems the best way for the medical community to fight this price increase would be giving their business to other countries in hopes of the prices dropping.



Michael Hogue /MCTCAMPUS

The EpiPen device that has gone up in price.

# Infant simulators are an ineffective and outdated scare tactic

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

Infant simulators that prevent teen pregnancy may actually be causing it. Schools should just stop using them.

These simulators mimic live babies in both looks and maintenance.

The doll will cry until a key representing a feeding, diaper change or other form of care is inserted into the back.

The purpose of these dolls is to show teenagers the time and effort it takes to care for a child in order to discourage them from having

intercourse or becoming a teen parent. However, according to the Seattle Times, a study has shown these babies may actually be increasing the rate of pregnancy in teens.

The seemingly obvious solution to this problem would be to remove baby simulators from the curriculum but that has not been done.

It is likely that schools fear that removing preventative steps from the parenting courses will result in backlash from the angry parents of pregnant teens.

It's easy to try and place the blame on anyone but your child, but parents and schools alike need

to face the fact that pregnancy happens when teens have sex – generally when they haven't been taught about safety precautions.

*Maybe the real issue is that schools are trying to scare kids out of having sex, instead of teaching them how to do it safely.*

Sure, a fake baby may prove to a teen that they don't want a

child, but it does not address their desire for sex. Most sexually active teens aren't aiming for parenthood in the first place. Maybe the real issue is that schools are trying to scare kids out of having sex, instead of teaching them how to do it safely.

This is not to say abstinence is not an option. Abstinence is the most effective way to prevent pregnancy and the contraction of STD's.


However, just using scare tactics or telling kids to be abstinent won't stop all teen intercourse. All it does is keep sexually active teens from knowing how to protect themselves.

Don't think it's true that only teaching abstinence puts kids at risk? Look at the data. Advocates for youth reported a study that showed abstinence-only schools, "showed some negative impacts on youth's willingness to use contraception, including condoms, to prevent negative sexual health outcomes related to sexual intercourse." Again, abstinence is a great option, but it's not the only option.

Schools need to end the use of scare tactics like the infant simulator, and start teaching about safe sex options if they ever want to decrease the rate of teen pregnancy.


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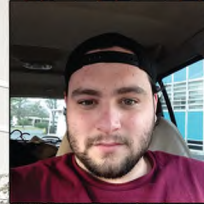
**KEONA BRYANT**  
SOPHOMORE • BIOLOGY

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## Health Tip of the week

A healthy tip from VSU Student Health Center -the CDC has posted "what to do to protect yourself from Zika." Things to do include:

- prevent mosquito bites, plan for travel and protect yourself during sex.

## COLLEGE LIFE

BlueWater welcomes rapper for weekend concert

## Roscoe Dash to bring 'Good Good Night' to Valdosta

**Kyle Dawson,  
Ebony Register**SPORTS EDITOR,  
STAFF WRITERkkdawson@valdosta.edu,  
ebregister@valdosta.edu

BlueWater Saloon owner Chris McReady encourages people to "Get Wet with Roscoe Dash" this weekend. Dash will take the stage

at BlueWater for the first time Friday, Sept. 16.

"We try to at least have one big event every school year," said Chris McReady, owner of BlueWater.

The 26 year-old rapper was born Jeffery Lee Johnson Jr., is from Atlanta and has been making music since 2009.

Dash is famous for his song

"All the Way Turnt Up" and his verses on Waka Flocka Flame's "No Hands" and Big Sean's "Marvin and Chardonnay."

He is known for making party anthems in the early 2010's. "No Hands" won a BET Hip-Hop award in 2011 for "Best Club Banger."

He was also a member of XXL's prestigious freshman class

of 2012, but he hasn't had much success with his singles released in the last five years.

The concert in Valdosta will be a night of throwbacks as most of the crowd of college students were likely in high school when Dash's music was at its peak popularity.

The rapper is making a short tour of South Georgia as he will

be at The Gin in Tifton on Saturday, Sept. 17.

Tickets to the event can be purchased from anyone who works at BlueWater Saloon or Flip Flops up until the day of the event.

He may be a little older and without his trademark Mohawk, but Dash will take BlueWater and his fans on a trip through time Friday.



