

THE SENTINEL

KENNESAW STATE UNIVERSITY

KSU top 100 for minorities

Jannetta Samobu
CONTRIBUTING WRITER

A July report by *Diverse: Issues in Higher Education* ranks KSU in the top 100 in institutions conferring undergraduate degrees to minority students.

According to *Diverse Magazine*, for the first time KSU ranks in the top 100 of undergraduate degree producers. The publication also says that KSU ranks 95th among the nation's top degree producers of African-American students, 23rd in education degrees obtained by Asian-Americans, 23rd in accounting and related services degrees obtained by African-Americans and 32nd in education degrees obtained by minority students.

"We are proud to stand among the nation's colleges and universities that are being recognized as leaders in the area of diversity," said KSU President Dr. Daniel S. Papp in a KSU news release.

This new ranking comes after the Targeted Enhancement Program was established at KSU.

The TEP is an initiative that aims to increase enrollment of African-American and Hispanic students, said the Offices of Undergraduate Admissions and University Relations.

The program officially launched in 2008 and targeted graduating high school students who could potentially meet KSU's admission requirements.

The TEP stands on three main goals which include "encouraging the anticipation of African-American and Hispanic students in higher education, encouraging consideration by African-American and Hispanic students of Kennesaw State as an option for college, and assisting prospective African-American and Hispanic students in navigating Kennesaw State's admissions process," Undergraduate Admissions and University Relations said.

The TEP has been perceived as successful by the Offices of Undergraduate Admissions.

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Owl Prowl: Student organizations, teams celebrate Homecoming Week



(Top) Members of the dance team get the crowd pumped up during the Homecoming parade. (Bottom left) Homecoming King Will Potts and Queen Christina Smith enjoy their afternoon of royalty. (Bottom right) Theta Chi brothers wave during the Homecoming parade.

Caran Rice
CONTRIBUTING WRITER

Homecoming Week ended on Sept. 30 with a huge bash that drew more than 1,000 students, faculty and staff with the "Owl Prowl" celebration, which included a parade, a festival and a free concert on the green.

The evening began with a parade which was led by Vaughn Williams, KSU's athletic director and Homecoming grand marshal, as well as the dance team and the Harrison High School marching band's nearly 200 members. The parade then showcased floats from Alumni Affairs, Auxiliary Services, Resident Life, KSU Orientation, Residential Hall

Association, Gamma Phi Beta, Pi Kappa Alpha, Phi Mu, Theta Chi, Delta Phi Epsilon, Alpha Omicron Pi, Pi Kappa Phi and Best Western-Kennesaw. These floats were judged by Dr. Jerome Ratchford, vice president for student success; Dr. Jorge Perez, faculty executive assistant to the president; and Linda Lyons, interim chief diversity officer. The parade was brought to a close by the baseball team, the women's basketball team, the men's basketball team and the competitive cheerleading team.

"This was a lot better than last year," said Jenny L., a Human Services major.

Immediately following the parade was a festival on the green.

See OWL PROWL Page 7



Are you a billboard?
Page 4



More Homecoming photos
Pages 8-9



Cross country coach retiring
Page 13



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POLICE BEAT

—Compiled by Christy Rogers, Staff Writer

Best Friends

On Sept. 13 at 2:59 p.m., an officer was dispatched to a dorm in the University Village to respond to an RA noticing the smell of marijuana. The RA had been doing health and safety inspections when he smelled marijuana from one of the rooms. The officer knocked on the door and received permission to enter the dorm from a female student. The female denied having any marijuana but said a friend, whose name she did not know, had been over earlier smoking in the bathroom. The officer could not find any evidence of marijuana in the dorm.

Guilty Conscience?

An officer was dispatched to the University Village on Sept. 13 at 3:15 p.m. in reference to a person suspected of possessing marijuana. The officer found a male matching the given description by the fountain in the Village. The officer asked to verify his identity because she was looking for someone who looked similar to him. He gave his name and date of birth, but when the officer contacted dispatch, the male started running toward the KSU Place dorms. Several KSU police units worked to locate the male, who was apprehended. He

told police he ran because he was scared. He ended up not being the original suspect.

Full Load

At 12:59 a.m. on Sept. 16, an officer driving on Chastain Road noticed a car driving erratically as it turned onto Frey Road. The officer pulled the car over and reported smelling alcohol when the windows were rolled down and that none of the five passengers had their seatbelts on. The driver, an 18-year-old male, said he did not smell the alcohol and that he did not have enough seatbelts for everyone in his car. The officer requested the driver blow into the Alco-Sensor, and he returned negative for alcohol. The officer questioned the other passengers in the car, who said they had been drinking at an apartment nearby earlier in the evening. All five passengers—four 18-year-old males and one 19-year-old male—blew into the Alco-Sensor and tested positive for alcohol. All offenders were given citations.

His Momma Would Be Proud

An officer was dispatched to the Gateway store in University Village on Sept. 12 at 9:32 p.m. to meet with the store manager. The manager told the officer that she had confronted a student earlier about being loud and swearing in the store. The student told her that he was not afraid of her, though he left when she told him to. The officer found the student outside of the store. The student told him he had been talking to his mom and was upset. He apologized to the store manager and his RA was notified.

Study finds low graduation rates among part-time college students

Carla Rivera
LOS ANGELES TIMES (MCT)

Growing numbers of college students are in school part time, and they face increasingly long odds of ever graduating, according to a report released Tuesday.

The report, *Time is the Enemy*, by the nonprofit group Complete College America, includes data on full- and part-time students at public colleges and universities in 33 states, including California. It was funded by the Bill and Melinda Gates Foundation, the Lumina Foundation and others.

“There is a new generation of students who are poorer, more likely to be a minority, working and with families,” said Stan Jones, the organization’s president. “The graduation rates are very low, so that even though more people are going to college looking to better themselves and better their economic circumstances, those goals are not being realized because the system is failing them.”

Among the report’s key findings:
-There is a new majority on U.S. college campuses, with 75 percent of students balancing jobs and schools and commuting to class. Only one-quarter of students attend full-time, live on campus

and have few work obligations.

-Part-time students rarely graduate: Only one-quarter of them complete a degree, even when taking twice as long as the traditional four years.

-Minority students and those who are poor or older are attending college in greater numbers, but fewer than one in five earn a bachelor’s degree within six years.

-In California, 14.8 percent of full-time and 6.1 percent of part-time students seeking bachelor’s degrees finished in four years. After eight years, about 60 percent of full-time and 41.6 percent of part-time students had earned a degree.

The report, however, includes data only from the California State University system and not from the University of California or the state’s community colleges. That information may be included in an updated study next year, officials said.

A Cal State spokesman said the school system is trying to address the issues raised in the report.

“The data in this report is nothing shocking to us; it identifies our specific student demographic of part-time, underserved students needing remediation,” spokesman Mike Uhlenkamp said. “There are a host of programs we’ve initiated and are going to initiate more. We’re trying to fix it.”

RENOVATION

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TOP 100 continued from Page 1

According to a KSU news release, the number of African-American students at KSU has increased by 38 percent, and the number of Hispanic students has increased by 62 percent since the launch of TEP. The Multicultural Student Retention Services has helped support minority students meet the graduation requirements.

Minority students make up 26 percent of KSU's student population.

"As far as campuses go, KSU is

pretty diverse, and we have more foreign students here than people may think," said student Zari Hochoy. "I believe that KSU has gotten more diverse since I have started."

