

Meet the
soccer field

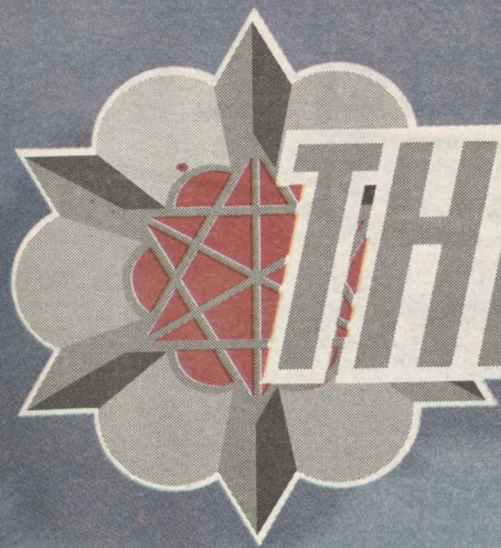


Lia Armistead/TTHESPECTATOR

meets for one of her athletes at the camp was held for kindergarten to learn more about soccer and

to "kick" into the first Lady Blazer game, encouraging them to come out and support the team, as they are wearing the shirt. Nolin hopes to continue the ongoing VSU tradition next year and years to come, as well as participating in many community service events with her team throughout the year. The Blazer's football team and coaches will be taking part in their Meet the Blazers event on Saturday at 9 a.m. at the field house.

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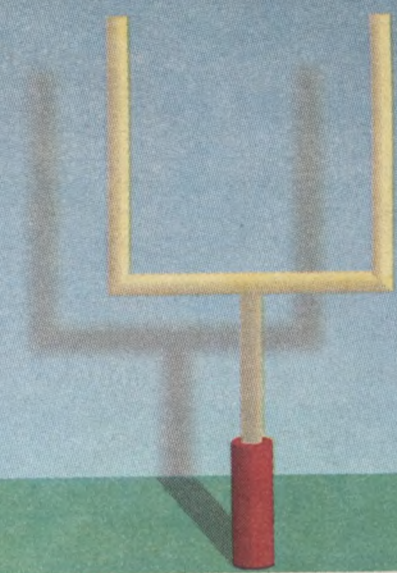
September 3, 2015

E.J. Hilliard named VSU starting quarterback

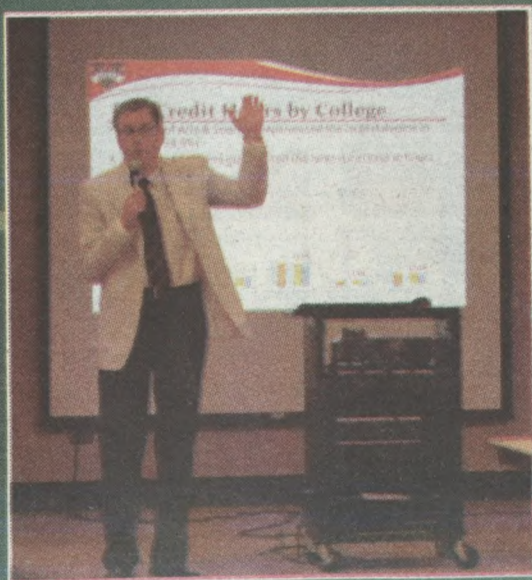
See Page 12

Who is VSU's Player of the Week?

See Page 11



VSU sports kick off this month!



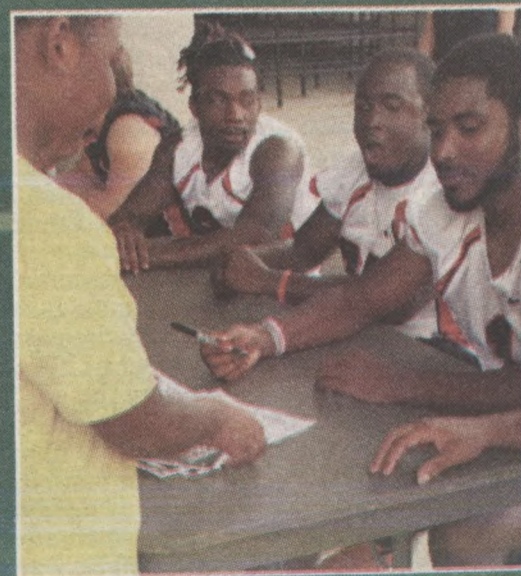
FACULTY

See Page 5



BLAZER

See Page 10



HILLIARD

See Page 12

Police Briefs

- A student reported that her sunglasses were stolen from her room on **Aug. 27**.
- A student reported that someone backed into his vehicle and wanted to check camera footage and make a report on **Aug. 28**.
- A resident assistant reported that he/she was doing a random room check and smelled a strong odor of drugs in a Centennial Hall room on **Aug. 31**.

Five Day Forecast

Today	Mostly Cloudy 91 H 72 L	Saturday	Scattered Thunderstorms 90 H 70 L
Friday	Mostly Sunny 93 H 71 L	Sunday	Partly Cloudy 87 H 70 L
Monday	Partly Cloudy 87 H 69 L		

Source: Weather.com

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jlbarela@valdosta.edu

Upcoming Events

Delta Phi Delta Dance Fraternity Inc. Interest Meeting
When: Thursday, Sept. 3 from 7:22 p.m. to 9 p.m.
Where: Live Oak Room (University Center)

Sigma Alpha Omega Recruitment 2015
When: Thursday, Sept. 3 from 7 p.m. to 9 p.m.
Where: Magnolia Room (University Center)

Rotaract Meeting
When: Thursday, Sept. 3 at 6 p.m.
Where: Jennett Hall, Room 1111

How to Own Your Education and Get Hired
When: Thursday, Sept. 3 from 11 a.m. to 12:15 p.m.
Where: Odum Library Auditorium

Association of University Women Interest Meeting
When: Thursday, Sept. 3 from 6 p.m. to 7 p.m.
Where: Nevins Hall, Room 1051

Deep Release Poetry's Open Mic Night
When: Tuesday, Sept 8 from 8 p.m. to 9:30 p.m.
Where: Student Union Theater

VSU fundraising efforts bringing in big bucks

Jyrell Wynn
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jdwynn@valdosta.edu

As of the end of August, VSU fundraising efforts have raised \$42.2 million from outside donations, according to VSU officials.

The campaign aims to generate donations to improve the university in several different areas. The money raised to date has reached 79 percent of its five year goal, according to John Crawford, vice president of university advancement for VSU.

The campaign is focused on developing the five main areas of scholarship support, faculty enhancements, programmatic opportunities, athletics excellence, and facility upgrades.

"This is VSU's first comprehensive campaign, and in reality, it begins a major gifts fundraising cycle that should continue to build upon itself," said Crawford.

Many gift commitments were pledges paid in installments throughout the cam-

paign. Some donors have decided to make campaign gifts as part of their estate plan, and the gifts will be received when the donor dies.

VSU wants to increase scholarship opportunities to attract successful students, support faculty development, and allow educators to pursue their dreams in their field of choice. Educators will use research from their field to advance their local and national community.

The campaign plans to boost momentum as they strive toward their five-year goal of \$53.25million and ensure that financial resources are available to meet any upcoming challenges.

Some of the stated goals are:

•A Marketing Resource Laboratory will allow the new Department of Marketing to provide consultation projects for the community.

•A Southeastern Center for Education Innovation will specialize in new techniques to create learning outcomes in k-12 education and teacher preparation.

•A Center for Experiential Learning will help students work with community members to provide real world examples for learning.

•A Center for Business Engagement will aid Harley Langdale Jr. College of Business Administration to expand through providing business consulting services to the community.

•A Center for Health Care Information Technology will develop new programs in health care informatics and further key areas of health care.

VSU is investing in other facilities such as the College of the Arts by upgrading the studios, practice rooms, and performance areas to allow students to work on their craft. Athletics will be provided new technology and equipment for training.

