



SERVING SINCE 1966

## Students head to D.C. for Presidential Inauguration Program

ANDY NELSON  
STAFF WRITER

Two weeks ago, more than 700 college students from 47 states and 14 countries were invited to Washington D.C. to participate in the weeklong Washington Center's Presidential Inauguration Program, which allows students the opportunity to explore the inner workings of the political landscape and network with recognized public officials and business professionals. Among these students were KSU seniors Joe Wittig and Phillip Poskus and junior Branden Macie. The Washington Center is a nonprofit organization that allows college students across the world to live and work in Washington, D.C. for academic credit.

"I knew I had the opportunity to go to D.C. well before the

election" said Wittig. "I don't think I realized how amazing it would be until I was leaving for D.C. and the feeling started settling in that I would be there at such an exciting time."

To aid in their experience, the students listened to several speakers and visited sites like the Embassy of Kuwait, the Newseum, the Capitol and the House and Senate Chambers.

"The week was amazing," said Poskus. "It felt like all the energy of a huge city like New York descended among the 70 square miles that is Washington D.C. You had the glitz and glamour of Times Square around Capitol Hill, and Chinatown was everywhere as hundreds of vendors marketed their Obama items on the street. It really felt like everyone was there for a giant party, to celebrate with

one another."

Due to financial constraints and conflicts with class schedules, the group did not get to attend the inauguration. "We still felt the excitement of the crowds that were there days before the inauguration, and it was a great experience" said Wittig when asked how he felt about having to return early.

Even though the three students did not get to attend the inauguration, Dr. Kerwin Swint, a professor of political science at KSU, was able to offer his own views on the events in D.C. While he did not personally attend, he was able to make his presence felt, courtesy of CNN's live-screening online broadcast. His main talking points were previous inaugurations and speeches made by past presidents. "It

was a historic day" he said. "The speech itself was okay. It was not [Obama's] best, but it was a good assessment of where we are now."

"Becoming involved in campus activities was the best thing I have done in college," said Poskus, who has been active in the Presidential Leaders Program for two years. "Whether it's Link, Presidential Leaders, or the new KSU men's soccer team, my participation in these extra-curricular activities has shaped me into the person I am today and prepared me for a successful tomorrow. These programs have opened so many doors for me and I never could have envisioned the places they would take me. I would encourage anyone to find something they are passionate about, get involved with it, and see where it takes them."



Submitted by Wil Maxwell

From left to right, students Branden Macie, Phillip Poskus and Joe Wittig pause in front of the Capitol Building in Washington, D.C.

## Activist speaks at MLK Day event



Christine Morales | The Sentinel

Activist, best-selling author and artist Sister Souljah speaks at KSU's observance of Martin Luther King Jr.'s birthday on Monday, Jan. 19. The event was held not only "to honor the legacy and struggle of Dr. King," but also "to showcase Kennesaw State University's commitment to establishing a campus environment that safely facilitates diversity for all," said Nicole Phillips, assistant director for Minority Student Retention Services.

## Fountain segregation signs part of class project

SHEA MICHELLE ALLEN  
STAFF WRITER

It seems the upset over the inflammatory segregation signs posted in the Student Center was thankfully unwarranted.

Two signs which read "whites only" and "blacks only" were discovered above the water fountains on the third floor of the Student Center on Dec. 9. Within days of The Sentinel's article on the incident, both students and faculty alike came forward to explain.

According to senior Judy Newman, a theatre and performance studies major, the signs were left posted above the water fountains on the third floor of the Student Center after serving as a prop in her theater class

performance assignment.

"Our group set out to create a living museum based on the idea of oppression-covering instances from past to present," said Newman. "Our purpose was not to offend or to even shock people, but to give an example of what that time in history was like."

She explained that she and her group members left the Student Center in haste for an exam and left the signs.

When the signs were discovered by Student Center staff, KSU Police were called to take an incident report and charges of damage to property were pending. After reading the Sentinel article on the discovery and realizing the misunderstanding Newman said, "I was horrified."

"The idea that anyone should find such antiquated ideas about segregation to be funny or prank-worthy is just what we set out against in our performance," said Newman.

According to Kathy Alday of Student Services all pending or potential charges have been dropped.

After hearing from both Newman and from the professor who assigned the project Alday responded by saying, "I commend Dr. Harvey for embedding these issues within her class curriculum because the students were positively impacted by the project."

Despite the mix-up, Newman asserts that "Our job as students is to show the world that America thinks differently now. We are accepting of all people."

## \$18,000 grant awarded for driver safety

HEATHER COOK  
STAFF WRITER

Kennesaw State University has once again received a grant from the Georgia Governor's Office of Highway Safety. The grant this year is in the amount of \$18,000, and it is designed to alert students to the dangers of drunk driving.

KSU received the same grant last year, and according to Sherry Grable, a long-time staff member at the Wellness Center, "The grant the Wellness Center received last year is the same as this year's. It's just a continuation of our efforts." The Wellness Center is a part of the WellStar College of Health & Human Services.

The Georgia Governor's Office of Highway Safety, the organization that gave KSU the grant, is a group that aims to protect people on the road. They fund programs such as Click It or Ticket, Operation Zero Tolerance, SADD and H.E.A.T. According to their 2006 annual report, 131 people in the age group of 18-24 were involved in alcohol-related accidents. Of those, 72 were passenger cars, 46 were trucks, one was a large truck, and 12 were motorcycles. In 2006, 27 people in Cobb County alone died due to alcohol-related crashes.

The grant is also being used to buy students access

to mystudentbody.com.

Mystudentbody.com is a Web site that teaches students the risks of not only drinking but also high-risk behavior. The Web site is being used in some KSU 1101 classes and offers information on stress, drugs, alcohol, nutrition, sex and tobacco.

"MyStudentBody.com (MSB) incorporates scientific principles associated with behavioral change and has been clinically tested for efficacy and user satisfaction," Grable said. "MSB's content was developed with support from the National Institutes of Health and is continually updated with cutting-edge, interactive features and current health information. MSB reaches students 24 hours/day and seven days/week, with student-friendly, interactive informational tools. The online program is convenient for student users to view on their own time and in private."

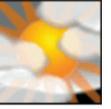
An interesting experiment was given during the use of mystudentbody.com to five different universities. Two hundred sixty-five students between the ages of 18-24 were surveyed and all recorded that they had participated in binge drinking, defined as four or more drinks for women and five or more for men, in the past week. During the course of mystudentbody.com, the

See DRIVING, page 3

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- 10 SPORTS: 8 straight losses

## Weekly weather

 WEDNESDAY HIGH 54° LOW 31°	 THURSDAY HIGH 50° LOW 28°	 FRIDAY HIGH 47° LOW 23°
 SATURDAY HIGH 51° LOW 28°	 SUNDAY HIGH 54° LOW 31°	 MONDAY HIGH 53° LOW 31°

## Around campus

- What: "Picasso at the Lapin Agile"  
When: Tues. Jan. 27 through Sun. Feb. 1, 8 p.m. Tues. - Sat. and 2 p.m. Sun.  
Where: Studio Theater, Wilson Building  
Details: \$5; may not be suitable for all audiences
- What: Annual Art Faculty and Staff Exhibition  
When: Tues. Jan. 27 through March 16  
Where: The Art Gallery, Sturgis Library  
Details: Free
- What: Greek Convocation  
When: Wed. Jan. 28, 6 p.m.  
Where: University Rooms, Student Center  
Details: Mandatory for students interested
- in joining NPHC organizations; business casual attire required
- What: "Reconfiguring the Canadian Landscape: Writing the History of Women in Canada since the 1970s" presented by Professor Ruby Heap  
When: Tues. Feb. 3, 3:30 - 4:30 p.m.  
Where: Student Center, rooms C, D and E  
Details: Q&A and light refreshments following presentation
- What: "The Shocking Art of Kissing"  
When: Wed. Feb. 4, 8 - 9 p.m.  
Where: University Rooms, Student Center  
Details: Hosted by Kennesaw Activities Board. "Warning: This event is explicit"



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**THE SENTINEL**



**EMERGING TRENDS**  
of the non-profit sector

**WHO:** Sponsored by Kennesaw State University American Humanities Student Association, supporting for-profits, and non-profits  
**WHAT:** Non-profit panel presentation  
**WHY:** To educate students and the community on 'Emerging Trends of the Non-profit Sector.' The panelists will provide a variety of experience in management, development, and legal aspects of the non-profit sector.  
**WHERE:** Kennesaw State University in the Leadership Room on the 2nd floor of the Student Center.  
**WHEN:** Thursday January 29, 2009 from 6:30-8:00 p.m.



REGISTRATION: A **FREE** event but you must register at [www.widealist.org](http://www.widealist.org) for the event.  
 Thank you in advance for your time and consideration.  
 Erica can be reached at (404) 957-9192 or at [eparks08@gmail.com](mailto:eparks08@gmail.com).

# Free resources available for financial aid

*SPECIAL TO THE SENTINEL*

Getting into college? No sweat, compared to paying for college.

And it's not just freshmen and their parents who are nervously eyeing college costs. Lots of working adults, returning to school for MBAs, job retraining or a midlife career change, also are calculating the price tag.

And no wonder. According to the College Board, the average annual cost of tuition and fees at a private four-year university in 2008-09 is \$25,000. Pile on books, clothes and living expenses -- not to mention fun money -- and you're looking at a big chunk of change.

"The economy's having a definite impact on people's anxiety levels on how they're going to pay their tuition bills," said Craig Carroll, CEO of Student Financial Aid Services Inc., a private Sacramento, Calif.-based company that -- for a fee -- guides families through the financial-aid process. Carroll said calls to his company this month have jumped 40 percent, compared with a year ago.

Given the economy, "Even families that were feeling very comfortable about their savings are starting to feel very uncomfortable," he said.

Among those feeling the pressure is Jessica Lewis, 20, an aspiring teacher who is graduating from Sierra College in Rocklin, Calif., this spring. She's applied for fall admission to the University of California, Davis; California State University, Chico; and California Polytechnic State University, San Luis Obispo.

Looking ahead, Lewis and her parents are fretting about how they'll foot the bill this fall. Two years ago, Lewis enrolled at California State University, Sacramento, but even with a part-time job and financial help from her grandparents, the \$2,500 cost per semester for tuition, books and rent quickly became overwhelming. She returned home and enrolled at Sierra, a two-year community college that's considerably cheaper.

"I feel a lot of guilt that we didn't prepare more for college, but we don't know

where to go," said her mother, Yolanda Lewis, who works full-time for an insurance company.

"We haven't done loans. We were afraid to get into debt," said Lewis, who also has two younger daughters to send to college. "I'd rather struggle now and be sure it's paid for because there may be unforeseen expenses when she enters a university."

The Lewis family hopes to again bypass student loans by setting aside savings and applying for grants and possible scholarships.

A company like Carroll's would charge \$80 to \$100 to assist a family in the financial-aid process. But you don't need to spend a dime to find financial aid for college, if you know where to look. There's a wealth of Web sites, workshops and financial calculators that you can access for free.

Regardless of where you're looking, there's one mandatory first step: filing the FAFSA.

Officially known as the Free Application for Federal Student Aid, it's the gateway to getting virtually any kind of financial help for college. It's free to file at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

With more than 100 questions, it's earned a reputation as "a pain in the FAFSA," said Jane Bennett Clark, a senior associate editor with Kiplinger's Personal Finance magazine. But Clark, who has filled out the FAFSA for one of her own three kids, said it's not so bad.

Her advice: Gather your documents, estimate your 2008 income and get it filed ASAP.

"The free (state and federal) money runs out," she said, "so you want to get your application squared away as quickly and accurately as possible."

To see a complete list of Clark's dos and don'ts for filling out a FAFSA, go to [www.kiplinger.com](http://www.kiplinger.com) ("11 Student-Aid Traps to Avoid").

