



# NEW STUDENT TOWNHOMES

opening fall 2012



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KENNESAW, GA

# THE SENTINEL

KENNESAW STATE UNIVERSITY

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## SPECIAL ORIENTATION ISSUE



Nikki Hope | The Sentinel

A view of Kennesaw Hall overlooking the Campus Green. KSU will welcome 6,490 incoming freshmen in the fall.

### Carries around Sentinel



### needs fast food coupons

## HOPE Scholarship changes go into effect in August

Alisen Redmond  
NEWS EDITOR

Changes to the HOPE Scholarship begin with the fall semester. Students receiving financial aid should educate themselves about the current situation and talk to KSU's financial aid advisors to avoid being caught off guard by reductions in financial aid, said KSU Director of Financial Aid Ron Day.

The \$283 for fees and \$150 for books that HOPE disburses every semester have been eliminated. HOPE will now cover 89.9 percent of 2010-2011 tuition rates. This means that for the 2011-2012 school year the HOPE allotment for a student taking 12 semester hours will be \$1,654.56, while tuition is increasing to \$1,893.60. This means that students receiving HOPE will lose over \$1,345 per year from these changes.

The GPA requirement will remain at 3.0, but students who lose their eligibility for HOPE can only regain their eligibility once.

Previously, students beginning the semester with fewer than 127 hours qualified for the full HOPE scholarship, even if they would exceed 127 hours by the end of the semester. HOPE now has a "hard cap" of 127 hours, meaning that HOPE funds will only cover 127 hours. This means that a student entering the semester with 125 hours will only receive two hours worth of HOPE funds.

There are even more changes for non-traditional students. Beginning July 1, first-time HOPE recipients will stop receiving HOPE once it has been seven years since high school graduation. Current HOPE recipients who graduated high school more than seven years ago

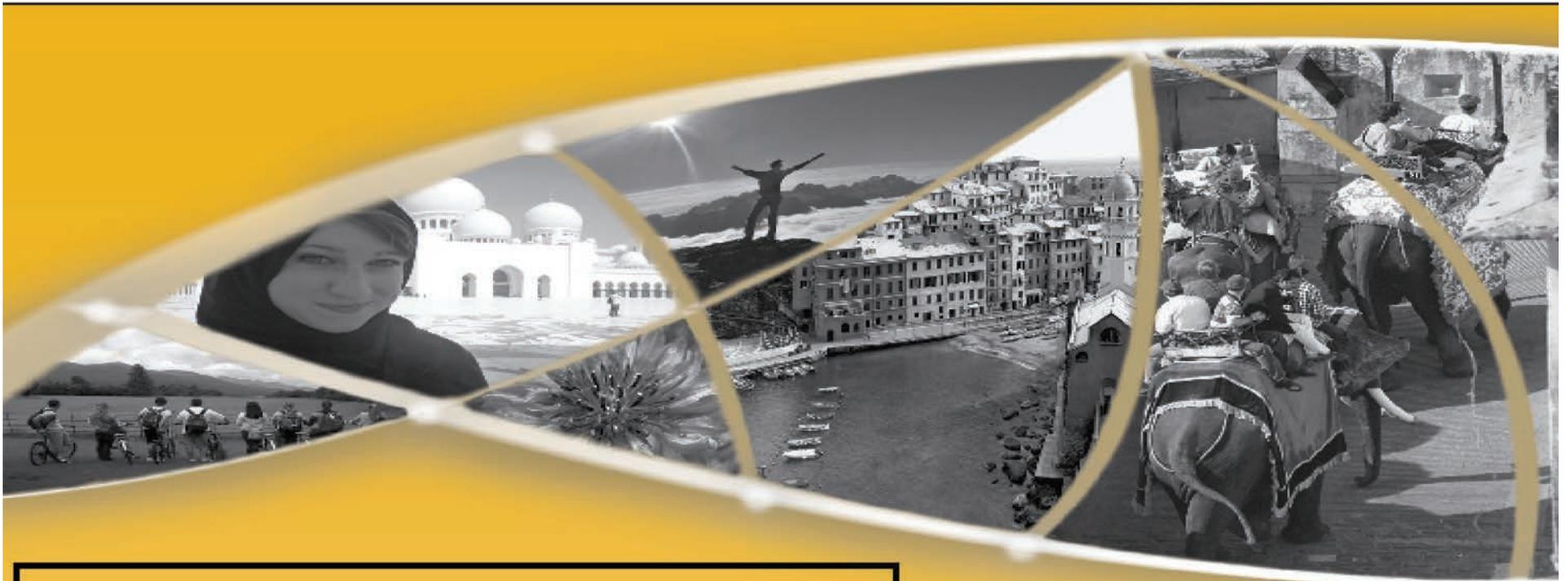
"Increasing costs, even by \$200 to \$300, is like an increase of \$2,000 to \$3,000 for some students who don't have any resources. That's where my heart bleeds and always will."

can receive HOPE until June 30, 2015. Afterwards, students who graduated high school seven years ago will lose HOPE. Active duty military service will not count against the 7-year limit.

The HOPE Teacher and HOPE Promise programs for undergraduate and graduate students obtaining education degrees have been eliminated.

Beginning in 2015, high school graduates will be required to take Advanced Placement classes to qualify for HOPE.

See HOPE Page 4



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## Confucius Institute

Upcoming Events:

9/10/11- Atlanta Dragon Boat Festival

10/1/11- Song of Silk Concert at Bailey Center  
(performed by Song of Silk Performance Group from the Confucius Institute of Chinese Opera at Binghamton University)

10/23/11- HSK Test at KSU (Chinese Proficiency Test)

1/14/12- Chinese New Year Celebration



# Students have many parking options

**Alisen Redmond**  
NEWS EDITOR

All students are required to pay a \$60 parking infrastructure fee, but commuter students have multiple parking options that can save them money.

Students can sign up for off-campus parking at Town Center Mall and ride the Black Route shuttle to campus for no additional fee.

Students can also sign up for off-campus parking at Town Point and ride the Gold Route shuttle to campus for a \$20 fee.

If a student does not choose one of these options or opt-out of parking at KSU altogether, they are automatically charged a \$70 parking permit fee that allows access to parking decks and surface lots.

All parking areas and shuttles are ADA-compliant.

The West Deck is the hardest to park in because of its size and proximity to campus.

The Central Deck is closed from 5:30 p.m. every Friday until 7 a.m. every Monday, during class breaks and between semesters. The Department of Parking and

Transportation is not on campus during weekends and cannot open the Central Deck for anyone who may have their vehicle after 5:30 p.m. Friday.

All other parking decks are open 24 hours a day.

Surface lots are accessible Monday through Friday from 7 a.m. to 7 p.m. with appropriate hangtags. They convert to open parking after 7 p.m. and on weekends.

On Fridays and weekends students may park in any legitimate parking space except for dedicated spaces, carpool spaces, service vehicle spaces, police vehicle spaces, ADA spaces, fire lanes and resident student spaces.

Faculty and staff parking lots will convert to open parking lots on weekdays after 7 p.m., weekends, holidays and class breaks. They will revert back to reserved spaces weekdays at 7 a.m.

Parking citations will not be issued for the first few weeks of school while students get acclimated to campus and their schedules. Parking citations will be issued to all vehicles parked in an area without the proper parking permit beginning Sept. 12.

## Campus Events Fall 2011

### Week of Welcome – August 15-19

- 8/15 – Student Life Sneak-a-Peek  
Street Team Class Guides
- 8/16 – W.O.W. Jam (DJ, oxygen bar, butt sketch artist, smoothies, Italian ice)
- 8/17 – Diversity Drive (Pizza, mocktails, dunking booth, water balloons)
- 8/18 – Registered Student Organization Activity Fair
- 8/19 – Bazaar on the Bricks

### Homecoming Nest Fest Celebration – September 23-30

- 9/23 – Homecoming Pep-Rally (Yell Like Hell and Homecoming Court Showcase)
- 9/24 – Spirit Day  
RSO Field Games
- 9/25 – KAB Klassic Kar Show  
KAB Fashion Show and Concert
- 9/26 – RSO Carnival Booth Explosion  
KAB 60's Sock Hop (featuring The Return)
- 9/27 – T-Shirt Swap  
StuLife/KAB presents Lip Synch and "NAVI"
- 9/28 – Pastry Contest and Karaoke Party  
KAB Back to the Future Event
- 9/29 – Can Sculpture and Wardrobe War Judging  
KAB Annual Homecoming Dance
- 9/30 – Owl Prowl, Parade, Concert, Festival

National Coming Out Day, "Butterfly Effect" Event – October 11  
Additional events and information about student groups can be found on the Department of Student Life website.