"As we continue to progress as a leading comprehensive university, the importance of private giving to VSU will only increase," said Crawford.

Spectator Classifieds

The Spectator prints free classifieds for current students of Valdosta State University only. These must be no more than 40 words, or a \$9.90 charge will apply. Classifieds for faculty, staff, student organizations, student-owned businesses and the general public cost \$9.30 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 elec-

tronic check online through Aimee Napier, Advertising Manager. Email Aimee Napier at acnapier@valdosta.edu to pay online.

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

The Spectator address is: 1500 N. Patterson St., Valdosta, GA 31698. Our email address is spec@valdosta.edu.

The Spectator reserves the right to reject any classified ad. All ads are subject to standard editing proce-

dures. The Spectator is not responsible for mistakes due to a submitted error. The categories for classifieds include: For Sale, For Rent, Sublease, Wanted, Roommate, Services, Personnels and Employment.

For Rent

1402 Iola Drive - 3/1 \$600 month. Walking distance to main campus - 2 blocks behind University Center, electric stove, ref & dishwasher. CH&A, 2 car garage. Deck on back. 5% off with VSU ID. Call 229-292-4400.

For Rent

FOR RENT
RentValdosta.com
229-244-7800
Student Special
SETH TOWNHOMES
2/2.5 \$550/mo
2415 Seth Place, off Pineview

BLAZER COURTYARD
2Bd/1Bth - \$400/mo
609 Slater St.
(2 Blocks South of University Center)
NO APPLICATION FEE
with VSU ID

Services

Options Now

A Life Affirming Clinic Serving VSU

- Free Pregnancy Testing
- Limited Obstetrical Ultrasound
- STI Testing
- Options Counseling

229-506-5017 214 W Park Avenue
OptionsNow.org answer@OptionsNow.org

VSU Students
Your Ad Here - FREE!

Our point of view

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Dillion Round
STAFF WRITER
dlroundtree@vald

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OPINIONS

Our point of view...

It's hard out here for a journalist

We've all seen the recent video of the journalist and cameraman from Virginia who were shot and killed during a live recording. Although the crime was committed by a former employee, this is not the first time within the past couple years that a journalist has lost his or her life.

Some of the more recent and well-known events date back to the beheading of the two journalists by ISIS on camera last year.

As journalists, our job is to keep the world updated on major events in the world from politics, to crime, to any and everything that occurs. Whether it is only to inform the people or to keep the people safe, everything that journalists do has some sort of impact.

It has been more difficult than ever before to obtain and even keep a job in print journalism. We have strong enough passion to still do our jobs despite the fact that we have to adjust and reinvent the profession to accommodate to the times. We have strong enough passion to put our lives on the line to do our jobs. However, is this passion appreciated?

How can we do our jobs if we're continuously being killed?

How can we continue to keep the world informed if we're being silenced? How can we continue to report from overseas if we're being imprisoned, held hostage, or beheaded?

The answers to these questions may not be obvious, but one thing is for sure; we will continue.

While journalism might not be a safe profession it is a necessary one. Without journalists the people would have no voice. Without journalists the world would be blind to the actions of our government. Without journalists people would have a difficult time sharing their ideas with others around the world.

As journalists we will continue to educate and inform the public in times of war, in times of violence, in times of change and in times of struggle.

While some might urge us to choose different career paths we know our future profession will provide us with the opportunity to help people and change the world for the better.

The thoughts and prayers of The Spectator Staff are with the families of the journalists killed in Virginia.

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

'Deez Nuts,' actual candidate or expression of America's frustration toward politics?

Erin Martin
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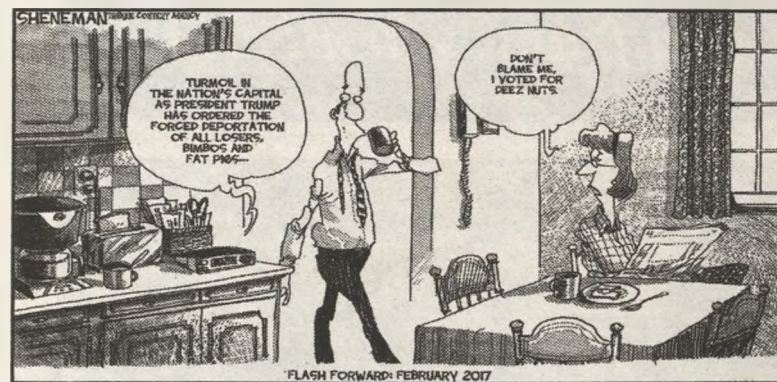
There is a thin line between politics and entertainment.

15-year-old Brady Olson filed for presidency under the name "Deez Nuts," which is also the title of a popular Internet video.

When Olson filed as a third party candidate on July 26, everyone wanted to know exactly who the person behind the "Deez Nuts" campaign was.

Shockingly, people jumped on the bandwagon to support "Deez Nuts" without even knowing who he was. Olsen gained 9 percent of the Presidential Race Poll in North Carolina versus Hillary Clinton's 38 percent and Donald Trump's 40 percent.

Olson says that he filed for presidency out of frustration with the two-party system in the U.S. However, is the "Deez Nuts" cam-



MCT Campus

paign representing a bigger issue?

"Politics is all a joke. It doesn't matter who is in power, because corporations are running the country. If people would seriously consider voting for a candidate named 'Deez Nuts,' our country has some real issues," said senior biology major Taylor Keels.

People seem to have lost respect for the government and the presidency over the years. Being

president was once held with high regard; now there is a lack of respect for the leaders of our nation.

In the midst of all of the media, Olsen actually has quite a few opinions on issues such as voting rights in the territories and illegal immigration. If you're interested in Bryan Olson's campaign, visit www.elect-deez-nuts.com.

The Spectator is starting a new way for readers to...

Rant & Rave

air out your grievances & voice their opinions!

no profanity/obscenity

Spectator reserves all rights to edit submission for content and space

personal attacks will not be accepted

keep under 300 words

*send all rants to klkesselring@valdosta.edu

Campaign Zero attempting to end police brutality in America

Dillion Roundtree
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Those who follow the #BlackLivesMatter movement may be familiar with a new list of policy proposals put forward by some prominent activists known as "Campaign Zero." Zero refers to the goal of zero deaths at the hands of police. For the uninitiated, the campaign lists 10 major areas where they are proposing changes to both law and policy. Though well intentioned, some ideas expose a distinct lack of insight into law enforcement and policing.

If one looks only at the heading of each of the policy proposal topics, it's hard to argue against most of them. Who can really say that we shouldn't have more community representation or less use of force incidents? Unfortunately, the proposals are not made in the title sections, but in the details, and that is where the devil lies.

The most obvious flaw in the campaign lies in the proposals

CAMPAIGN ZERO

WE CAN LIVE IN A WORLD WHERE THE POLICE DON'T KILL PEOPLE
BY LIMITING POLICE INTERVENTIONS, IMPROVING COMMUNITY INTERACTIONS
AND ENSURING ACCOUNTABILITY.

1. END BROWBEAT POLICING	2. COMMUNITY OVERSIGHT	3. LIMIT USE OF FORCE	4. INDEPENDENTLY INVESTIGATE & PROSECUTE	5. COMMUNITY REPRESENTATION
6. BODY CAMS / FILM THE POLICE	7. TRAINING	8. END FOR-PROFIT POLICING	9. DEMILITARIZATION	10. FAIR POLICE UNION CONTRACTS

WE CAN LIVE IN A WORLD WHERE SYSTEMS AND STRUCTURES DO GOOD, NOT HARM.

joincampaignzero.org

Campaign Zero's action plan for ending police/civilian conflict in America.

joincampaignzero.org

connected to limiting the use of force. To put it simply, many of these proposals are already being implemented in the vast majority of agencies. Currently, police are trained to de-escalate situations, use minimum force to subdue resisting suspects, and carry less-lethal weapons such as pepper spray; even a cursory glance at relevant sources shows this.