There are numerous routes to financing a college education: scholarships, grants, federal and private loans, work-study programs, and part-time and summer jobs.

Consult your high school or college fi-

nancial-aid office. Visit the public library or look for online resources.

If you're opting for student loans, most financial experts recommend that you seek federal loans, rather than private ones. Many private lenders have dropped out of student-aid programs. Federal loans are generally considered to offer lower interest rates and more flexibility with repayment.

But carefully consider how much debt you want to be staring at on graduation day. Even with a college degree, you may be hitching yourself to years of loan repayments, some financial planners warn.

"Don't take on more debt than you're prepared to repay, based on your career goals," said Tamara Zidar, a certified financial planner with CLC Inc. in Granite Bay, Calif. "Too many (students) have been encouraged to go to a high-priced school that somehow would magically pay for itself after graduation."

Obviously, that doesn't always happen, said Zidar, noting it's not uncommon to see clients trying to pay off \$100,000 or more in student loans on a teacher's salary.

For parents, Zidar advises against breaking into your retirement piggy bank to pay for your children's college costs: "Don't derail your retirement savings in order to pay for college. Find a balance between paying for your children's college and your own retirement."

To figure out how much student loan debt you can handle, there are repayment calculators for parents and students alike at Web sites such as [www.collegeboard.com](http://www.collegeboard.com) or [www.finaid.com](http://www.finaid.com).

Above all, don't despair. Take it from a veteran. Teresa Loughner of Roseville, Calif., who's working part time while attending American River College for a restaurant management degree, said "persistence and patience" are essential in the hunt for financial aid. The 26-year-old waded through reams of paperwork to score some help this semester: about \$300 in tuition waivers and discounted parking.

Loughner said it required jumping through "a set of hoops multiple times," but the payoff was worth it, "as I can attest."

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DAHLANDI GRAFFIX

• **DRIVING** from front page

students learned about the dangers and long-term effects of alcohol use; at the end of the program, the overall number of students drinking and binge drinking decreased.

The grant is also going to allow KSU to purchase the necessary equipment to circulate to students. Postcards are going to be mailed regarding safe driving. Posters are going to be hung in high traffic areas such as parking decks to caution students against drinking and driving.

In addition to these methods, Grable said, "Social marketing is an effective method in promoting healthy behaviors. Perception of the norm is a powerful predictor of personal behavior whether this behavior is alcohol use, cigarette smoking, substance abuse, seatbelt use, bullying, etc. The social norms model proposes that many problem behaviors may be due to the desire to fit within one's social group. Research has documented that perception of a campus drinking norm is a significant predictor of students'

personal alcohol use."

Not all students at KSU, though, are thrilled about the intended use of the grant. Joshua Zuniga, a sophomore majoring in Spanish, said, "Putting signs up to tell people that 'drinking is a NO-NO' is a complete waste of manpower and tax-payer dollars. The money should be spent on lowering tuition costs and/or the cost of buying books on campus. The cost of books are way too high. Any attempt to defer ANY cost for students is a wise way of spending tax-payer dollars."

# Students gather for inauguration



Submitted by Keon Ghaffar-Jabbari

Students crowd in the Student Center to watch President Barack Obama's Inaugural Address on Tuesday, Jan. 20. Over one hundred students and faculty also gathered to watch in the Burruss Building.

# Career Fairs show promising job market for students

*SPECIAL TO THE SENTINEL*

The Career Services Center will be hosting three career fairs and an employer showcase during the Spring Semester in an effort to connect students and employers.

The Spring Career Fair, which will be held Feb. 17, will host employers from various industries in search of all majors.

The Non-Profit and Government Career Fair on March 26 will bring many organizations to KSU that are seeking students interested in working for the unique sector.

The Employer Showcase for the College of Science and Mathematics on April 2 is specifically targeted to science and math majors.

The Teacher Career Fair will host numerous schools on April 15 from the state

and nation who are looking for future educators to add to their faculty.

With the recent direction of the economy, employers are finding themselves shifting situations, according to Robin Knight, the Employer Relations Associate of Career Services.

"Employers are seeking candidates for many different positions because of the changing job climate," said Knight.

Last Spring, over 150 employers attended the recruiting events hosted by the Career Services Center.

Lori Trahan, assistant director of Career Services, believes it's vital that students take advantage of the career fairs.

"It's important for students to attend because it exposes them to the variety of jobs available," said Trahan, "This may potentially lead to interviews and full-

time job offers."

Trahan went on to say that this also the perfect time to search for a summer internship or co-op opportunity.

All three events are open to all majors and students are encouraged to attend.

All career fairs require professional attire and a photo ID to enter. It is recommended that students bring copies of their resume to give to potential employers.

Career Services holds many events throughout the semester to help students prepare for the job search, including workshops that teach students resume writing techniques, how to dress for success and how to work a career fair. A full list of Career Services events is available on their website at <http://careerctr.kennesaw.edu>.

# Future of school textbooks written in cyberspace

*SPECIAL TO THE SENTINEL*

Northwest Missouri State University students started spring semester classes Monday, but many aren't lugging thick textbooks around campus.

Instead, most students are carrying a lightweight electronic device that can fit in a coat pocket and hold the textbook material for all their classes. Some students will download their text information onto their laptops.

At Northwest, textbooks -- are fast becoming a thing of the past.

Besides taking a load off students' backs, going textbook-free can save them a lot of money.

The pilot electronic textbook program began in the fall with four classes and about 200 students. This spring, roughly 4,000 of the school's 6,500 students will use electronic textbooks.

"I think that it's the way the world is going," said Dean L. Hubbard, Northwest's president, who is retiring in July after 25 years at the Maryville, Mo., university.

Textbook publishers say many colleges are moving toward using some electronic textbooks, but Northwest's plan to eventually eliminate all bound textbooks makes it a leader in the movement.

"Right now, digital products account for a small percent of our higher education business, but it is growing at a rate that is breathtaking," said Jeffrey Ho, a product manager for McGraw-Hill Education.

But Northwest can only move toward a bookless campus as fast as the availability of e-books allows, Hubbard said.

"Publishers don't have all textbooks online yet," he said. "But I would think as a realistic measure we could be totally out of the printed textbook business in three years."

That idea pleases sophomore Mike Jenkins.

"I think the whole concept is pretty cool," said Jenkins, 19, of Lee's Summit, Mo. Jenkins used e-books in his history class during the fall semester.

"I would like it if we didn't have textbooks at all anymore," he said. "You wouldn't have the hassle of messing with books. The e-book is so convenient, and you don't have to carry all those books around."

Plus, unlike printed textbooks, e-books have pop-up interactive quizzes and the ability to search the full text within seconds for key words. New electronic reader technology also will allow students to take notes in on-screen posted notes.

Jenkins found a few "minor" problems with the e-reader gadget that he and his classmates used.

"You can't look at a whole page on one screen, and it doesn't have a backlight to light up the screen, so you have to be somewhere that is well lit," he said.

Not all students were as comfortable with the electronic textbooks.

"I always worried that something would happen, like it would crash on the night I had to study for a test," said Jennifer Martin, a 22-year-old Northwest senior from Liberty, Mo.

"It's a good concept, but I didn't like it that much. I would rather flip pages back and forth in the textbook when I'm studying. Maybe it would be better to start this with freshmen

who haven't yet gotten used to studying using a regular textbook."

Students who want a traditional textbook could still get one.

But the cost savings are hard to ignore, even at Northwest, a school that already is unique because of its textbook rental system and its history of giving every student a laptop.

A textbook-free campus would save the university about \$400,000 a year. Currently the university spends about \$800,000 a year to keep an inventory of about 50,000 to 80,000 textbooks that are rented out to students. Northwest students pay about \$80 to \$90 a semester on books, a fraction of what students at other schools pay.

Northwest will continue to charge students just a rental fee. But once the e-book program goes campuswide, Hubbard said, Northwest students' book fee will be cut in half.

E-books are less expensive than bound books, which are updated every few years and then have to be repurchased by the school. E-books can be updated at no cost.

Even at schools without a rental system, students would pay far less for texts on e-books than they would for bound books.

Nationally, the cost of textbooks has soared in the last decade. The average college student spends nearly \$1,000 a year on textbooks, according to the National Association of College Stores.

Northwest will purchase the electronic readers and then load them with the e-books each student needs. The student would pick up their loaded e-reader at the university bookstore or have their electronic textbooks loaded on their laptop.

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All films will be shown in French with English subtitles. Each film will be introduced by a faculty member who will also moderate a post-film questions/discussion session.

**FEB 16: "MOLIERE"** Moderated by Dr. Cynthia Bowers, Associate Professor of English.

**FEB 17: "REVES DE POUSSIERE (Dreams of Dust)"** Moderated by Dr. Samuel Abaidoo, Chair, Department of Sociology and Criminal Justice.

**FEB 18: "AVANT QUE J'OUBLIE (Before I Forget)"** Moderated by Dr. Luc Guglielmi, Assistant Professor of French.

**FEB 19: "L'AVOCAT DE LA TERREUR (Terror's Advocate)"** Moderated by Dr. John Moran, Associate Professor of Political Science and International Affairs.

**FEB 20: "FLANDRES (Flanders)"** Moderated by Dr. Gerrit Voogt, Associate Professor of History.

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This festival is made possible by a grant from the Tournees Film Festival, with the support of the Cultural Services of the French Embassy and the French Ministry of Culture.

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# BLACK HISTORY



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# OPINIONS & EDITORIALS

Tell us about it  
Sentinel@ksumedia.com

## A day to remember Healthcare for our children

### A burden for our grandchildren

There are certain moments in American history that will stay with a person forever. These moments are special because they can shock and amaze. They are special because they can inspire and impassion and they are special because they horrify and dismay. These moments elicit such powerful emotions they actually shape national character and policy for years to come.

My mother was only five years old when John Kennedy was killed, but I get a small part of the tragedy whenever she tells me the story of that fateful day. Even 45 years later, she can impart to me a small part of the national mood. Similarly, I can hear the nearly boastful pride and excitement in her voice when she talks about the Apollo 11 moon landing.

Everyone reading this newspaper can remember how they felt and where they were on Sept. 11, 2001. I was in algebra class and my teacher had a television brought in the room so we could watch. The images I saw that day will forever linger in my mind, despite my sincerest wishes otherwise. On a happier note, if I ever have children, I will tell them with pride, hope and optimism about the events of Jan. 20, 2008. This is a personal story I would like to relate to you.

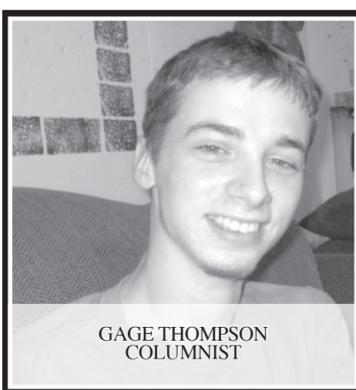
I originally planned to watch the inauguration with a friend at the event on campus hosted by the NAACP, SGA and KSU Democrats, but they were having technical difficulties, so my friend and I went in search of a television on campus. I remembered that there was a television on the first floor on the west end of the student center, so we headed there. The thing that was so fantastic about the whole situation is probably a hundred or more

people had the same idea. When we got there a small crowd had formed, and by the time Obama spoke, it was standing room only and the crowd was all the way past the vending machines. I'm certain many of the people there were just listening because they couldn't possibly see around the corner.

To be perfectly clear, this wasn't a planned event. This was just people wandering by who cared enough to stop and watch this historic moment. With so many people there, you might think some were talking over this, but quite the contrary. It was the quietest I've ever heard the student center. You could have heard a pin drop.