Students and faculty enjoy the new dining area inside of Palms. Extra seating has provided more adequate room for lunch crowds Kelsey Dickerson/THE SPECTATOR

## Review

## Palms updates increase seating

**Evelyn Dunn**

STAFF WRITER

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Palms Dining Hall has gone through some changes for this semester that includes a whole new remodel, more food options and are even getting bigger crowd with the new improvements.

The new spaces provided for seating are noticeable right out the gate, or through the front doors at least.

Thanks to the removal the island that use to be in the middle of the main room where the salad and soups were, students have better seating accommodations.

The salad bar is now against the wall, where students claim is a much better access point. There

are also new dressing bottles that are much cleaner and easy to use than the ladles they had last year.

The whole area that contained Moe's and Papa Johns has been taken out and turned into more high-top seating.

With the nice view of the patio outside, this new addition is worth it.

Provided in this new area is also an allergen free station, where everything is cooked specifically to the needs of people that could possibly have a food allergy.

To finish it off, there is also a soda machine to convenience ones sitting in that area.

Students mentioned that some of the food seemed healthier or the main entrée station had a more rounded diet for everyone

versus last year. The pizza, grill, and pasta bar are as good as ever, with the grill line still being the longest. The desserts are still great, but it depends on what time they were set out if they are stale or not.

Palms still seems to hold a good crowd during dinner and lunch.

Around noon, it is packed, with the new available seating being a blessing. However, in the evening the crowd is a little thinned out, perhaps because they close at 7 p.m.

The improvements to Palms Dining are considerable compared to last year.

The main issue during busy hours was the limited amount of seating. It poses much less of a problem with the new renova-

tions.

There are more options and the food stations and new placements, like the salad bar, provide better access.

Improvements that do need to be made, however, are small.

While the salad bar is still offered in the main entrance room, the soup and desserts have been nearly hidden from view. Both seemed pushed into the corners, each on opposite sides of the building.

Overall, Palms Dining has gone through some changes for the better this semester.

If the goal is to offer the best services possible to students. They still achieve their that goal. They definitely provides a better dining experience with the changes.

## After-School camp for kids comes to VSU

**Taylor Collins**

STAFF WRITER

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Due to the demand from parents through the years, Program Coordinator of Continuing Education, Suzanne Ewing, has expanded the Campus Discovery program into an afterschool.

Starting on Sept. 15, Camp Discovery: After School Edition will kick off with two classes, Crazy Science and Fun With Spanish.

Crazy Science is a four week program designed for students K through third grade that concentrates on the basics of biology, chemistry, physics, natural sciences and engineering.

Fun With Spanish is an eight week program designed for grades K through fifth grade.

Both classes will take place on Thursday afternoons from 4:00 p.m. to 5:45 p.m.

Camp Discovery: After School Edition is looking for student volunteers to help with the classes

Since minors are involved, in order to volunteer one must undergo a complete background check, which requires approximately a week to process.

A VSU Volunteer Form must also be completed.

Any student interested in volunteering should email Suzanne Ewing.

Students who enroll their own children in the program will receive a \$5 tuition discount for each of the classes.

Ewing said they are hopeful that the classes will grow in size and popularity over the course of the semester.

The program plans on offering more classes in the Spring semester if these receive enough interest.

## Make the most out of your mornings

Helpful tips to schedule the best sleep of your life, wake up faster, get to class on time

**Kelsey Dickerson**

COLLEGE LIFE EDITOR

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Waking up in the morning can seem harder as the semester progresses, but there are a few ways you can make getting out of bed easier.

Planning ahead of time may be what you're missing if you have trouble waking up.

The American Academy of Sleep Medicine suggests that having trouble waking up may be a byproduct of improperly planning out your sleep schedule, or underestimating the time you

need to sleep.

Establishing a schedule can help your body get into a rhythm, and creating a routine before bed can give your body cues for when it should start winding down in preparation for sleep.

"I always put slippers right beside my bed so my feet aren't cold in the morning," Brittney Driver, a senior nursing major, said.

If you don't have trouble waking up, but can't seem to get yourself out of bed, there are solutions for that too.

Michelle Segar, a healthy living expert and motivation scientist at

the University of Michigan, told everydayhealth.com that setting your intention for waking up early can be the best way to ensure you are motivated to wake up.

"I make deals with myself," Aaron Purvis, another senior nursing major, said. "Like, if I get out of bed I get breakfast, but if I don't then I won't have time."