Some students also believe TEP is an effective way to achieve diversity.

"The TEP program is effective because if minorities have somewhere to go to get connected with other people, they will more than likely come to KSU," said KSU student Sarah Roberts.

Correction

In the story "Tim Lowe and Dr. Shirley Franklin speak at Constitution Week" in the Sept. 27 issue, Dr. Carlton Usher was incorrectly identified in a photo as Tim Lowe. It is the policy of The Sentinel to correct all errors of fact.



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Sleep Out : Oct. 13-15, 2011 Location: Quad by Social Sciences

[HTTP://WWW.KENNESAW.EDU/CSL/HAW/](http://www.kennesaw.edu/csl/haw/)

FACEBOOK: KSU HOMELESSNESS AWARENESS WEEK



THE SENTINEL FALL 2011

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- 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.
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- 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.
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LGBTWHAT?

Steven Watson
GUEST COLUMNIST

No, it's not a kind of sandwich. LGBT is the generic term for lesbian, gay, bisexual and transgendered people. According to the Parents, Families, and Friends of Lesbians and Gays (PFLAG) website, it can also be spelled GLBT. Or it can be GLBTA, to include allies of gay people. I've seen it as GLBTQ to include those of us who question our sexuality but have not gone any further.

I do not like this term. It is too broad. I prefer the simpler umbrella term "queer," but since I'm straight my use of "queer" sets up even more problems than the all-inclusive acronym. So when my professors talk about LGBT young adult books, or ways to deal with bullying of LGBT students, I listen and take notes. Any attempt at tolerance or acknowledgement of human rights is a positive thing. But the LGBT label falls short, precisely because it is a label.

For one thing, the more we expand the label to include more people, the less of a united front the gay community can have. I am an ally, but it's not as if I had to lobby congress to marry my wife. It's not as if I had to hide my love of women when I was in the Navy. I served during the heyday of Don't Ask, Don't Tell; I'll never know how many of my shipmates had to hide their true feelings and selves.

As a teacher candidate, I am explicitly concerned about gay young people. I would like them to feel safe in my classroom. So I can listen. I can give support. I can try to stop the anti-gay bullying, but I can't pretend to know what that's like. As the group expands it becomes harder to make a coherent case for the rights of any one part of the group.

The other problem with LGBT is that, pushed to its logical extreme, the tag does precisely what multicultural initiatives are designed *not* to do- it lumps people together. To be transgendered (again, from the PFLAG website) means that your gender identity does not match the one you got when you were born. You could be a man but identify as a woman. This is *not* the same as being gay or lesbian.

In conclusion, the term LGBT is kind of like our current grading system. It's a really arbitrary and unreliable tool, but at the moment it's the only one we have. You might be wondering why any of this matters. It matters because, bottom line, gay rights are human rights. Also, it matters because Oct. 11 is National Coming Out Day. You don't have to be gay, lesbian, bisexual, or any other shade of queer to support people being themselves, do you?

“...the more we expand the label to include more people, the less of a united front the gay community can have.”

Your body should not be a billboard



Mary Frances Flynn
GUEST COLUMNIST

During my junior and senior year of college, I worked for a public relations agency in the entertainment industry. As a field representative, I handed out freebies to the public and retailers. I have participated in campaigns with chart-topping musicians, Converse and HBO. Even with the little field experience I have, I continue to spot campaigns on campus that are affecting students. Because “free stuff” is magnetizing to students, local apartment complexes continue to launch campaigns on campus while crossing an ethical

line. These campaigns utilize functional PR tools to lure students into becoming walking billboards.

Local apartment complexes sway you into wearing a free t-shirt. Don't cheapen yourselves by wearing a giant logo across your chest. By doing this, you are allowing companies to take advantage of your bodies. Non-profits and student groups may use these tools for awareness campaigns, but these apartment complexes are soliciting a product or a brand.

The bright, white sunglasses local apartment complexes are giving away are not only a marketing ploy, but they're also a terrible fashion choice. News flash, it's October and white sunglasses are not appropriate for fall. Off-white sunglasses would have been the better choice. I admit, this statement is superficial, but their choice of color was ridiculous.

As students respond to the campaigns by wearing and using these tools, the apartment complexes can cheer to their success. Just as I recognize that I once contributed to the evils of promoting brands, I regret that

“Don't cheapen yourselves by wearing a giant logo across your chest. By doing this, you are allowing companies to take advantage of your bodies.”

I have fallen for these schemes myself. The majority of us purchase clothing bearing logos. Logos are frequently associated to a social status or economic class. Local apartment complexes are bidding into the status game; they want to be cool. This is why they are using you. We, as educated people, need to be more aware of how companies use our bodies to make money. Students, don't be fooled.

Avoid these obnoxious trends when updating your Facebook status

Caitlyn Van Orden
EDITOR-IN-CHIEF



Caitlyn Van Orden

EDITOR IN CHIEF

I try not to take social media too seriously, but as a media studies student, that's hard sometimes. Vanessa Jenkins wrote in her column in last week's issue that Facebook isn't reality, and while that's technically true, social media is made up of real people's thoughts. That makes it hard for me not to judge people as completely obnoxious and unintelligent when they consistently post dumb things. Here are some common status updates popping up in my newsfeed and making me hit "unsubscribe" like mad.

-Vague, passive-aggressive status updates

"I guess I missed the update of the definition of friendship.

I didn't know it had changed to using people and taking advantage of them. I'll be sure to do that next time (heart icon)." That was an actual Facebook status on my newsfeed. When you post crap like this, I take it as you giving me permission to troll you mercilessly. Get off Facebook and call a friend about your drama. Or, stop being vague and post the specifics so we can all enjoy the train wreck. Call me heartless, but you won't find me commenting, "Aw, what's wrong?" Your Facebook isn't your diary; it's a public publishing tool, so use it as such.

-Dear So-and-So, Love What's-Her-Face

"Dear math test, I'm gonna dominate you. Love, Such-and-Such." These "Dear, Love" status updates are neither cute nor clever. They are unoriginal, snarky and annoying as hell.

-Checking in everywhere you go

If you're one of those people who feel the need to "check in" every time they leave the house (or worse, if you check into your own home), I never want to hear you complaining about "stalkers." Let's face it, you make it nearly impossible for people to NOT know where you are at all times. The only exception to this rule is checking in using Foursquare

since businesses sometimes give discounts when you do (as a fellow broke college student, I fully support money-saving opportunities).

-Status updates that are just big lists

"Woke up, ate breakfast, went for a run, washed the car... now to study for my test. Watching a movie tonight with my boyfriend!!!" I hate to burst your boring bubble, but no one on your friends list (besides your mother) cares about your entire day that much. There is no need to list what you had for breakfast, lunch and dinner. List status updates are incredibly dull and pointless, unless you're telling me you fought a bear, a hippo and a gorilla. Tell us one or two interesting tidbits and leave it at that.

-Swole status updates

Stop updating your status every time you go to the gym. If you're doing it right, you won't have to tell people you're going.

Before you update your status, take some time to think of something clever, informative or somewhat humorous. Chances are, you're being judged by what you post.

LETTERS TO THE EDITOR

We know you have opinions and we'd love to hear them. To submit a column, email opinioneditor@ksusentinel.com. If you don't have time for a 450-word opus, drop a few lines on our columns at ksusentinel.com. These are comments from web visitors and the opinions expressed are theirs, not The Sentinel's, KSU's or any other official organization's.