## Class of 2015 Convocation & Induction Ceremony for New KSU Students

**Sunday, August 28, 2011**

**3:00 p.m.**

**KSU Convocation Center**

*Reception immediately following*

This event is your official welcome and induction into Kennesaw State University's community of scholars.

Family members are invited to witness this formal ceremony.

Suggested Attire: Business Casual

# Veteran Resource Center assists in student transition

**Alisen Redmond**  
NEWS EDITOR

The Veteran Resource Center provides an array of services to serve the entire veteran community, including veterans, service members, dependents and survivors.

"We are entirely veteran-staffed, so everyone here has been where they are," said Veteran Resource Center Transition Specialist David Carper.

The VRC helps veterans and their families ease back into civilian life after active duty, Carper said. "We have a student veteran club, which is like a veteran fraternity, a senator position in student government and faculty trained in veteran adjustment issues."

The VRC helps connect students to on-campus resources, such as counseling from Student Success Services, where some staff members have received training in counseling students with PTSD, Carper said.

The VRC has partnerships with Veteran Affairs and local Veteran Service Organizations like Disabled American

Veterans and the Marietta Vet Center. The VRC also serves as a liaison for the Department of Labor for Cobb and Cherokee counties to connect students to unemployment services.

The VRC provides benefits counseling and advising to help students understand which GI bill or bills they qualify for, how to apply, and KSU admissions and financial aid. The VRC conducts intake assessments and provides checklists to help guide students through these processes, Carper said.

The VRC also distributes information about the HERO Scholarship, the Yellow Ribbon Program and fee reimbursements and waivers. Student veterans can receive a reimbursement for the orientation fee,

and some active-duty personnel may be eligible for student fee waivers, Carper said.

Student veterans in the work-study program work in the Office of Financial Aid and are qualified to assist other student veterans who have questions about financial aid, Carper said. The Office of Admissions has staff trained in the admissions process for student veterans.

The VRC conducts a no-cost veteran orientation called the Black and Gold Experience where students receive a brief introduction to campus, a campus tour and a one-on-one question and answer session in a non-judgmental space, Carper said.

There is a first year learning community for student veterans that is taught by VRC Director Frank Wills, Carper said.

The VRC began as an unofficial resource

office after student veteran Marello Harris noticed the lack of services available for students who have served in the military.

"They feel isolated. You go from spending years in combat with a small group of individuals to being alone," Carper said.

"We are not looking for special treatment. We just

want people to understand."

"People need to know that we're here for them, they need to know they have options and, lastly, they are not alone."

KSU has one of the largest veteran communities in the University System of Georgia, with more than 700 students receiving benefits among an estimated veteran community population of 2,000, said Carper. This makes the veteran community one of the largest special populations on campus, with an increase of almost 70 percent in the past year, Carper said.

The VRC is located in the first year advising office inside of Kennesaw Hall. The office includes a computer lab and study space.

**"People need to know that we're here for them, they need to know they have options and, lastly, they are not alone."**

**HOPE** continued from Page 1

The number of advanced classes required will increase in 2016 and again in 2017.

The Zell Miller Scholar program was created in March. This scholarship will cover 100 percent of tuition for students who graduate high school with a 3.7 GPA, a SAT score of 1200 or an ACT score of 26 and maintain a 3.3 GPA in college. Valedictorians and salutatorians are also eligible, regardless of

high school GPA. Students who complete an eligible home-study program and meet the SAT or ACT requirements become eligible after completing 30 semester hours with a 3.3 GPA, with scholarship money to be paid retroactively.

According to the Atlanta Journal-Constitution, some Georgia legislators criticized the bill for creating a lack of access to the program for low-income and minority students. Sen. Emanuel Jones said only

one percent of black students would qualify for the Zell Miller scholarship, and Sen. Lester Jackson said Savannah High School would only have one eligible student, the AJC reports.

"Increasing costs, even by \$200 to \$300, is like an increase of \$2,000 to \$3,000 for some students who don't have any resources," Day said. "That's where my heart bleeds and always will."

A proposed bill that would institute an income cap of \$140,000 for HOPE failed to pass.

This establishment follows and enforces the Georgia legal drinking age.



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8PM - Knockout Poker Texas Holdem

10PM - Cornhole Tourny w/ prizes

☞ **WED:** \$3 Special Pints

8PM Trivia

☞ **THU:** \$5 Bartender Drinks

10PM Freedom Nightlife / College Night

9-11PM 25 Cent Jumbo Wings,

Bartender Specials

☞ **FRI:** \$3 Kamikazes

\$10 Fajitas - Steak or Chicken

☞ **SAT:** \$8 Pitchers Major Brands

Bartenders Choice

3-8PM Yappy Hour on the Patio with Your Dog

9PM Karaoke

☞ **SUN:** \$4 Bloody Marys

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- 1.) The Sentinel will try to print all letters received. Letters should be 200 words long. Exceptions are made at the discretion of the editors. We reserve the right to edit all letters submitted for brevity, content and clarity.
- 2.) The writer must include full name, year and major if a student, professional title if a KSU employee, and city if a Georgia resident.
- 3.) For verification purposes, students must also supply the last four digits of their student ID number and a phone number. This information will not be published. E-mail addresses are included with letters published in the web edition.
- 4.) Contributors are limited to one letter every 30 days. Letters thanking individuals or organizations for personal services rendered cannot be accepted. We do not publish individual consumer complaints about specific businesses.
- 5.) If it is determined that a letter writer's political or professional capacity or position has a bearing on the topic addressed, then that capacity or position will be

- identified at the editor's discretion.
- 6.) While we do not publish letters from groups endorsing political candidates, The Sentinel will carry letters discussing candidates and campaign issues.
- 7.) All letters become property of The Sentinel.
- 8.) All comments and opinions in signed columns are those of the author and not necessarily of The Sentinel staff, its advisers or KSU and do not reflect the views of the faculty, staff, student body, the Student Media or the Board of Regents of the University System of Georgia. Columns are opinions of only the columnist. They do not reflect the views of The Sentinel, but instead offer a differing viewpoint.
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# We want to hear from you

## A letter FROM the editor

Tony Sarrecchia here. I am the editor of the Opinion section of the Sentinel, and I want to send you an invitation to participate in the on-going discussion that is our editorial page.

I am extending an invitation to the political and social organizations on campus to send in an editorial column representing their stance on a particular issue from time to time. The student media is just that, media run by students—the key is that you have to participate in the process. If I only have columns from Kevin, Justin, Gage and Berlin, fine writer all, they are the writers whose voices are heard. You have to write if you want to be represented—not just complain that your voice isn't being represented.

If you are planning to write as a guest columnist, here are some guidelines to keep in mind:

Columns should be between 400 and 450 words.

Columns must be spelling error free and grammatically correct

Columns must be clear and to the point.

Columns must take a stand

Columns are usually selected based on: campus concerns, local Kennesaw/Cobb County issues, Georgia issues, National, and World issues. If it is something you are thinking about, others at KSU are probably also thinking about it.

Quality of the writing:

I recommend that you spell check your work (but remember the computer is ok with they're, there and their) and read the piece out-loud. Those two steps fix the vast majority of writing problems. All guest columns must be to me (tony@ksuradio.com) by 5 pm on Thursday for consideration in the following week's newspaper. Please keep in mind these guidelines are for guess column, you can still send a letter to the editor and



Tony Sarrecchia  
Opinion Editor

participate in the Opinion on-line.

If you are interested in becoming a regular columnist, please feel free to fill out an application at ksusentinel.com.

Student media needs students to participate. That the majority of the columnists who choose to write consistently for the paper are moderate to conservative says more about the desire of the writers to partake in the process rather than whine that the process is unfair. As Opinion Editor, I encourage your involvement.

## House Editorial

# Sentinel editors give advice for incoming freshmen

In our opinion, college is much easier when you've got someone older and (maybe somewhat) wiser giving you advice. We here at The Sentinel took it upon ourselves to provide you with some tips to make your first year here at KSU a little easier.