In addition to proposing chang-

es that have been policy for years, many things being proposed in Campaign Zero are downright counterproductive, if not dangerous. For example, it is proposed that the disciplining and dismissal of officers should be taken from criminal justice professionals such as the police chief, or elected officials such as the district at-

torney, and be given to individuals making up a civilian commission without a day of law enforcement experience between them.

These people would not even be elected, but appointed at the recommendation of local organizations. Furthermore, no one who has ever been a police officer, or is related to a person who has been one would be eligible. These commissions would not only be made of amateurs, but almost certainly biased against the police officers they oversee.

This is not to say that all the proposals are negative. For example, it is incredibly difficult to argue against the proposals for the acquisition of body cameras for officers. It is well established that not only does the use of these cameras allow for illicit actions by the officer to be recorded, but those of the suspect as well. Use of cameras has been shown to reduce officer misconduct, improve citizen behavior in interactions with police, and provide valuable evidence for prosecutions that come after arrests.

However, even on this slam dunk issue, part of the proposal is troubling in that, according to Campaign Zero, officers shouldn't be allowed to review footage before writing reports. This is nothing more than making an officer's job harder and trying to catch them in "lies" that are more attributable to human error than any malice on the officer's part.

Campaign Zero's specificity is a good starting point for real discussions on the issues of police bias and brutality. Every act of police brutality is an affront not just to the victim, but to the liberties we all hold dear. That is beyond argument. Unfortunately, the recent murders of Deputy Goforth and his fellow officers have shown these are dangerous times not just for our communities but for our law enforcement officers. We as a nation must cease the violent rhetoric and provocations. Campaign Zero is a start to dialogue, but only if we consider the lives of those who wear the badge as well.

OPINIONS

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Compton goes Hollywood: Straight Outta Compton dominates the box office for the past three weeks

Niamani Carlyle-Holli
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 ncarlyle@valdosta.edu

Remaining the No. 1 movie at the box office for three weeks straight, "Straight Outta Compton" has proven to be one of the best movies of the year thus far. The biopic easily captured and invigorated the oppression that people in the United States had to deal with in the 80s and ironically are still enduring to this day. The film seemed to tie issues that hip-hop group N.W.A encountered to the same issues that minorities in America still have to put up with to this day. Topics are covered ranging from police brutality, the oppression and discrimination of minorities, with added humor such as popular catch-phrase "Bye Felicia." The popularity of this movie continues to rise as it recently became the highest grossing music biopic in history. Though praises have been rolling in about how well actors portrayed N.W.A. group members, the film has received much criticism as well. Many feel as though the movie portrayed

women in a very negative light, with the explicit body shots, treatment of women throughout the film, and their failure to mention or bring light to Dr. Dre's history of violence against women.

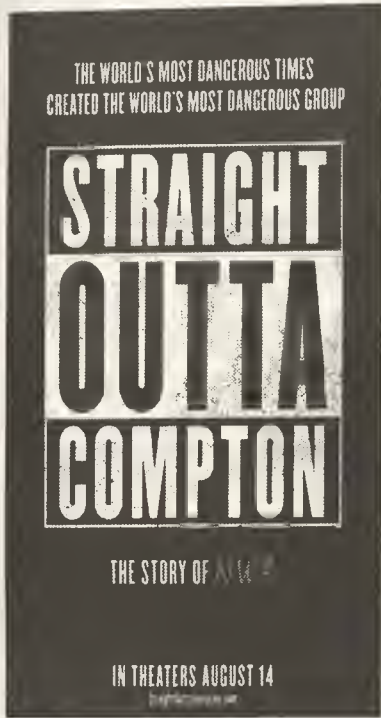
Senior Psychology major, Tierra Hatchell, 23, had to say "I really enjoyed the movie, but I

feel like they didn't really show who they really were. Everyone knows Dr. Dre beat women but they never showed it."

Violence against women doesn't seem to be the only controversy that has come up about the hit movie. With all the recent minority killings at the hands of police officers, many felt that the movie would inspire the public to go into an uproar and increase the popularity of N.W.A's hit song "F*** The Police." Theaters throughout the US decided to take precaution and beef up security in order to ensure that there would be no violence.

Senior Accounting Major Symphony White, 24, said "I think all of that security crap was bull, it really made them look crazy because everyone just went and enjoyed the movie. It's a great movie that we can relate to and that includes the good, bad, and ugly that it shows."

Needless to say, with the record breaking numbers that the movie has recorded so far, one can easily assume that "Straight Outta Compton" is a hit and a must-see for all that are age appropriate.



MCT Campus



U.S citizens celebrate the legalization of same sex marriage, but these couples haven't had an easy time obtaining marriage licenses everywhere in America.

MCT Campus

Battle continues for same sex couples

Jordan Barela
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Whatever the Supreme Court decides, that is the law. And people have to follow the law, right?

Well, Alabama, Kentucky, Nebraska and Texas seemed to have missed the message.

Last month, same-sex marriage was legalized in all 50 states.

Social media, the news, basically every corner of America was full of pride, rainbows and happiness.

According to a BuzzFeed News article, there are some parts of the states above that are not issuing marriage licenses to same-sex couples. In fact, some places have stopped issuing marriage licenses to all couples. Ridiculous.

First off, if the Supreme Court rules that something is legal, why would you not follow the law? While the regulations between state and federal law can often become murky, gay marriage is now perfectly legal.

Secondly, while gay marriage is legal, I can see how this may conflict with some people's beliefs. Kim Davis, a clerk in Kentucky is grabbing headlines for refusing to issue marriage licenses to same-sex couples due

to religious beliefs.

And this is where things become even more difficult.

As a member of the LGBT community, I agree that we should be able to marry whenever, whenever. Nothing should stop us, especially with same-sex marriage (finally) becoming legal.

As a journalist, I agree with both the basic right for individuals to marry and for Kim Davis to be able to refuse to issue marriage licenses to same-sex couples due to religious beliefs.

While I find her acts highly offensive, I have to support the right for her to have her view, because it allows me to have my outlook as well.

However, I believe that you should not let your beliefs get in the way of another person's happiness. While religious beliefs are of high importance and value to some people, just because two men or two women decide to get married out of love, why would someone single handily try to ruin their shot at happiness?

The First Amendment does not work for one person and not the other.

Consider the First Amendment a see-saw. You have to work with someone to move the contraption, but both of you end up going in the same direction.

Check out Jamel Shorter's story on the controversial Alpha Phi recruitment video at www.vsuspectator.com

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NEWS

President Staton discusses drop in enrollment, layoffs at faculty senate meeting

Kristin Whitman
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Interim President Cecil Staton spoke on the reduction of 31 university employees at the Faculty Senate meeting held on Thursday, Aug. 27, at 3:30 p.m. in the University Center Magnolia Room.

In total, 26 staff members and five faculty members were told that their contracts would not be renewed for the upcoming fiscal year.

"No one wants this kind of thing to happen, but unfortunately, as we look back over the last several years as cuts have been managed, the low hanging fruit or those things which refused to be done, have been done, including depleting some of our serving ones," Dr. Staton said.

Increasing enrollment, retention rates, and graduates were the topic of the hour as President Staton went through a slideshow describing declining numbers of students over the past five years at VSU.

According to the slide show

presented by President Staton, headcount for freshman class has fallen 10.4 percent from Fall 2010 to Fall 2014, 13.6 percent for undergraduates but increased 6.2 percent for graduate students.

The decline of freshman students and undergraduates accounts for 2,801 total, and the increase in graduates has made up for 131 students in all.

"This institution has another serious issue, because of the cutting over the last several years as well as the cuts we are facing for the next fiscal year. We have precious little in the way of resources for investing strategically in areas where we might have growth," Dr. Staton said.