The crowd dynamic was magical. There were moments of intense emotion all throughout, and with each moment there was a different reaction from the crowd. We all chuckled when John Paul Stevens lifted up that massive Bible to swear Joe Biden in, and when Aretha Franklin came out with that bow on her hat someone remarked you could "see it from space"; the laughter didn't die down till after the first couple lines of "My Country, 'Tis of Thee." Nervous chuckles filled the room when Obama and John Roberts flubbed the oath, but quickly gave way to cheers as he finished. Several people I saw were crying. Everyone was respectfully quiet during the address itself, but the smiles on their faces were slow to fade.

It was the first time in a long time I remember feeling like I was an American. This spontaneous event did for me what the former administration couldn't do in eight years. What I was feeling wasn't patriotism or nationalism. It wasn't Obama worship, and it wasn't simply my disdain for



GAGE THOMPSON  
COLUMNIST

the previous administration. It was the feeling of being included. Inspired, even. My main problem with the way Bush did things is that he made decisions and never asked for our input or support. After 9/11, this country would have done anything he asked, and he asked us to go shopping. He told us that we were either with him, or with the terrorists. The end result is that he alienated people. He made them feel that they didn't belong.

I know Obama isn't going to fix everything overnight. I know there is a good chance he won't fix some things at all, but I believe he will do his best. We all know the challenges we face in the next four years, the only question left is whether we will be able to triumph in the face of such adversity. Obama knows the answer.

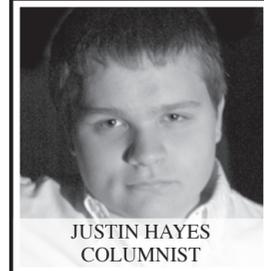
Yes we can.

On Wednesday, Jan. 14, in preparation for the sweeping CHANGE of the incoming Obama administration, the House of Representatives voted to pass a bill expanding government-sponsored health insurance to over four million more children in families with incomes that are too high to qualify for Medicaid. In his campaign, President Obama promised universal coverage, and the House democrats are not wasting any time in making his aspiration a reality.

Obama said, "In this moment of crisis, ensuring that every child in America has access to affordable health care is not just good economic policy, but a moral obligation we hold as parents and citizens."

No, it is not. There is nothing in the Constitution that gives the government the authority for this sort of wealth redistribution. Government health programs, mandates and regulations, which distort the market and limit competition, cause increasing prices in the healthcare market, limiting access to coverage. Competition lowers prices. If the government intervenes by way of cutting off access to information, creating third party payers (Health Management Organizations), limiting consumer choices, controlling prices, mandating unnecessary coverage and providing free healthcare, then competition is limited, leading to an increase in prices. It is not the "evil doctors, evil corporations or evil insurance agencies" that are causing the problem.

Although this bill appears to be directed at a good cause (helping the children), it is really about the Democrats grabbing more control over our healthcare system until prices get so high that the only "viable option" is universal healthcare. What this bill really means is more spending, more regulation and more government control. The last thing we need at a time like this is more spending, especially in the already two-thirds government-controlled healthcare market. This bill, in the long run, will only create more uninsured children (and adults) as prices increase from government distortions.



JUSTIN HAYES  
COLUMNIST

tions.

In fact, some children who are supposed to be covered by this new bill already have private insurance. According to the Associated Press, the "budget office estimates that the bill would shift 2.4 million children currently with private coverage to government-provided care." That seems counter-productive to the perceived for a good cause feeling of the bill. If it were really aimed at providing coverage to the uninsured, it would let those with private insurance opt-out of the system. Unfortunately, like most government programs, it mandates that you must cooperate.

The biggest issue associated with the bill is the increase in government spending that it requires. The bill is supposed to increase the excise tax on cigarettes by 61 cents to \$1 a pack in order to make up the necessary funding. Have the politicians lost their minds? We want to fund a program for healthcare with unhealthy habits? It won't be long before we see ads, sponsored by Democrats, encouraging people to buy more cigarettes. What's more, the shortsighted politicians fail to realize, as always, that an increase in healthcare prices will occur as a side effect of this and previous interventions, leaving our children and our grandchildren to cover the bill.

A bill aimed at helping the children, which politicians know will guarantee support will actually be hurting them in the future. This new spending, together with all of our coming entitlements, are going to have to be paid by future generations if our government does not start enacting sound fiscal policies by drastically cutting spending to a responsible level.

## Obama owes Bush a debt of gratitude

President Obama's first week was spent figuring out how to spend a trillion of not yet created or borrowed dollars for his "stimulus" (I use the term lightly) plan with House and Senate leadership. Success in spending that trillion would enlarge the total spent in the name of stimulus or bailouts to two trillion from February 2008 to February 2009.

He even received praise for working with Republican leadership on how to design the stimulus package. This praise, so far unwarranted, was given only because President Obama was willing to listen to Republican proposals, not necessarily give any concessions to the ideas of the other side. When Rep. Eric Cantor of Virginia criticized parts of his proposal, Obama said to him, "I won." And so the era of bipartisanship begins.

Perhaps Obama will take note of the Congressional Budget Office analysis (of roughly \$355 billion of the \$850 billion proposal) which said "only about \$136 billion of the \$355 billion that House leaders want to allocate to infrastructure and other so-called discretionary programs would be spent by Oct. 1, 2010. The rest would come in future years, long after the CBO and other economists predict the recession will have ended." This spending was supposed to be the job creating engine for economic recovery at a cost of about \$118,000 per job or \$275,000 per job if you do the math using the \$850 billion and 3 million jobs created.

But in reality, "less than \$4 billion [of the \$30 billion in highway spending] would occur over the next two years. Of \$18.5 billion proposed for renewable energy, less than \$3 billion

would be spent by 2011. And of \$14 billion for school construction, less than \$7 billion would be spent in the first two years."

The expanded entitlement programs that add up to roughly \$200 billion will surely get money into the economy much more quickly, but it doesn't necessarily equate to more than just a blip of consumer spending. After all, we tried giving \$152 billion of "stimulus" checks to people last year, with little success on the consumer spending side. But somehow a failed Keynesian spending plan that failed under Bush is assumed to work for Obama.

In Obama's plan, he offers a \$500 per worker tax credit as opposed to Minority Leader John Boehner's plan to slash the 10% tax rate to 5% and the 15% tax rate to 10%. As with the infrastructure spending, the tax credit would be slow out of the gate. According to CNN Money, "the lowest income workers may not see their 2009 credit until the first quarter of 2010. Even middle-income folks will have to wait to get some of their 2009 credit since the full \$500 per worker likely wouldn't all be paid out this year since it would go into effect after a considerable number of pay periods have passed."

Obama assures us his plan focuses on long-term priorities along with the short term economic crisis, but the long term crisis being pushed aside is our country's massive deficits. What happens when our creditor nations stop buying our Treasury bills? Our currency will devalue and the economic crisis that stems from that will be far worse than anything we'll see from this recession.



KEVIN SCHMIDT  
SENIOR COLUMNIST

Surely Mr. Bush paved the way for Obama and Congress to try and spend our way to prosperity, but Obama ran on a message (or lack thereof) of change. He is supposed to be the antithesis of Bush, not a continuance of the status quo. But liberal critics will never admit that Bush wasn't a far-right ideologue even though he took action during the last two years that would land him in a center-left camp.

Just Hoover set the base for programs FDR expanded and received credit for, Obama will use Bush's established programs and build upon them in much the same way. Obama shouldn't be criticizing Bush anymore. Bush laid the groundwork for Obama to pursue grand spending policies. Obama should be thanking him.

## Stimulus plan cure worse than disease

President Obama is planning to launch one of the largest stimulus packages since, well, the hand-out of October 2008. The O-man wants \$850 billion to jump-start the economy and create jobs. The spurious logic behind this latest scheme is that it will take government spending to get us out of the financial funk that the government has caused. Problem is, this plan is about as effective as telling Michael Moore that he would lose weight if only he ate more. Now, as much as I would enjoy seeing Moore burst like an engorged slug, I would rather not see my country do the same. And this "dose of

Keynesianism" is the first step to economic devastation not seen since Jimmy Carter was president.

The idea behind Keynesian economics (named after economist John Maynard Keynes) is that the government can activate a stagnant economy by spending money it does not have to create jobs we do not need. Keynes was the inspiration behind the New Deal and the Democrats' favorite battle cry of "tax and spend." Keynes recommends spending when no money exists. To illustrate Keynesian logic, imagine you come home from work and say to your significant

other, "Honey, I lost my job today. But don't worry, I have a plan. I want you to go the mall and buy whatever you want. Don't worry about the cash, just use the credit cards - that way the bill won't come due for some time. Oh, and let's buy that McMansion we've always wanted." If your darling significant other was not looking for the tranquilizer darts to temper your spending frenzy, then he or she was not paying attention to the part about the income having become a no-come.

Let us not forget that the government is the cause of our current financial breakdown. They are

also in the process of socializing the industries they destroyed. Why then should we trust them to do a better job with another \$850 billion? Where is the last \$700 billion? Putting the same money mis-managers in charge of our economy is akin to putting Hannibal Lecter in charge of our menu. And yet, that's exactly what will happen under Obama's plan. The question of course, is where does the money for this stimulus package come from? Writing for Cato@Liberty, David Boaz writes:

"If it (the money) comes from taxes, it will be taken out of the

more efficient private sector to be spent in the less efficient government sector, and the higher tax rates will discourage work and investment. If it is borrowed, it will again simply be transferred from market allocation to political allocation, and our debt burden will grow even greater. And if the money is simply created out of thin air on the balance sheets of the Federal Reserve, then it will surely lead to inflation."

The president's plan is to spend our way out of debt, and the results will serve to make the economic crisis worse, not better. As always, the best solution is for



TONY SARRECCHIA  
SENIOR COLUMNIST

the government to do nothing. The economy will recover, but only if the government works step aside and let the natural cycles of economics play out.

### 2004-05 National Newspaper Pacemaker Award

The SENTINEL

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# ARTS & LIVING

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## Preservation of organs and bones *BODIES...The Exhibition explores scientific technology and artistic display*

MICHELLE LANDREIN  
STAFF WRITER

Warm light bulbs tastefully illuminate the works of art on display in the room. These art forms are not fine paintings, delicate pottery or ancient artifacts—they are authentic representations of the phenomena that lies beneath the skin of every human on the planet.

Where can you find such an intriguing exhibit? You don't need to travel far because "BODIES... The Exhibition" is located at Atlantic Station in the heart of Atlanta. "We are thrilled to host such a groundbreaking and unique artistic display like BODIES...The Exhibition," Ann Marie Moraitakis, director of the Atlanta Civic Center, said. "Its impact in other cities has been phenomenal and we anticipate that Georgia residents and tourists will provide that same level of success in Atlanta."

This fascinating show features more than 250 actual human body specimens, both whole and partial, which offers a close-up look inside muscular, skeletal, reproductive, circulatory, respiratory and other systems of the body. Ellen Willis, a freshman Early Childhood Education major, said, "I thought the exhibit was breathtaking. Not only was it educational and informative, but it was also fascinating to see the components of the human body right before my

eyes. I would encourage anyone to see this remarkable exhibit."

Each specimen was meticulously dissected and preserved through an innovative process that gives people the opportunity to explore the complexity of their own organs and inner systems. The difference between using preserved, real human bodies versus models is the tremendous impact that it gives the viewers. It is much more stunning to know that instead of pretending, what is before you is actually what is inside you. The intricate process of preservation is made possible by impressive scientific technology.

The first step in the process is to preserve the human sample according to standard mortuary procedures. The specimen is dissected to show the inside. Once dissected, the part is immersed in acetone, which eliminates all the body water present. The specimen is then placed in a large bath of silicone or polymer, and then sealed in a vacuum chamber. Under the vacuum's pressure, acetone leaves the body in the form of gas and the polymer replaces it, entering each cell and body tissue. Then, a catalyst is applied to the sample, hardening it and thus completing the process.

Once this task is accomplished, the specimen will never decay. This offers countless unique teaching possibilities for medical professionals, archeologists, other scientists and now, the public.