"A professor not taking roll doesn't give you the liberty to skip class. Those are the classes that will hurt you the most for not showing up."  
—Adeolu Adebayo, production assistant

"Don't lose HOPE. I lost it twice – how big of an idiot do you have to be? I wasn't stupid, I just didn't care. It cost me a lot of money in the long run."  
—Brittany Wirsig, production assistant

"Participate in your RA's events. You will become better friends with your neighbors and there's always free food (and maybe they won't bust your parties)."  
—Debbi Litt, production manager

"If you're commuting, give yourself at least 20 minutes to spend riding the parking train."  
—Michael Foster, Sports editor

"Try to get an internship with whatever field you're trying to get into. Experience is just as important as education, especially starting out."  
—Carolyn Grindrod, Arts & Living editor

"Don't go home every weekend. You'll be cheating yourself out of the true college experience if you aren't making midnight runs to Walmart with the guy on the other side of your building to buy a huge TV the moment his student loans come through."  
—Caitlyn Van Orden, editor-in-chief

"Keep your class withdrawals to a minimum. Don't withdraw just because you're afraid of making a B."  
—Mallory Brewer, chief copy editor

"If you have an 8 a.m. class, you need to be on campus at 7:30 or you will never find a place to park."  
—Vanessa Jenkins, production assistant

"It's OK to challenge opinions but not to be rude; passionate debate is encouraged, whining is not; enlightenment is your friend, proselytizing is the enemy. Hold yourself and your professors to these standards. Also, white guys should never drink tequila straight."  
—Tony Sarrecchia, Opinion editor

"You will make mistakes and you will embarrass yourself. You'll learn that the first time you trip in the Commons and everyone laughs at you."  
—Nikki Hope, photo editor

"Come to class early so you can find parking. Always check out ratemyprofessors.com before you take a class."  
—Alisen Redmond, News editor

# OPERATION *Make your new space a-dorm-able*

## DECORATION!

**Megan Emory**  
STAFF WRITER

Dorms look nothing like what you see in a magazine. When you start planning your new dorm room, it's essential to realize what you're working with as you choose an overall décor theme, pick accessories and get organized. You may also be wondering how you'll fit everything in your new room without making it cramped. Space utilization is crucial; remember, you will be sleeping and studying here. The decorations and items you choose for your dorm are essential to a productive and comfortable year. If you buy items solely for appearance, you may regret your purchase and find yourself buying even more items after you move in. So how do you make the best of what you have?

### A splash of color

Pick patterns or colors you'll enjoy long term. Bright colors and extravagant patterns are nice and unique, but keep in mind that every choice you make needs to keep you happy for (at least) an entire year. The Urban Outfitters Floral Medallion Duvet Cover for around \$80 is good for those looking for fun patterns.

Splurge on your comforter and sheets. You will want a good comfortable place to sleep, and it is a good investment since you will use it all year and maybe years to come.

Classic colors and styles can make a big statement without being too flashy, especially when you mix or layer colors and patterns. This is your chance to do whatever you want; you are finally on your own so make it count! The DwellStudio Foliage Comforter Set for about \$45 is understated, but still classy.

Decorating on a budget? You do not need to spend a lot

to achieve a great look. Places such as Bed Bath and Beyond, Target and Walmart all have cheap items that will last.

### Thinking about a sofa? Skip it.

It is very unlikely you will need any extra furniture in most dorms. Be aware of which dorm you chose and what comes in those rooms.

Choose items that can be used multiple ways. No matter how much you plan ahead, you are going to need to make changes on move in day, so giving yourself more options will pay off in the end.

Get a nightstand and a lamp. Many rooms might not have these and they will be a staple in your life when staying up late to finish assignments or study for tests. The IKEA ULSBERG nightstand for about \$30 and IKEA ALÅNG lamp for about \$20 are good options for simple and reliable items.

Storage is your friend. The more ways you can properly organize your belongings the more open your room will feel and the better environment you will have. The Bright Stockholm Office Storage Boxes for around \$8 each will give you the variety to choose what you need to store and keep you organized.

### Express Yourself!

Even if decorating your dorm isn't your top priority, take a little time to go shopping and decorate a bit. The PB Teen Walden Plaid Quilt for around \$100 will add just the right amount of personality to your room.

Buy posters of your favorite sports teams or bands to cover your walls. This is a creative way to bring life to your dorm without being over the top. The most important aspect to your room is making sure you pick items that are functional and express who you are.



## Students should begin exploring majors early, says First-Year Advising

**Dané White**  
STAFF WRITER

One of the hardest things for incoming freshmen, or for students of any grade level who are undecided about finding a career, is finding a major that suits them. With all the different curricula, it's easy to become overwhelmed, but First-Year Advising is here to the rescue.

The best thing for a student who's looking into different majors is to become active in their search.

"We encourage students to explore their options by talking with the academic departments of majors in which they are interested," said Brian Glankler, Director of First-Year and Undeclared Advising Services.

First-Year Advising, located in Kennesaw Hall on the Campus Green, is geared to help freshmen register for classes and explore majors.

All freshmen are required to meet with FY- Advising during their first two semesters at KSU before early registration. This is enforced by a FY- Advising Required hold on the students' account that prevents them from registering for classes.

"I would encourage students to begin the exploration process early and try to have the major chosen by the end of the first year at the latest," said Glankler. "They also need to realize that it is okay to change the major but should do so only after making an educated decision."

According to Glankler, about 25 to 30 percent of students come in with an undeclared major. Of those who have chosen one, several change their majors over the course of their college careers.

While it is acceptable for students to come into college without declaring a major, beginning the exploration process beforehand is recommended. With over 40 academic undergraduate programs and majors, there are a few that are ranked most popular.

"Probably the big three at KSU are Business, Education and Nursing but there appears to be increasing interest in the Science and Mathematics areas, Humanities and Arts," said Glankler.

Once a student wraps up general education courses and begins major ones, these courses become more demanding and bring greater responsibility. The sooner students decide on a major, the easier the transition and the more focused they become in their courses.

"I believe if a student is undeclared but actively exploring options and identifying the choice of major early the chance of success is higher," said Glankler. "The longer the student remains undeclared, the higher the chances of frustration and perhaps lower performance."

Changing your major can also be an option as your interests change.

For junior Alex Swain, the decision to become a Communication major wasn't decided when he first came to school.

"When I came to KSU, I was an International Business major. Now, I am a Communication major with a concentration in Journalism and Citizen Media," said Swain. Swain said he made the change after realizing he was more interested in the journalism field. "I love writing and my new classes motivate me to learn new things."

Students can also seek other outside counseling after their first-year advising to help with choosing a major.

Outside of advising, career workshops and assessments like Counseling and Psychological Services Career 101 Workshops, the Occupational Outlook Handbook and The Myers Briggs are all resources used to guide students into majors.

# Avoid the "Freshman 15"

**Carolyn Grindrod**  
STAFF WRITER

*So you are on your own and are loaded with a shiny, new meal plan to dine on... now what? KSU's new Registered Dietitian Bethany Constien explains how to avoid packing on the pounds during your college stay and making healthy food and life choices in and around The Commons.*

It's called the "Freshman 15."

Most students have at least heard of this term and know what it entails: Putting on weight during the first year at college and maybe even a few extra pounds throughout the sophomore through senior years as well. But is it just a myth, or a real-life problem?

KSU's new registered dietitian Bethany Constien said recent studies have revealed the average weight gain of students during their first year of college to be seven pounds, not the "freshman" fifteen. Constien said the contributing factor for this weight gain could just be growth.

"Some students may still be growing when they enter college," said Constien. "So for them, some weight gain may be part of the growing process."

The concern of weight gain, Constien said, should really come from when it is rapid and/or continues throughout college, causing a student's weight to go above the normal weight range. This can result in severe health problems and/or obesity.

"Individuals who are overweight are at an increased risk of developing high blood pressure, high cholesterol, joint problems, type 2 diabetes, heart disease, and certain types of cancer," Constien said.

"Excessive weight gain, and even

weight loss, can be associated with the type of lifestyle the student chooses," said Constien. Weight gain is typically associated with overeating.

"If a student continues to consume more calories than his or her body needs, then weight gain will continue," Constien said. "Other contributors to weight gain include excessive alcohol consumption, not getting enough sleep, smoking and inadequate physical activity."