"If our resources are allocated in such ways that you have limited abilities to make adjustments and to allocate resources and capitol where you can find growth, then you are sort of stuck in the water."

"You are in a very difficult position for the institution; it is for that reason that we choose to make the decision that way made relative to these cuts."

Dr. Staton goes on to discuss how he plans to be as transparent as possible about this situation but is unable to discuss individual positions in the matter of cutting.

"People can lob shells and make accusations, and I can get phone calls from the media all day long, but I still won't be able to talk about those things," Dr. Staton said. "It is not allowed."

President Staton went over the data and information that he previously shared with the Executive Committee of the Faculty Senate at the meeting as a helpful explanation.

One topic, VSU credit hours, was on the agenda while Dr. Staton spoke. He explained how credit hours were currently for higher education, and there has been a 14.5 percent fall in credit hour production.

After describing the decreasing numbers in each of the classes at VSU, Dr. Staton went on to discuss that the College of Arts and Science saw the biggest hit, because it dropped in credit hour production 28.2 percent.

"We insisted that we are going to do this. We do it, and make the announcements as quickly as possible to give people maximum notice," Staton said. "I don't know anywhere else in American business giving people over a year's notice. We wanted to do the humane thing."

Some have questioned how this cut in employees will affect the students.

"That will depend upon you and your colleagues," Staton said. "Based credit hour production—this is no legitimate reason why we do not have enough resources, creativity, and commitment to make sure it does not have an impact on our students. We can find solutions to this issue. And I believe that Valdosta State has the resources to be the most innovative institution in the USG system, but we've got a lot of work to do. We have to decide to be a part of the solution, not a part of the problem."

The Senate sat back as Dr. Staton described many reasons why the retention rate has dropped at

VSU, and they were later allotted a time to discuss this issue with the interim president.

Theresa Grove from the College of Arts and Sciences questioned how the reduction in faculty and staff was going to be a service to students and expressed her belief that the students lose in the long run.

"These cuts are based on data and there is additional data that we haven't even had time to talk about," Staton said. "You have to look at the big picture. I regret how some of this fell out. But we had to follow certain procedures, policies and laws, and the impact that this will have on the students is up to you."

"We are going to come up with ways to make sure our students are not harmed in this process. We have not decimated this faculty. Based on the data there is no need for the same sized faculty that we had three, four or five years ago, and I can't change that."

Palms dining hall undergoes some changes

Erin Martin
Staff Writer
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Palm's Dining Hall has gone through some renovations over the summer that students may or may not have noticed.

The university has added a stir fry grill closer to the back, similar to the one in Hopper Dining Hall. Students can now enjoy the same custom ordered stir fry along with the other selections that Palms offers including their deli, salad bar,

and grilled foods.

The stainless steel faces are now covered with a hardwood paneling that give the dining hall a more polished look. Their walls were also given a fresh coat of paint.

Another new addition to the dining hall is the "Taste Not Waste" mural on the wall, surrounding the dish breakdown station near the back. The "Taste Not Waste" motto is encouraging students to be mindful of how much food they are not consum-

ing because it contributes to methane emissions.

It highlights facts about Global Food Waste, like the average person wastes 20 pounds of food per month.

"I eat the stir fry in Palms and it's really good. I noticed a few changes in there, but nothing too major." Said biology major, Demarcus Green.

In the future, Palms Dining Hall is also expected to make some more changes to its aesthetics.

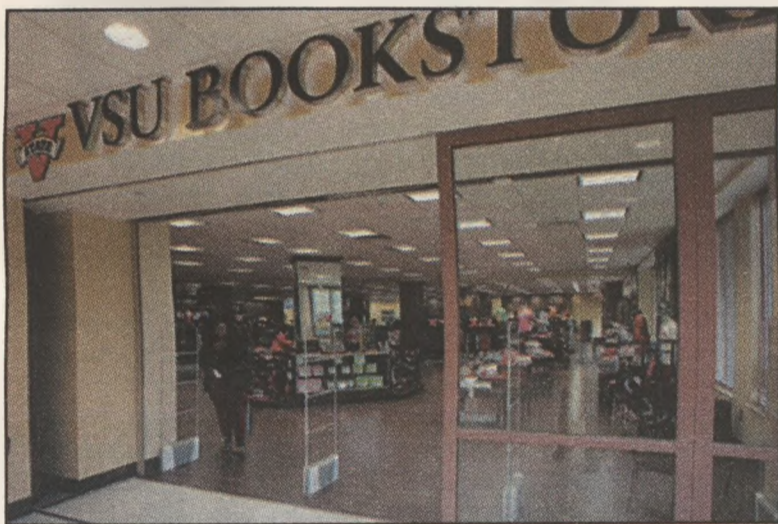


Photo courtesy of VSU

Change in management: Outside company hired to run VSU Bookstore

Jamel Shorter
Staff Writer
jshorter@valdosta.edu

As of July 10, 2015, VSU turned over the management of the bookstore to Follett Higher Education Group. Marketing Specialist and Auxiliary Services, Lynn Darsey, gave information from Director of Auxiliary Services, Shannon McGee, about why VSU wanted to administer this change.

"Through this partnership with Follett, we are able to provide our students a wide selection of affordable course materials needed in an evolving teaching and learning environment. We are confident that Follett's strong sense of community, coupled with their expertise, will drive new programs and have a positive impact on our campus," said McGee.

A campus evaluation team decided that Follett was the best de-

cision for the school due to their large inventory of course materials and more than 6,000 publishers and providers to offer students with a wide variety of affordable options. This also includes a growing textbook rental program, which saves students on average about 50 percent off the price of a new textbook. Follett also offers a price match guarantee, on new and used textbooks, with proof that a textbook is cheaper elsewhere.

Taylor Rhitz, junior education major, gave her opinion on the new changes.

"They used to have colorful t-shirts and nicer apparel for girls... although there is more space, I really didn't notice any changes on the first floor," said Rhitz.

Taylor went on to say "Everything looks cleaner, but it really doesn't cater to the students as far as paraphernalia."

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THE LATEST IN
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SPECTECH

WARNING:

A study shows that the more you use your smartphone, the more depressed you tend to be. Use with caution.

-a study from the Journal of Medical Internet Research

Photo Illustration by Jordan Barela/THE SPECTATOR



Smart phones play Big Brother, used to track behaviors

Jordan Barela
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We use our smartphones for everything. Everything from checking bank and social media accounts, browsing the Internet endlessly, and spending every waking minute glued to a touch screen.

With the invention of smartphones, we are able to carry a pocket-sized computer, game console, portable banking, and everything in between in our pockets.

What if your smartphone

could do more than it already does? What if it could sense what you were feeling? Sounds like the greatest science fiction plot.

Theconversation.com recently published the findings of a study from the Journal of Medical Internet Research, which investigated whether a person's change in behavior could be measured on a smartphone. Depression was the top emotion that was measured in the study.

28 participants, 14 with depressive symptoms and 14 without, took part in this study. Each participant

took the PHQ-9, which is a nine question survey about various symptoms of depression. This is a very common test; in fact, most people have taken this test at a regular doctor's visit.

Along with this test, the study embodied "Big Brother" as all phone activity was tracked, excluding calls. The basis of the study was tracking a user's movement through GPS capabilities. This was utilized in the study to track where and how often users visited places over a two week course.

The study found that people with irregular

movements had depressive symptoms. The people that weren't depressed went to the same places around the same time. The opposite was found for the people who have depressive tendencies.

Another startling find is that people who are more depressed tend to use their phones more, excluding making phone calls. Turns out, if you find yourself constantly texting, playing games, or doing really anything on your phone, you are depressed.

Dang, I must really be depressed.

A forgotten action hero gets remembered

Jordan Barela
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into the action.