The exhibit is set up so you begin with the skeletal system and as you walk to other chambers, new layers are added. This way you can focus on each system (such as muscular or digestive).

As you make your way through the exhibit, the different layers are combined, forming whole bodies. Most of the bodies are arranged so that they are performing activities such as playing soccer, reading a book or conducting an orchestra. There were also figures with exaggerated features. For example, there were intestines stretched out to their full length along a wall, and they almost touched the ceiling.

The most intriguing portion of the exhibit was the circulatory room. The first thing you notice when you enter is the darkness contrasting with glowing displays. The intricate beauty of an artery with hair-like strands surrounding it was stunning.

Each member of the circulatory family was lit up by bright neon colors to identify different parts of the system. For example, blue lights represented veins and red lights shone on arteries. Each vein looked unbelievably fragile, as if breathing on it could make it snap into a million pieces.

Seeing the framework of a human body composed

only of veins and arteries was absolutely breathtaking. Whether you're a doctor or not, this exhibit is sure to amaze you. Beyond the circulatory system room is an optional fetal development area that walks viewers through the miraculous process in the stages from conception to birth.

Another unique aspect of "BODIES...The Exhibition" is that besides showing typical organs, abnormal ones are presented. If you or someone you know smokes, you should visit this part of the exhibit. Right before your eyes in a large display case, lies the shocking reality of what smoking does to your body. Side by side are two lungs: one is healthy, and one is a shriveled, charred black lung ravaged by smoking. Most viewers are so startled and moved by this vivid comparison that they discard their tobacco products in a nearby glass box.

Tangible evidence is far more impacting than pictures in a film or words on a page. The exhibition serves as a wake-up call to many, reminding us that our own decisions directly impact our health and our lives.

Once you've walked through the BODIES exhibit, you will have seen something like never before. Now you can discover and explore the most fascinating machine on the Earth—your body. "BODIES...The Exhibition" will leave Atlanta after March 1.

BY AGE SIXTY, MOST PEOPLE HAVE LOST HALF OF THEIR TASTE BUDS. BY THE TIME YOU TURN 70, YOUR HEART WILL HAVE BEAT SOME TWO-AND-A-HALF BILLION TIMES (FIGURING ON AN AVERAGE OF 70 BEATS PER MINUTE.)

# Major in movement

KATHERINE TIPPINS  
ARTS & LIVING EDITOR

The Department of Theatre and Performance Studies (TPS) launched a new dance major this semester. "The new dance major at KSU was developed in response to the large volume of dance minor students the program enrolled in its first three years of existence. We realized that there was a real need in the state of Georgia for dance education at the university level," Director of the Dance Program Ivan Pulinkala said.

Students must audition and complete an application to be admitted into the dance program. "Our first audition was held last fall for students entering the program this semester. There are three scheduled auditions every year for students who want to secure admission into the dance major program," Pulinkala said.

The application deadline for those who want to enter the program in the fall is Feb. 6. The next audition will be Feb. 13. Pulinkala said, "The [audition] process involves a technique class—a ballet barre, modern/ jazz center and across-the-floor combinations. Following the technique class, students have individual interviews with the faculty where they discuss goals and get program information."

The College of the Arts (COTA) Office of Admissions and Enrollment Management handles the audition and application process. "The development of this office of student enrollment and success in COTA has greatly increased standards for student admission, retention and progression in all COTA programs," Pulinkala said.

Vice President of the KSU Dance Company Haleigh Brooks said, "With the new major the dance program is going to explode. The major brings many more opportunities for our dance education." Pulinkala said he expects about 50 students to become dance majors each year. "In our first semester, we have enrolled 33 majors," he said.

Once a student is admitted to the program, he or she must enroll in four semesters of a "dance production" course. "Through this course, students have the opportunity to perform with the KSU Dance Company, or serve production areas associated with our live performances," Pulinkala said. "The aim is to give all dance majors practical experience in the field. The program offers multiple performance opportunities to the students, including outreach in the community, performances at local high schools, performances at regional venues, performances at professional venues and performances on campus."

Other graduation requirements include an internship in the field, a senior seminar and a senior performance project. Also, dance majors are required to complete a minor.

The process of developing a new major involved immense planning. Pulinkala said much research had to be done to decide if there was a need for the major at KSU and to ascertain that the new curriculum would meet the standards of the National Associations for Schools of Dance.

The TPS department had to develop a proposal for the Board of Regents (BOR), have the proposal approved by the BOR and gain approval from KSU administration. Pulinkala said the process also involved "developing an implementation strategy for the program launch, developing new courses for the dance major, hiring new faculty for the program and marketing the program locally and regionally."

Pulinkala said he hopes the new major will "provide a vehicle for all KSU students to experience the physical, intellectual and creative benefits of dance as an art form. Any KSU student can enroll in dance classes." He also hopes the major will aid in the continued success of the KSU Dance Company: "Last year the KSU Dance Company received national recognition in the field of dance. The company was selected from over 30 university dance programs in the southeast to perform at the National American College Dance Festival in New York City."

Pulinkala said that funding and space limitations are some of the obstacles for the new major: "Resources are always a challenge, especially in a struggling economy. We currently only have one dance studio for the program. This space was outgrown by the dance minor program last year, so the new major faces a great need for more dance studio space on campus."

Despite the obstacles, members of the dance program maintain a positive outlook. "I think this is a very exciting time for the dance program at KSU. Ivan is doing an excellent job leading our new dance major in the right direction to be a top notch dance program in the country," President of the KSU Dance Company Kimberly Dibble said.

The dance major complements the other areas of fine arts at KSU. "The Department of Theatre and Performance Studies is committed to excellence in artistry, education and intellectual scholarship. The addition of dance helps develop the opportunities for all our students," Pulinkala said. "The new dance major completes the performing art areas of the College of the Arts, which now offers all four major areas of theatre, music, visual arts and dance."

For more information about the dance program, visit [kennesaw.edu/theatre/dance](http://kennesaw.edu/theatre/dance) or call (770) 423-6789.

#### UPCOMING KSU DANCE COMPANY EVENTS:

- Feb. 25–28 performance at the Stillwell Theatre. Call (770) 423-6650 for tickets.
- March performance at the American College Dance Festival.
- April performance with the KSU Orchestra at the Cobb Energy Performing Arts Center.



# Can't wait to get cozy with KAB

NADIA ABDULAH  
STAFF WRITER

Armed with a new motif, the Kennesaw Activities Board (KAB) kicked off their theme week "Cozy with KAB." The theme week (originally called "KAB N' Fever") occurred from Jan. 20 to Jan. 22, aiming to keep everyone warm during the winter season.

The festivities began with students enjoying hot chocolate and donuts in the atrium at the Student Center at 9 a.m. At each event, the first 50 students were given free blankets, hats, gloves and scarves. In all, 98 students came to the event and were able to warm up with the breakfast.

The next day, the activities included a free massage from Lincoln College of Technology students and winter photos by professional photographer Rob Roux. The lights were dimmed and jazz music set the mood in Student Center Room A. In the center of the room, the students of Lincoln College were hard at work to help minimize and eliminate stress among KSU students.

"We do basic chair routine and focus on relieving stress in the shoulders, upper back and hands," instructor Sai Delatore said. "We teach [students] how to do different strokes and how to use body weight to apply pressure." The other three instructors included Frank Bostic, Armand Gabriele and Juanchellise Davenport. All together, the instructors (who were dressed in red polos) led the eight student massage therapists (green polos) through the relaxing session.

After the massage, many students appeared to be more relaxed and refreshed to continue the day. "I was very satisfied with the massage," Tariq Chang, a sophomore Chemistry major, said. "I feel definitely more relaxed. You completely lose track of time and you feel like you're their number one priority." Amanda

Woodford, a junior Early Childhood Education major, said, "I think it's a great idea. They should do a particular repeat of this event especially during finals week."

"I'm really impressed this year and had a great turnout for all the events," Theme Weeks Coordinator Ashley Nealy said. "We're trying to plan fun-filled events that will attract everyone—students, faculty and staff." KAB President Shannon Carter said, "So far I'm seeing more people. This is out of student fees, so you should come and check it out."

The following day, KAB invited everyone to the Leadership Room for free pizza and a showing of the suspense thriller, "Eagle Eye," which stars Shia LaBeouf and Michelle Monaghan. First, student volunteers, such as Diane Walker, served students their dinner. "I like doing this. It's a great way to get out and be more involved. It is also a positive atmosphere. It makes me feel proud to be a part of Kennesaw State," Walker, a sophomore Early Childhood Education major, said. "I help set up and get to interact with others. It's a great way to also advertise other events we have coming up."

After the film, the general consensus of the audience was that the film entertained everyone. "It was a lot of fun—great pizza, movie and a great way to meet a lot of people," Zack Hooks, a sophomore Biology-interest major, said. Jessica Iarocci, a freshman Exercise Health and Science major said, "It's my first KAB experience. It was a really good suspenseful film. I look forward to their other events."

KAB's next event, "The Shocking Art of Kissing," will be held in the University Rooms on Feb. 4. Students will learn 25 ways to kiss, so pucker up for this outrageous event.

## Movie review

# Defiance



DANIEL SINGLETON  
COPY EDITOR

You know a movie isn't working when you start thinking about other movies. That's all I did during "Defiance," a movie about a group of Russian Jews who hide in the forest and kill Nazis. I thought about "The Counterfeiters." I thought about "Black Book." I thought about "Schindler's List" and I thought about "Army of Shadows" because "Defiance" photocopies these films mercilessly. Not steals. Photocopies. I would have been cool with theft—stolen ideas can work incredibly well if the thief steals carefully and pays attention to detail—but "Defiance" copies worse than Xerox. Bland, shallow and fake are the key words here.

But it's based on a true story, so most people will ignore the way scenes that used to be believable and realistic now scream "This is Hollywood!" There's one early scene where some Jews out on night patrol spot a German truck and take cover on the side of the road. As bad luck would have it, the truck stops and one of the Germans steps

over to their hiding place, zips down his pants and relieves himself all over them.

What would you do in that situation? (Remember that you're heavily outnumbered and outgunned.) You'd stay quiet, of course. Stabbing the German's knee will make you look cool, but you won't survive unless you're immortal, which these Jews are. Seriously,

somebody must have told them that movie heroes can't die twenty minutes into the film, because they pull out their guns and go crazy in less than two seconds.

Better movies about the resistance ("The Counterfeiters," "Army of Shadows") stayed away from John Wayne-heroics because it never saved anybody. "Defiance" throws them in whenever it can. The characters can't die, so why not? There's another early scene where a Jew runs the wrong way during an ambush and leads a whole company of machine gun-toting Germans into the forest. Think he's dead? As dead as the guy who ran the wrong way in "Army of Shadows?" You thought wrong. His brothers find him ten minutes later, hiding in a cellar with a twenty-year-old girl that, you guessed it, he falls in love with.

And speaking of scenes that don't make sense, did you ever meet anybody who knew less about guarding illegal camps than their watchman? For God's sake, this guy lets not one, not two, but three heavily-

armed strangers into the camp. Real people wouldn't last three days with this guy. The Jews last three years. I think they let him stay because he made them laugh. You don't need a watchman when you're never in danger—you need comic relief!

Never in danger? Yep. The Germans only show up at the beginning and end. Now, I'm not saying that you can't turn the Germans into an unseen menace that we feel more than see—Melville did it brilliantly in "Army of Shadows"—but it only works when the characters act they're trying to survive a war. The freedom fighters in "Shadows" walked slowly and never smiled; they knew that they couldn't stop the Germans. The Jews in "Defiance" laugh all the time: War? What war? We need to find forest wives!

