

THE SENTINEL

OCT. 21 2014

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FINDING HOPE IN DEPRESSION

Photo Illustration by Matt Boggs

Sierra Hubbard Staff Writer

Kennesaw State University will celebrate "Finding Hope in Depression Week" from Oct. 20 through Oct. 24 with daily activities for students on campus organized by the Counseling and Psychological Services.

"This is our attempt at doing a large-scale, outreach, prevention-based program for the campus community," said Dr. Quaneecia Rainey, staff psychologist and Coordinator of Outreach Services. "The literature says that very few students are going to actually come into the counseling center to seek services. So the best way for us to reach the most amount of students is to really be out on campus, engaging students, doing outreach and prevention work."

The week is full of scheduled events to help promote awareness about depression as well as the many issues that college students face. There is even some coverage about suicide.

"We don't want to just hit them over the head with information about depression," Rainey said. "We want to get them engaged in a fun activity but, while doing that, talk to them about warning signs and symptoms of depression and how to manage it, and really use the activity as a modeling of what you can do to help manage your stress."

Monday will be spent playing old-school board games on the Student Center Patio to give students some time to relax, including classics like Operation,

Candyland, and Jenga.

"Tuesday we're actually partnering with the Art Education Association and so we're going to do an art project," Rainey said. This event will be held on the Student Center Patio from 11:30 a.m. until 3:00 p.m.

"We're kind of tapping into that whole art therapy world by having an art project that students participate in, have some fun, and relieve some stress."

Wednesday is called "Owls Know" and students will have the opportunity to spend two minutes and take a free depression screening. Counselors will be available to discuss results, schedule appointments, or just talk. Stations will be set up in the

Commons, at the Student Center Patio, and in the Social Sciences Lobby.

Thursday evening, a documentary video will be shown to teach students more about depression in college students and also tap into the topic of suicide. For "Owls Learn", the movie will be screened in Room 1021 of the Social Sciences Building at 5:30 p.m.

"On Friday, we've partnered with Sports and Recreation to do a yoga class," Rainey said. "So we're going to focus on breathing and meditation through yoga on Friday."

Dr. Rainey believes the events allow students to associate the counseling services with something good. "I think the impact is more

about letting students know that we exist and, if you've ever have a problem or you're ever experiencing some sort of mental health issue, now you know where to go and now you've hopefully had a really good experience with a counselor," she said.

She also sees the importance of creating a bond to make people feel more comfortable. "We very frequently give students our names when we make the connection with them at one of our events," she said.

The next event on the calendar for the Counseling and Psychological Services held from Nov. 3 through Nov. 8 is Homelessness Awareness Week.

NEWS

DEFINING DINING DOLLARS

James Sears Staff Writer

Kennesaw State University's Culinary and Hospitality Services has made some changes to student's meal plans this year including Dining Dollars and expanded

meal plan availability.

KSU Dining Dollars have now been implemented as part of student's meal plan.

"This will ensure that students are able to utilize their meals

in The Commons while also enjoying the freedom to use the Dining Dollars portion of their meal plans at each of our seven on-campus eateries," said Robert Nolen, Associate Director of

Culinary & Hospitality Services.

Despite the expansion of meal plans to more eateries and the incorporation of Dining Dollars to meal plans, the issue of meal plan "swipes," that is, the amount of times students can eat at an eatery, not carrying over into the next semester still lingers.

"If the swipes that you pay for [are not used], they should ... carry over and be added to the next amount of swipes ... for that semester," said Junior accounting major Douglas Bohn.

However, some students think the merging of Dining Dollars and swipes are convenient.

"I like how you get a plan that automatically comes with Dining Dollars and swipes," said senior Exercise Science major, Alison King.

Senior international business major Emma Ford said she likes having Dining Dollars now because the Delancey NY Deli in the Student Center no longer accepts swipes.

When asked about the possibility of swipes carrying over into the next semester, Nolen said what is left of a student's fall semester dining dollars can be used during the spring semester. He said however, swipes will not carry over because the meal plans are necessary for funding the Commons.

"The meal plan requirement also serves to fund the construction and operation of the dining hall, which is financed in a very similar fashion to a 30-year mortgage on a house," Nolen said. "As the meal plans are designed to be utilized within one semester...any unused meals remaining will not roll forward to future semesters. That said, unused dining dollars from the fall semester will roll forward through the end of the following spring semester."

In May 2014, Culinary and Hospitality Services expanded

the meal plan to more eating places on campus, which previously only included The Commons, Delancey NY Deli and The Hoot. Since the expansion, the meal plan now applies to eight locations including Hissho Sushi, Burrito Bowl, Freshëns, Starbucks and Jazzman's Café.

"Culinary and Hospitality Services has received quite a bit of positive feedback regarding the expansion of meal plan availability to all these venues," Nolen said. "[We look] forward to providing our students similar service with a combination of both meals and Dining Dollars in years to come."

Along with additional Dining Dollars and new eateries, students will need to purchase soft drink refills.

Students were accustomed to free refills in the Student Center, but this semester the Coca-Cola Freestyle machine now charges them for a second filling. Nolen said refills were never free.

"Free refills were never available in the Student Center; but in the past, we found that many customers were simply refilling their cups and bypassing the cashier without paying," Nolen said.

Nolen said the new refill system allowed the reduction of refill prices from last year's price of \$0.99 to \$0.70 per refill. The Coca-Cola Freestyle machines, which were previously located near each eatery in the Student Center, has been moved closer to food court seating. Nolen also said the new system reduces waste by having students pre-purchase refills and use only one cup instead of purchasing multiple cups for multiple refills.