There is one action hero that few



Some would argue that gaming reached its best level at the popularity of the PlayStation One. Atop the pixelated throne sat gaming juggernauts Tomb Raider, Final Fantasy, Grand Theft Auto and Resident Evil, to name a few. Action heroes Lara Croft, Solid Snake and a loveable purple dragon by the name of Spyro, were some of the most well-known characters to go on an adventure or dive head first

remember. His name is Gabe Logan.

Logan lived his glory days on the first three installments of the "Syphon Filter" series. In the series, you play the majority of each game controlling Logan, an agent trying to prevent the spread of the deadly man made virus of Syphon Filter from becoming a global plague. This action packed plot, straight out of a modern day blockbuster,

stretches across all three glorious PlayStation titles.

To relive the nostalgia, I popped in the PlayStation One disk, started a new game, and was briefed on Logan's first mission.

The first mission takes place in Washington D.C., and you have to aide Logan in stopping a viral bomb hidden in the subway.

When you start the mission, you are armed with a silenced 9mm and sniper rifle, Taser and flashlight. Over the course of the level, you get to acquire more weapons, and you discover what makes this game a hidden gem.

In the mission, and a majority of the other levels, you have a number of different objectives that you have to complete before the main mission objective. The first mission objective that I decided to work on was to take on a main communication system. In classic gaming tradition, when you try to complete something,

danger is always lurking. After playing through the mission, and finally finishing the final objective of the mission, the whole subway explodes. Classic gaming probs.

After playing through the first couple of levels, I remembered why I loved this game so much as a kid. The game makes you feel that you are actually Gabe Logan, fighting to stop a viral outbreak.

Ravaging through destroyed subways, sneaking into enemy strongholds, and silently taking out enemies is what action games are all about.

Deals in a dash

Amazon introduces new dash button for faster shopping

MCT Campus

Need some Ice Breakers breath mints but don't want to leave your house?

There's a button for that.

Initially thought to be an early April Fool's Day joke, Amazon.com's Dash Button program is

definitely real and has added 11 new brands such as Orbit gum, Hefty trash bags and Depends undergarments.

This brings the total of Dash Button brands to 29. The Seattle-based online retail giant said the program offers more than 500 products for purchase.

With Dash, customers can order products by pressing the button, which is connected to

Wi-Fi. After the button is pushed, shoppers receive a cellphone notification of the order and can cancel within 30 minutes.

Dash Buttons are now available to all Prime members, and the first button is basically free. Each button is \$4.99, and with the first purchase Prime members will get \$4.99 credited back to their account.

Amazon spokeswoman Mi-

chelle Taylerson said that she couldn't disclose the specific number of Dash users, but that the company has "had an overwhelmingly positive response from both customers and partners."

One popular feature? The button's default setting, which responds only to the first order signal until that delivery has arrived. That prevents multiple

accidental orders.

But some analysts are skeptical that this will be the shopping experience of the future.

"I don't see it taking off in retail in any matter, shape or form," said Paula Rosenblum, analyst with Retail Systems Research. "To me, this is just technology for technology's sake."



Can you find the hidden words?

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

- AVOCADO
- BANANA
- CANTALOUPE
- CHERRY
- FIG
- GRAPE
- KIWI
- PINEAPPLE
- STRAWBERRY
- WATERMELON

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

The sudoku grid consists of eighty-one squares in a nine by nine grid. To solve the sudoku, each square in the grid must contain a number between one and nine, with the following conditions:

- Each row of nine cells must contain each of the numbers from 1 to 9 once and only once.
- Each column of nine cells must contain each of the numbers from 1 to 9 once and only once.
- Each of the nine 3 by 3 boxes of nine cells must contain each of the numbers from 1 to 9

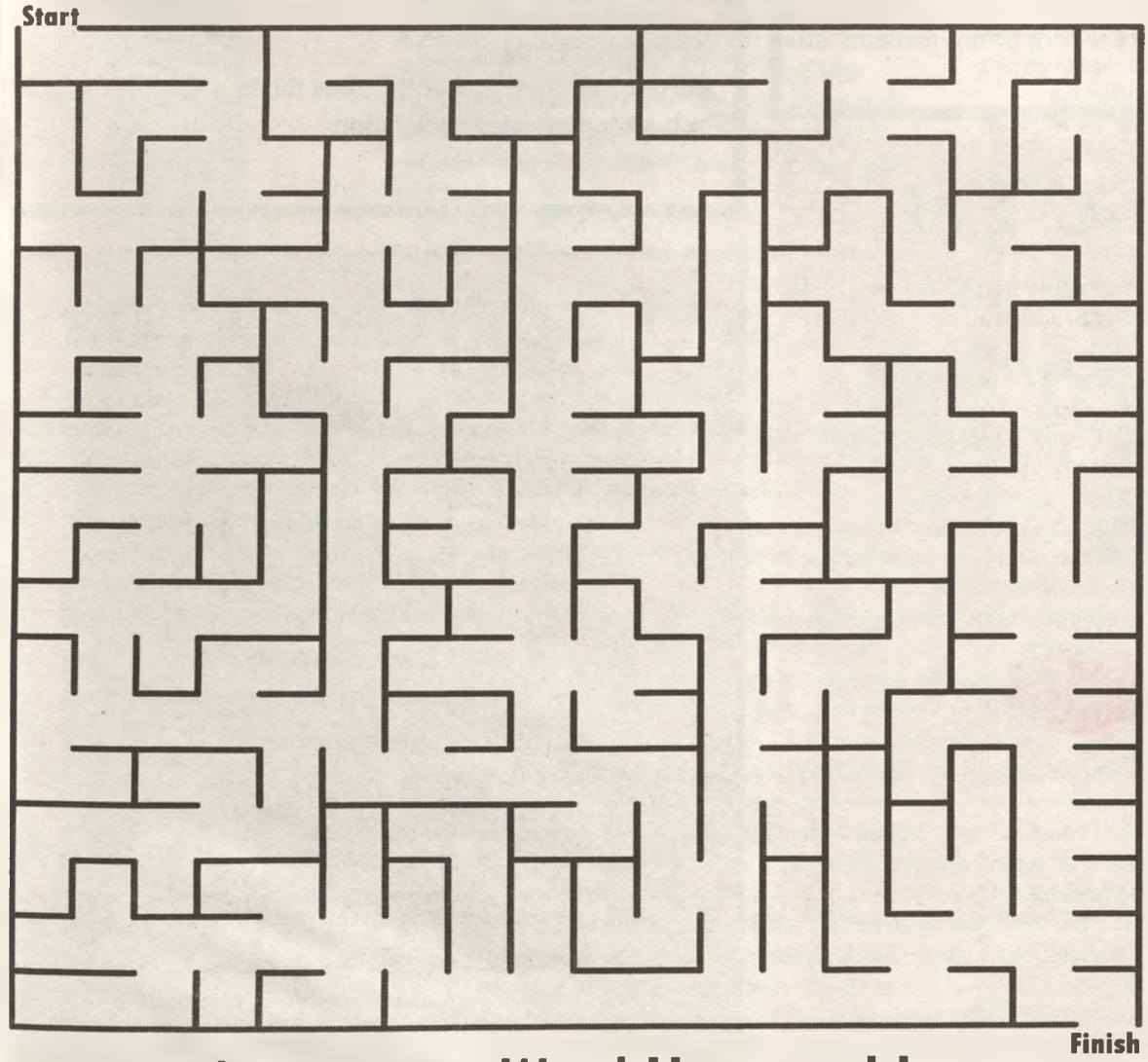
ANSWER BELOW

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

Unscramble the words to name that '90s show!

1. LAL HTAT _____
 2. GURTSRA _____
 3. DUGO _____
 4. TSRISE SSTIRE _____
 5. YHE NAROLD _____
 6. ERIFDSN _____
 7. NEKEAN & EKL _____
 8. RMAINT _____
 9. LUFL ESHOU _____
 10. YOB SEEMT _____
- DWOLR _____

Find your way through the maze!