So the movie doesn't have much Jew on German action. That means "Defiance" lives or dies by the drama inside the camp. It dies. Instead of making history buffs like me happy and telling us exactly how these people survived in a makeshift camp—how they governed themselves; how they found food; who watched the kids—it gives us a bunch of characters, conflicts and lectures straight from "How to Make an Epic, Vol. 1." There's the Confident Leader. The Hothead. The scene where a loudmouth pushes the leader too far. The stock romance between the shy boy and the shy girl. And so on and so forth.

The movie did have one brilliant scene. Towards the end of the movie, they capture a German soldier. He's just a kid, young and scared, and I completely expected them to do the "noble" thing (i.e., chicken out) and let him live. The movie had been chickening out for almost two hours. Why stop now? Wrong. They beat him to death with his own rifle. It's so brutal and powerful that it made me angry that the rest of the movie falters so much.



To apply for KSU Scholarships for the 2009/10 school year, there is now only one application necessary to match you to scholarships you may be eligible for!

The application is available from now until March 10, 2009. To apply, go to the financial aid website at [www.kennesaw.edu/scholarships/](http://www.kennesaw.edu/scholarships/)

Outside scholarships are also available.

To view a list of available scholarships, see the financial aid web site. Follow the links from "types of aid available" to "scholarships" to "external scholarships" for more information.

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## EMERGING TRENDS of the non-profit sector

**WHO:** Sponsored by Kennesaw State University American Humanities Student Association, supporting for-profits, and non-profits  
**WHAT:** Non-profit panel presentation  
**WHY:** To educate students and the community on "Emerging Trends of the Non-profit Sector." The panelists will provide a variety of experience in management, development, and legal aspects of the non-profit sector.  
**WHERE:** Kennesaw State University in the Leadership Room on the 2nd floor of the Student Center.  
**WHEN:** Thursday January 29, 2009 from 6:30-8:00 p.m.



REGISTRATION: A FREE event but you must register at [www.idealist.org](http://www.idealist.org) for the event. Thank you in advance for your time and consideration. Erica can be reached at (404) 957-9192 or at [eraparks08@gmail.com](mailto:eraparks08@gmail.com).

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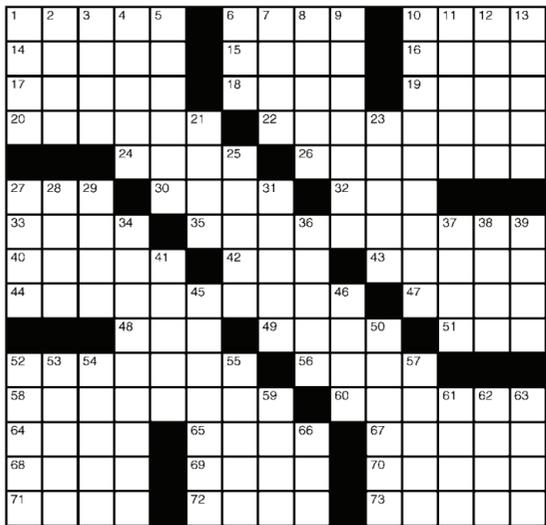
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- ACROSS**
- Tibetan monks
  - Huff and puff
  - Slope apparatus
  - Up in the rigging
  - Culture medium
  - Uncommon
  - Paris subway
  - Zany Imogene
  - Kimono sashes
  - Group of fish
  - Most forbidding
  - Narrow cut
  - Makes possible
  - UFO crew
  - Withered
  - Rock composer Brian
  - Portnoy's penner
  - Austerity
  - Conceptions
  - Cal. neighbor
  - Old photograph color
  - "Cathy" or "Peanuts"
  - Window part
  - Straw drawn
  - Luge
  - Collapsible bed
  - Landlords
  - Search out
  - Giving off
  - Extol
  - Bandleader
  - Puente
  - Iditarod terminus
  - Display
  - \_\_\_ Bator, Mongolia
  - Metric unit
  - Mental picture
  - French father
  - Cravings
  - Highway divisions
- DOWN**
- Escapes
  - Baldwin or Guinness
  - Fluttery flier
  - Bushy hairdos
  - Bar perches
  - Pol's cash provider
  - All aflutter
  - Mother-of-pearl
  - Workout leader
  - Band instruments
  - Tower of \_\_\_
  - Come up
  - Takes ten
  - Stretches the truth
  - Lions' locks
  - Quarterback Duffer
  - Idle or Ambler
  - Kind of list
  - Pipe part
  - Myrlie or Medgar
  - Ice pellet
  - Bad deeds
  - Heroic saga
  - Farm tower
  - Granular seasoning
  - Get a move on!
  - Wiry instrument
  - Call from the coop
  - Jump the tracks
  - Ease off
  - Writer Zola
  - Indian instrument
  - Sleep soundly?
  - Fate
  - Fed
  - Teheran's location
  - Wise
  - "For Your \_\_\_ Only"
  - Printer's measures



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09/15/04

### Solutions



# Walking into wellness in the new year

HEATHER COOK  
STAFF WRITER

The Wellness Center, which is a part of the WellStar College of Health & Human Services, held their first event of the year on Wednesday, Jan. 21. The "Welcome Back to Wellness" event was a fun and innovative way to introduce students to the Wellness Center. At the event, there was an assortment of fresh vegetables, fruits, cheeses, crackers, mini wraps and hot chocolate.

Brittany Scott, a senior majoring in International Affairs, said that her favorite part of the event was "the variety of healthy foods."

If you were stressed the day of the event, you were in luck because the event also included a free chair massage. Relaxing music also accompanied the experience.

Not only was the event meant to be enjoyable, it was also intended to provide helpful information on what the Center offers. "We hope students become more aware of the services provided by the Wellness Center and on campus so they can achieve a high level of wellness," Sherry Grable, who has been a part of the Wellness Center Staff since 1997, said. "Healthy students are more likely to be successful students."

"We have some great programs to help achieve this goal," Grable said, "including the health fair, weight management program, and a one-mile walk entitled 'Poker Walk,' not to mention the 'Learn Over Lunch' sessions that address stress, anxiety, healthy eating, healthy relationships, body image, etc."

The Wellness Center is offering 26 different events this semester. Events range from "The Thin Line," which is about eating disorders, to "Condomplation," which focuses on sexual responsibility.

The Wellness Center is also hosting a health fair on March 31. For you T-shirt junkies, a free shirt will be given to people who visit fifteen different stations. Other events include "Body Image Awareness Week" and "Love That Belly," which is an introduction to belly dancing, and a "Safe Spring Break Party."

One of the most popular events is "Learn Over Lunch." As you might have guessed, a free lunch is given to the first 30 students. For those of you who are vegetarians, contact the Wellness Center at least two days before the event so they can provide food for you.

Topics include realistic resolutions (perfect for the New Year), dating, dieting, nutrition, depression, eating out and finals survival. Registration instructions can be found on the Wellness Center's

Web site and at [computertrain.kennesaw.edu](http://computertrain.kennesaw.edu).

Another popular program the Wellness Center offers is "Owl Watcher's Weight Management." This is an eight-week program that is designed to help students learn how to shed pounds and keep them off.

Registration is required for this event, and for the early birds, registration starts as soon as three weeks before the event. Also, if weight management isn't enough motivation, a free lunch is provided for the first 30 students to register. Registration for this event can be found at the aforementioned Web sites as well. The first class starts on Wednesday, Jan. 28 and the program ends on Wednesday, March 25.

In most HPS 1000 level classes, you are required to take a MicroFit Fitness Test. The Wellness Center offers this for free. They measure your blood pressure, weight, flexibility, heart rate and more. It's a great way to keep track of your personal health statistics, and it's also a great way to get an easy A. It is a good idea, though, to schedule an appointment ahead of time because slots fill up quickly. To make a reservation, simply call the Wellness Center at 770-423-6394.

Nutrition counseling is also available. Students can meet with KSU's own dietician and can be assessed on their current eating patterns and habits. The dietician can advise you on how to control your weight and also how to control your health conditions, such as high cholesterol. To make an appointment, call the Wellness Center.

The Wellness Center is located inside the Student Recreation and Wellness Center in room 131. Their office hours this semester are Monday through Friday from 9 a.m.-5p.m. They are also available for questions and information on Saturdays from 9 a.m.-12 p.m. Any other information can be found at their Web site at [kennesaw.edu/wellness](http://kennesaw.edu/wellness).

The next Wellness Center event is scheduled for Tuesday, Jan. 27 and will kick off the start of the "Learn Over Lunch" classes. This event is from 12:30-1:30 p.m. in the Student Recreation & Wellness Center room 131. The topic of the day is realistic resolutions.

When Scott was asked what could have been improved about the "Welcome Back to Wellness" event, she said, "I think more people would be nice." Although the event was very well organized, there did seem to be sparse numbers. So next time, all of you who plan to attend, bring a friend. The Wellness Center is a great place for people to learn about their bodies and grow in that knowledge. It is there for you, so use it.



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## Ring in the new year: the Year of the Ox

NADIA ABDULAH  
STAFF WRITER

The Fifth Annual Chinese New Year Celebration drew large crowds to the Bobby Bailey Performance Center on Sunday, Jan. 18. With increased awareness of the combined dinner and show event, the Chinese New Year festivities continue to grow in recognition. "Now at its fifth year, the Chinese New Year Celebration has become a unique KSU experience," Dr. Sheb True, the director for the Executive MBA Program at KSU, said.

The auditorium was beautifully decorated including orange and yellow Chinese lanterns adorning the ceiling. The masters of ceremonies, Dr. Jiayan Zhang and Dr. May Gao, welcomed everyone with enthusiasm. Anyone born in 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997 and 2009 fall into the Chinese zodiac symbol of the Ox. Gao said that Ox people are patient, truthful, sincere and inspiring to others.

The Chien Hong School of Kung Fu opened the ceremony with an extravagant Chinese lion and dragon dance. Accompanied by uplifting music, the dance featured talented dancers who mimicked a lion and dragon falling in love.

The Chen Xiao Dance School performed two dances: the Mongolian Dance and the Tibetan Dance. The Mongolian dance featured dazzling blue costumes adorned with exquisite headbands. The girls waved their hands and portrayed happiness in the Mongolian plains. The next performance had the girls in shimmering yellow dresses with brown cowboy hats. The "Kongding Love Song" featured the girls dancing to local music of the Sichuan province.

Midway through the ceremony, the students of the Lyndon Academy, which is located in Woodstock, surprised and entertained the audience. Students at this private college preparatory elementary school begin to learn how to speak three languages, including Chinese. The group of about twenty predominantly Caucasian children displayed their proficiency in the Chinese language by answering an instructor's questions. To learn more about the Lyndon Academy, please visit [www.lyndonacademy.org](http://www.lyndonacademy.org).

After the children performed, audience members born in the aforementioned years were asked to stand and were given small gifts for being born in the Year of the Ox. Next, Yang's Tai-Chi Kung-Fu Academy took the stage to perform action scenes like those seen in movies starring Bruce Lee and Jackie Chan. The academy's members performed action scenes filled with energetic movements using swords and sticks.

Following the kung-fu action scenario, professional composer and guitarist, Erik Sootes, performed. Sootes played two songs including "Chinese Village" and "Composition." He has 12 original albums, all of them available for sale at [www.sootes.com](http://www.sootes.com).

Lastly, the Chinese Cohort of the Master of Public Administration program performed their version of the "Beijing Welcomes You" song (originally performed at the Beijing Summer Olympics). The Liuzhou City Government in Guangxi, which is located in southern China, sponsors the MPA Program Liuzhou Cohort consisting of 21 members.

The ceremony concluded with Gao mentioning the Summer 2009 Business/Communication China Study Abroad Program to Beijing. The program lasts from July 28 to Aug. 13 and up to \$1,000 in scholarships are available. Visit the KSU's study abroad program page to learn more about this wonderful learning opportunity.

With a final farewell from Gao, audience members traveled to the Student Center Dining Hall to enjoy a delicious Chinese food buffet. Overall, the Chinese New Year event continues to garner praise for improving each year.