RE: Go home bigots! (Lazarus Roth, News)

Nicole Fillingim says:

In the September 12, 2011 issue there was an article called "Go Home Bigots!"

I'm not going to lie; the members of the Southeast Open Air Preachers Association irritate me. But not as much as the students who whine about them. Attention all KSU students: there is only one 'Freedom of Speech' area on campus; there are infinite areas for you to study. If you don't like what these people are saying, go somewhere else. They can only be in one spot. They are purposely trying to offend you; they want you angry and what they really want is for you to get physical. Once you do they can sue you as well as the school. Welcome to college. Grow up, walk away and forget about it. These people's opinions should not matter to you.

RE: It's time to make English the official U.S. language (Justin Hayes, Opinion)

Scott says:

Justin, I agree with you that English, not American, should be the official language of the United States, and that includes Hawaii. Also, next time you write some b.s. paper or article, please take the time to get the proper and correct information. However, IF this is suppose to be in a "satire" form, you did poorly.

RE: Welcome, freshmen: Don't screw this up, we're watching (Matt Nix, Opinion)

JoeFann says:

After reading this, I initially thought this was a sad attempt at humor. This individual feels as though he is among an elitist class because he has spent a few years

in college. Okay, let's evaluate the situation:

1. Your rant shows that you are a child that still has no idea about anything other than what is spoon fed to you, as well as no real life outlook as to what the world really is.

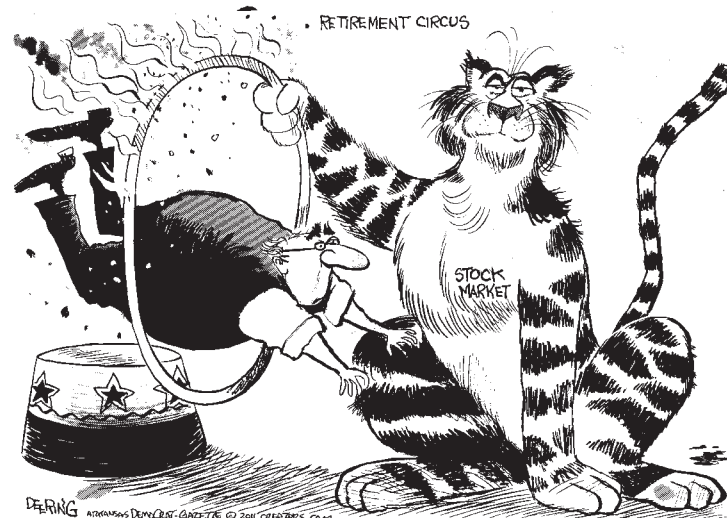
2. You did show that you could possibly offer what is needed, such as good advice concerning the parking decks, but instead you chose to move into berating the people who sit in class and ask questions. Who the hell are you to tell me when I can or cannot ask questions? Did you pay for my tuition? Are you in a hurry to leave the class? If so you can see the door as well as I can... use it.

3. You really wish to give advice on fashion? Did you somehow get placed in a supreme position of authority? Are you their mother? Father? Hell even if you were, you are suggesting that if they don't conform you your "ideal" of the "norm" then they are wrong...let me guess what political agenda you back up.

If you wish to compare life experiences, remember this: there are those in college that are freshmen that have traveled the world, been in war, had children, and done more things than your puny mind could comprehend...so please stop feeling superior, you are not the next step in evolution; though clearly you deserve the Darwin Award this year.

In short, you are a great example of a pompous ass and I am glad the freshmen can be exposed to one early in their college life, so they can be avid watchers of the unique species of the pompous ass.

And to the freshmen...do everything you can to annoy the F___ out of this guy and those like him... be unique...be yourselves!!



Attempt for world's largest human peace sign postponed until next spring

Michael Thomas
STAFF WRITER

Efforts to break a world record in the name of peace have been postponed. Junior and group creator Jessie Blowers said the group changed the date from the previously announced October date because of fire marshal regulations set on the number of people allowed on the new soccer field at once.

The field would not hold the proposed 6,000 attendee crowd along with the vendors, performers and "social justice RSOs" invited to add entertainment to the day as well as recognition for the peace theme, said Blowers.

Blowers said the attempt to create a world record-breaking human peace sign is now scheduled for one weekend next spring on the campus green.

"We want it to be about students getting involved, being active and taking a stance," Blowers explained. "I really think our generation is plagued with indifference... I want to encourage people to get out there and take action."

The changed date will also give Blowers and her team time to promote and plan more parts for the gathering.

"I want this to be an event where people can donate to a cause, volunteer to a cause or give back to a cause," said Blowers.

Although her core team only consists of three students, Blowers

herself has already proved to be an effective force when it comes to making things happen on campus.

Credited with playing an integral role in creating the Art History major here at KSU, Blowers was also the first student enrolled in the program. She speaks highly of her new partners who will be helping her with marketing and event entertainment.

"I've got a good team, and that's really exciting... we're movers and shakers so we'll get it done!" Blowers stated.

"It's more than just about creating a giant peace sign," said Dean of Student Success Michael Sanseviro. "It is about what we value... with respect to peace."

The KSU Peace Project was an idea brought about when Blowers, a KSU Peace Conference planner, was looking for a symbol to put on a conference advertisement.

Blowers said she discovered a picture of a previous human peace sign record online and brought the idea of breaking the record to the other Peace Conference planners. Although they agreed it would be a fun idea, it did not match the tone of the annual Peace Conference lectures, Blowers said. So instead of scrapping the idea, the group decided to create a separate event headed by Blowers.

With help from a handful of different parties involved with KSU, including Division of Student Success, her project moved far from a simple idea.



Sanseviro said the project is close to its last phase: getting the people.

The peace sign is the Peace Project's first big event, and Blowers said that if the event goes well, it will not be their last event of that nature.

Participation in the event is free and open to everyone. It is meant to inspire a sense of voice in participants.

For more information on the event, Blowers urges students visit the KSU Peace Project Facebook page. A Web page for the group slated to be published in no more than two months will be accessible from the group's Facebook page: <http://www.facebook.com/KSU.Peace.Project>

"We want it to be about students getting involved, being active and taking a stance."

—Jessie Blowers

PROWL Continued from Page 1

The festival included on-campus organizations such as the KSU Bookstore, the KSU Competitive Fishing Club, the Alumni Association, the Staff Senate, the KSU Peace Project and the KSU Health Clinic.

All of these booths were giving out freebies to the students such as t-shirts, cotton candy, bags, pens, cookies, popcorn, bumper stickers and novelty items. A few also had fun activities such as a giant game of Twister, a photo booth, a hotdog stand and a corn-hole game.



Ace Haney | The Sentinel

Members of the Harrison High School marching band play on during Homecoming festivities Sept. 30.

Nearing the end of the festival, Reggie Joseph, Owl Radio general manager, began announcing the Nest Fest Awards.

In the category of parade floats, Alpha Omicron Pi won in the Fraternity and Sorority category, RHA won for Resident Life and the Department of Resident Life won in the Department category. The Student Government Association won the "Yell like Hell" competition and the banner competition. Delta Phi Epsilon won the "Yell like Hell" competition and the spirit banner competition in the Greek category. All-in-all, the 2011 Nest Fest Champion was the Gamma Phi Beta sorority.