"The addition of new technology in the freestyle machines helps fulfill our commitment to sustainability through the reduction of waste," Nolen said.

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POLICE BEAT

Stuart Morison Staff Writer

Police Beat is compiled weekly from Kennesaw State University's Safe and Sound Police public records. Names are removed for privacy.

POLICE DOG ON BOMB DETAIL

Officer Jackson received a call from the Cobb County Police Department K-9 Unit in reference to assisting with a bomb threat at a Home Depot in Austell on Oct. 9.

He arrived on the scene and assisted with finishing a sweep of the parking lot, then was asked to search a few areas with the police dog, K-9 Amar.

K-9 Amar showed some interest in one area; however, he did not go into trained final alert.

K-9 Amar was later deployed on a Chevrolet Suburban, and he went into a final trained alert on the vehicle. Another officer requested that K-9 Amar sniff the vehicle to confirm the alert. K-9 Amar had a noticeable change in behavior when approaching the vehicle and began sniffing the vehicle on his own. The other officer advised that based on the behavior of K-9 Amar and other dogs alerting on the vehicle that it was a possible safety concern.

The Cobb County Bomb Squad was already on the scene and deployed to investigate the vehicle by this

time. The bomb squad did not find any devices in the vehicle. K-9 Amar was deployed once again but did not show a change in behavior.

The dog did not go into a trained final alert when sniffing the items, but he did have a change in behavior and breathing in the same area as before when the vehicle was closed up, though not as strong as before. An officer spoke with the driver of the Suburban after the check was completed. The driver said her husband works in the textile industry, and that they had transported carpet and wood flooring in their Suburban within the last weeks.

The officer said that there is new information that some textiles have some of the same component make up as Trinitrotoluene or TNT. Officers were unable to confirm what the dogs alerted to, but all four dogs alerted on the same place on the vehicle.

KSU UNVEILS PRESCRIPTION DRUG DROP BOX

Dayna Thompson Contributor

Kennesaw State University unveiled a new prescription drug drop box earlier this month. The drop box is located inside the KSU Department of Public Safety. Its appearance is similar to a postal mailbox, and it allows students, staff, faculty and the Kennesaw community to safely dispose of unwanted prescriptions and medications in an anonymous way at any time. The drop box is an environmentally friendly alternative to at home disposal because it environmentally friendly, thus keeping drugs from entering water systems and landfills.

The "Think About It: Prevent Rx Drug Abuse" campaign raises awareness about prescription drug abuse and is sponsored by The Medical Association of Georgia Foundation who donated the drop box to KSU.

When asked about how the KSU community is responding to the drop box, Teresa Wren Johnston, Director of the Center for Young Adult Addiction, said the feedback has been great.

"We have had positive verbal feedback by students, staff and faculty," Johnston said. "The interest and support for the work of the Center for Young

Adult Addiction and Recovery and for the Alcohol, Tobacco and Other Drug Coalition has increased; and the campus and greater community has developed greater insight and awareness into the RX Drug epidemic."

In terms of KSU's acceptance of the drop box, Johnston said, "The goal is to inform and educate our students, staff and faculty that we should dispose of old or excess prescription drugs so that we aren't tempted to self-medicate later or leave them exposed in a bathroom or kitchen cabinet."

KSU's Center for Young Adult Addiction and Recovery offers addiction education and intervention programs. Both individual and group support is available at request.

Students with any concerns regarding prescription drug abuse can contact Kennesaw State University's Center for Young Adult Addiction and Recovery Monday through Friday, 8 a.m. to 5 p.m. Their office is located in University College, Room 222. They are also available by phone at (470) 578-2538 and by email at recovery@kennesaw.edu.



KSU's new pill drop box is located inside the Department of Public Safety.

Matt Boggs | The Sentinel

OWL EVENTS

Kaitlyn Lewis
News Editor

Don't miss any OWL Events! Check back each week for a new calendar of KSU's upcoming events. Don't see your event? We want to know! Please send event information to newseditor@ksusentinel.com

Tuesday

21

- **Salsa Dance Club Meeting**
9:30p.m.-12:00a.m.
Student Rec and Wellness Center Room C153

Wednesday

22

- **Fall Farmer's Market**
12:00-4:00p.m.
Campus Green
- **Swing Dance Lessons**
5:00-8:00p.m.
Social Sciences 1019

Friday

24

- **Did Feminism get it Wrong? Debate**
1:00-3:00p.m.
Social Sciences Auditorium
- **Owls Arrive Alive**
3:00-5:00p.m.
Campus Green
- **Dia de los Muertos**
7:00p.m.-12:00a.m.
Student Center, University Rooms

- **Into the Woods Performance**
8:00-10:00p.m.
Stillwell Theatre, Wilson Building room 130

Saturday

25

- **Owl-O-Ween**
4:00-10:00 p.m.
KSU Sports & Entertainment Park



CYBER THREATS: Even KSU is vulnerable

Special Agent Mark Ray speaks about cyber threats and cyberbullying.

Grace Toso | The Sentinel

Kaitlyn Lewis News Editor

Computer science and information security majors came to Kennesaw State University's fifth annual Cyber Security Awareness Day event, which was held Oct. 16 in the Clendenin Building.

The event featured many speakers who have worked in the information security field through organizations like the

NSA and the FBI.

The event was a great way for interested students to learn more about the fields they are pursuing, and the speakers shared their insight and advice with these students.