These lifestyle choices combined with other factors such as the stressors of classes, classes being during regular mealtimes, late-night snacking and all-you-can-eat style buffets in dining halls can all contribute to weight gain.

## What causes the weight gain and how to avoid it?

Constien said there are several new factors in college that can cause a change of lifestyle or eating habits for student, and therefore increases the chances for weight gain.

The first of these factors is that students are now exposed to all-you-can-eat style buffets in dining halls, much like at the Commons, and no longer rely on their parents' guidance to what they can and cannot eat.

Constien said that one of the best ways to combat overeating is called "the plate method."

To use "the plate method," Constien said to use a 8- or 9-inch plate and fill half the plate up with non-starchy vegetables (broccoli, green beans, peppers, carrots), ¼ of the plate with low-fat proteins (usually poultry and meat options that are grilled, baked or broiled) and ¼ with starch (including starchy veggies such as potatoes or corn, or rice, pasta and breads).

In addition to the plate, Constien also recommended a serving of low-fat

dairy and a serving of fruit on the side to complete a well-balanced meal.

Paying attention to hunger can also help students avoid overweighting and stress-eating, said Constien, whom recommended that students eat slowly, taking 30 minutes to eat a meal.

"Stop eating when your [physical] hunger has been satisfied, even if your plate is not empty," said Constien. "And ask yourself, 'Is that physical hunger I feel or is it emotional hunger?' If it is physical hunger, then your body is telling you it needs food; but if it is emotional hunger, eating will not help cope with one's emotions."

Classes during regular meal times can also be a factor when it comes to gaining weight, said Constien. Students may miss out on the opportunity to eat right throughout the day.

"Skipping meals and not providing our bodies with the energy it needs throughout the day can cause us to feel weak and tired. This can also lead us to feel really hungry later on in the day and crave foods that are not as beneficial to our bodies," said Constien.

Constien said if you have a class that is interfering with your regular meal time, try having a small snack, such as a granola bar or apple with a tablespoon of peanut butter, before class and then eat your meal afterwards.

"The snack will keep your energy level up so you can focus during class and it can also help satisfy your physical hunger until you can eat your meal," she said.

The stressors of classes and the sudden change in lifestyle may also lead to eating for emotional comfort, which can lead to weight gain, added Constien.

See FRESHMAN Page 9

## Dear Freshmen,

Congratulations, you are now a KSU Owl! For the past two months, you've been celebrating your release from the 4-year confinement known as high school. Now it's time to pack up, hug mom and dad "goodbye," and begin your college years. Your freshman year will probably be the most exciting, challenging and complicated year. There are a lot of new things to learn and adjust to, and sometimes it can become overwhelming. As a senior who has been-there-done-that, here is some advice I wish someone had told me as a freshman.

For starters, you don't have to do everything, but avoid not doing anything. You will more than likely be bombarded with a handful of organizations asking you to join. Your first year of college is always the best time to get involved; the more involved you are, the more opportunities you have and the more people you get to meet. An unfortunate problem some freshmen run into is getting too involved and not leaving any time to study. It's important to be involved in a few different organizations, but you have to find a good balance.

Secondly, your professors are here to help you learn. Contrary to popular belief, teachers aren't out to get you. They don't set out to make you look foolish and fail you, despite how you might feel come finals time. Your teachers are passionate about the subjects they teach, and they want you to learn. If you have questions, ask them. At the end of the semester when you're flirting with the line between getting an A or a B, professors are more likely to help students who asked for it. If you don't participate in class, or ask questions when you get stuck, your professors can't really help you. Engage in the classroom activities.

Your first year of college is about learning to adjust to a college classroom setting, but it's also about adjusting to not living at home anymore. Your mom isn't here to do your

laundry, cook and clean for you anymore. All of a sudden, it's your responsibility to make sure you have food and clean clothes. It's up to you if you don't want to wash your clothes, but don't be offended when no one wants to sit next to you in class because you stink.

Finally, you should learn some type of sleeping pattern. College is generally supposed to be about staying up late partying or studying, but if you have 8 a.m. classes that's probably not the best idea. Sleeping until 4 p.m. is reserved for summer and weekends. Don't be a slug-a-bed.

College can be overwhelming, sure. But college can also be the most exciting years of your entire life. If you do it right, you can be successful in and out of the classroom. Don't be afraid to make mistakes either. Oftentimes, mistakes teach us more than if we had done it right in the first place. Most importantly, have fun. You're here for a while, so get comfortable and make some friends.

Good luck rookie Owls! You're going to love it here!

Sincerely,  
Nikki Hope (a nostalgic senior)

Nikki Hope

# STUDENTPOLL

"What are you most looking forward to about the fall semester?"



"Seeing my friends and just hanging out."

**Ashley Dalton**  
Junior  
Communication



"The pretty scenery."

**Michelle Baldwin**  
Sophomore  
Environmental Science



"A fresh start and striving for academic excellence."

**Jasmine Edwards**  
Junior  
Communication



"Getting one more semester out of the way."

**Nathan Heinrich**  
Junior  
Communication



"Nothing really."

**Jeff Scarborough**  
Junior  
Psychology



"Free food and fun events."

**Shena Crawford**  
Sophomore  
Communication

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*"I was really surprised at how interesting the (Chinese) class was! I look forward to the next class!"*  
~ Mahesh Patel

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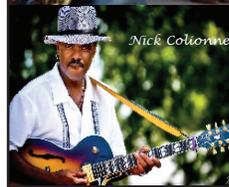


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**FRESHMAN** continued from Page 7

“Even though students are not physically hungry, they may eat in hopes it will help them cope with their emotions, whether they are anxious, angry, homesick, depressed,” said Constien. “It is important for students to find other ways, such as talking with a counselor or friend, or finding a safe hobby in which to participate such as painting, photography, playing an intramural sport at KSU or joining a student organization to help them cope during stressful times in their lives.”

A decrease in daily physical activity can also cause weight gain.

“The amount of energy, or calories, we put in our bodies needs to equal the amount of energy our bodies use each day,” said Constien.

Try getting involved in some of the clubs or intramural sports or working out in the KSU gym – free for students – to combat against this factor of weight gain.

**Choosing what’s best for your bod**

When thinking about food choices, Constien said there are several types of foods to reach for when you are at the grocery store or in The Commons.

“Choose the more nutritious foods for the majority of your meals,” said Constien. “Some of the more nutritious options include: baked, roasted, sautéed, grilled, or broiled foods instead of fried– these cooking methods are generally more beneficial to our health since a smaller amount of fat is used; Whole grains such as whole wheat bread, brown rice, whole wheat pasta instead of “white” breads, rices, and pastas; Low-fat (one percent) or skim milk instead of whole or two percent milk and baked potato or sweet potato instead of french fries.”

Constien also recommended that students take

a look at portion sizes and eat in moderation. For example, a portion, or cup, of cereal is about the size of a baseball while a portion of chicken or meat is three ounces or the size of a deck of cards.

“Regular meal times throughout the day can help maintain your energy levels and can prevent late night cravings,” Constien said. “This means eating breakfast, lunch and dinner as well as at most two snacks in four to five hours intervals to keep hunger at bay.”

“When we do not eat at regular times throughout the day, we tend to be really hungry in the evening. And oftentimes, we will choose the foods that are not as beneficial for our bodies and eat oversized portions,” Constien said.