Answers to Word Unscramble

1. All That
2. Rugrats
3. Doug
4. Sister Sister
5. Hey Arnold
6. Friends
7. Keenan & Kel
8. Martin
9. Full House
10. Boy Meets World

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

Sudoku Answer



'Poo' getting washed out

Julia Rodriguez

Staff Writer

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You wash your hair every day. Lather. Rinse. Repeat. You are always sure to keep up on your personal hygiene. So why is your hair so greasy? Wouldn't it be great if you could finally go a day without throwing your hair into a bun for fear it looks unwashed? Then maybe the "No Poo" movement is for you.

Those involved in the "No Poo" movement have stopped using traditional shampoo because of chemicals like Polyethylene Glycol, Formaldehyde, Propylene Glycol, Lanolin Diethanolamine, and Triethanolamine. These harmful substances can cause hair loss, itching, and dry scalp which can then lead to the over production of sebum, the natural oil in your hair.

By becoming part of this move-

ment, people are choosing to have healthier hair and a healthier body. Not using shampoo so often or at all is allowing people to achieve clean hair without facing the health risks that come with traditional shampoos. In fact, by deciding to use just water or home made shampoos, many common hair and scalp issues can be resolved.

Many people are skeptical, of course, because they believe that clean hair is not achievable without shampoo in their shower routine. However, over-washing your hair can dry out your scalp, causing dandruff. This causes your oil glands to over produce sebum which results in that greasy look over time.

To get involved in this movement, you do not have to stop using shampoo all at once. You can start by reducing your use of shampoo over time, until

you do not use it at all. While you may choose not to replace shampoo with anything else, there are some much healthier alternatives. One alternative is a tablespoon of baking soda mixed with a cup of hot water. Apple cider vinegar is also another great alternative to shampoo.

This little change can make a big difference, and the movement welcomes all to join it. If you are interested, there are plenty of recipes to find online. The next time you are having issues with your hair, consider that shampoo may be the problem rather than the solution.



Photo taken by Julia Rodriguez, Edited by Stella Harris

What to watch out for:

1. Sulfates

Chemical detergents that allow shampoo to foam up. They can result in irritation, redness and itching of the scalp.

2. Isopropyl Alcohol

While the petroleum-derived substance dissolves oils, the alcohol strips hair of moisture. This can lead to split ends and hair loss.

3. Formaldehyde

Although the chemical kills bacteria, but it is a known carcinogen. It can irritate the skin, eyes, throat and lungs.

4. Propylene Glycol

Helps clean, but it can irritate the scalp and eyes and strip away important proteins in your hair.

What is good for you:

1. Glycerin

Helps hair retain its moisture after rinsing.

2. Nut and Seed Oils

Remove oil and add moisture and helps strengthen hair.

3. Acidic ingredients (Citric Acids)

Helps maintain the proper pH balance in order to wash away dirt and oil.

4. Panthenol

Form of vitamin B that thickens the hair follicles which helps keep moisture and shine.

Myth Blazers

Persistent rumors live on throughout VSU's campus and are difficult to disprove...

Olivia Studdard

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Three...Two...One...

At fifteen minutes on the dot, if the professor is absent from a class, every student hits the road, eager to get on with the rest of their day.

The VSU seal located in West Hall is rumored to be lucky. The myth is that stepping on the seal should be avoided, because walking on the golden letters could cause students not to graduate on time.

Are either of these actually true? Does a footprint on a seal or lack thereof, impact your graduation date?

Is there a rule in the student hand book that states that it is okay to leave the classroom if a professor is tardy?

The short answer to these questions would be no.

The myth surrounding leaving a classroom if a professor is tardy has been floating around for ages. However, after talking to a few professors around campus, all have said that it was not a rule that they would recommend serious students follow.

It's also not something that they take into consideration when preparing to give out final grades. So the next time that you are considering skipping class because your professor is late, you may want

to think twice and send your professor an email to be sure.

They're human just like the rest of us.

The seal in West Hall was put in place around the time that sidewalk and front lawn construction began at VSU. It is uncertain when the myth first arose, but it has been passed down from generation to generation of VSU students.

With the rise of student loan fees and debt that follows many college students, it's a wonder that many haven't suggested removing the seal entirely from fear. However, not all students are falling into this trap.

English major and alumni, Chassity Smith, says that she stepped across, on top of, and over the seal several times during her years at VSU.

"I never gave much thought to the myth or the seal," Smith said. "It's just a silly rumor. I graduated on time."

Filled with late nights and Netflix binging, college brings a whole new world of experiences and chances to see the world differently. It also brings lies, myths and secrets.

Whether you choose to believe them can make or break your time here at VSU. What will you believe?

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You don't need to be Casper to go ghost

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Have you ever been "talking" to some-

one, and then they completely disappear on you? You're left wondering what happened and why? Well, you've been ghosted.

Ghosting, also called "slow fade," is a term used to describe the action of cutting off all ties and communication with another person. Usually when someone gets "ghosted," they are dismissed without any explanation.

As a society, we have desensitized ourselves to forming deep connections with others during the "talking" stage. Ghosting usually happens during this stage when you are trying to see if you

mesh well with someone that you are dating or someone that you are friends with.

There's a preconceived notion that people can get ghosted during the beginning of a relationship. However, ghosting can happen after just one date or after months of dating. No one is safe from this phenomenon. It has become increasingly popular, because of the use of online dating apps.

There are many pros and cons to "going ghost" on someone. For example, when a person has set boundaries and the other person continues to cross those boundaries, sometimes the best thing to do is to cut them off.

Another pre-conceived notion about ghosting someone is that it's all about what the other person is doing

wrong. This is not always true. Some people can't handle any kind of confrontation, or they lack the emotional maturity needed to breakup with someone face-to-face.

The effectiveness of ghosting someone is debatable. It may be easier if someone was trying to spare their partner's feelings. Unfortunately, there are some people in the world that you may not get along with; that's when ghosting occurs.

There's not a deadline to tell someone you're not interested, so you disappear. It's nicer than saying, "I don't like you."

Going ghost on someone is easier than people realize, and it is not an easy concept. Sometimes, it can happen unintentionally. It starts off with missing or

ignoring a phone call, text or email, then breaking promises to chill, then forgetting to text someone back. Before you know it, a month has gone by, and you've ghosted someone.

It is the ultimate form of rejection, and the ever-so-popular use of dating apps such as Tinder and many more have made ghosting extremely easy.

If someone wants to date, hook up, or be friends with someone, then they will be. Occasionally, those who are ghosted are worth getting to know. But sometimes, you have to move on and say, "Bye Felicia."

Don't know what to bring to college; A comprehensive list of your go to college needs

Tresia Bowles
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Are you an incoming freshman or an upperclassman moving into a new dorm?

Then this list is definitely for you! Too often college students spend hundreds of dollars on school supplies and items for their room, and they miss out on the most important things. Here is a list of college must-haves that are not so obvious.

Flashlight (\$2, Dollar General): These do the trick for when the power goes out.

First aid kit (\$15, CVS): Yes, college students get boo-boos too! Try to find one with wipes, a thermometer, Band-Aids, Neosporin, and anything else you may need in case of an accident.

Medicine (\$20, CVS): Make sure that you have pain relievers, allergy medicine, cold & flu medicine, cough drops, and vitamins.

Fridge (\$85, Wal-Mart): Sharing things like a refrigerator may not work out if you're not getting along with a roommate. Have a mini fridge, even if you live in a dorm that comes with one, and keep more important items in there.

Trash can (\$10, Dollar General): Invest in a trash can with a lid to keep in odors, and dump it frequently in the dumpsters outside your dorm/

Printer (\$50, Wal-Mart): There aren't always computers available in Club Odum. If you can do it, I highly suggest getting a personal printer, paper, and ink for those days that you don't want to battle the library.