Try setting up an incentive for yourself to make it out of bed by having your automatic coffee maker pour you a cup every morning at a certain time, or set up an alarm clock to play your favorite song every morning to automatically boost your mood.

Getting as much natural light as possible as soon as you wake up is also a great way to get yourself going.

According to the National Sleep Foundation, exposure to light controls nerve pathways from the eye to parts of the brain that control hormones and other functions of the body that can make you feel wide awake. Bright morning light can also suppress levels of melatonin in your body, the hormone associated with sleep.

Remember that not all advice works for everyone. Even though some specialists suggest that

you should never hit the snooze button, or always drink a glass of water when you wake up, those tips may not work for you.

"I set my alarm clock for two hours before hand, and I have multiple alarms on my phone and my alarm clock," Jonathon Hembree, sophomore accounting major said. "I'll normally put on a video or news story when I get up."

It could be best to try out a variety of methods for getting yourself up and stick with the things that work best for you, even if that means tapping your snooze button every once in a while.



# DID YOU KNOW?

According to their website, the Blazin' Brigade has been entertaining students, fans and alumni at sports events since 1983



At band practice on Aug. 22, the colorguard practice their routine while members of the horns section play.

Blake Clark/THE SPECTATOR

## New band director leads Blazin' Brigade Marching band has busy season ahead, unity of members better than ever

**Shanice Barns**

STAFF WRITER

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The VSU marching band, known as the Blazin' Brigade, has been entertaining their fans with their sounds since 1993.

The Blazin' Brigade consists of woodwinds, brass, percussion, color guard members, and the Red Hot dance team.

Dr. Tonya Mitchell, the new band director, accepted her position as Director of Athletic Bands, and has been leading the band since the summer of 2016.

Dr. Mitchell discussed her experience leading the band, and what being a part of the band means to her.

"My favorite part about directing the band is a two-fold answer," Mitchell said. "I enjoy experiencing the birth of a show from concept to reality alongside the members of the band. Students enter the season not knowing the theme, the music, or the drill and leave with several

minutes of music memorized, dozens of pages of drill mastered and a feeling of completion once a show is mastered. That feeling of achievement is compounded when we learn more than one show. It's the ultimate exercise is delayed gratification."

Mitchell also said the unification of the band is one of its most gratifying aspects

"The daily feeling of anticipation, excitement, and progress one feels while working towards a large project, the meta-level of knowing you're working towards a unified goal (the final show), allows the band to bond, grow and achieve together."

"Being part of a band means understanding a shared vision and working as a team to actualize it. When assessing a rehearsal, we're not outside playing notes and learning sets, we're creating a product that utilizes all 140 members equally towards one idea."

Mitchell believes that the band also enhances its members' ability to communicate.

"Being in a band also affords the member some basic human interaction and social skills: communicating effectively with peers and professionals, handling confrontation in a healthy way, speaking with confidence and authority, problem solving, posture and eye contact, body awareness, memorization, working under pressure, planning ahead, etc." she said.

Working with the band isn't just fulfilling for their director.

"It's a lot better than my undergrad, it's a lot more enthusiasm for sports in general," Dylan Peters, a graduate assistant for the Blazin' Brigade, said. "It's a lot of great work being done honestly, and it's kind of addicting to be around."

Students in the marching band get something out of it as well.

"I love the unity of it all, we just feel like a family here," Andrew Copeland, a band member in the Blazin' Brigade, said.

The band has a busier season than last year's ahead of them.



The band stands at attention on Sept. 12.

Shanice Barns/THE SPECTATOR

The Blazin' Brigade will be performing as the exhibition band for the Southern Open in Valdosta on Sept. 27 at 8:30 p.m. in the Bazemore-Hyder Stadium.

The band will also travel to Waycross to play in the Okfe-nokee Classic on Oct. 1, and they are also scheduled to compete in the Heart of Georgia competition in Warner Robins on Oct. 29.

"Throughout the season, you

can expect to see excitement from the band as we take on new initiatives to enhance the game-day experience," Mitchell said.

"The band has a parade to the Blazer Walk as well as tailgate rallies in both the student and booster lots for all home games. The band will also present multiple half-time shows for the audience," she said.

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# DID YOU KNOW?

According to MentalFloss, in April of 1939, the first-ever regularly scheduled television broadcast began.