Soon after the announcement of the Nest Fest Awards, crowds made their way toward the stage to hear the band "The Maine" play.

Many people in the crowd were overheard saying they had never heard of "The Maine" before, but were overly excited to be exposed to something new and seemed very open and accepting to the concert.

"We should have more concerts on the campus green more often," said Katie M., an Exercise and Health Sciences major.

This year's Homecoming theme was "Kennesaw Classic: Paint the Town with Pride."

Fundraising for Relay for Life kicks off this month

Staff Reports

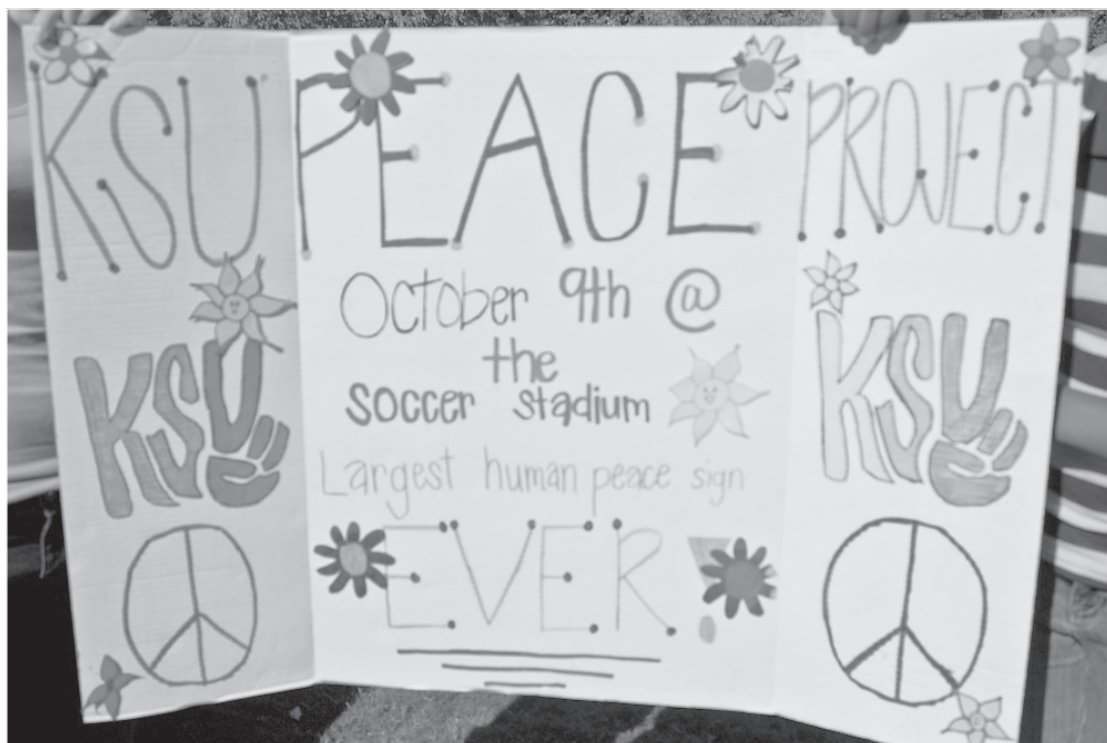
Get ready to kick cancer, KSU-style, as the official kickoff for the Relay for Life season on campus takes place on Oct. 18.

Starting at 5 p.m., The University Rooms in the Student Center will be filled with food, fun and entertainment as the American Cancer Society, along with the KSU chapter of Colleges Against Cancer, provide information to students, faculty and the community about the first annual KSU Relay for Life cancer walk.

Attendees to the Kickoff will get a chance to learn ways to get involved, including: creating their own team, becoming a team captain, being on the planning committee or walking in the survivor/caregiver lap at the event.

To raise cancer and Relay awareness on campus, KSU plans to "Paint the Campus Purple" with a weeklong publicity campaign prior to the Kickoff event.

Relay for Life is the top fundraiser for the American Cancer Society. According to the Relay website, it's a unique and fun way to help celebrate cancer survivors and increase cancer awareness both on campus and off as teams compete to raise the most funds and celebrate their fundraising efforts with an annual cancer walk.



Ace Haney | The Sentinel

Abroadening your horizons

Ditch your cell phone, stick to Internet to contact home while studying abroad

Christy Rogers
STAFF WRITER

Many students in my program suffered from homesickness. I, personally, did not. Sure, there were people I missed back home in America, but it didn't detract from my experience, and it certainly didn't give me a sense of longing or "sickness." I think part of the reason I rarely longed for the comforts of home was that contact home was so easily accessible. We live in a technologically advanced world that offers a myriad of options to connect with people all across the globe. What option, however, is the best one for a student living abroad for two or more weeks to stay in touch with their loved ones? Let's investigate your options.

Taking Your Personal Cell Phone

I would strongly suggest against (read: flat out discourage) this course of action. I can almost guarantee taking your personal cell phone abroad will be the most expensive thing you can do. Our director told us a great horror story about a kid who took his smart phone to New Zealand and used it to download maps, apps, movies and the like. Before his trip was even a week in he had racked up somewhere around \$3000 on his cell phone bill. (Not to mention how many people may call or text you, forgetting or being unaware of your trip abroad, jacking your bill way up.) It's a safer bet to just leave your personal cell phone at home, like I



Christy Rogers

did. Trust me, you can do it. I have an iPhone and I didn't miss it one bit while in Paris.

Renting a Cell Phone

I did this, but I kind of wish I hadn't. See, my parents are technologically impaired. By "technologically impaired," I mean getting my dad a Facebook was a six hour process that ended with a half complete Facebook page and several beers. So while I did invest in getting my parents a webcam, setting up Skype and writing down exactly how to use it, I figured I'd get a phone just to be safe. I went through a company called Piccell. They offered a great discounted rate for students to rent a phone. It ended up being more expensive than I expected, however; I barely used it and somehow my bill ended up being around \$70. That isn't much compared to the previous nightmare, but it's still more than I was willing to pay for a cruddy little green screen phone that I couldn't even figure out how to text on. If you want to go this route, read the fine print and compare rates. You may find you really don't need a cell phone at all.

Skype

My personal favorite. Honestly, why wouldn't you use Skype? It's free. You can see and hear the other person. And it's free.

Almost every single person on my program had Skype, and it is by far the easiest way to keep in touch with home. Even if your parents are technologically impaired like mine, as long as you show them how to answer a call they really shouldn't have any problems.

Facebook/E-mail

Of course, if you can't be bothered to get a webcam (or can't afford one), there's always Facebook (or other social networking sites) and your email. Facebook, like Skype, is free, as I'm sure you know. You can't see the person you're talking to or hear their voice, but if money is tight then it may be your best option.

Blogging

In addition to my rented cell phone and Skype, I chose to keep a blog. I would highly recommend you do this. I updated my blog each and every day I was in France and detailed everything that happened to me. Not only was it a great way for my friends and family to keep up with my adventures without my having to repeat the same stories a million times, but it also will give me something to look back on over the years and remember the little things that happened in between the big things that made my trip so fantastic.

Snail Mail

Let's be honest—this is not a good way to keep in touch with your loved ones who supported you in your foreign adventures. It will probably take a long time to get

there and then you have to figure out how to deal with the foreign post office. I would, however, recommend sending a few postcards to loved ones so they will have a cute little memento of your trip that has hand-written tidings of love enclosed. I found some absolutely adorable postcards in Paris. I actually kind of have a ridiculous collection of postcards now.