**Hungry for more info?**

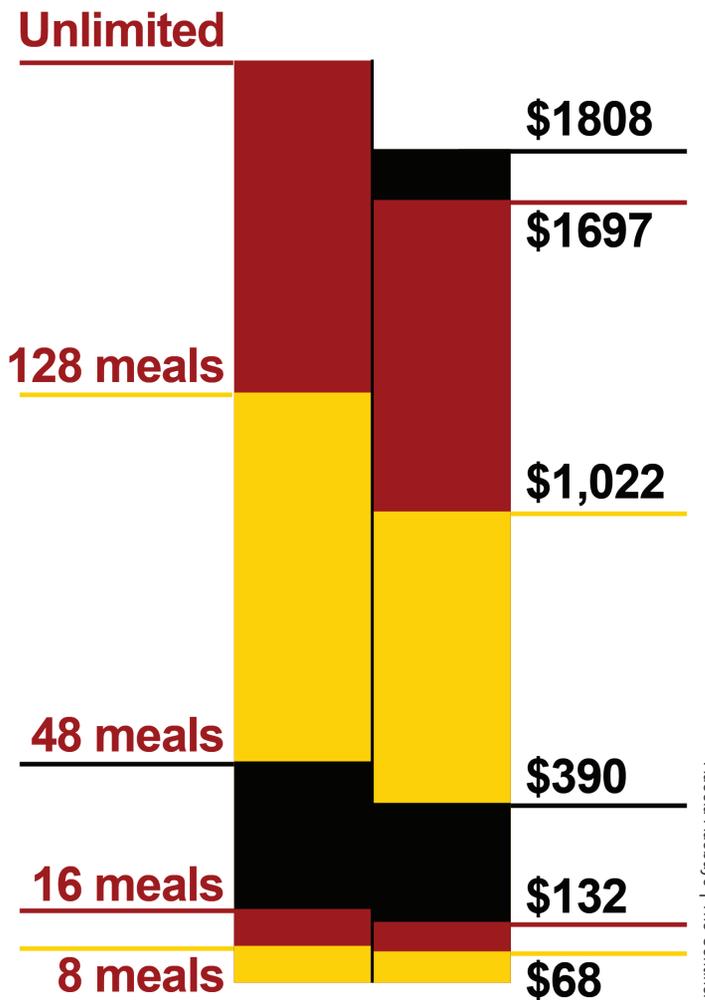
KSU’s Wellness Center is a perfect stop for students interested in healthy lifestyles, nutrition and good eating habits. Located directly off the Campus Green in and adjoining the student recreation center and gym in building 3, room 131, the Wellness Center is dedicated to improve the health and well-being of students and employees through awareness and education.

At the center, students can meet with Constien to learn more about healthy habits, portion sizes, fueling their bodies and other nutritional needs. They also provide fitness testing for students, nutritional counseling, weight management and weight loss programs.

The center is open Monday through Friday 9 a.m. to 5 p.m. during summer hours and until 6 p.m. during fall. They are also open on Saturdays, by appointment only. Call 770-423-6394 or stop by to make your appointment with Constien to learn more about healthy weight management.

To learn more about the Wellness Center and its activities, visit [kennesaw.edu/col\\_hhs/wellness](http://kennesaw.edu/col_hhs/wellness).

**Number of meals versus price per plan**



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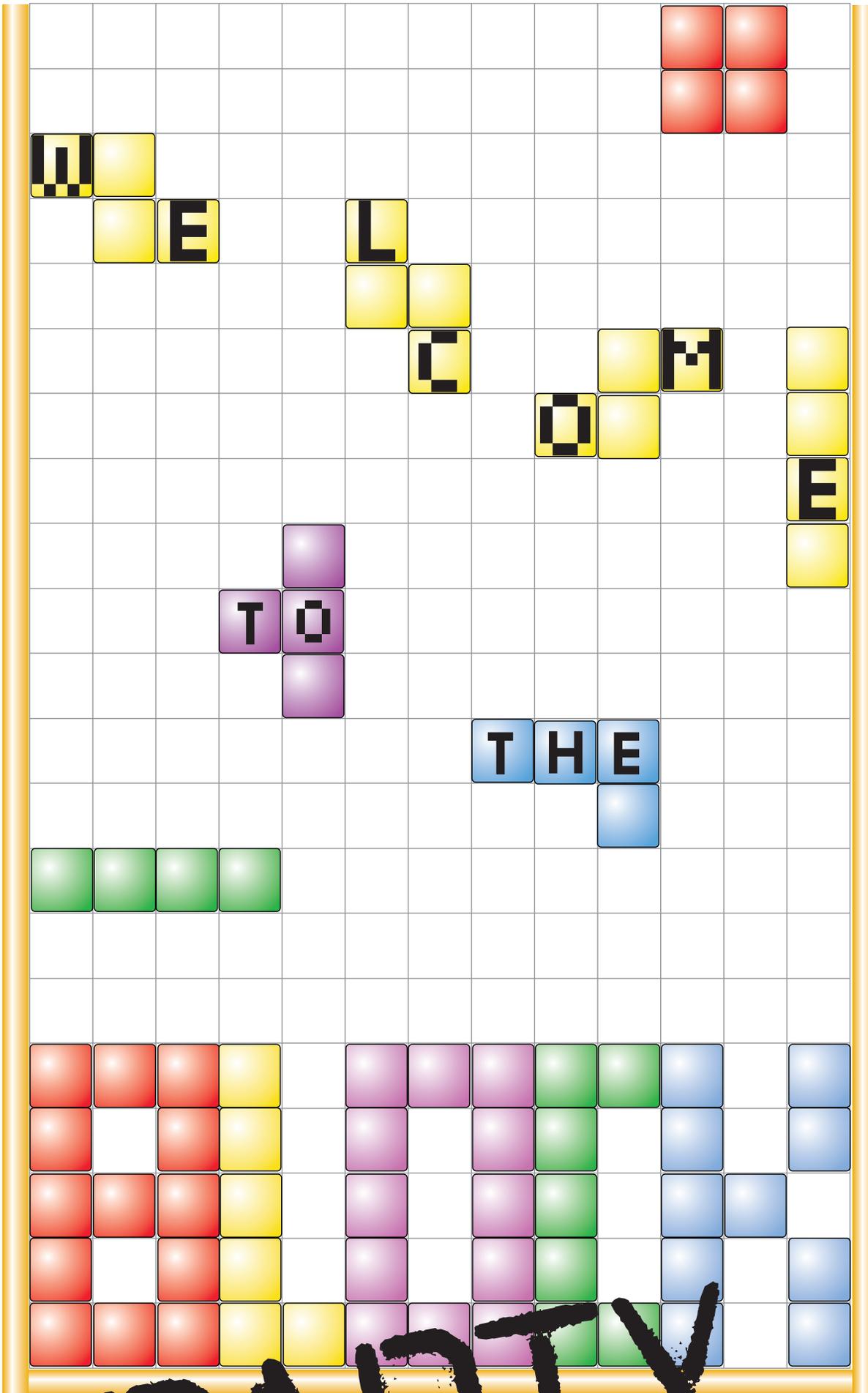


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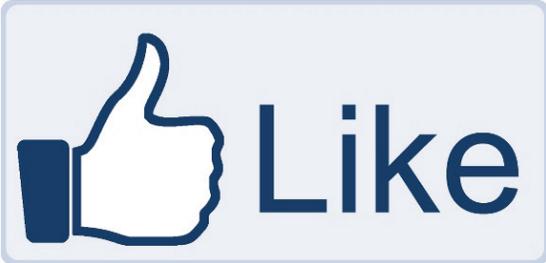
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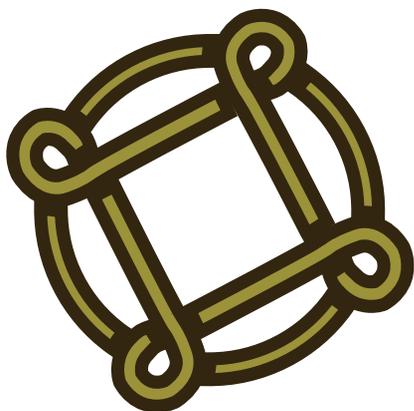
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## WELCOME TO KSU

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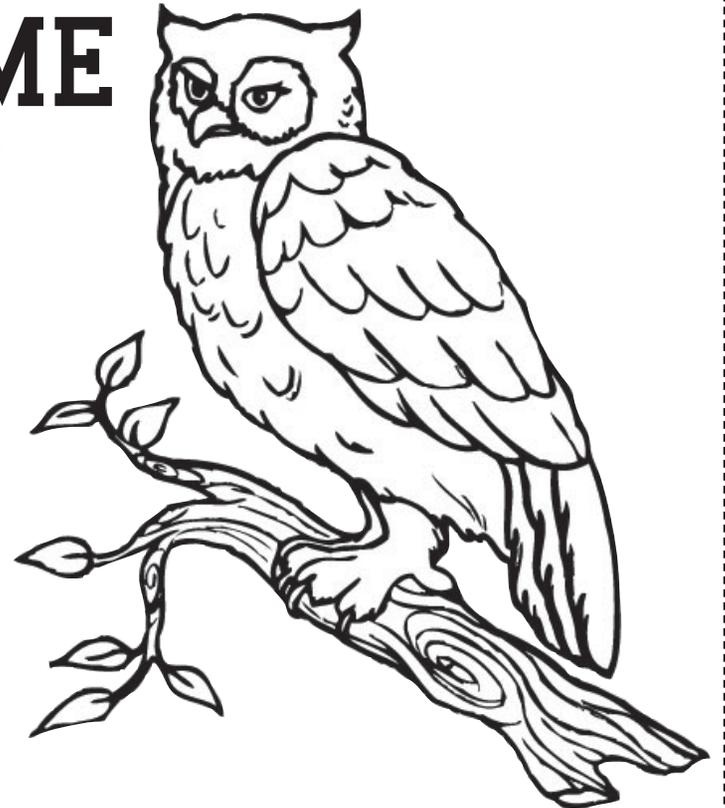