Stephen Gay, University Information Technology Services (UITS) director, said Cybersecurity Awareness

Day was created to engage the entire KSU community in understanding the basic information security practices and the role each member of the community plays in ensuring the security of information.

"Since the first event in 2009, the target audience has been extended to include the larger

KSU community and we are proud to count SPSU students as attendees in 2014," Gay said.

Not only did students learn about the opportunities in the information security field, but also the importance of it.

One of the event's sessions, called "Identifying and Countering Advanced Cyber Threats," informed students on the many cyber threats they could encounter, as well as cyberbullying.

"The scariest thing is that kids are targeted online," said Special Agent, Mark Ray, from the FBI. In the presentation, Ray said 45 percent of parents do not monitor their children's online activity, and one half of children ages 9 to 14 have been bullied online.

"I think in college, we're not dealing with [cyberbullying]," said Tyler Forbes, a KSU student majoring modern languages and culture.

"The real problem is that people don't know how to handle it," added international affairs major Onyeka Aniemeka.

One of the biggest cyber threats KSU students and faculty are currently facing is phishing emails, Gay said.

"A typical scenario is: a student receives an email warning of account termination, courses being dropped or another similar threat unless corrective action is taken," Gay said. The email may ask you to respond with your username and password or click on a link to provide the same information.

"If the unsuspecting student provided this information, their email account is typically

compromised within 15 minutes and used to send more malicious emails to everyone within the address book," Gay said. "UITS will never ask for your password and any questionable emails should be forwarded to abuse@kennesaw.edu for analysis and corrective action as needed."

Another place where college students are vulnerable to cyber threats is social media.

In October, a KSU student was "catfished" by social media hackers, CBS46 reported. Hackers used her social media profile to create a new profile through which they communicated to their victims, who believed the hackers were helping them get cash. When CBS46 investigated the profile, it was found to be false; and the hackers' identities were protected.

"The ease of social media account creation," Gay said, "coupled with the anonymity of the internet, makes for a powerful tool which some people choose to use for illegitimate purposes."

Through Cyber Security Awareness Day, students learned that hackers attack in many different ways. One presentation showed a list of retailers which hackers have used to steal customer credit card information.

Chris Grayson, a security analyst for Bishop Fox, spoke about "the real cost of free apps" in his presentation. Grant Wagner, the technical director of Trusted Systems Research Group in the NSA, informed students on how to enhance their mobile security.

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FOOTBALL

A JUSTICE SYSTEM

Ashli Howell Staff Writer

Football may not be America's past time, but it is America's heart.

Football has become an integral part of American culture and it doesn't take much to realize how true this is. On Oct. 16, Georgia Gov. Nathan Deal and his midterm opponent, Jason Carter, went to battle over who supports the University of Georgia's recently-suspended football star, Todd Gurley, with more conviction; as if they didn't have more important or pressing issues to address.

Even more troubling, however, is a recent report by the New York Times titled At Florida State, Football Clouds Justice, written by Mike McIntire and Walt Bogdanich. The article alleges that, upon investigating police records and reports, "Police on numerous occasions have soft-pedaled allegations of wrongdoing by Seminoles football players. From criminal mischief and motor-vehicle theft to domestic violence, arrests have been avoided, investigations have stalled and players have escaped serious consequences."

The authors of the article also spoke with Gerald Gurney, former senior associate athletic director at the University of Oklahoma, who said, "Too often, that relationship between the athletic department and local law enforcement is too close, where we lose objectivity and lose the ability to have a fair investigation if these students are athletes. Why? Number one is the love of the sport, of college football and the public's attention to it, and the celebrity of the head coach and celebrity of the athletes."

These problems exist at all levels of the game, from high school to the NFL. In fact, at Sayreville War Memorial High School, seven players have been

accused of a locker room ritual that involved sexual contact. The football season has been suspended and it is believed that what players and parents in this New Jersey town call "hazing" may not have been limited to the current season, but conduct that occurred in past seasons as well. A student who spoke to the New York Times on conditions of anonymity out of fear of retribution, told the newspaper that he was told by the junior varsity players that the same "hazing" rituals had been done to them when they were freshman and that the younger players would just "laugh it off."

Football now supersedes justice, education, and safety. Ray Rice, after a video surfaced of him knocking his current wife unconscious, escaped the typical criminal charges that accompany violence of this kind. According to TMZ, who spoke with some of the prosecutors from the Atlantic County Prosecutors Office under conditions of anonymity, said, "If there is violence or even the threat of violence by the perpetrator, prosecutors almost always object to a PTI (Pre-trial intervention, which lessens charges for first time offenders) and judges always follow the prosecutors wishes". Another prosecutor added, "Never did I see a case this violent get PTI. It's off the charts abnormal". Yes, he was suspended indefinitely from playing for the NFL, but his suspension was met with harsh criticism and the NFL Players Association has appealed the decision.

Football has also corrupted the college education system. This is not to say that many college athletes do not take their education seriously, but according to The New Republic, close to one-third of Division I football players

never graduate from college. It seems that for universities with football programs, college is less about education and more about playing on Saturdays. Universities also spend significantly more on football players than they do other students. According to Andrew Zimbalist, a top sports economist at Smith College, schools in the SEC spend close to 12 times more on student athletes as they do on the average student.