"The overall impression is that the event was a complete success," Gao said. "It showcased KSU's strength and pursuit in global education and multicultural spirit. The event brought faculty, staff, students, community members and government officials together."

"This was my first Chinese New Year performance that I attended," Michael Dutcher, Experiential Education Associate and MPA graduate student, said. "I thoroughly enjoyed the colorful display of the Chinese culture. The show and dinner were great and I'll be back next year."

For next year's program, Gao said that they will bring more performers and invite more VIPs from the community. Also, they might consider making it into a fundraising event for global education.

Overall, Gao said that the 2009 Chinese New Year Celebration has been the best and most professional performance ever, with over 630 people attending and about 150 performers participating. More than 700 people attended the New Year dinner.

# Come on and move your body!

HEATHER COOK  
STAFF WRITER

For those of you who can't stand working out in front of people, this article is mainly for you.

There are the conventional ways of working out: attending classes offered at gyms, lifting weights at a gym, or the traditional treadmill at a gym. But the commonality among the three is this: all the spying eyes! I would like to offer something different: Turbo Jam. Turbo Jam is a fun, innovative way to work out. It combines kickboxing and modern dance moves.

According to Beach Body's official Web site, Turbo Jam burns 700 calories in 45 minutes. Let's put this into perspective. You would have to run at 7 mph for one hour to burn the same amount of calories. For you weightlifting nuts, you would have to lift weights vigorously for two hours to burn the same amount. And for those of you who think that walking up the stairs in the parking decks is your exercise for the day, you would have to do that continuously for about one and a half hours.

Turbo Jam burns so many calories because of the Elite 11 moves. Chalene Johnson, the creator of this workout, developed these moves to not only focus on the core, but also to work the lower body and upper body as well.

Another aspect of Turbo Jam that makes it different from other workouts is the 'Turbo' segment that is generally right in the middle of the workout. During the 'Turbo', you are supposed to bring your energy up and give it your all for a minute and a half. By increasing the intensity of the workout, more calories are burned.

Another way to amp up your workout is to use weighted gloves or resistance bands. Turbo Jam actually has some workouts dedicated to both of these accessories. The gloves and the resistance bands can be found at the local Wal-mart or Target and range from about \$10-\$30. By using the weighted gloves, you use more muscle, which burns more calories

and fat. When doing Turbo Jam, it actually increases the workout effectiveness by 96%. Resistance bands are a great tool to help sculpt the lower body, especially the outer thighs.

There are a wide variety of workouts to choose from. If you want to build your endurance, the Cardio DVDs are great. There is also a Lower Body Jam that focuses on toning the legs, glutes, and butt. If your abs are out of whack, the Ab Jam is a perfect tool. Each DVD is relatively short, ranging from twenty minutes to one hour. Beach Body, Turbo Jam's official home, sells this workout for about \$59.95. For college students, though, Amazon.com is a great Web site that offers better prices for most items. I found my copy for \$11 from Amazon's Web site.

"Hey now, you gym goers might be thinking. 'Going to the gym does have its advantages.'"

Well, you're right. There are benefits to working out at a gym. If you are the social type, working out in groups at, for example, KSU's gym, can be more beneficial. When people work out in groups, they usually are more motivated to finish the workout. They have accountability partners. Members of the gym can check on each other to see the improvements that have been made.

Cynthia Hoyt, a freshman majoring in Business Marketing, said, "I have heard many times that if you work out with a friend, you are more likely to lose weight! Not to mention you get to catch up with said friend while you are doing so!"

KSU's gym is also useful because it is open Monday through Thursday from 6 a.m.- 12 a.m. Kevin Jourdain, a KSU alumni, said that he enjoyed that "[the gym] was open often when I was done with classes." On Fridays it is open from 6 a.m.-9 p.m. The gym is even open on Saturday and Sunday.

"What I like the most about KSU's gym is its convenience," Hoyt said. "They are almost always open and have such a variety of things to do. The gym itself is set up well, to where the heavy lifting weights are downstairs and all the mats and cardio are upstairs. I also like how alumni and any student can continue to come to the gym."

What many people might not know about KSU's gym is that there are personal trainers there Monday

through Friday available for one-on-one instructional sessions.

Besides working out at a gym and doing Turbo Jam, there is a huge variety of other exercise programs that help keep people healthy.

Ana Galarza, a freshman majoring in Chemistry, said she likes "dancing because you don't know that you are actually working out." Hoyt said she also liked "doing yoga/pilates whether it is from a workout video or a class. It is a great way to have a strong abdomen, and it also improves your health."

It doesn't matter if you prefer working out alone in an exercise program like Turbo Jam, or in the public's eye, like in KSU's gym, exercise is an important aspect of a healthy lifestyle.

To get more information on KSU's group exercise and personal training programs, call the Student Recreation and Wellness Center at (770) 499-3207.

### According to Beach Body's official Web site, Turbo Jam burns 700 calories in 45 minutes.



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## Owls on the road

JEROME WOOLEY  
STAFF WRITER

### WOMEN'S BASKETBALL

#### Tilley wins 700th

Women's basketball head coach Colby Tilley earned career win number 700 on Thurs., Jan. 22 as junior guard Gretaya Kelley launched the game-winning three-pointer to edge Lipscomb, 66-64, at the Allen Arena in Nashville, Tenn.

"Obviously, winning 700 games in my career means something because of the players and the coaches that the number represents," said Tilley. "I told Gretaya after the game that I'll always remember this game and I'll always remember her shot."

The Lady Owls were down, 64-63, with 11 seconds left in contention when Tilley called a timeout to set up his team's final play. "The play was designed to go to Brittney Henderson, and if she was double-teamed, she would kick it out to Jennifer Baker in the corner," said Tilley. "It turned out that option wasn't there, so Brittney passed it to Gretaya, who was really the third option on the play."

Kelley's heroic three-pointer would complete a KSU comeback from a 15-point deficit. The native of Lawrenceville, Ga. scored a team-high 16 points on 6-for-16 shooting in her 37 minutes of play.

#### Lady Owls top Belmont

The women's basketball team topped Belmont, 61-59, at the Curb Event Center in Nashville, Tenn. on Sat., Jan. 24. KSU senior guard, Jennifer Baker, capped off a 16-point, seven-rebound game after hitting the game-winning shot with 4.1 seconds remaining in regulation.

The game's lead went back-and-forth as both teams tied one another 14 times and exchanged the lead 12 times. The Lady Owls and the Bruins were tied with 8.3 seconds left in the battle when Tilley called a timeout to organize their final play.

"Originally, I thought we inbounded the ball with the shot clock off, but there was a three-second difference between the two clocks, so really we only had five seconds to shoot," said Tilley. "I just decided our best option was to get it to Jennifer and her drive to the basket."

Tilley's decision proved to be the right one as Baker delivered the winning shot, complementing her 6-for-10 field goal shooting. Baker's valiant performance led the Lady Owls to their fifth win in conference play with the victory over the Bruins.

The Lady Owls will return to action this Wednesday at 9:00 p.m. as they take on the Mercer Bears in Macon, Ga.

### MEN'S BASKETBALL

#### Bruins bests the Owls

Freshman Kurtis Woods scored a team-high 20 points on 6-for-13 shooting for the men's basketball team, but it was not enough for the Owls as they lost to Belmont, 75-66, on Saturday evening in Nashville, Tenn.

The Black and Gold showed signs of recovery by cutting Belmont's 14-point second-half lead down to two. KSU made an 8-0 run to trim the Bruins' 47-42 lead after junior forward Jon-Michael Nickerson connected on a three-pointer. The rally continued when Woods made two three-pointers of his own after Nickerson's ignition.

Belmont proved to be too much as they were led by Matthew Dotson who scored a career and game-high 27 points at the Curb Event Center. The lost gives KSU a 6-11 overall and 2-6 A-Sun record. The Owls will be back in action on Monday night as they play Lipscomb in an Atlantic Sun contest. Game time is set for 7:00 p.m. CST, in a game which will air on 1230-AM WFOM The Fan 2.

# Men's team drops 8th straight



Kelvin McConnell puts up a tough shot against Stetson

Christine Morales | The Sentinel

## Owls lose, 69-52, to the Stetson Hatters Friday

REGINALD KING  
STAFF WRITER

On Fri., Jan. 16, KSU took on the Stetson Hatters in the Convocation Center for the regionally televised Atlantic Sun Conference game of the week.

School spirit was the theme of the game as KSU held "White-Out Night" with players and fans wearing white KSU Basketball t-shirts to support the Owls. The Owls (5-10, 1-5 in the A-Sun) have now dropped eight games in a row, losing 69-52, with four of those eight losses to conference opponents.

"Finding consistency is what we are trying to do. We had about twelve minutes of game slippage, but we are working," said head coach Tony Ingle.

The Hatters (8-8, 5-3 in the A-Sun) made this their second conference win in a row. This game marks the seventh meeting between the two teams with Stetson winning four of the seven games.

In the first half, the Owls jumped out to an early 8-2 lead. KSU dominated most of the first half, leading Stetson, 21-16, in rebounding and shooting 44.8 percent from the floor. An alley-oop from freshman guard Spencer Dixon to sophomore forward Zadrion Gibson, and a one handed slam by freshman guard Kurtis Woods kept the Owls' intensity up.

The Owls built their biggest lead of 11 points

with a three-pointer by Dixon, giving the Owls a 31-20 advantage. The Owls maintained their lead and went into half-time with a 31-25 lead.

In the second half, things did not go well for KSU.

"They had the composure, they showed composure, they battled and then the game started getting away from us," said Ingle.

The Owls, who were plagued by turnovers, had 11 in the second half. Stetson went on an 18-0 run early in the second half and never looked back. The Owls made a late run for it with a steal and layup by Dixon, followed by a 3-pointer by sophomore guard Kelvin McConnell which brought the Owls within 12 points.

It wasn't enough for the Owls to overcome the Hatters' solid play in the second half, though, and they held on for the win, 69-52.

This game also marked the debut of Jay Mitchell, who is a transfer from Texas Tech. Mitchell had been sidelined due to injury, but his return marks the bright spot for KSU as his tough play down low will be needed.

"It's nice to be back on the court," said Mitchell. "It's nice to be a part of the team again."

The next outing for KSU will be Sun., Jan. 18 against Florida Gulf Coast.

# Owls snap eight game losing streak

JUSTIN HOBBDAY  
ASST. SPORTS EDITOR

The Owls snapped an eight game slide with a 70-69 come-from-behind victory against Florida Gulf Coast University on Sunday at the KSU Convocation Center.

Kelvin McConnell drained a 3-pointer with 7:25 left in the game to give the Owls (6-10, 2-5 A-Sun) their first lead at 59-58.

"I started a little timid at first, but my teammates did a good job finding me," said McConnell. "I just kept my confidence and started knocking down shots."

The Owls led by as many as four points on five separate occasions getting clutch baskets from five separate Owls. One of the five baskets came from Jay Mitchell who scored his first points as an Owl, and provided a much needed spark down the stretch.

"It feels great," said Mitchell when asked how it felt to get his first points for the Owls. "I just want to bring a little experience out there, a little fire and competitiveness."

With 22.6 seconds left on the clock, the Owls were up by two points and facing a full-court press. The Owls executed their press break to get an easy lay-up from Kurtis Woods with 11.0 seconds left. However, three seconds later Reggie Chambers hit a crowd silencing 3-pointer, which closed the gap to

one point with seven seconds left.

Woods' lay-up proved to be the game-winning shot as the Eagles couldn't convert a desperation shot after McConnell missed the front end of a one-and-one with five seconds to go.

"It was great execution," said Woods. "They were trying to foul, but we were passing it too quickly."