## 4 Mobile games to pass the boredom away

by Evelyn Dunn | Staff Writer

Its break time, you have an hour before your next class and decide to go get a Starbucks coffee. While you wait in line, you might get on your phone to see what games you have to pass the time. The question is, what is a good game to play to relieve the boredom? It could be a puzzle, adventure, or maybe a strategy game that claims your attention. Here are four free games that will surely help you pass the boredom away.



### Clash of Clans

Type: Strategy

An adventure strategy game that requires players build a town out of resources, train troops and attack neighboring towns to gain money or gold. Players team up to fight other clans and participate in "Clan Wars." This way players can interact with each other by trading resources and troops. This game is great for people who like to wrap their heads around strategy.

### Hay Day

Type: Simulation

An adventure game that simulates farm life. The objective of the game is to take care of your farm enough so that you can level up and expand. You can unlock items such as new animals, more production sites, and decorations for your farm. Players can connect with other players from Facebook and play in competitions with neighborhood teams.



### Cut the Rope

Type: Puzzle

A puzzle game that has been around for a while and offers an addicting experience. The game is physics/chemistry based, where the goal is to have the little green monster get to his candy by using your finger to cut the rope in a way that drops it into its mouth. You need to get a certain amount of stars/score for each level to move on. It's suitable for multiple platforms and devices.

### Monument Valley

Type: Puzzle

A game of optical illusions that requires players to physically move maps around to make a pathway for their character. The geometrically aesthetic maps are pleasing to the eye and have players really think in order to go through and solve the puzzles to finish the game. There are mysteries, and the walkthrough is fun and interactive. This game is great for brain stimulation and relieving boredom.



Illustration by Kayla Stroud/THE SPECTATOR

# YouTube deletes longtime users

## Censorship and demonetization of content causes issues

### Kimberly Cannon

STAFF WRITER

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During the first week of September, numerous YouTube content creators posted on their Twitter accounts and uploaded videos discussing the issues of censorship and demonetization of their YouTube videos.

Philip DeFranco has been a YouTube creator for a decade, but on Aug. 31 DeFranco posted a video that addressed the possible shut down of his channel by YouTube.

Within his video "YouTube Is Shutting Down My Channel and I'm Not Sure What To Do," DeFranco said that YouTube had informed him that some of his videos were not advertiser-friendly.

DeFranco said that YouTube was labeling his videos as not advertiser-friendly and inappropriate likely because of his discussion of controversial or sensitive subjects within those videos.

DeFranco stated that 12 of his videos in the past had been demonetized, meaning that those videos had been deprived of their monetary value by YouTube because advertisements had been removed.

YouTube allows its content creators the opportunity to monetize their videos. This process begins by enabling monetization on the YouTube account and by creating an AdSense account for the YouTube channel. AdSense is

operated by Google, and it is a service that places advertisements on content creators' websites or videos, so that the creator can make revenue from their online content.

YouTube has a policy which outlines the content on the website that will be denied monetization.

DeFranco discusses the censorship on YouTube in a video he posted on Sept. 1 titled, "Youtube Responded, But It Gets Even More Confusing..."

In this video, DeFranco said that the issue that many content creators on YouTube have with the administering of this policy by YouTube is that not all content creators that break the policy have had videos demonetized. DeFranco references to sexually suggestive videos posted by Smosh and graphic news stories regarding war posted by CNN, both of which still have advertisement on their videos though the content of those videos technically break YouTube's monetization policy.

DeFranco said in his video that YouTube's lack of clear communication with its content creators is the issue.

"My main concern at this point is that it seems like everything is too broad. People are putting up videos. They're being demonetized. While they are demonetized, they're not making that money. They're appealing. They're then getting the video reinstated for monetization, but they miss out on all that money,"

DeFranco said in his "Youtube Responded, But It Gets Even More Confusing..." video.

However, DeFranco said that YouTube has the right to do this to its content creators because YouTube is a business with established guidelines.

The demonetization of flagged YouTube videos is not a recent procedure that YouTube is just now following. According to DeFranco in his Sept. 5 video, "WOW! The YouTube Demonetization Fallout is Ridiculous, Biased, And Lazy," it is due to a change made by YouTube, which has allowed YouTube content creators to see more clearly when their videos have been demonetized, that has led to the current growing conversation by YouTubers regarding this issue.