Football also puts players in a position where one in three players can expect to develop long-term cognitive problems and have a higher rate of severe brain damage. The NFL released these findings after years of disputing any evidence of increased risk of brain injury, in federal court documents following the lawsuit involving five thousand former players. The report, from data prepared by actuaries hired by the NFL, confirms what many doctors have been saying for quite some time, "... playing football increases the risk of developing neurological conditions like chronic traumatic encephalopathy." According to the Sports Legacy Institute, chronic traumatic encephalopathy is associated with confusion, paranoia, memory loss, impaired judgment, aggression, depression, and progressive dementia.

I can't help but be concerned about the possible changes in the culture here at KSU that will likely accompany the football program. While the KSU football team is brand new, my only hope is that KSU stays committed to its mission statement to enhance student success, improve institutional quality, and respond to public demand for higher education; not football.

OWL YAKS



Owl Yak is a compilation of The Sentinel's favorite student comments from the anonymous Yik Yak app. Check each week to see if you made it (Just don't tell anyone!)

"Help! I've fallen and I can't get up!" ALL. GPA'S. SHOULD. HAVE. LIFE ALERT.

Life is too short to eject USB safely.

When you skip your 8 a.m. then the teacher emails you saying sorry for missing class.

Walked by Owl radio and they were playing Dropkick Murphys. Sick!

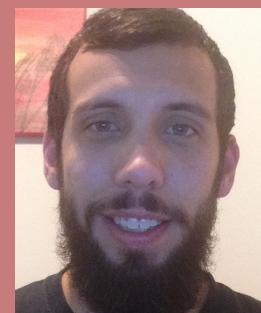
So has avoiding eye contact always been a thing? Or is our generation just awkward?

I wish I could bring a box of Kleenex in and get extra credit like I did in elementary school.

Crocs are a great form of birth control.

Debating on whether or not I should use a swipe just for ice cream.

HE AND SHE FOR ALL



Matthew Palminteri Contributor

I will first make a true statement: the genders are not equal. No matter how we slice it, men and women are just not the same. I write this because it is the basis for my counter argument against Ashli Howell's opinion piece of the September 30 issue of The Sentinel.

As human beings, both men and women have a fundamental equality in regard to life, liberty and the pursuit of happiness. All human beings are equally valuable, and we have said value in virtue of the fact that we are human. Size, development, gender, and race have no bearing on our value as members of society.

Our rights are both recognized and protected under the Constitution, thanks to the hard work and dedication of many reformers, to include the feminists of the 20th century. The feminist movement now, however, is quite different. I can honestly say that where we stand in history right now, I can find no fundamental inequality

in western culture between men and women.

Although all humans have this fundamental equality, there is an inherent inequality that exists between the genders. Men and women are physiologically different, and it does not stop there. For as any biochemist will tell you, "structure dictates function." Our fundamental biological differences not only make us look different, but the two genders typically think differently as well. You might say, "Well, you see, this is all just a matter of societal construct." True, some of our conventions are arbitrary, but ask yourself why and how many of them came to be in the first place.

Why have men always been looked upon as the "warrior class" throughout human history? Does it have to be that way? Not necessarily, but could it be that men are in fact innately more aggressive? Why are they more aggressive? Is it bad parenting? Perhaps it is simply a matter of biology.

This is not to say that we are somehow purely deterministic, amoral creatures guided by nothing but chemical reactions, but to ignore the biological truth because it makes for politically incorrect speech seems intellectually dishonest.

As an example, the average man is significantly stronger than a woman. Men are more aggressive, and this is no social construct, but a biological fact. Women tend to be nurturers and care givers, which biologically makes sense because they are the ones who give birth. At first glance this seems obvious, but ask yourself why it is that the moment a person goes to college they somehow forget the most obvious of lessons. You have to be taught that we are the same, no differences whatsoever.

This is what we will call equality. This is what the new feminist movement represents; the absolute prohibition of any recognition that the sexes do in fact differ in some ways. It is this crusade to sacrifice

common sense and free speech at the alters of "tolerance" and "political correctness."

Ashli states in her column that, "while I believe we've made great strides towards gender equality here in America, gender inequality still persists." I take issue with this claim, because it could not be further from the truth. In her article, she chooses not to offer any actual evidence or particular examples of extant inequality. But looking at our current culture, I cannot find a single segment of society where men and women are not equal.

However, a quick look at many of the other countries (many of which hold key positions in the UN) in the world will show us various examples of theocracies and tyrannical regimes, which do in fact withhold the fundamental rights and opportunities readily available to any woman living in a democratic nation. These are the places where you will find high levels of women who are illiterate. This is why we must

promote democracy throughout the world, because it will be the best way to affect change in these women's lives.

As a country, we must look at ourselves as the model for the world. We must spread the truth of these fundamental rights that all human beings are created equal, and that these are inalienable rights, not granted to us by the government, but recognized and protected by the government. These rights that our founders understood can set the world free. Our differences as men and women have no bearing on our value, nor does it hurt anyone to recognize these differences. To continue spreading the neo-feminist doctrine would be to ignore science, reason, and human equality. Instead, we must spread the idea that we are equal but different, and that we must cherish each other's differences.

THE SENTINEL FALL 2014

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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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CONTACT US

ADDRESS: RM 277
The Sentinel
Student Center,
BLDG 5, MD 0501
395 Cobb Ave NW

Kennesaw, GA
30144-5591



PHONE
470-578-6470



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XTREME MODELING TEAM HOLDS FASHION SHOW AT KSU



Some of the models wore pink in honor of Breast Cancer Awareness Month.