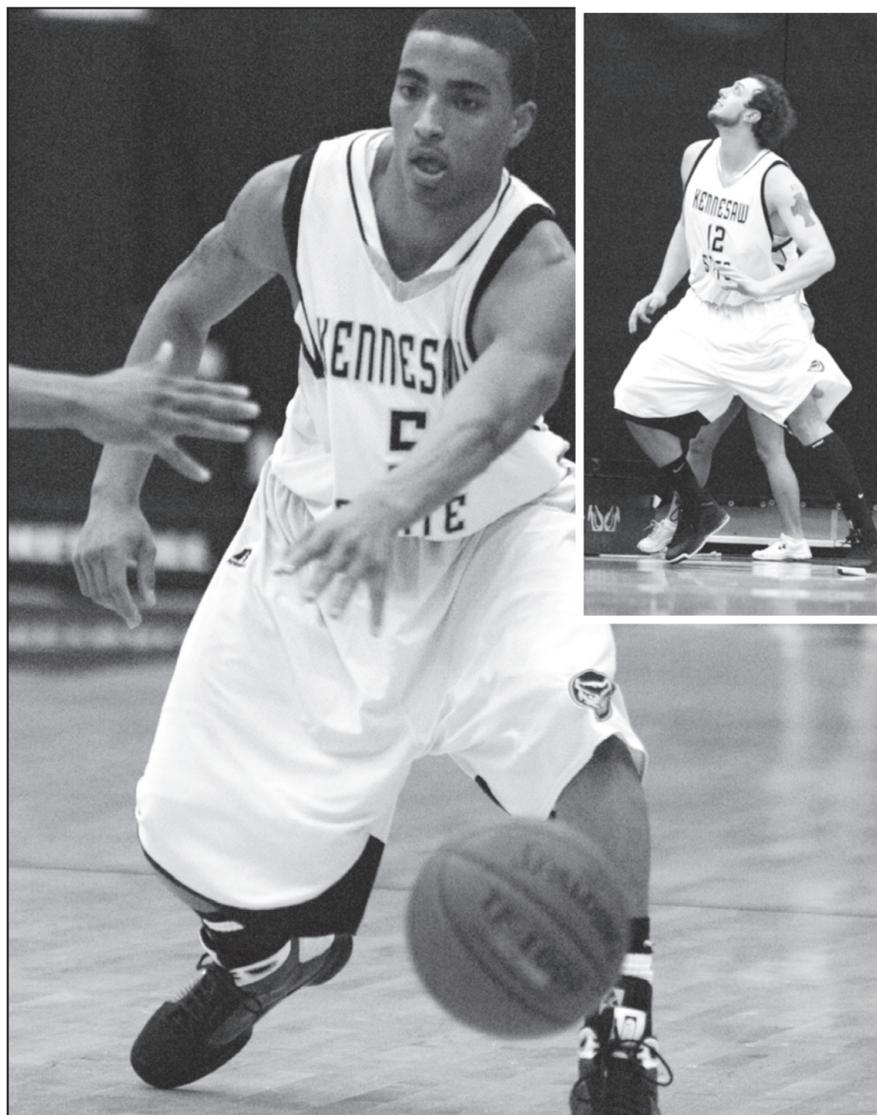
FGCU (8-12, 4-5 A-Sun) scored the first nine points of the game and the Owls failed to convert their first seven shot attempts. KSU trailed by as many as 12 points before they battled back behind the strength of a 10-5 run. The Owls pulled to within three points of the Eagles, but FGCU would pull away again to lead by nine points at the half.

The Owls were down, 56-49, with 11:03 left in the game when they went on a 10-2 run, which was capped off by McConnell's lead-changing 3-point basket.

"Our guys worked hard," said head coach Tony Ingle. "I thought it was a total team effort tonight. These kids are competing; they're learning to work together and they're looking more composed."

McConnell hit four 3-pointers for the game and led the way with 20 points while Woods added 18 points and nine rebounds.

The Owls will be back in action Jan. 24 in Nashville to take on Belmont and on Jan. 26 at Lipscomb.



Photos by Christine Morales | The Sentinel

Spencer Dixon and newcomer Jay Mitchell (inset), who scored his first points as an Owl, in the come-from-behind thriller against FGCU

Upcoming events	Fri. Jan. 30	Sat. Jan. 31
	Ice Hockey v. Miami Ohio 10:00 p.m. Town Center IceForum	Rugby v. GA Southern 1:00 p.m. Noonday Park Men's Lacrosse v. Middle Tennessee 2:00 p.m. IM Field

# Stuck on 699

## Lady Owls fall short after coming back in the second half



Greteya Kelley (left) and DeAndrea Bullock (right) line up for the free throw

JUSTIN HOBBDAY  
ASST. SPORTS EDITOR

A late rally by the Lady Owls came up just short against Florida Gulf Coast University on Saturday, Jan. 17 at the KSU Convocation Center. A win would have given Head Coach Colby Tilley career win number 700.

Down by 21 at halftime, KSU (6-9, 3-4 A-Sun) came out in the second half with a defensive mindset, and came within two points with 3:50 left on the clock. However, the Lady Owls could not take the lead and fell, 78-72, to the Lady Eagles.

"That seems to be the description of this team," said Tilley. "We dig ourselves into a hole, we work hard to get back out and at the very end we just don't have anything left."

FGCU (12-4, 5-3 A-Sun) held a 41-20 halftime lead and their lead grew to 61-39 with 9:13 left in the game. That was as far back as the Lady Owls would be as they turned up their defensive pressure.

Four consecutive steals by KSU fueled a 9-0 run which turned into a 24-4 run that closed the gap to 65-63 with 3:50 left. Greteya Kelley started the run, getting the first two steals, and scoring nine points. Kelley finished with 19 points and six steals and led the game in both categories.

"We couldn't handle their cuts,

and everyone kept getting caught in their screens which left them open for wide-open 3-pointers," said Kelley.

The Lady Owls were one shot clock second away from forcing another FGCU turnover, but Lady Eagles' Adrienne McNally nailed a desperation, off-balance 3-pointer as the shot clock buzzer sounded. KSU pulled back to within three points following a Britteny Henderson lay-up, but FGCU stretched their lead back to nine points, seemingly shutting the door on the comeback.

The Lady Owls were able to pull back within three points following a DeAndrea Bullock 3-pointer with 23.8 seconds left. However, KSU could not convert following two missed free-throws by FGCU.

KSU has lost three in a row in search of career win number 700 for Coach Tilley. The Lady Owls dropped a 77-65 decision to Stetson in their first game of a two game home stand on Thursday, Jan. 15.

The Lady Owls started the game strong, building a 13-point lead as Henderson and Jennifer Baker both finished with double-doubles. However, a 19-2 first half surge gave the Hatters the lead for good.

KSU will face Lipscomb and Belmont in Nashville on Jan. 22 and Jan. 24, and will be on the road again Jan. 28 to take on Mercer.

Justin Hobday | The Sentinel

# Chop chop, Owls back on the block



Mackenzie Howe and Erin Sutton ready at the start line

Photo courtesy of SID

JEROME WOOLEY  
STAFF WRITER

The men's and women's track and field teams got their indoor season off to an impressive start at the Clemson Invitational on Fri. and Sat., Jan. 9-10 in Clemson, S.C.

Jerome McKinzie set the bar high for the men's track and field team placing second in the high jump with a height of 7-00.25. McKinzie was named Men's Track and Field Athlete of the Week by the Atlantic Sun Conference after his performance.

"Finally crossing the seven-foot barrier has been a long time coming," said McKinzie. "I feel like I could easily go four or five inches higher." McKinzie was only four inches lower than Georgia Tech's Jerome Miller, who won first place in the high jump competition.

"The team came out with a lot of heart," said head coach Don McGarey. "They came out to compete. I really feel like they set the tone for the rest of the season."

The tone at Clemson Indoor Track and Field Complex was smooth for the men's squad. A group of the Owls had excellent days. Senior Scott Burley ran a powerful race in the one mile event, placing second with a time of 4:19.56. Junior Steven Murray set a personal record in the 5000m run with a time of 15:42.55, giving him a fourth place finish in the event.

James Verdi placed third in the 400m dash with a time of 50.35, which set a new KSU record in the event. Gianni Catalano also had a good day at the invitational. The sophomore finished second in the 800m dash with a time of 1:58.18, giving him a good start on the season after winning the conference championship in the event last season.

The fleet-footed Antonio Logan held the Owls' momentum by crossing the finish line third in the 200m dash in a time of 22.99. Daniel Grass, Joshua James, Verdi and Burley

finished first in the distance medley relay with a time of 10:21.73 and junior Joshua McNair placed second in the shot put and third in the weight throw with a heave of 56-01.25.

"I felt the team performed well," said sprints coach Devin West. "We have a lot of freshmen who were able to get some experience running indoors and they learned a great deal about running at the Division I level."

The women's track and field team was just as productive as the men's squad. A bevy of Owls set school and personal records at the Clemson Invitational.

"It was a fantastic start to the season," said McGarey. "To set so many school records in our first competition of the year is a significant accomplishment."

Mackenzie Howe and Erin Sutton paced the Owls after taking first and second place in the 5k event with times of 17:42.83 and 17:48.68, respectively. Junior Lakeshia Stinson set a new KSU record in the 60m hurdles with a time of 9.21. Jakia Ragland and Jill Arthur also set KSU records in the high jump and triple jump. Ragland took sixth with a high jump of 5-06.00, while Arthur placed third in the triple jump with a height of 39-01.75.

Freshman Brittany Robinson posted a third place finish in the 500m dash with a time of 1:20.83 while the swift Shantela Davis placed second in the 400m dash with a time of 58.14.

The field events were just as strong for the Owls. Jessica Lumpkin displayed her strength in the weight throw, setting a new school record with a distance of 48-02.75.

The Black and Gold capped off the day with the 4x400m relay. The quartet of Naomi Mack, Davis, Sandi Brown, and Shelby Hines crossed the line in 4:06.01 which resulted in a school record.

The Owls will be back in action on Sat., Jan. 24 as they will compete at the UNC Invitational in Chapel Hill, N.C.

# Seniors leave a legacy

CATHY DEKMAR  
STAFF WRITER

In the upcoming season, Rob King, head coach of the KSU Women's Soccer Team, will face the challenge of replacing four extremely talented seniors. Rachel Baer, Jessica Kalonji, Sarah Marek and Beth Meadors will all leave behind big shoes to fill when they graduate this year.

While Baer did not transfer to KSU until her senior season, Kalonji, Marek and Meadors have been at KSU since their freshman seasons. In 2005, they saw the Owls reach an overall record of 13-4-1, losing only two games at home. Kalonji contributed to wins over Mercer and Frances Marion, scoring goals in both match-ups. Marek provided valuable assists in victories against Lipscomb and Gardner-Webb.

Meadors started 18 games during her freshman year and was the only freshman to play in every game. The midfielder out of Peachtree City earned Atlantic Sun Conference All-Freshman team honors and scored five points on the season, with one goal and three assists.

"Since my freshman year, I have gotten a lot more aware of what is going on when I am playing, and also how to deal under

the pressure of intense games," said Meadors.

As sophomores, Kalonji, Marek, and Meadors contributed to a 13 win, 2-loss season, with two ties against Wofford and Stetson. Out of those 13 wins, 11 were shutouts. Before Kalonji's season-ending knee injury, she played in 11 games, starting in seven, and had two shots on goal. Marek finished the season with a .500 shot percentage. The Huntsville, Ala. native also made appearances in five offensive categories for the Owls, and ranked second in shot on goal percentage. Meadors played 17 matches for the Owls and had five shots on goal.

In the 2007 season, they went to the NCAA Women's College Cup after a win over Mercer. In the Conference Championship game, Kalonji, Marek and Meadors all had roles in the win over the Bears.

"I would say the biggest moment was my junior year when we won the conference tournament," said Meadors. "There were so many people at that game and it was an amazing experience."