YouTube made the statement, "We recently started rolling out improved notifications in Video Manager to make it clearer ... when a video is demonetized [sic] due to advertiser-friendly content concerns as well as to make it easy to appeal," Olivia Blair of The Independent reported.

YouTube creators Luke Cutforth and Melanie Murphy both posted on their Twitter accounts on Aug. 31 regarding the demonetization of their videos.

According to their Twitter posts, Cutforth's demonetized video was on the topic of his experience with depression, and Murphy's demonetized videos were about her acne.

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	The Fresh Prince Of Bel Air Will Smith   Greatest Hits	-Bankroll Kyle



DID YOU

# KNOW?

According to Sims Vip, the first household object ever to be created for The Sims was a toilet.

## Sudoku X

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

Good Luck!

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

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 O T S H D U K A A R Z B O T U F T  
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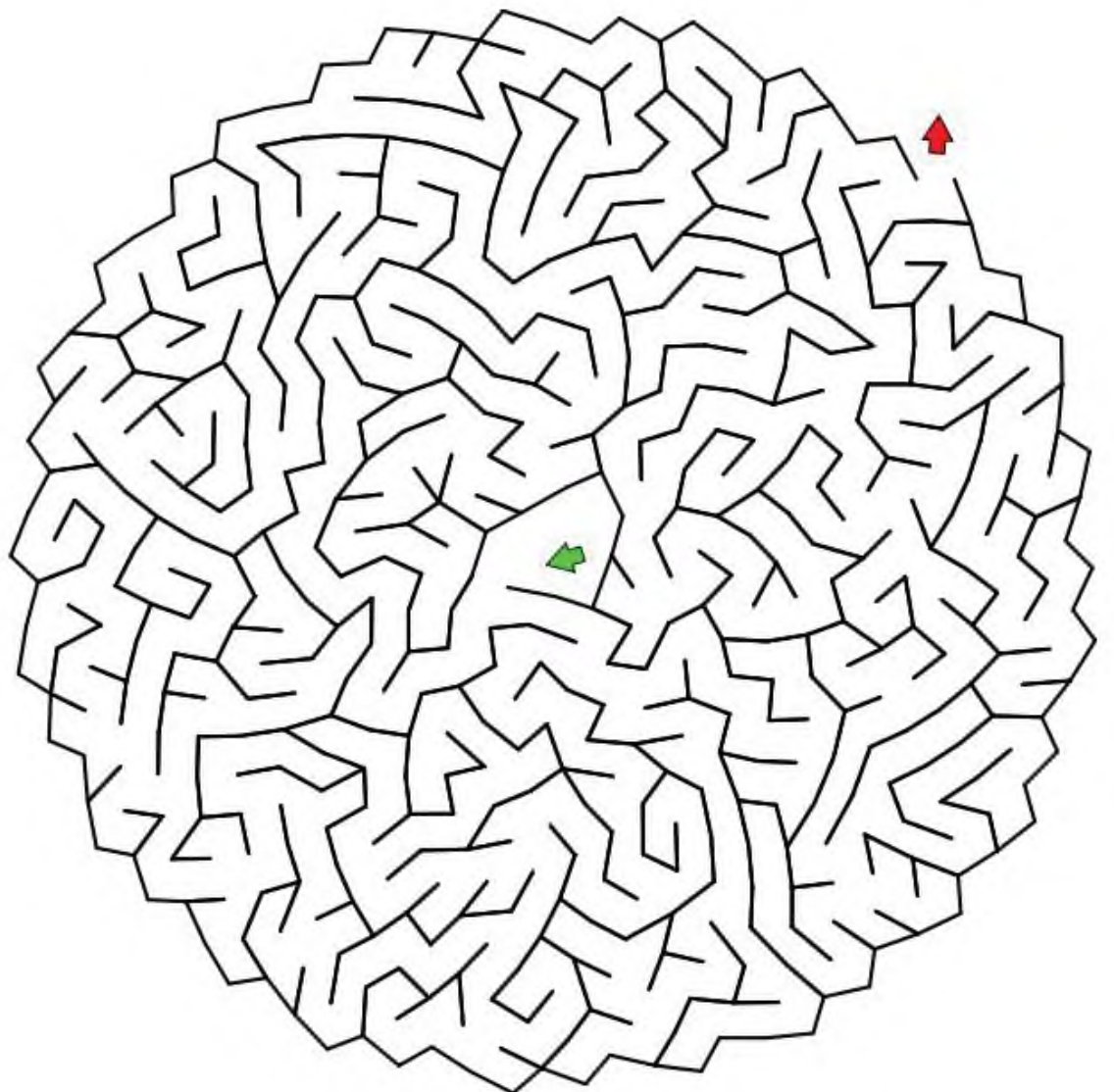
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**DID YOU KNOW?**

VSU has played North Alabama 41 times, with UNA holding a 23-16-1 advantage. The visiting team has won eight of the last nine games.