Illustration courtesy of [www.coloring.ws/coloring.html](http://www.coloring.ws/coloring.html)

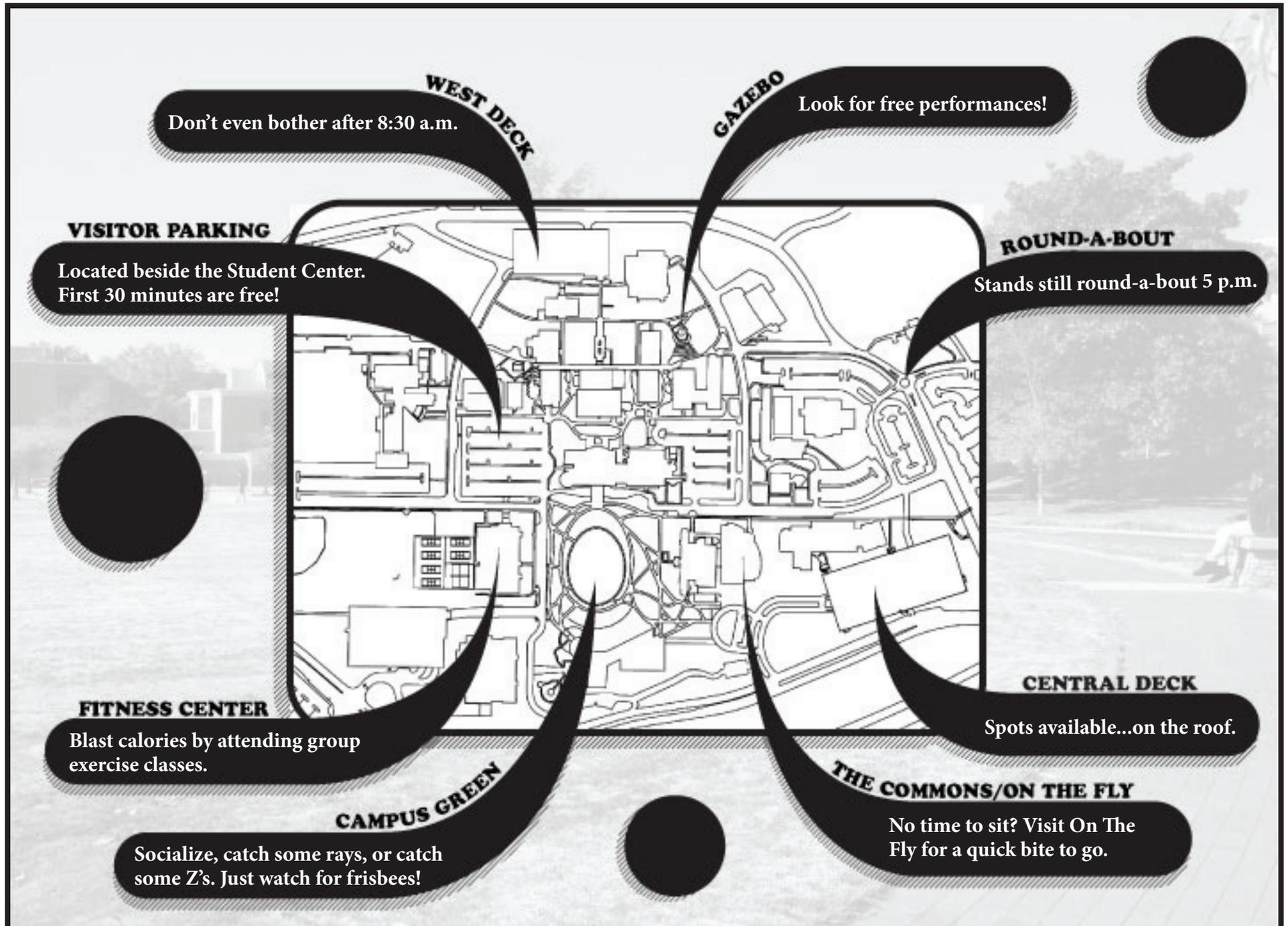


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# Williams takes over as Athletic Director



Vaughn Williams

**Michael Foster**  
SPORTS EDITOR

The new era at KSU has officially begun as Vaughn Williams has taken over as the new athletic director.

KSU was led in athletics by director Dave Waples for 23 years, but stepped down and left the position vacant in Aug. 2010, shortly after the Division I transition completed.

Head softball coach Scott Whitlock served as the interim athletic director while the search committee looked for the right person for the job.

Williams comes from the University of Connecticut, where he served as the associate athletic director. He has 17 years of administrative work at the Division I level on his résumé, and will usher in the full transition into DI as Kennesaw spent the last year searching for an athletic director.

"I am very honored and excited to become part of the Kennesaw State University family," Williams said in his introductory press conference.

Williams noted how Owl Athletics has made incredible progress as it has transitioned from Division II to the Division I level. "I look forward to continuing and growing our presence regionally and nationally at the Division I level. The entire university is on an upward path toward excellence in all areas and I want athletics to be a key part of the building process," Williams said. The vision we have is for us to be champions with integrity in academics, in the community and in athletics."

Williams already has brought in a new basketball coach, Lewis Preston, and will also face the most critical task for the next few years—bringing in a football program.

Williams is starting a fund raising initiative that will bring in money to help the football team materialize.

"We are now ensuring that we will have state-of-the-art facilities and the essential resources to allow us to compete in the top-tier of collegiate athletics," said Daniel Papp, University President.

Photo Courtesy of www.ksuowl.com

# Head Basketball coach Lewis Preston going one on one with students

**Michael Foster**  
SPORTS EDITOR

It has to be hard following in the footsteps of a highly regarded figure, but new KSU Owls men's basketball coach Lewis Preston appears to be content with his place in the new chapter of KSU athletics.

Preston will be just the fourth head coach in KSU history, entering after the departure of Tony Ingle, who coached the Owls to a Division II National Championship in 2004.

Preston comes from Penn State, and will be entering a very different environment down here in Kennesaw, but he's already conquered the transitional phase of fitting into a new home.

He's a highly regarded recruiter, and also has coached the likes of

NBA stars Al Horford and Joakim Noah.

But Preston has already gained the recognition, respect, and approval from KSU faithful due to his personality.

If you go to KSU's athletics website you will find links to a video segment done by ksuoowlvision that features the new coach, titled "Ask Coach Preston", as well as a video feature titled "KSU Basketball-A New Era".

The new basketball coach has spent his time going around campus and going one on one with the student body.

In the feature video on the ksuoowlvision youtube channel you will see Preston going around the campus commons and bringing some true black and gold pride to the environment—literally.

Preston is shown handing a KSU

athletics shirt to a student wearing a University of Georgia sweatshirt, saying, "I want you to take that Georgia sweatshirt off. It is a new day and a new era at Kennesaw State."

The students around her laugh, but also clap with approval at the scene Preston creates.

For the remaining part of the video, Preston is shown giving out multiple "Owl Nation" T-shirts to Kennesaw State students, asking them to show up to the games.

"The task at hand is to go out and make sure that we put together a winning program, and continue to have that passion and that pride," said Preston.

A new era is underway at KSU, and Preston taking it upon himself to better the environment as promptly as possible, and with great enthusiasm.