Matt Boggs | The Sentinel

Anna Streetman Staff Writer

The Xtreme Modeling Team put on its first fashion show here at Kennesaw State University on Oct. 16 at 7 p.m. The show took place in the university rooms in the Carmichael Student Center and was complete with a professional fashion runway, lighting effects, music and photographers.

The show was called "The Storm". It started out with a "Guess Who?" game with famous models and two volunteers from the audience competed to win a gift card to H&M. The show had seven

different scenes, each with its own theme and music.

The first scene, Dawn, was dedicated to breast cancer awareness. Models wore shades of pink in honor of Breast Cancer Awareness Month. The final scene, XMT Pride, featured all the models wearing clothing that were green, red, or yellow, XMT's theme colors, while they strutted their stuff to "Bad" by David Guetta. Several different designers contributed clothing for the models to wear, including Live by Liv and Kultured

The Storm had an

intermission with two special events. The first event was called "Rip the Runway." In the event, volunteers were selected from the crowd to give an impromptu strut down the runway. There was also a musical event from a local artist called Suave VxuG, who described himself as a "rapper/songwriter." XMT says that in addition to promoting self-confidence, it aims to promote leadership films and other forms of self-development. Its mission is to "empower and inspire KSU students."

Ryan Calhoun, one of the

models for the show, said that the XMT modeling team is "like a family" to her. "They will critique you, uplift you, and care so much about you," Calhoun said. "I am so proud to be a part of this organization and we are so grateful for all of the people that came out and supported our show and team."

Calhoun loves to model and loves to feed off the audience's energy. She said that before the show, some of the models were nervous, so they all did a crazy dance to shake off the nerves. She said they all worked very hard and

rehearsed for hours to make sure everything went well.

Maya, the Creative Director for XMT, says that the most rewarding part of the show is seeing the models transform. "It's such a nurturing environment for growth. People come in shy and timid and blossom right before our eyes! It's more than just 'rippin the runway.' It's growing confidence at its finest."

XMT will be hosting another event in Jan. 2015 called "Fierce Vision."

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CLUB OF THE WEEK: KSU PRSSA

Chardae Sanders Staff Writer



Working with PRSSA members is a great way for PR majors to expand their professional connections.

Photo courtesy of Jordan Lynch

The Public Relations Student Society of America is an organization that helps students build their resumes, network and learn the fundamentals to launching their career.

Students do not even need to major in public relations to join PRSSA. It is an organization that is open to any students who are looking to broaden their network by establishing career opportunities, developing professional relationships and socialize in a positive setting.

PRSSA, headquartered in New York City, is comprised of more than 11,000 students and advisers organized into 300 plus chapters in the United States, Argentina and even Colombia.

KSU's PRSSA Chapter focuses on increasing your professional connections through career events. Such events include the recent Colloquium through the Department of Communication and networking events like the PRSSA National Conference in Washington D.C, in which members networked with parent organization members from PRSSA and PR pioneers.

In addition to the professional development side of PRSSA, there are also social events, one of the highlights is a tour of Turner Field where members are able to get a behind the scenes look at the Atlanta Braves organization and fundraising events like their upcoming event for the Atlanta Hawks

home opener on Nov. 1 where students are able to purchase tickets at a discounted rate through PRSSA only.

PRSSA Chapters are also heavily involved with using social media platforms as a means to communicate with other chapters, conduct webinars and share PR tips. After becoming a member, students will have access to various scholarships and competitions as well.

Each year, PRSSA presents more than \$20,000 in scholarships and awards to members and chapters based on outstanding merit. What better way to fund your education and have a great time while doing so?

PRSSA stands on three fundamental blocks, ENHANCE, BROADEN and LAUNCH. The organization wants to enhance your education by recommending ways to get real world experience and practical knowledge that future employers are seeking. PRSSA offers internship listings and news updates with the latest industry trends.

By broadening your network, PRSSA believes students will be able to establish lifelong opportunities through experience and professional growth. As a PRSSA member, students have access to the PRSSA Job Center that can help launch your career.

Yelena Kozenkova, KSU PRSSA

Chapter President believes that PRSSA gave her the connections and experience she needed to launch her career. "The professional development that PRSSA offers students is truly one of kind," Kozenkova said. "The events our chapter participates in gives members a myriad of PR resources."

PRSSA is not only a catalyst for career opportunities but it offers a way to build connections that can last a lifetime.

For more information on PRSSA please visit www.ksuprssa.org or follow them on twitter @ksuprssa for all event updates.

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GLOBAL CHEF PROGRAM COMES TO KSU

Kaitlyn Lewis News Editor

Sodexo brought international dishes to the Commons as part of the Global Chef Program Oct. 9.

Kennesaw State University was among three universities in Georgia to host one of Sodexo's global chefs, who were given the opportunity to travel around the world this year and share international dishes with students, staff and faculty.

KSU students sampled Chilean dishes prepared by Chef David Calquin. According to his biography, Calquin is an award-winning chef and has been working with Sodexo for 10 years as the Executive Chef.

Calquin prepared two different appetizers, two kinds of soup, four main courses, and three deserts at the Commons. Participants sampled at least one of the dishes.

The two appetizers were the Pichanga and Palta Cardenal, and both used avocados. The two kinds of soups included a potato soup called Carbonada and a soup with oysters called Caldillo de Chortios. The four main courses were dishes called Plateada Braseada al Horno, Pollo al Coñac, Salmón Cancato, and Pastel Choclo Vegetariano. The three deserts were Budin de Pan, Turrón de Vino and Fruta

Natural.