# Football looks to open GSC play with a win

**Ray Pack Jr.**  
STAFF WRITER  
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Another chapter will be written in the rivalry between VSU and the North Alabama Lions as this game is a key matchup in the Gulf South Conference. Going against each other for the 41<sup>st</sup> time this Saturday, it is one of the oldest rivalries in the conference.

Both teams are coming off bye weeks and they should be primed and ready to go.

The Blazers came off a victory against the Albany State Rams on Sept. 3. VSU hopes to get the offense going more than just in the second half like in the opener. The Blazers will look to avoid another slow start to take the pressure off the defense while giving them time to catch their breath.

Head Coach Kerwin Bell knows this must change in order for his team to be successful again.

“We have to be balanced in all phases of the game,” Bell said. “Our special teams, defense and offense must be focused on all aspects of the game in order to get a win. We must be physical on defense and do as we did two weeks ago and protect the ball.”

This mind set and intensity from Bell has transferred to a lot of his players. Bell requires excellence and that is what the team strives for. Bell and starting quarterback Roland Rivers are on the same page when it comes to winning this next game.

“After watching film, I have a better knowledge of what we are trying to do offensively and



Ray Pack Jr./THE SPECTATOR

Quarterback Roland Rivers will try to do better than he did in the opener, when he had 203 yards on 13 completions and a touchdown.

I am ready for Saturday,” Rivers said. “We must play our game, be confident, and play with a purpose because we cannot have a repeat of the two weeks ago. Even though, we won we all have to play better and remain focused against UNA.”

Bell said Rivers must slow down his mind and get more comfortable during the game.

“He just needs to keep it simple,” Bell said. “Don’t press and rush the situation just take what the defense is giving you.”

The Blazers are looking to go 2-0 to start the season and win their first conference game on Saturday at 7:00 in Florence, Alabama.



Ray Pack Jr./THE SPECTATOR

Raymond Palmer picks off a pass in practice before the UNA game.

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## VSU golf finishes second in first tournament

**Juston Lewis**  
STAFF WRITER  
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VSU Golf is ready to tee off on another great season. The Blazers finished second out of 18 teams in the Kiawah Island Invitational, which was the team’s first tournament of the year.

Olav Zandveld led VSU with a two-under score for the tournament, which left him tied for sixth overall out of 88 golfers. Colton Godwin finished tied for tenth at one-under.

Head coach Jared Purvis has been at VSU for 12 years and has coached six All-Americans. Purvis’ teams have notched 15 tournament wins in his tenure here and have gotten many invitations to nationally respected tournaments.

Purvis said his main goal is to

get the team back to its winning ways.

“Winning is first and foremost, but if we don’t win we want to put forth a solid effort and minimize mistakes,” Purvis said.

Winning is nothing new to VSU golf as the Blazers have often been ranked nationally under Purvis. However, last year the team placed near the end of the pack in most tournaments. They did finish fourth out of 11 teams in the conference tournament.

He is optimistic about the added depth to the team as well as the improvements that some players have made.

With only one senior on the team the Blazers are still relatively young but they have a year of added experience. Purvis said the younger players may face some challenges early, but they should be able to adapt easily.

“The way our new guys adapt to college golf, even though they might’ve played in the best junior tournaments it shouldn’t be much adapting but you never know,” Purvis said.

There are five freshmen on Purvis’ team and he said his best advice to them would be to never give up and keep fighting till the end. Purvis said he told his players to “stay even keel and don’t show too many emotions, even if you are fighting your butt off don’t show it.”

Purvis said any one of the golfers could have a breakout year.

“Golf is just a pretty weird game,” Purvis said. “It could be any of the guys. One minute you’re a middle of the pack guy and the next minute your one of the top golfers in the nation.”