Lewis Preston

# It's time for students to play part in MAKING KSU ATHLETIC EXPERIENCE SPECIAL

**Michael Foster**  
SPORTS EDITOR

Walk into the Convocation Center on KSU campus and you might notice something peculiar. On the wide sides of the arena, you will see two giant curtains hanging from the ceilings behind the stands.

What's behind those curtains, you ask? I'll let you in on what might be a secret to some people. Additional seating sits behind the curtains, lonesome and waiting to be revealed.

On Nov. 15 2010, those seats were rolled out, and the curtains were lifted, giving us students a glimpse of what athletic events at KSU could truly become—electric, exciting, and endearing.

On that night, KSU's men's basketball team defeated the Georgia Tech Yellow Jackets 80-63, in what was undoubtedly the biggest sporting event ever held on campus, and possibly the biggest victory for former head coach Tony Ingle, who had a Division II National Championship on his résumé from 2004.

4,784 people were in the sellout crowd; nearly doubling the previous attendance set the season before when the Owls hosted Mercer. With the entire arena chanting "Let's Go Owls," holding their owl eyes up during free throws (if you don't know what that is, find out), and screaming and yelling at the Georgia Tech team, the Yellow Jackets were overwhelmed and vastly outplayed.

Remember that this Georgia Tech team came in as an Atlantic Coast Conference member (the most prestigious Division I conference when it comes to basketball) and coached by Paul Hewitt, who was just a few years removed from taking the Yellow Jackets to the Final Four.

But they didn't stand a chance against KSU. The Owls pummeled and even embarrassed Georgia Tech, and it was evident that the electricity in the building fueled the players. It was truly a proud moment for not just the team, but the entire University.

After the game, students swung their towels with pride, chanted as they walked back across the campus green, and honked their horns with joy as they exited the east parking deck.

And yet, it still feels like a dream. Did that really happen? Was it really just a tease?

The basketball team finished the season with an abysmal 8-23 record, and for the majority of the remaining home events they played in front of empty seats. On Feb. 26 Kennesaw State hosted the Belmont Bruins, who eventually won the Atlantic Sun Conference and qualified for the NCAA Tournament.

Nobody attended the game, but about 50 students showed up, and I would credit that being an accurate guess. For most of the home games the KSU Owls Facebook page does its best to report on the free pizza and free t-shirts that are handed out, desperately trying to get students to show up.

Pizza? Is that what it takes? Does no one have motivation to attend events because they *actually enjoy* doing so?

Despite the fact the Owls' fan base has been lacking, the big win against Georgia Tech opened eyes to what could be a fantastic future in Kennesaw State athletics—not just for the players, but for the students and fans.

Sure, there is a likely correlation between the winning record of a team and the fan support, but I want to challenge students to break through an unnecessary and technically non-existent barrier.

Success in athletics, of course, comes from the input on the field and court, but the environment of sporting events has an underrated influence as well. That could not have been more evident on Nov. 15, 2010. The same team that had one of the worst seasons in recent memory was able to destroy an established basketball program (at the time).

So, I thought to myself, what if 4,784 people attended every home game? Heck, what if 3,000 attended each home game? Would the team still have an 8-23 record, or would it have more wins? It very well could have.

I really don't think that is a baseless theory. There were many factors that pulled me towards attending KSU, but one of them that really excited me was the fact the school is in such a progressive transitional period. It's growing rapidly, gaining prestige, and a student body.

When I decided to attend KSU, I felt like I was becoming a part of that

growing energy, and, naturally, as a sports fan, sporting events on campus became a new mainstay on my calendar.

But I'm one of the few who prioritizes attending sporting events. Yes, I am aware that some students don't give a hoot about going to games, but I'm also very aware that each school has a plethora of enthusiastic sports fans.

KSU is unique. Despite its relatively small and youthful place among Division I athletics, KSU has the third largest enrollment of any Division I school in the state of Georgia (The University of Georgia and Georgia State University being the leaders). It's larger than Georgia Tech, Georgia Southern, Savannah State and Mercer, which are the other Division I schools in the state.

But that does not show at all when attending athletic events. There have to be at least 4,784 people in more than 20,000 students who enjoy going to sporting events. At the same time, however, it's hard to be motivated when the environment isn't very inviting.

We've been a Division I school for a few years now, and we are a unique school. We also have a great sporting history that needs to be justified by a substantial following.

Part of the college experience is integrating yourself into the university, and doing your part in making it what it is. To each their own when it comes to interests, but for sports fans it's time to change the experience here at KSU.

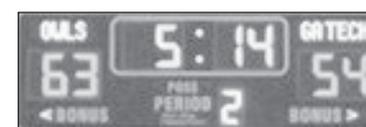
Packing the stands not only makes events exponentially more exciting, but it's also extra fuel for players as well as an incentive for prospective athletes. Recruiters don't want to have to tell kids that they will be playing their biggest conference game of the season in front of 50 students. Players cringe at the thought of that.

Our lack of attendance and enthusiasm plays a role in the overall success of KSU athletics. It's time to not only change that, but to create a special and inviting environment that will not only make athletes want to come here, but will make students want to come as well.

Just because we are a new Division I school does not mean we have to act like we are still a Division II school with zero invested interest in sports.

The future is bright, but it's in our hands. That's one of the first things you learn when you go from high school to college. You aren't just working for your grades; you are working to elevate an institution.

And, that institution's future as a highly regarded sporting environment might be decided by how often you trek from your dorm to the athletic fields.



Photos courtesy of Rebecca Simson



# 2010-2011 KSU Athletics Year in Review

**Michael Foster**  
SPORTS EDITOR

The 2010-2011 year was an eventful and pivotal one in the history of KSU sports. KSU opened up a brand new 8,000 plus seat soccer stadium in August, defeated Georgia Tech in men's basketball in front of a record crowd at the Convocation Center, and introduced Vaughn Williams as the new athletic director.

Aside from these highlights, here is a quick review of how each team finished the year.

Men's Baseball (coached by Mike Sansing): 32-25 overall record, 18-11 in Atlantic Sun Conference. Wins over The University of Georgia and Georgia Tech.

Men's Basketball (coached by Tony Ingle): 8-23 overall record, 6-14 in Atlantic Sun Conference. Win over Georgia Tech.

Men's Cross Country (coached by Stan Sims): Ranked 5<sup>th</sup> in NCAA South Region, highest ranked team in the state of Georgia.

Men's Golf (coached by Jay Moseley): Five tournament victories, including Atlantic Sun Conference Tournament. Qualified for NCAA Men's Golf Championship.

Men's Tennis (coached by T.J. Greggs): 9-12 overall

record, 3-7 in Atlantic Sun Conference.

Men's Track and Field (coached by Andy Eggerth and Stan Sims): Had four teammates qualify for NCAA prelims (Josh McNair, Joshua Jones, Gianni Catalano and Kendall Parks). McNair qualified for NCAA Nationals.

Women's Basketball (coached by Colby Tilley): 9-21 overall record, 6-14 Atlantic Sun Conference record.

Women's Cross Country (coached by Stan Sims): Mackenzie Howe qualified for NCAA Nationals.

Women's Golf (coached by Rhyll Brinsmead): Won Palmetto Invitational.

Women's Soccer (coached by Rob King): 3-3-2 home record, hosted Jacksonville State University in first game at KSU Soccer Stadium.

Women's Softball (coached by Scott Whitlock): 28-27 overall record, 10-10 Atlantic Sun Conference record.

Women's Tennis (coached by Jeffery Kutac): 18-6 overall record, 7-3 in Atlantic Sun Conference.

Women's Track and Field (coached by Andy Eggerth, Stan Sims): Mackenzie Howe qualified for prelims.

Women's Volleyball (coached by Karen Weatherington): 17-10 overall record, 9-1 in Atlantic Sun Conference.



**2011 FRATERNITY RUSH SCHEDULE**  
**Theta Xi, Pi Kappa Phi, Delta Tau Epsilon, Kappa Sigma, Delta Chi, Pi Kappa Alpha**

Monday August 29: Chapter Values Night  
 Tuesday August 30: Rush Events  
 Wednesday August 31: Rush Events  
 Thursday September 1: Rush Events  
 Friday September 2: Chapter Interviews  
 Saturday September 3: Bid Day

Applications will be available on the Greek Website:  
[www.kennesaw.edu/greeklife](http://www.kennesaw.edu/greeklife)  
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 by Friday, August 26, 2011. After this date, the fee will be \$30.