Beating Homesickness

It is entirely possible that I'm just a frigid person who is too wrapped up in myself to think about the people back home missing me. I would prefer not to think that way, however. For those of you who do end up feeling a bit homesick, my advice to you is to realize that you're experiencing a rare opportunity. It's totally okay to miss your family and friends, but don't let it drag your experience down! They want you to have fun, see the sights, and immerse yourself in a new culture and way of life. What will they say when they ask you to tell them all about your trip and all you can say is that you curled up in a ball and cried because you missed home so badly? Instead of thinking about how badly you wish your loved ones were there to experience the trip with you, focus on the new friends around you who can experience it! As Albus Dumbledore once said, "It does not do to dwell on dreams and forget to live." Don't waste your time thinking about how much better your trip would be with your loved ones there—get outside and live your life the way they want you to.

Depression screenings offered during Mental Illness Awareness Week

Jessica Sides
STAFF WRITER

Depression hurts, so why live with it?

KSU's Student Success Services' Counseling and Psychological Services will be participating in Mental Illness Awareness Week as they plan to do depression screenings and depression awareness events for students Oct. 4 and 6 at the Recreation and Wellness Center.

"We want to get out there and let the people know," Marion Chapman, a counselor at the CPS said.

On Oct. 4 there will be a masseuse, games and activities, Chapman said, "and we're focusing on Play for the Health of It."

"Play for the Health of It" revolves around the theme that even adults need to remember to play games and have fun, Chapman said.

It's about exercise, Chapman said, noting that exercise can help people get out of a funk.

Director of Counseling and Psychological Services Amy Westergren-Amlicke said she has been involved in KSU's events for National Screening for Depression Day since she first began working at KSU.

[NDS] is about being proactive, Westergren-Amlicke said. Last year we had about 150 people screened, and it's growing every year.

To be screened on Oct. 6, students, faculty and staff are invited to drop by the Recreation & Wellness Center where

there will be drinks and snacks.

According to Westergren-Amlicke, the screening process involves filling out a simple form that asks questions pertaining to the symptoms of depression, anxiety, and bipolar disorder. No one's personal information is required to be screened, unless the student wishes to continue with a follow-up appointment at CPS, which is free to students.

"They are completely confidential, Westergren-Amlicke added. Screenings are reviewed on-site and are anonymous.

Westergren-Amlicke also said the screenings do not diagnose mental disease or disorder but can lend insight into what is going on.

It's about the bigger picture, Westergren-Amlicke said. October 6 marks National Screening for Depression Day, which KSU has been participating for over ten years. Initiated in 1990, this annual event is meant to educate and inform people of the signs and symptoms of mental ailments like clinical depression, anxiety, and bipolar disorder.

KSU participates in Mental Illness Awareness Week's events to both screen for mental illnesses and to promote Student Success Services.

I'm shocked when I learn students don't know about [what we offer], Westergren-Amlicke said.

CPS services include psychological and psychiatric counseling and if a student wishes to, he or she may seek counseling at the CPS.

"We offer up to 16 sessions per academic school year," Chapman says, before pointing out that other universities may only offer four or five, and some charge fees.

If a student wants to, we can collaborate with the psychiatrists at the Health Clinic, added Westergren-Amlicke.

KSU has two psychiatrists on staff that may be consulted in addition to psychological counseling.

Psychiatry, though, isn't the only other option for KSU students.

Sometimes we send students to their general physician to make sure there aren't other factors contributing to their problems, adds Westergren-Amlicke.

Westergren-Amlicke said sometimes a student simply has something physio-logical, like thyroid imbalances, that contribute to, or mimic, symptoms of mental illness.

In addition to workshops and individual counseling, CPS also offers couples counseling (if both parties are enrolled at KSU), group therapy, books to loan out to students, etc.

KSU also employs a case manager to help students find therapists outside of KSU and can work with students' needs, like transportation, health insurance, etc.

Oct. 4 activities will be held from 10:00am-3:00pm.

Oct. 6 activities will be held from 11:30am-2:00pm.

Both will be held in the Recreation & Wellness Center atrium.

"It's about exercise, Chapman said, noting that exercise can help people get out of a funk."

RELAY Continued From Page 8

Team members each pay a \$10 registration fee and commit to raise at least \$100 dollars to support the America Cancer Society's research and ongoing education.

Teams can group together to raise funds through bake sales, car washes, sell services like pet-sitting and yard work; students can even host campus-community events like a Zumba-a-thon.

According to the ACS website, students are encouraged to think outside the box for fun and inventive ways their team can raise money.

Over 500 colleges nationwide host a Relay for Life on their campuses. This will be the first year KSU will host Relay for Life.

The annual overnight team event is slated for April 13 starting at 8 p.m.

Contributing Writer Whitney Lince contributed to this staff report.



LIP SYNC CONTEST

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2011**



Nikki Hope | The Sentinel

Counseling & Psychological Services
Invites All Students to:

**NATIONAL DEPRESSION
SCREENING DAY**

Where: Wellness Center

When: Thursday, October 6, 2011

Time: 10:00am – 3:00pm

For more information: 770-423-6600



Presents:

'The Untold Civil War'

Time: 6:00 p.m.

Date: Saturday, October 15, 2011

Location: Social Sciences
Building, Auditorium 1021



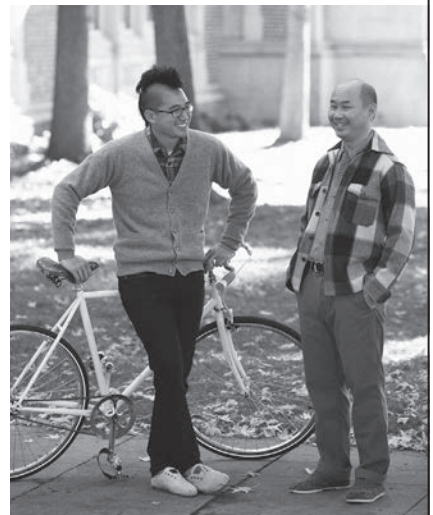
Dr. James I. Robertson, Jr.

Dr. Robertson, one of America's most distinguished Civil War historians, and author or editor of more than 20 books, will provide keen insight into many of the Civil War's more obscure events. Please join us!

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PASTRY CONTEST



Karen Rooker | The Sentinel



OWL PROWL



Top, Lizzie Smith, freshman, Rachael Hansen, sophomore, and Kaley Hill, sophomore, pose with Scrapy.

Ace Harney | The Sentinel



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The Career Services Center presents the Food for Thought Series this October and November with the focus on Careers in the Healthcare Industry and Veterans.

Food for Thought: Careers in the Healthcare Industry

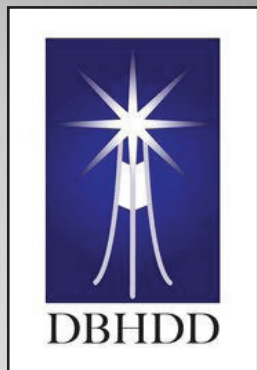
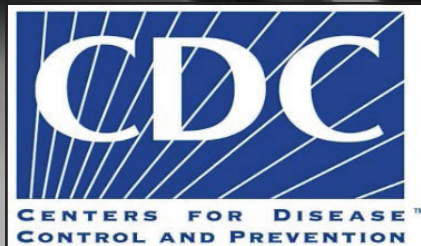
Come and learn about the many opportunities for all majors!