## Volleyball focusing on GSC

**Hunter Terrell**  
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The VSU volleyball team is off to an unsettling start this 2016 season.

Winning the first game against Brevard, then losing the next four and pulling out a win against Lees-McRae at the Barry University Classic, the Lady Blazers seem to be adjusting at a slower rate than expected.

The Blazers delivered their best offensive performance of the season in the first match and were led by Susanna Peonia, who had a career-high 19 kills. Instead of playing middle blocker, Peonia was repositioned to an outside hitter.

The losses against Southern Indiana, Flagler College, South Connecticut State University and Barry College dropped VSU to 1-4 on the season at the time.

Fans have been nervous leading up to the first home game on Sept. 16.

“I hope they can get better before the first home game,” Andrea White, sophomore, said. “I always get super pumped at home games, and knowing that

this is most of the girls’ last year playing. I just really want them to do good.”

The team pulled it together for a while with victory over Lees-McRae before dropping the second match to the Fighting Knights of Lynn in Miami, Florida.

The Blazers went to Clinton, Mississippi early Tuesday morning to prepare for their Sept. 14 game against Mississippi College Lady Choctaws. The team won the match after sweeping all three sets.

Peonia led the team with 14 kills, and Sara Dandridge led the team with 33 assists.

The team will look to build on the win and the performance by Peonia in order to get some momentum going into the rest of the season, which are mostly conference games.

The Blazers will travel to Livingston, Alabama, Sept. 16 to play West Alabama in the team’s second conference game. VSU will look to keep their conference record perfect after a posting a 2-5 record before conference play.

**Next Week:**  
A look at VSU goalkeeper, Alyssa Curtis. The junior recently captured the record for most saves in a single game with 14 in a draw against Georgia College last week.



Valdosta State University

# SPORTS

## Baldner still pursuing his championship

**Juston Lewis**  
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It's a new season and Dallas Baldner still wants his National Championship.

Baldner is a junior wide receiver from Homosassa, Florida, who credits coming to VSU to the 2012 National Championship.

"They were just coming off a national championship and that's what made me come here," he said. "I'm still hoping to get a ring."

In addition to winning a title, Baldner said he has the personal goal of staying consistent. For him that means not dropping passes, running his routes correctly and having a positive impact for his team.

Baldner credited his father as an inspiration to him. He said that his father, Russ Baldner, who played for the Houston Oilers, was his first inspiration and he taught him how to play, so it runs in his blood.

His favorite player to watch is Odell Beckham Jr., a breakout star in the NFL. Similarities can be drawn to Beckham and Baldner. Both receivers came onto the scene and provided big plays and sparks for their team. In 2015,

Baldner played in nine games where he provided 19 catches for 299 yards. He also picked up four touchdowns over the season while averaging a little over 33 yards per game.

Throughout last season, he showed his consistency, which is a big key to his personal success. In the game against Albany State, he racked up four receptions for 80 yards and the only receiving touchdown in the game. However, Baldner credits his teammates on both sides of the ball for his success.

One of the most important bonds on a football field is between a quarterback and his receiver.

"Since the day he got here, he has just gotten better. Everyone can see that," Baldner said about Roland Rivers, the sophomore quarterback for the Blazers.

"As far as our relationship, we're really close, and I know that when we get in difficult situations he has me in the back of his mind and he'll get me the ball because we have that connection. With us, it is just a trust factor," he said.

Baldner said the defensive backs push him every week in practice, which makes him a better receiver, and it makes the DBs

*"I'm still hoping to get a ring."*

Dallas Baldner



Darian Harris/THE SPECTATOR

Dallas Baldner led VSU in the opener against Albany State with 80 yards on four catches and a touchdown.

better.

"There's no rivalry on this team, it's just a lot of guys that want to make us better," Baldner said. "Kenny Moore is not a rival, he's actually one of my best friends. Donatello Brown, Andre Johnson, Larry Murphy, those are guys that push me to get better

every day."

Baldner said the cornerbacks and safeties are a large part of his support system.

"It's funny because those guys are the first ones to congratulate me when I produce on the field."

Baldner and the Blazers will be traveling to Florence, Alabama,

to take on the University of North Alabama this weekend as they open region play.

Baldner will look to get open for Rivers like he did against Albany State, when he led the team in receiving yards.

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