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**free** adj. 1. Not literal. 2. Costing nothing. 3. Cost for getting published in Share magazine.

**submit** v. 1. To surrender to the authority, discretion, will of another. 2. To acquiesce. 3. What you have to do.

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# Golf's Jay Moseley named Coach of the Year

**Michael Foster**  
SPORTS EDITOR

KSU's men's golf team finished a fantastic season last month, concluding with a trip to the NCAA Championships in Stillwater, Oklahoma.

The overall success of the golfing Owls earned head coach Jay Moseley the Coach of the Year honor by KSU.

The Owls' golf team featured two all conference players in Jeff Karlsson and Matt Nagy, and an Atlantic Sun Conference freshman team member Jonathan Klotz.

Overall, the team brought home the Atlantic Sun Conference title, as well as four other tournament victories.

The team also had success in the classroom, with every player having at least a 3.0 grade point average. Eight players earned A-Sun academic honors, and Ben Greene was given the Elite 88 award for having the highest grade point average amongst the players on the final day of the NCAA Championships.

Moseley said he was truly humbled by this honor.

"It is always great to be recognized among your peers and I feel fortunate just to be walking in the same doors as them each day," Moseley said. "It is also meaningful for me to be considered among the many great leaders and coaches that have come before me that helped establish the Kennesaw State Athletics traditions."

Moseley has seen success quickly, taking over in 2009 as the golf coach at KSU. It was his first head coaching job. He served as a graduate assistant at Auburn University before his arrival.

At Auburn, Moseley compiled a deep list of accolades in the classroom and on the course, earning a Master of Science degree and a first team All-Southeastern Conference spot during his senior season.



Photo Courtesy of www.ksuowl.com

Jay Moseley



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College of Continuing  
and Professional Education

# KSU men's tennis shines in classroom

*Team receives awards from ITA*

**Michael Foster**  
SPORTS EDITOR

The KSU men's golf team earned impressive team and individual accolades on Wednesday from the Intercollegiate Tennis Association for outstanding academic performance in the 2011 season.

Six players were awarded the honor of ITA Scholar Athletes, and the team itself was named an ITA All-Academic team for 2011.

Not only was the year successful for the Owls' tennis team, but they have received the team award for a third consecutive year.

Just 71 men's tennis teams receive the honor throughout the nation.

"Once again, our student-athletes have shown their commitment to the classroom, and I could not be prouder," said coach T.J. Greggs.

Greggs also said that the team finished with the highest GPA in Kennesaw State's tennis history.

To qualify for the award, the team must have each player participate in at least one match and finish with a GPA of 3.2 or better.

As an individual, players must have a 3.5 GPA or better for the select academic year, receive a varsity letter, and have been enrolled for more than two semesters.

The Atlantic Sun Conference saw five teams qualify for the award, including Belmont, East Tennessee State, Florida Gulf Coast, and Stetson.

The individual winners are: Senior Ryan Bouttell, Senior Simon Janik, Junior Elliot Kahler, Junior Gianni Kubin, Senior Michael Langel and Sophomore Gokalp Ozdemir.

The total of six award winners was the most in the program's history for the school, and Janik earned the honor for the third straight year.

The tennis team finished the year with nine wins, three of which were conference matches.

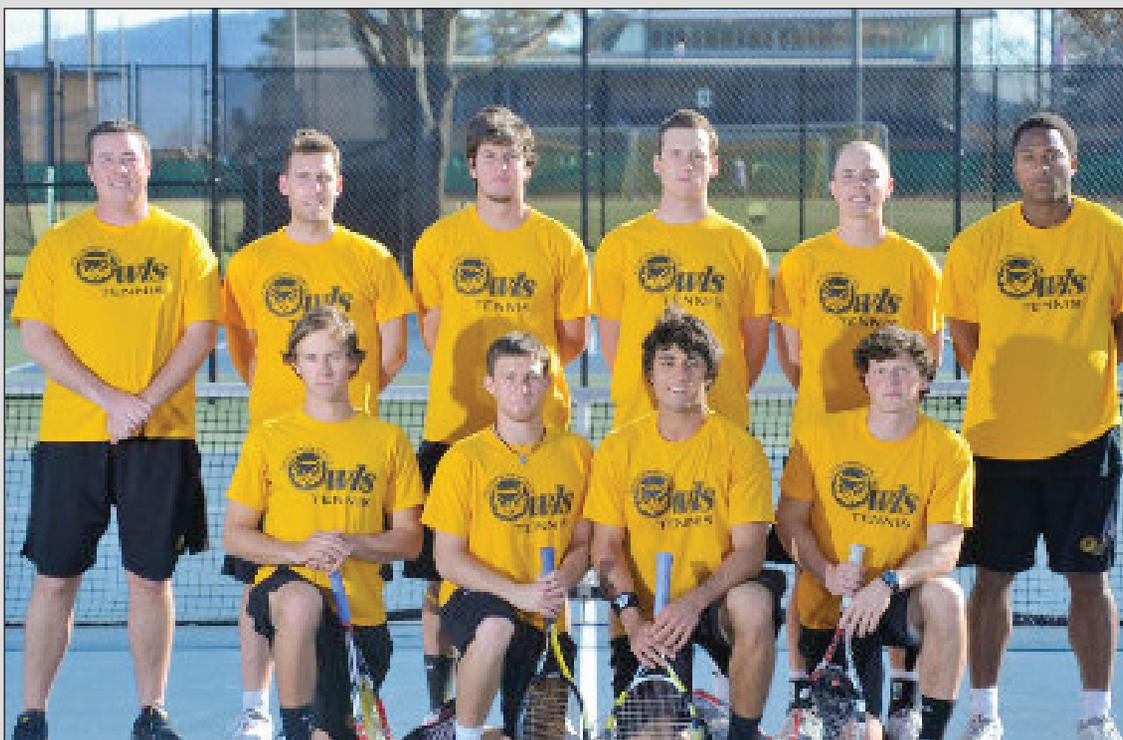
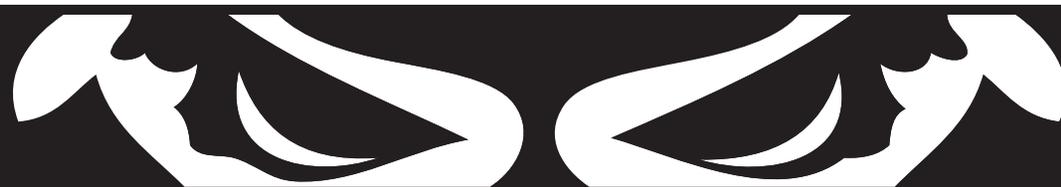


Photo Courtesy of www.ksuowl.com

The men's tennis team has gained three years worth of national recognition for their academic success.



## HOMECOMING 2011

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**Celebrate Homecoming September 22-30, 2011**

**Thursday, Sept. 22 – KSU Night at Town Center Mall**

**Friday, Sept. 23 – Homecoming Soccer Game vs. Belmont and fireworks**

**Friday – Sunday, Sept. 23-25 – Parent & Family Weekend**

**Saturday, Sept. 24 – Volleyball Match vs. Lipscomb**

**Thursday, Sept. 29 – KAB Homecoming Dance**

**Friday, Sept. 30 – “OWL PROWL” – Parade, Festival and Concert**

*For more information, including Nestfest events, visit [www.kennesaw.edu/homecoming](http://www.kennesaw.edu/homecoming)*



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Since 1983, the "Year of" program has presented a year-long series of lectures, cultural events and forums designed to immerse the campus and local community in a study of a particular country or region of the world. A full calendar of events and activities typically are presented in conjunction with global partners including universities, governmental and non-governmental organizations. Students, faculty and staff also form leaning communities to study, share knowledge and conduct research related to the country of study. In recent years, KSU has presented "Year of" studies of Korea, Turkey, the Atlantic World, Kenya, China, France, Spain, and Romania. The current academic year has been designated the "Year of Peru."

We are very excited to present this country of study little by little to you throughout the year. Our hope is that you will have a better understanding and appreciation of Peru and why we selected this particular country to highlight for the 2011-2012 school year. Check out: <http://www.kennesaw.edu/globalinstitute/yearofprogram.html> for more information and upcoming events to attend!

Join us for the Interdisciplinary Conference on February 10 -11, 2012



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