"I think trying new foods is definitely a way of stepping outside of that zone," said Desmond Fannin, Director of Culinary Services at the Sodexo Development Center in Atlanta. "During a previous Global Chef tour, one of the chefs even convinced students to try jumbo ants!"

"With our Global Chef Program, we focus on offering the guests a series of wonderful experiences in addition to the great, authentic foods that the chefs display," Fannin said.



Chilean chef David Calquin headed up the global chef event.

Courtesy of Sodexo



Pichanga

Courtesy of Sodexo



Patateada Braseada al Homo

Courtesy of Sodexo

3 NIGHTS OF FRIGHT

HAUNTED HOUSE

10/29 @ 8pm
University Village
2000 Building

ROCKY HORROR PICTURE SHOW

10/30 @ 7pm
University Village Suites
4000 Courtyard

ZOMBIE Monsterball

10/31 @ 8pm
Austin Residence Complex
Multipurpose Room & Amphitheater

Department of Residence Life

PUZZLES

1	2	3	4	5		6	7	8		9	10	11	12	
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THEME: SCARY MOVIES

ACROSS

- 1. Sir Toby of "Twelfth Night"
- 6. Mosquito enemy
- 9. Wide river valley
- 13. Part of soft palate
- 14. Grassland
- 15. Hamelin's child abductor
- 16. Awful smell
- 17. Banned insecticide
- 18. City in Belgium
- 19. *"One, two, _____, coming for you..."
- 21. *"The People Under the _____" 1991
- 23. Seek damages
- 24. It's more commonly called a pika
- 25. Onomatopoeia for collision
- 28. Young salmon

- 30. Maneuver for attaining particular goal
- 35. Show horse type
- 37. Fireplace smudge
- 39. Famous march composer
- 40. Yugoslavian leader during World War II
- 41. Chef's headgear
- 43. It will
- 44. To impede
- 46. Lowest brass
- 47. Not made up
- 48. "_____ Margery Daw"
- 50. *Like a lot of horror movie scenes
- 52. First responders
- 53. Metal enemy
- 55. Face twitch, e.g.
- 57. *1976 prom night thriller
- 60. *Movie about a cursed videotape

- 64. Antique shop item
- 65. Federal procurement org.
- 67. Was dishonest with
- 68. DVD player button
- 69. *Don't take one if you star in a Krueger flick
- 70. Fourth letter in Greek alphabet
- 71. Fancy-schmancy
- 72. Be in the red
- 73. Winter driving hazard

DOWN

- 1. In the _____, like a skinny-dipper
- 2. *"What _____ Happened to Baby Jane?"
- 3. Stringed instrument with pear-shaped body
- 4. Oafs
- 5. Desperate or badly-off

- 6. Another name for an Oldsmobile
- 7. Nourished
- 8. String bean's opposite
- 9. IV+IV
- 10. Imitator
- 11. 1983 ZZ Top hit
- 12. "... _____ he drove out of sight"
- 15. Mexican beaches
- 20. Brewer's staple
- 22. Big bang maker
- 24. Lawn pastime
- 25. *Norman _____
- 26. Get off the chair
- 27. Opposite of glossy
- 29. Place of origin
- 31. Coconut fiber
- 32. One who is tutored
- 33. Muhammad's religion
- 34. *"When a Stranger _____"

- 36. Fans reactions
- 38. London subway
- 42. *"Hellraiser III: Hell on _____"
- 45. *"Scary Movie 2" bird
- 49. Writing under influence, in text
- 51. Bears or cedes
- 54. Dal _____, in music
- 56. Angler's basket
- 57. *Rabid St. Bernard
- 58. Aphrodite's lover
- 59. "Lifestyles of the _____ and Famous"
- 60. Measuring roll
- 61. Doing nothing
- 62. Post-it _____
- 63. Buzzing pest
- 64. Large edible mushroom
- 66. *Movie with same name as certain tool

1ST & 365

COUNTDOWN COVERAGE TO KICK OFF

Chris Raimondi Sports Editor

A typical practice no longer exists for Kennesaw State's football team. On the Friday following a week of practice after the team's open scrimmage, the tune of Kenny Chesney's "The Boys of Fall" echoed across the Perch's turf while players immediately began practice with 11 on 11.

With the public scrimmage in the books, KSU's football program will now set its sights on the spring game in March. Until then, the players and coaching staff will take on the task of staying driven through the lull of being a year away from actual competition.

As the colder months approach, the thought of bodies exhausting and minds tiring is not something that has KSU's coaching staff concerned. "Our guys know what we're playing for," strength and conditioning coach Jim Kiritsy said. "Obviously it's difficult to bring it every single day on the field and in the weight room, but they know that they are laying the foundation for something special."

Head coach Brian Bohannon has come up with more than a few ways to keep his players on their toes. "We have music, we swapped the jerseys and we flipped the practice schedule Monday and Wednesday," Bohannon explained. "What you're doing is creating energy."

Everything from the defense and offense exchanging the color of their practice jerseys, to linemen fielding punts, is an example of Bohannon and his staff taking every measure to prevent the 85 freshmen on roster from falling into a monotonous routine.

Friday's practice, which was in shells, started out with 11 on 11's then transitioned into

individual position drills, the reverse of what players have come to expect since late August.

Special teams are not excluded from the practice alterations either. "I want to get them [special teams] involved," Bohannon started. "It's a way they can get out of conditioning." Before the team begins their sprints, the entire squad lines up to watch the kickers and punters. The punter is allowed two punts and must down the ball inside the 10 yard line to knock off part of the team's conditioning time. Likewise, the kicker must make a pair of field goals from each hash at a certain distance to shave even more sprinting.