**October 13, 2011
12:30 -2:00 PM
University Rooms A-E.
Open to all majors**

Lunch will be provided for all attendees.

RSVP is required. Go to our Calendar of Events page to see the link.

**The Career Services Center
<http://careerctr.kennesaw.edu>
(770) 423-6555**

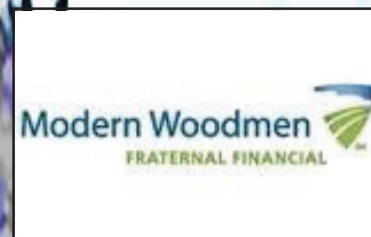


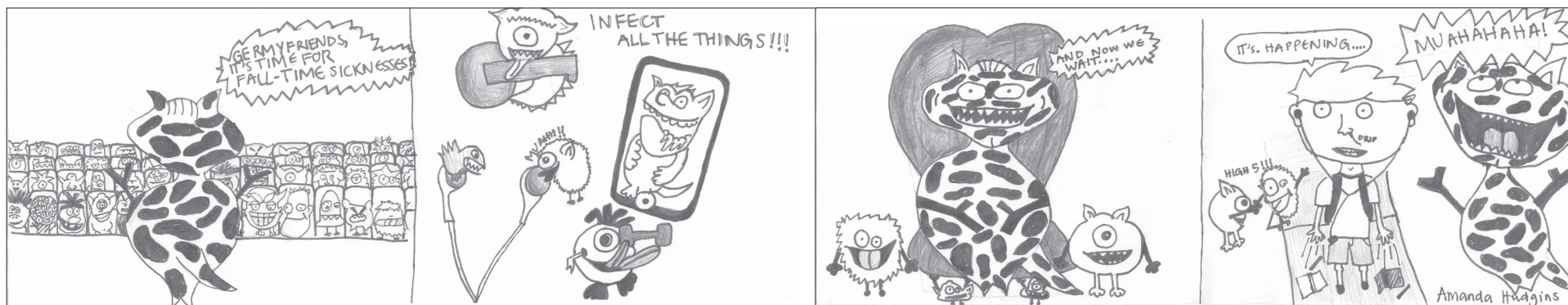
Food For Thought: Focus on Veterans

**November 17, 2011
12:30 PM-2: 00 PM
University Rooms**

Complimentary lunch is offered and RSVP is required. Please visit our website for registration under the Calendar of Events at

**<http://careerctr.kennesaw.edu>
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Horoscopes

October 3-9, 2011

Aries: March 21-April 19

Monday through Wednesday authority figures may ask for solid decisions. Detailed documents, timed contracts or legal permissions may be involved. Expect no hidden agendas here. For many Aries natives almost eight months of unreliable business promises will soon end.

Taurus: April 20 - May 20

Unexpected social delays or moody moments between loved ones may now be bothersome. Remain cheerfully distant and avoid asking direct questions. Before next week romantic partners and close friends will require added privacy.

Gemini: May 21-June 21

Repeated patterns and old love affairs are accented this week. Monday through Thursday expect complex memories or messages from the past to captivate your attention. Yesterday's choices will soon be proven accurate. Remain dedicated to current romantic and social obligations.

Aquarius: Jan. 20-Feb. 18

Loved ones may be introspective this week. Be patient and watch for sudden outbursts. At present deep thought will be followed with probing romantic questions or fast explanations. In the coming weeks long-term relationships will expand to include revised daily obligations, new roles or controversial home expectations.

Pisces: Feb. 19-March 20

Work contracts and business permissions may soon be cancelled. Over the next five days expect key officials to introduce complex adjustments or revised schedules. Financial promises are now best translated into written agreements. Ask for clearly defined terms and valid expectations.

Cancer: June 22-July 22

Social gatherings will this week provide delightful distraction. New friendships, quick job proposals and promising romantic introductions will now work to your advantage. Use this time to expand your emotional and financial resources.

Leo: July 23-Aug. 22

Outdated documents will now cause unnecessary financial delays. Refuse to postpone small or annoying duties. Over the next eight days long-trusted contracts may need to be redefined. Remain determined and ask key officials for detailed paperwork and new legal documents.

Virgo: Aug. 23-Sept. 22

Key business decisions from approximately three months ago may now require clarification. Authority figures or younger relatives will soon expect detailed records or written proof. Others may be temporarily unsure of their own choices.

Libra: Sept. 23-Oct. 23

Authority figures may provide misinformation or poor instructions over the next few days. If so, remain silently productive and rely on your own instincts. Hidden power struggles or private disagreements will trigger workplace tensions.

Sagittarius: Nov. 22-Dec. 21

Family obligations may soon be temporarily complex or draining. After Tuesday loved ones may challenge your opinions or request extra private time. Don't be unnerve. Before next week recent disappointments may need to be examined and resolved.

Athlete of the Week: Justine Young

Life as Justine knows it

Neha Ali
STAFF WRITER

Justine Young is now in her last year of playing volleyball for KSU. Like many seniors, she faces the same emotions, or as seniors call it “senioritis,” that affect us at some point in our college career.

After being asked what she was going to do after graduation, Young gave an honest reply saying she had no idea. Young hopes to attain her bachelor’s degree in psychology and work in a people-filled environment. “I love getting to know people on a personal level if they give me the chance,” said Young.

When the time comes and she has to say goodbye, Young will definitely miss the level of competition volleyball has brought to her life. One thing Young knows she will take with her after this season is over is her desire for fitness.

She also plans to marry her fiancé and hopes to follow in the footsteps of her parents, Jeff and Jolyn Young, who have been married 26 years. “We’ve been together three long years but it’s been good,” Young noted, smiling.

Outside of volleyball, Young loves to be outdoors. She enjoys physical activities and meeting new people, but she also adores spending time with her family. “We’re all really close even though we’re spread out across the country,” she admits.

Born in Sacramento, Calif., Young was raised with her older sister Jaeda and twin brother

Jordan. “I’m four minutes older,” said Young. She mentioned that her brother has always played the brotherly role. They both have an extreme amount of respect towards each other.

Like many twins, they sometimes share emotions and even finish each other’s sentences. Young confessed that he knows exactly what to say at times. However, she doesn’t let him forget that she’s the older sibling.

“There are times where I tell him remember I’m the older one,” she said. “I’m really attached to him, and I think he could say the same as well.”

Although Jordan has been one of the closest people to her, her sister Jaeda has also helped Young become the woman she is today. Jaeda has been Young’s source of encouragement and confidence.

“Jaeda was in America’s Next Top Model about five or six years ago,” Young said. Her sister’s experiences inspired her to continue to do what she loved, go out and not be afraid of new things.

After her 14 years in Sacramento, the Young family moved to Iowa where their mother had grown up. She described living in Iowa as a totally different atmosphere.

“I wouldn’t change my experience for anything; my parents are a huge part of the influence I’ve had in my life growing up,” said Young proudly. “Both of them had been in athletics so they were both very competitive. They gave me great advice and motivated me in ways that I can’t really describe.”

In Iowa, Young spent two years playing volleyball at Des Moines Area Community College. Here she learned that the level of competitiveness could be even greater. She also met her fiancé while attending DMACC. The next year of her life would be spent in Texas.

Young met many people attending Texas Tech University for less than a year. Even though she didn’t get much playing time, her care for volleyball grew as she experienced the atmosphere and competitiveness at the university.