Mini hole-puncher (\$4.99, Office Depot): Many office supply stores carry the mini hole-punchers that fit inside of the binder that will come in handy when you need to put away a syllabus or returned work.

Hole-punch reinforcers (\$1.99, Office Depot): Often times we rip things out of the binders accidentally and on purpose. Nothing beats having the reinforcers so that you don't

lose important papers.

Sheet protectors (\$2, Dollar General): It rains in Valdosta.....a lot. Having sheet protectors for your papers, resumes, and/or cover letters just looks more professional anyways.

Stapler (\$2, Dollar General): A mini stapler kept inside of a backpack does the trick when turning in papers and staying organized.

External hard drive (\$28.50, Amazon): Sometimes flash drives don't hold enough memory, and no one wants to buy a new one every year. External hard drives cost a bit more. But, it should last all 4 years, and it's helpful when saving large files like video projects.

Shower caddy (\$15, Target): Students living in dorms with community bathrooms will benefit the most from this. Shower caddies give you a place to put your soap, shampoo, and anything else that you may need for your shower.

Shower shoes (\$5, Old Navy): This is another important item if you have community bathrooms in your dorm. It's a smart idea to have these, so you encounter fewer germs.

Rug (\$12.99, Ross): A rug makes standing in front of the sink or mirror more comfortable.

Robe (\$10, Rue 21): No one wants to walk back to the room or get stuck in a random VSU fire drill in a towel.

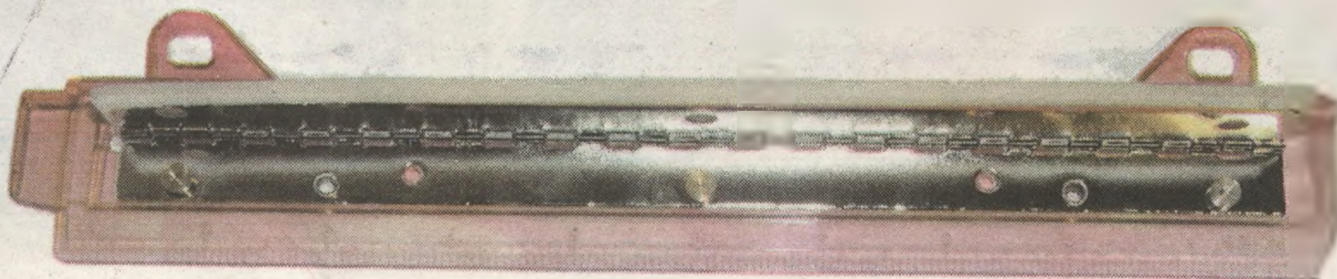
Command strips (\$4.99, Office Depot): If you plan on hanging anything on your wall, you'll need these.

Thumb tacks (\$3.99, Office Depot): These are helpful when the command strips are too big to hang things.

Cleaning supplies (\$10, Dollar General): This is self-explanatory. You can't clean without it. Purchase window cleaner, surface cleaner, multi-purpose cleaner, bleach, and so on.

Vacuum/mop (\$40, Wal-Mart): Let's face it; we spill stuff all the time, so you will definitely need this.

Plunger (\$5, Dollar General): The toilets can and will get stopped up; have one of these, for sure.



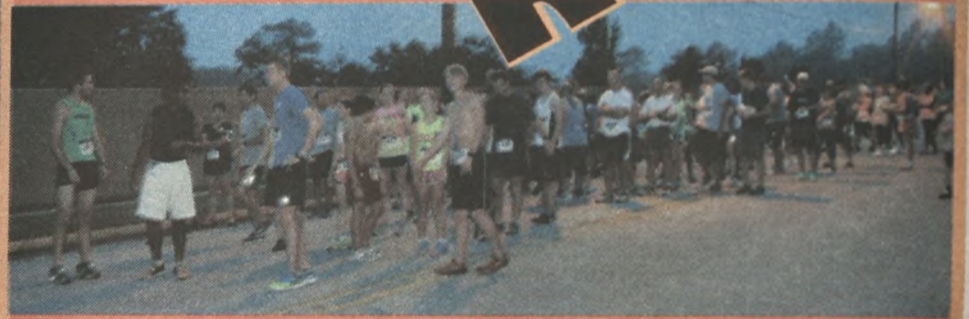
5k Blazer Dash

Staff writer Tresia Bowles went out to the 5k Blazer Dash to capture the runners blazing their trails. This was the 10th annual 5K Blazer Dash. Blazers truly ran and ran and ran!

Run!



Run!



Run!



Run!



Run!

Photos taken by Tresia Bowles/The SPECTATOR



Play

Q:

3. What particular

A:

2. I played and the forced

3. After the

4. When lake, but great

5. The especially to Vald lose.

O:

tb
"Individual group effort a team work society work -Vince L As the their season State, they and off the team does Valdost Meet the it means more than signing Being receivers Donovan Meet the "I love



Player of the week: McCall Gardner

Q:

1. When did you start playing soccer?
2. What position do you play? Did you play any other positions prior?
3. What number do you wear? (Any particular meaning to the number?)
4. When you aren't on the field, what are your hobbies?
5. What kind of legacy do you plan on leaving in Valdosta?

A:

1. I started playing soccer when I was six years old, when I lived out in California. First team was the Blue Dolphins and I was a dynamite forward.

2. I play goalkeeper. I played outside defender till I was about 12 and the began to find interest in the keeper position after my coach forced me and I slowly fell in love with it.

3. I wear number 33 on the field. It was my number freshman year and after pushing through an ACL injury to earn my right to dress and wear that number it means everything to me to put it on each game.

4. When I'm not on the field I love being by water of any kind, pool, lake, beach. But I also love to paint and play the guitar which serve as great outlets whenever I feel stressed.

5. The legacy we are building in our program is simply Refuse to Lose, especially at home. We made it a goal to make other teams hate coming to Valdosta because they know when we're on our home turf we will not lose.

Clarilus Williams/THE SPECTATOR

Blazer athletes after the game

What's up after graduation?

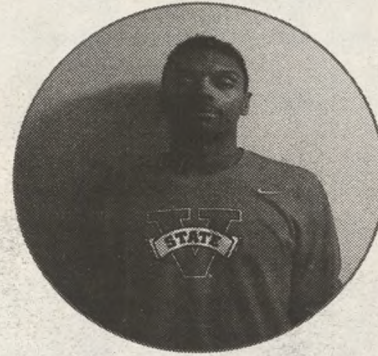
Name: Colin Cook

Age: 22

Sport: Former Basketball Player

Major: Communications (Speech emphasis)

After College: Currently going to play overseas in Germany, but when my basketball career is over, I want to pursue a career in television broadcasting and/or radio.



Name: Zahimara Fantauzzi

Age: 21

Sport: Former Soccer Player
Major: Speech Communication

After College: Planning on either pursuing my masters or finding an actual job. I am currently playing for the Puerto Rican national team.



Terrance Johnson/THE SPECTATOR

One unit, one heart, won't lose

Tiarra Bell
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"Individual commitment to a group effort- that is what makes a team work, a company work, a society work, a civilization work."

-Vince Lombardi

As the Blazers inch closer to their season opener against Albany State, they hope to show unity on and off the field as every successful team does.

Valdosta State held its annual Meet the Blazers last Saturday but it means much more to the players than signing footballs.

Being one of the top wide receivers for the Blazers, junior Donovan Bolden spoke on the Meet the Blazers event.

"I love being a part of Meet

the Blazers. Just bonding with kids and for me to sign a football or a T-shirt for them, it makes me happy to see a smile on their face," Bolden said. "Plus I have my brothers by my side doing the same thing, so it brings us closer together because we have the same vision. They look up to us, so we want to be great role models for them on and off the field."

Bolden finished the 2014 season with 44 receptions for a total of 564 yards and four touchdowns.