"The last thing we started doing is letting linemen catch punts," Bohannon said. "We take offensive and defensive linemen and if they catch a punt then we knock another sprint off." Along with the perks of skipping out on conditioning, the kickers are put under a pressure situation in practice.

Even 'Owl Time' has been given a new twist. Owl Time, usually a variation of Oklahoma drills, was turned into a tug-of-war competition between offense and defense during Friday's practice.

Through all of the changes, Bohannon referenced what he believes his players' true response will need to be. "I can change the jerseys, we can play the music, we can do all of those things, but ultimately we have to decide that we're going to lay the foundation fundamentally with effort and how we do things for the future of this football program," Bohannon said. "We'll do some things along the way, but ultimately you just have to dig



Strength and Conditioning coach Jim Kiritsy addresses the team.

Matt Boggs | The Sentinel

FOOTBALL TEAM WILL 'DIG DEEP' THROUGH FALL

down sometimes and grind through it."

Kiritsy has developed a systematic regimen of his own to keep players in the weight room motivated. "In the weight room we always accommodate for injuries," Kiritsy explained. "We'll have a program for the healthy kids, we'll have a program for the lower-body injured kids and we'll have a program for the upper-body injured kids. So we're eliminating any excuses of theirs to not work as hard as they can when they come in. We're going to find a way for them to maximize their time in the weight room."

However, he mentioned that not much will differ from what they have already been doing in his department. "We're trying to establish a certain technique in the weight room that is going to allow us to build a bullet-proof

body," Kiritsy added. "That's going to take time, but there's nothing specific outside of just sound fundamental training that we're going to do."

As if the players didn't have enough encouragement coming from their coaches, the "Win The Day" competition put in motion in the beginning of the semester is "getting heated," according to Bohannon. The competition, in which the roster is divided into four teams and members are awarded points based on effort and attitude on and off the field, is quickly coming down to final grades of the semester.

WIN THE DAY
UPDATE

1ST TEAM MIGOS-461

2ND TEAM IDGT-354

3RD TEAM COBRA-322

4TH BIRD GANG-235

BASEBALL GETS BACK TO WORK

David Almeda Staff Writer



KSU baseball will look to build off of last year's run to the Super Regionals.

Matt Boggs | The Sentinel

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As the crisp fall air begins to engulf Stillwell Stadium, Kennesaw State's baseball team is beginning to gear up to defend their Atlantic Sun Conference crown in what they hope will be a worthy sequel season to their Super Regional run.

The Owls are wrapping up fall practices, which are essentially their equivalent to what professional players have in spring training — an evaluation time and a chance to shake the rust off.

"We try to do some different things in practice," head coach Mike Sansing said. "We try to go over some fundamentals, but not do it every day to where it gets a little bit old. Not playing any outside competition kind of gets old."

There may not be any outside competition to play at this point, but Sansing has come up with a way to keep players loose and wrap up the fall season on a high note. Coinciding with MLB's World Series is the Owls' own version of the Fall Classic. A series of scrimmages dubbed The Black and Gold World Series will take place Monday to Wednesday at 3 p.m. Fans will be able to come to the games for free.

"We have a draft, get two teams and they just battle it out for a couple of days," Sansing said. "This is a way to cap off the fall and kind of get some energy back in there, finish off with a good note."

Sansing also has the task of figuring out what roles players will have for the upcoming season. The fall practices have given him and his coaching staff a chance to do that.

"We're strongly evaluating a few positions that we're still trying to figure out," Sansing said. "We did have a large group returning but there were some spots that we had to get a better feel for. That's been my main purpose."

With the departures of some prominent players over the offseason, the coaching staff has looked at different areas where shifts are necessary, starting with the bullpen.

"Probably the most significant thing we were approaching this fall was the backend of the bullpen," Sansing said. "We lost two quality guys with multiple appearances with James [Connell] and Justin [McCalvin]. That's been a high focus for me."

The Owls' outfield situation is also something that Sansing has focused on. However, two of the players that look to have a role there haven't been at full strength during the fall season.

"I think our fourth guy last year was Justin Motley," Sansing said. "He had shoulder surgery over the summer. He's been very limited to what he could do this fall. Cornell Nixon had shoulder surgery so he's been hampered. We have to continue to move the program and we feel like those guys will be back healthy."

With Max Pentecost now in the Toronto Blue Jays' farm system, the Owls' situation at catcher has also changed, but seems to be a little bit more settled.

"Brennan Morgan caught a good bit for us last year too," Sansing said. "That was kind of the purpose of doing that so you're not behind the eight-ball with somebody who hasn't played."

Positions weren't the only thing that the veteran coach focused on this fall. He also named the team captains, Travis Bergen from the pitching side, and Chris McGowan from the hitter's side. McGowan, now in his fifth year, is excited for the opportunity.

"It means a lot," McGowan said. "I've been here for a long time and I've always wanted to be team captain. It's an honor."

With the season still months away, the Owls still have to stay motivated. McGowan says the best way to do to that is to look ahead.

"You just have to keep your sights at the spring," McGowan said. "Especially with the run we made last year, we have high expectations on what we're going to do this year. We want to get back to that point and even further."

VOLLEYBALL FALLS IN JACKSONVILLE

Daniel Miller Staff Writer



Freshman Kristi Piedimonte totaled 70 assists and 18 digs during the weekend trip for Jacksonville, Florida.