Volleyball has become a stress reliever for Young. One thing she would be keen on changing about the sport is the lack of contact. Nonetheless, she still admires the competition especially here at KSU.

“I like the intensity and the



6’1”

Middle Blocker/Outside Hitter
Likes to work out
Has lived in Iowa
Has a twin brother

adrenaline rush I get when I compete,” said Young. The sport has helped her realize who she is as a person. One life lesson she has learned through the sport is that when you fall down, you just need to dust yourself off and get back up.

It is obvious to see that mentally and academically, volleyball has shaped Young as an individual.

“There have been days where I just feel like it’s too much but I look back and realize I’ve been through a lot because of it,” she said.

When asked if her height had anything to do with choosing to play the sport, she said with a laugh, “Yeah, possibly.” Young started playing the sport in 8th-grade where all her coaches persuaded her to continue playing volleyball.

For Young, volleyball has also helped her realize that just like teams can go through ups and downs, in life you can face ups and downs as well.

“I’ve learned that no matter what, I’m going to where I’m going and no one can stop me from getting there,” she said.

As she finishes her volleyball career this season, Young wants to thank her previous and recent coaching staffs from high school to college. “Darrel Koenen, Patty Harrison, Trish Knight and Karen Weatherington have all been a huge impact from being my coach, to some even playing a mother role. They’ve been there to help me grow as a student and an athlete. I appreciate them and hope the best for them.”

Young and the rest of the Owls volleyball team will face Stetson University at the KSU Convocation Center on Oct. 7 at 7 p.m.

Cross country coach Stan Sims announces retirement

Michael Foster
SPORTS EDITOR



Stan Sims

KSU athletics has made leaps and bounds in the past few decades, but blue collar attitude has and will always embody the spirit of the former small, community college in the hills of Kennesaw.

No head coach at KSU represents that small school, small town identity

more than cross country coach Stan Sims. Sims, who began his coaching career at KSU in 1994, announced on Sept. 1 that he will retire at the conclusion of this season.

With his departure comes the highlight of a legacy that not only reminds of us of the humble beginnings of KSU, but also emphasizes the progressive and successful direction KSU athletics is heading in.

Sims coached the cross country teams to 22 conference championships in just 18 years of coaching, including three titles in the Atlantic Sun Conference since Division I play began for the Owls in 2005.

His 2005 women’s team was the first team in KSU history to win a Division I conference championship, and his current men’s team is defending a conference title for the second year in a row.

He has also seen four individual runners win national titles.

For such an impressive resume, one would assume Sims came to KSU as a prestigious and well renowned head coach.

However, Sims’ background was quite different.

“I was just a guy in the right place at the right time,” said Sims. Not only that, Sims admits he wasn’t even thinking about athletics when he came to KSU.

“Working with the athletes is great, but it’s just the miles the work puts on you. No pun intended.”

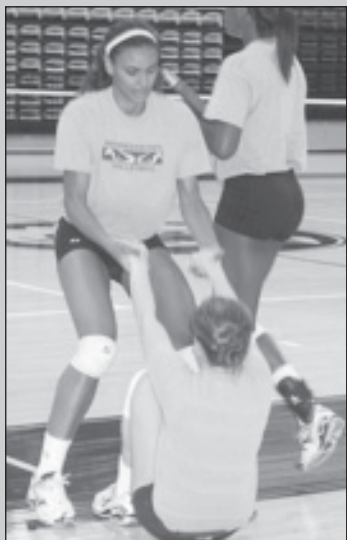
“I’m a math professor. Not a trained coach like most of the people around here,” said Sims.

Sims’ initial involvement with the school was within the field of academics. He received a master’s degree in mathematics from the University of Florida, and taught at Cherokee High School in Canton, GA from 1975 until 1992, when he came to KSU as a professor.

Sims became an assistant coach in 1992 and eventually took over as head coach of the cross country team in 1994—the first year KSU competed in the NCAA.

His first season was surprisingly successful, as the men’s and women’s teams won conference championships in the Peach Belt Conference. Sims was given the coach of the year award by the conference—an award he would receive seven more times during his career.

Despite Sims’ personal list of successes, he clearly takes pride in the athletes he has coached. When asked about his most memorable part of being coach at KSU, Sims turned to the corkboard at his desk, which is completely draped in newspaper clippings that feature the plethora of successful runners he has seen through the years.



Neha Ali | The Sentinel

Senior volleyball player Justine Young lends her teammate a hand at practice.

AD Williams plans to take athletics to the next level

Michael Foster
SPORTS EDITOR

KSU's newest athletic director, Vaughn Williams, is entering his first fall at KSU with a mission to increase the statewide and national perception of the school and its athletic program.

Williams, who served six years as the associate athletic director at the University of Connecticut, was appointed as athletic director on May 2, 2011 after a nine month search following the departure of former athletic director Dave Waples.

Waples directed KSU sports for 23 years and helped take the program from the National Association of Intercollegiate Athletics to the National Collegiate Athletic Association.

Williams takes over the task to continue that elevation. In 2009, KSU's 16 athletic teams all began play at the Division I level in the NCAA, as part of the Atlantic Sun Conference. That transition began in 2005 during Waples' tenure.

The switch to Division I was motivated by the amount of success KSU sports had at the Division II level, which it began competing in during the 1994-1995 season.

"We've had great success at the Division II level, and already in Division I and in the Atlantic Sun Conference we are academically, in the community and athletically at the top of the league," said Williams.

KSU won five national championships between 1994 and 2005. The baseball team took the title in 1996, men's basketball in 2004, women's soccer in 2003 and the softball team in 1995 and 1996.

Williams' two highlighted tasks for his first year at KSU were to hire a new head basketball coach and lay the groundwork for the development of the football program, which is expected to arrive in the fall of 2014.

However, Williams' has a to-do list that expands into a new realm of interest and engagement in KSU sports, including a new, strong, and proud relationship between the athletics and student body.

"We are all part of the university," said Williams. "I use the word engagement. It's very important with the student population. I think that's one of the things that we can offer. The athletic director doesn't need to always be sitting in his office. I want to get to students, speak to student organizations, speak to student groups, support student clubs. If we can support each other that is going to create that strong type of environment and synergy we want here at KSU."

The basketball coach Williams hired last spring, Lewis Preston, has already begun that process, along with Williams and associate athletic director, and as softball coach Scott Whitlock. Williams said he, Preston, and Whitlock took the opportunity during orientations to talk to students and their families.

They are all pushing for a fresh and proud

interest in KSU athletics, which is evident in one of the school's slogans, "Black and Gold. Proud and Bold."

Preston was featured in a video displayed on KSUOwls.com, in which he gave students in the dining hall a hard time for wearing collegiate gear that wasn't KSU's.

Williams supported Preston's interventions. "When we see a student with another school hat, we're giving them a [KSU] hat," Williams said. "We're talking about the Black and Gold. When you see another school shirt, we say 'Hey, why are you wearing that shirt? This is Black and Gold country now. Here's a [KSU] t-shirt.'"

This newfound involvement and engagement with the university is something Williams thinks is vital to KSU's process of taking further steps in development within their transition from D-II to D-I.

The new athletic director is familiar with schools making transitions. Williams saw a new football program at the University of Connecticut jump from the D-II to D-I level to winning their conference in 2010 and playing in a Bowl Championship Series bowl game.