With the help of Kalonji, the Owls allowed only three shots in the first 45 minutes of play. Marek also assisted on defense, keeping an open shot from going

in. Meadors scored the last goal of the game, giving them the 2-1 victory. At the end of the season, they had an overall record of 17-4-0, and were 10-1-0 in the A-Sun. Both Kalonji and Meadors were Second Team All-Atlantic Sun Conference selections.

This season, they helped lead their team to an 11-4-5 record, and made an appearance at the conference semi-final. In a match up with the Belmont Bruins, the Owls lost, 4-2, in the highest scoring Atlantic Sun Conference Tournament match since 1998.

In Baer's debut season at KSU, she accomplished what many hope to in their entire careers. The forward from Marietta made the A-Sun All-Tournament Team, was nationally ranked for goals per game, led the team in goals scored, and was named to the Soccer Buzz Elite Feet National Team. She also received First Team honors, along with Kalonji and Meadors.

"It's hard to choose what I will miss most, but I think I have to say that I'm really going to miss the team huddle we do before the game," said Baer. "There is just something about looking around at the faces of your teammates-everyone with their game face on-that brings me joy."

KELLY BLAINE  
SPORTS EDITOR

The women's tennis team kicked off their spring dual match season Sunday, splitting a home doubleheader by sweeping Savannah State in the morning and then barely losing to Georgia Southern later that evening, 4-3.

"This was a good way to start our season," said director of Tennis Operations T.J. Greggs, on Sunday's action. "We picked up a win in the morning and fought hard in the afternoon with a team that dominated us just a year ago."

The team was led by 16-year-old freshman, Vera Shkundina, who won all four of her matches, dropping only five total matches on her way to straight set sweeps of both her singles opponents.

In addition to her singles victories, Shkundina also teamed up with Lindsay Dillon and crushed SSU, 8-0, in the morning before partnering with Alena Sergeychik and defeating GSU, 8-5, in the doubles competitions.

The Owls dominated SSU in the first match of the day, dropping only one total game in the 7-0 sweep. The later match was much tighter and came down to a tiebreaker at the No. 1 spot after Shkundina and Sergeychik won, 8-5, at No. 3 and Agatha Palider and Mackenzie Swindall fell, 8-4, at No. 2.

In the deciding match,



Photo courtesy of SID  
Vera Shkundina

Mercedes Cobos and Ayano Tanaka jumped out to a quick 3-0 lead before the Eagles' duo pulled even. After a race to eight points couldn't settle the match, GSU pulled ahead and held off the Owls to win, 9-8, and give the Eagles an early 1-0 lead.

Tanaka then evened the match at 1-1 after her opponent retired due to an injury. Palider won the Owls' third point of the day (6-3, 6-2). That would be all for the Owls, though, as Morgan Carney, Swindall and Cobos all

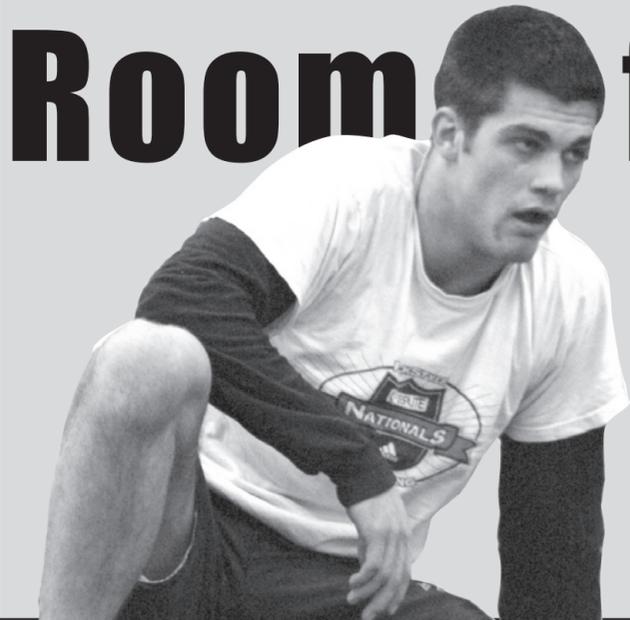
lost their singles matches, to put the Owls down, 4-3.

"Last season we won one set against GSU, and this year we were able to win four of the nine matches played," concluded Greggs. "It shows how far we've come as a team, and I am looking forward to this season with optimism. Southern is a solid team, and for us to start four freshmen today and still come within a tiebreaker of winning the overall match shows great progress."

CLUB SPORTS REPORT

# Room for Wrestling

*Team Captain Ross Cravens discusses implications of the new campus wrestling facility*



BRIAN C. BELL  
STAFF WRITER

If you look out of your window when driving by Building 200 on the corner of Big Shanty and Chastain, you would probably see the KSU Sports bus and a loading dock. If you ventured closer you would see the KSU Environmental Services office, and upon entering you might be able to hear the muffled thuds of bodies hitting the mat. Next door, in Suite 202, the KSU wrestling team is preparing for their next tournament in their brand new training facility.

With the addition of this new training area, provided by KSU Environmental Services, and new wrestling mats, provided by the KSU Club Sports Department, the KSU wrestling team now has a permanent place on campus to train. Team Captain and Club President Ross Cravens is already seeing the dividends, both on and off the mat, of KSU's investment in the squad.

"Having the area makes it a lot easier for us to practice, easier to work around people's schedules...We're in better shape [now] than we've ever been able to get," said Cravens.

With the ability to steadily train, KSU's wrestling team now has a vital tool not just for preparation, but also for recruitment. The Cobb County wrestling community has grown vastly in the past years, creating a crop of talent just waiting to be picked, and now that Cravens and his team has a spot on campus that he can show to prospective student wrestlers, he can show them that KSU has a commitment to the wrestlers and their passion.

The addition of this new training area falls in line with a national trend of colleges and universities beginning to support many club sports programs on campus. After the implementation of Title IX, many universities eliminated less popular varsity sports to meet require-

ments under the new rules. The elimination of these programs, along with the desire of the athletes, led to the spawning of student-run, club sports programs.

With the popularity of club sports growing, universities are beginning to filter money into these programs, giving the student leaders of these programs vindication for their efforts; efforts that Cravens knows all too well. After running the program for three years, practicing in three or four different places off campus, and succeeding beyond what any team as nomadic as the KSU wrestling team would be expected to, Cravens now feels that his squad is part of the KSU fabric.

"We've been a program for around three years, but now we feel like a real, legitimate program," said Cravens.

So a legitimate wrestling program at KSU is born, and now the Southeastern Conference has asked KSU to host its Conference Championships this year, which "is a great honor," according to KSU Club Sports Director Laura St. Onge. While the event will be held in the Convocation Center as opposed to the training area, it still falls in line with the advancement of the wrestling program that both Cravens and his team want to see.

The SEC Championships will be held at KSU on Feb. 28, and Cravens wants to have the support of every fellow Owl to help push his team even further.

"I want a crazy turnout," said Cravens, looking to take the commitment of KSU's administration to the team and spread it across the campus to the students. With a continued commitment to the team, we might one day see wrestling reign at KSU.

Anyone interested in joining the KSU Wrestling Club or wanting more information on this and other club sports may contact Laura St. Onge at (678) 797-2263.



Photos by Christine Morales | The Sentinel

KSU's new wrestling facility, located on the corner of Big Shanty and Chastain, provides a place on campus for the wrestling team to train. The facility was provided by KSU Environmental Services, and the new wrestling mats were provided by the KSU Club Sports Department.

## Club Briefs

by Justin Hobday, Asst. Sports Editor

### Ultimate Frisbee

The KSU Ultimate Frisbee team will get their spring season started at the Mud Bowl in Tuscaloosa, Ala. on Feb. 7 and 8. The tournament is hosted by the Birmingham Ultimate Disc Association and will pit the Owls against some stiff competition.

"It's a pretty good tournament," said team captain Kyle Ward. "It will be a great opening tournament for us."

### Ice Hockey

The KSU Ice Hockey team traveled to Raliegh, N.C. to participate in the N.C. State Tournament on Jan. 16-18. KSU went 1-1-1, and junior forward Jason Welch was named the tournament's MVP.

On Fri., Jan. 16 the Owls lost, 5-2, to UMBC, but the Owls responded a day later with a 7-0 win over N.C. State. On Sun., Jan. 18 KSU settled for a 2-2 tie against Rowan.

"We have five home games

left this semester, and we have to win two games to make it to regionals," said team captain Jimmy Barry.

KSU will be back in action on Sat., Jan. 31 to take on Miami of Ohio. Game time is set for 10:00 p.m. at the Town Center Iceforum.

### Wrestling

The KSU wrestling team traveled to Newport News, Va. to participate in the Apprentice School Open. The team finished fourth overall against teams from Virginia Tech, South Virginia, Central Florida and Longwood.

Garrett Guy (184) and Seth Spice (157) came away with third place finishes while Ross Cravens won the championship at 174 pounds.



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# Put him in coach, he's ready to play today

When I was about eight or nine years old and Andruw Jones was still a shining young talent, I pretty much worshipped him. No, really, I did. During the 1996 World Series, I compiled a bunch of his baseball cards, tomahawks and other silly mementos to create a makeshift shrine in hopes of bringing good luck to him and the Braves. (Note: It didn't work for the Braves in that World Series, but Andruw opened up a can on some Yankees).

After learning of my fanaticism, who would have thought that when Andruw left the Braves as a free agent in 2007 I would have been completely content with that reality? Even now, as the Dodgers released him from

his 2-year, \$36.2 million contract, I find myself with mixed feelings on his possible return.

Over the past few seasons, Jones' athletic performance has plummeted drastically (and in return, his weight has soared). Many fans, including myself, are sympathetic toward Andruw and his unnatural fall from stardom, but that does not mean that Atlanta should welcome him back with open arms. In fact, the Braves are being very careful about re-signing him.

The Braves are playing hard to get, and Andruw is doing the chasing. He has been working out with his former Braves teammates, and was seen wearing a Braves cap around town.

So what can we expect



LAUREN MILLER  
SPORTS COLUMNIST

if Andruw comes home to Atlanta? I will say that having him roam center field is never a bad thing. Although he may not be quite as Willie Mays-ish as he was in his younger days, he certainly gives the pitching staff an added sense of security. However, his offense is an en-

tirely different story. In order to have any success, Andruw first has to be willing to change his swing.

"Andruw looks good, but he's still got the pull-first mentality," Braves third baseman Chipper Jones said, "... I don't think there's any doubt he can still play center field, but people are a little leery of his last two offensive years."

In his only season with the Dodgers, Jones hit a sad .158 with only three home runs, 33 hits and 76 strikeouts in 209 at bats. Boy, who would have thought that he could have gotten any worse after his last season with Atlanta when he hit .222 with 26 home runs? In both the 2005-06 seasons, he hit

.263 and 92 homers. I actually got out a calculator and figured out that if his batting average and home run count continue to decline at this rate, this season he will be batting somewhere around .073 with negative 20 home runs. These numbers don't look good.

Braves right-fielder Jeff Francoeur believes that "If [Andruw] comes back to Atlanta and doesn't do what he can do, it could be the end of Andruw Jones," but on a more positive note, he followed up by saying, "Look at what he's done: 371, 372 home runs. I just don't think a player disappears after that much success."

Despite his disparaging figures of late, the Braves really

have nothing to lose by giving Andruw a second chance. If he will agree to sign a minor league contract, his salary would be chump change at best. He may not even make it through spring training if he still can't hit the broad side of a barn by April. Best case scenario: Andruw steps up and makes the team, we gain a solid center fielder and only have to cringe and cross our fingers when the bottom of the lineup comes to the plate.

Hopefully, whether he plays in Atlanta or elsewhere, MLB has not seen the last of Andruw Jones. A career comeback is not beyond the realm of possibility, but it sure wouldn't hurt to construct a few more bizarre Andruw shrines.



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