Matt Boggs | The Sentinel

The Kennesaw State Volleyball team took a road trip to Florida for a pair of conference games. Despite several strong individual performances, the Owls fell short in both appearances losing to the North Florida Ospreys 3-1 and Jacksonville Dolphins in straight sets.

"We are by no means where we wanted to be, but we still have plenty of time to get this ship moving in the right direction again," KSU head coach Keith Schunzel said.

Fresh off a defeat to North Florida, KSU found it challenging to put together any momentum against a Jacksonville team on Saturday.

"It didn't feel like we were nearly as engaged as we were last night," said Schunzel.

KSU trailed 10-5 to open the first set which prompted Schunzel to call timeout. Miscues by the Dolphins followed by a Boyer kill trimmed the Owls deficit to 14-11. Both teams exchanged points before a 7-2 run by Jacksonville opened the flood gates and the Dolphins cruised to a 25-19 set victory.

The second set was the arguably most spirited of the afternoon. KSU asserted themselves early taking a commanding 12-6 lead. The Owls maintained the advantage and appeared that they were on their way to tying the game at one set a piece, but Jacksonville stormed back and rallied to

secure the set 29-27.

Down two sets to none, the third set was a constant battle as both teams were deadlocked most of the way. KSU led 16-15 before three straight points by Jacksonville surged them ahead for good, winning the clinching set 25-20.

"We're at a part of the season right now where we are starting to get some tired legs and tired minds," said Schunzel. "One thing our team has to learn to do is push through that, keep grinding it out and figuring out ways to be successful."

Boyer recorded her second double-double of the weekend with 11 kills and 11 digs. Senior Ria Ridley posted 10 kills.

Friday night's loss was a tough one to swallow for KSU as the Ospreys came into the contest searching for its first conference win.

Boyer recorded her second straight double-double with 15 kills and 12 digs while Marcinek also tallied another double-double posting 12 kills and 11 digs.

"We frankly need more than two people killing the ball consistently," Schunzel said. "At times this year we've had that third or fourth attacker which really balances the offense. Unfortunately, tonight we didn't have that and against a good blocking team like North Florida, that hurt us."

The Owls began the game with a 13-8 advantage after a kill from Kristi Piedimonte

forced the Ospreys to call timeout. Following the timeout North Florida responded with a 6-2 run, and just like that it was a one point game at 15-14. The Owls as held a 22-20 lead before dropping the opening set 25-23.

KSU opened the second set up with a 12-4 scoring burst led by Boyer and Marcinek. However, following a timeout, North Florida rallied with a 7-2 run that made the score 14-11.

The Owls then called timeout to regain their composure.

Marcinek stepped up with a kill and ace on back-to-back plays, and while the Ospreys kept it close the rest of the way, KSU made enough plays down the stretch to hold on for a 25-23 second set victory.

KSU appeared to be in control in the third set after North Florida lost their early lead.

But a 6-0 scoring surge by the Ospreys gave the home team all the momentum it needed. Trailing 17-13, the Owls made one last comeback attempt trimming the deficit to 18-17 after a Cierra Royster kill but it simply wasn't enough.

The Owls came out in fourth set with a lackluster performance and were overmatched by North Florida losing 25-11.

The team still has seven conference games remaining before the conferences tournament. The next home game is Saturday Oct. 25 against USC Upstate at 3 p.m.

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OCT. 31 VS JACKSONVILLE - HOME

NOV. 1 VS NORTH FLORIDA - AWAY

NOV. 7 VS FGCU - AWAY

NOV. 8 VS STETSON - AWAY

NOV. 19 VS NORTHERN KENTUCKY - AWAY

NOV. 15 VS LIPSCOMB - AWAY

HOCKEY SPLITS WEEKEND AT CLEMSON

David Almeda Staff Writer



The KSU club hockey team won Friday's game against Clemson 5-1.

Matt Boggs | The Sentinel

On the heels of an 11-2 rout of Tulane, Kennesaw State's club ice hockey team traveled to Clemson for a two game series hoping to continue their success and start a new winning streak.

That happened, albeit briefly, as the Owls split their weekend road trip against the Tigers, taking game one of the series 5-1 before falling in the final game 10-1.

The Owls (6-3-1) were behind early in the first game of the

series, with Clemson opening scoring with 7:26 left in the first period. With 9.8 seconds to go before the end of the frame, KSU took advantage of a power play as Larry Adegoke scored to tie the game 1-1.

From there, the Owls began to take over the contest. Alex Dolhon gave the Owls the lead, notching his third goal of the season.

"Since he's such a big boy we just camp him out right in front of the net and any pucks that

come, he just eats them up and buries them in the net," head coach Sean Bernhardt said.

"FROM THERE, THE OWLS BEGAN TO TAKE OVER THE CONTEST"

Later in the period, KSU continued building the lead with Cory Prinzbach scoring on a power play and Devan Bousquet adding a shorthanded goal to extend the Owls' lead to 4-1 at the end of the second.

"The shorthanded goal was a five on three," Bernhardt said. "Bousquet just flew past both of their defenders."

After Taylor Gipson added another score with 16:13 left in the game, the Owls skated off

the ice with a 5-1 win.

The Owls didn't fare as well in their second game against the Tigers. Clemson opened the game by scoring eight straight goals. KSU was able to get on the board with 19:35 left in the game, but would take its third loss of the season, 10-1.

The Owls will attempt to regroup when they return home to play Life University this Saturday Oct. 25 at 10 p.m. at the Ice Forum.