While at the school, Williams was in charge of designing and coordinating facility improvements, which included the development of a brand new football practice facility. Williams said, from his experience, both schools have been in the same place and thinks the future at KSU is bright.

"In the early '90s, the belief and vision

people had at UConn was similar to what I believe the vision is here. So, the adjustments really have to do with the resources we have," Williams said. "It's not too much of an adjustment when it comes to collegiate lifestyle. We have some great student athletes here, and just like Connecticut we have great people here with a big vision of excellence. Those things remain the same between both institutions."

KSU's fall sports teams are already representing the school well. Its volleyball team was projected by coaches in the conference to place second out of 10 teams. The cross country team and men's and women's golf teams have prestigious athletes. Also, the women's soccer team plays their home games in a state-of-the-art soccer complex.

The KSU Soccer Stadium, in its second year of existence, will host the NCAA Women's Soccer Championship later this year.

Williams know these things are important, and has invested interest in not only raising the perception of athletics, but also the school as a whole.

"KSU doesn't want to be kept a secret," Williams said. "We have our part to play in the mission of the university, without a doubt. We want to make sure that when people come to our games they see the highest level of character and integrity."



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**SIMS** continued from Page 13

He mentioned just about every runner featured on the wall, grinning from ear to ear with each mention.

"Instead of looking at a precise moment, you look at particular athlete you had. You can look back and think, 'man, that runner was a good one,'" said Sims.

Because of KSU's smaller stature and national perception, Sims had to be creative in finding ways to get athletes.

"In 1994 I sent 1,700 letters to Canada and got about four or five really good runners from Canada who didn't care about if it was Division I or Division II. They just wanted to run. In the first year we won both the men's and women's conference championships, and our men scored a perfect 15, and we have not looked back since then," said Sims. "That has carried us a long way, because people want to be part of a winning program. People started to seek us out."

Aside from recruiting at a national level, Sims also found success with recruiting local runners.

Sims said one of the best parts about coaching here was seeing the development of runners from the time they came to the time they left.

"I'd get local guys who were running 16:30s in high school, and by the time they left here they were running under 15 minutes for 5k. All three of those guys became All-Americans. They weren't highly recruited, but we just took a chance on them in high school," said Sims.

Sims might be regarded as the most successful current athletic coach here at KSU, but you would never know it from his "aw-shucks" type of presence.

As a man who served in the Army, and has taught math for over 30 years, the success of his coaching career is credited to the athletes and assistant coaching.

"I got myself some good runners, found out what they did to make them good runners. I had good assistant coaches too who probably knew more about running than I will ever know," said Sims.

While Sims' accolades and track record might indicate otherwise, he's a laid back and joking personality.

"I'm 64 years old," said Sims, regarding his retirement. "Working with the athletes is great, but it's just the miles the work puts on you. No pun intended."

Sims also adamantly defends the grind of being a cross country runner. He was an offensive tackle for his football team in high school, but said being a runner is so much tougher.

"The thing about football is you don't know whether you are going to feel pain or not when you go into a game. Running is different. When you are a cross country runner, you know at the start of the gun that you will feel pain," said Sims.

Sims announced his retirement at a press conference earlier this month, saying, "I am truly humbled by my time spent here at Kennesaw State."

"I have had so many people carry me on their shoulders through the years and I am so thankful for the opportunity that was given to me."

Stan Sims came to KSU as a math teacher when the school was barely known by the people of the metro Atlanta area, let alone the nation.

Now, Sims leaves KSU as a highly regarded Division I athletics coach that has defied the odds, and has proven what hard work and dedication can bring to the life of a student athlete.

"I'd like to think it was coaching, but it wasn't. All I do is hold runners accountable. It comes from the athlete. I've been blessed to have some really good athletes and assistant coaches, that way I can take all of the credit," Sims said jokingly.

## This week in sports

**Michael Foster**  
SPORTS EDITOR

**Volleyball:** The volleyball team added two victories to its conference resume this weekend with 3-1 wins against University of North Florida and Jacksonville University. Alyssa Lang, Justine Young and Sara Metroka each recorded double-doubles in the first match of the weekend. The team's overall record now stands at 7-12 (2-2 in A-Sun).

**Women's Soccer:** KSU's women's soccer team struggled in Jacksonville with losses to Jacksonville University and University of North Florida, dropping both games to the tune of 1-0. KSU's overall record is now 5-6-1 (1-3 in A-Sun).

**Cross Country:** The men's cross country team finished in 19th place, while the women's team finished in 27th place at the Louisville XC Classic in Louisville, Ky.

The men's team finished ahead of conference foes Belmont University (21st) and Mercer University (27th), with junior Nabil Hamid leading the way. Hamid finished 27th out of 240 runners.

The women's team was led by freshman Vicky Winslow, who placed 33rd out of 258 runners.

**Men's Golf:** The men's golf

team competed in the Golf Week Challenge in Burlington, Iowa. The team struggled, finishing with an overall score of 30 over par. Senior Matt Nagy, however, took home the Atlantic Sun Conference men's golfer of the week honors with his performance, shooting 68-75-75.

**Women's Golf:** KSU's women's golf team finished in 8th place at Bettie Lou Evan's Invitational in Lexington, Ky. They posted a team score of +92, with junior Ket Preamchuen finishing in 10th place and freshman Lea Charpier finishing in 14th place.

**Men's Tennis:** The men's team took two titles at the University of Tennessee at Chattanooga Steve Baras Fall Classic. Senior Tyler Mills took the singles title, while senior Simon Janik and freshman Alexander Pena won the doubles title.

**Women's Tennis:** KSU's women's tennis team had a very successful outing at the University of Tennessee at Chattanooga Steve Baras Fall Classic. Senior Vera Shkundina won all four of her singles matches, and is undefeated in singles play for the year. Sophomore Alexandra Apostu and junior Therese Lagerkvist each won a singles title, and freshmans Jana Hueckinghaus and Tamara Plocher combined to win a doubles title.

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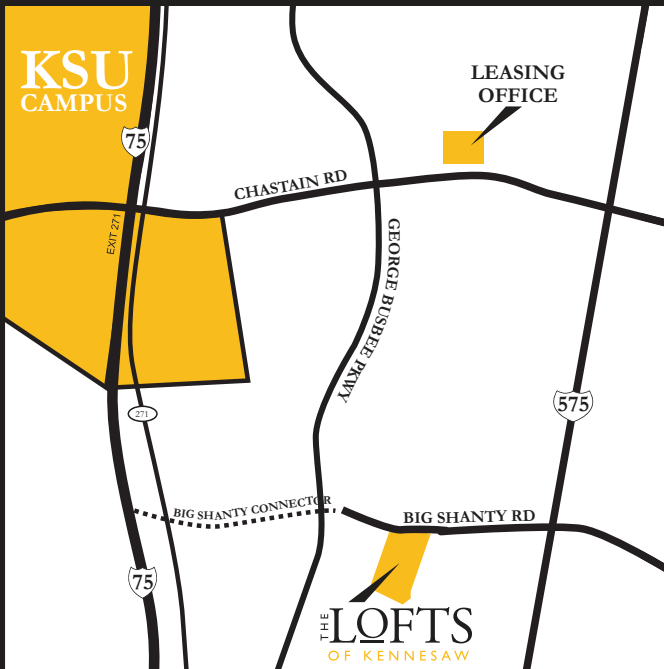
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