Along with Chad Williams being one of the new coaches for the Blazers this year, Jeremy Darveau was selected to be the Offensive Line coach in 2015. Prior to arriving at Valdosta State, Jeremy Darveau was the Offensive Quality Control coach at the University of Florida.

With the second scrimmage

being better than the first, offensively, Darveau is eager to coach a great team with a successful future in front of them.

"There's guys that fly around and there's guys that want to win and that is what I love about this team," Darveau said. "The guys that want to win and want to be successful, want to get another ring on their finger, that's what I love to see."

Darveau is not the only one that's looking forward to the season.

"Honestly, I'm just looking forward to having another close bond with my teammates," senior defensive end Cooper Lemonds said. "That's the most important thing to me. Hopefully we can be successful which I believe we can be. Mainly it's enjoying my last football season of my life with my best friends, Whenever I leave

here, I want to have a legacy left and I want to be seen as a leader and the guy you can count on and the guy that molded the young guys into a leadership role one day."

Lemonds tallied 25 tackles, seven solo, three tackles for loss, 18 assists and reached the quarterback for 2.5 sacks on the year.

One thing that made the Blazers much closer was the tough playoff loss against West Georgia last year.

Among defense's top players last year was junior Sharmaine Washington.

"The playoff loss last year made everybody on the team so close to each other because everything we had been through on and off the field, we kept faith that we won't let adversity get between us no matter what," All-Gulf South Conference

preseason honoree Washington said. "The chemistry that the team has is so unreal because we bond together off the field and have fun doing it and carry the bond to the field without a problem. We always tell each other put your trust in me and I'll have you back forever."

Washington ended the 2014 season with 58 tackles and more than half of those tackles were solo takedowns. Late in the first half against Albany State last year, Washington forced and recovered a fumble.

The Valdosta State Blazers say their strength are being close to one another.

Blazers plan to slither their way back to the top this football season.

E.J Hilliard named starting QB for Blazers

Gabe Burns

Staff Writer

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VSU Blazers are in good company.

E.J. Hilliard, following in former VSU quarterback Jake Medlock's footsteps, transferred from Florida International to lead the Blazers in 2015.

Hilliard, a senior transfer from Florida International, was named the Blazers starting signal caller for this Saturday's contest against Albany State and the entire 2015 season.

Hilliard was raised in the Miami, Florida, where he had the opportunity to interact with some of the best football players in America. He was part of an impressive roster of future NFL talent at Miami Northwestern High School. Past teammates included Minnesota Vikings quarterback Teddy Bridgewater, Tampa Bay Buccaneers linebacker Lavonte David and Oakland Raiders wide receiver Amari Cooper.

Hilliard brings the team a strong-armed quarterback with good mobility. That, along with his leadership skills, prompted Dean to declare him the starter.

"Hilliard brings a lot of athletic ability to our quarterback posi-

tion," Dean said. "He worked very hard in the offseason to increase his velocity and learn our offense and that's rolled into camp."

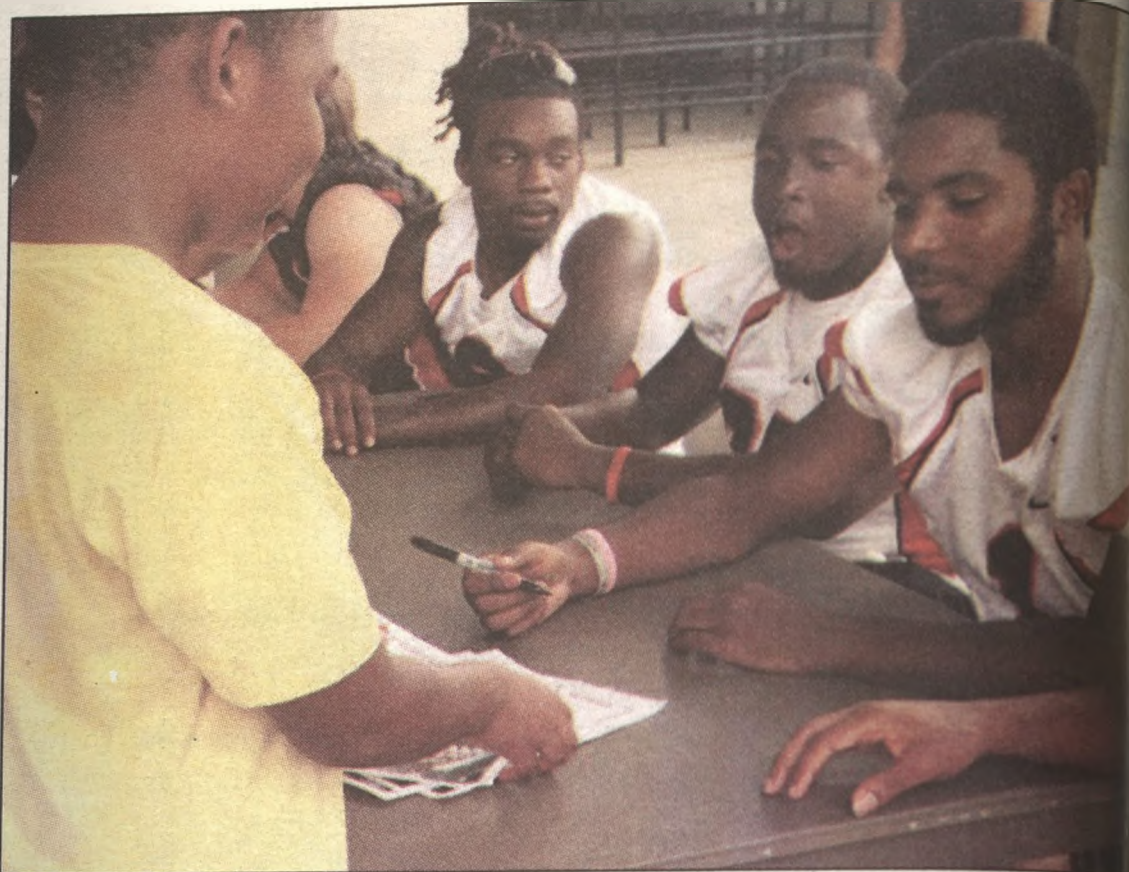
His current teammates quickly gained respect for him in large part because of his past. Dean adds that Hilliard has stood out to his peers from an intangibles stand point also.

"He (Hilliard) brings a presence about himself, a leadership presence that makes a lot of guys look up to him. A lot of guys respect what he has done and coming in here, putting in the work to win the quarterback job. He has become a great leader for our football team."

A three-star, pro-style quarterback recruit, Hilliard played sparingly during his three seasons at FIU, including taking on one of the nation's top ranked defenses in the Louisville Cardinals last season.

"It (upper-level competition) prepared me well," Hilliard said. "That helped me learn the game better, defensive schemes, further my football knowledge, so I take that and bring it here. I talk a lot on the field, so it's helped me with my communication with teammates."

While Hilliard's numbers don't jump off the page, inconsistent playing time and a porous offensive line limited him. At VSU,



Gabe Burns/THE SPECTATOR

Starting quarterback E.J Hilliard signs autograph for young fan at the Meet the Blazers event held on August 29. E.J and team will kick off their first game against the Albany State Rams on Saturday. The Blazers will play the first home game on Sept. 26.

Hilliard has an opportunity to play for a division two powerhouse and hopefully catch the eyes of NFL scouts. He believes VSU's spread offense is a good fit for his game, which is highlighted by his accuracy and efficiency. But Hilliard

says the main focus is winning the Blazers another national championship.

"That's the ultimate goal, to win it all. For myself, it's just to put my team in the best position to be champions. We consider our

preseason ranking kind of a slap in the face, so our goal is to go there and win every game."

Hilliard and the Blazers play their first home game on Sept. 26 against Cumberland at Bazemore-Hyder Stadium.

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