

#KSU lifestyle

# STING

**Snapping Back After Summer**

Campus Life 8

**How to Succeed as a Local Band**

Entertainment 18

**Roommates 101: How to Diffuse Conflicts**

Campus Life 12

**Tech Talk: Underwater Submersion**

Tech 20



## A New Name: A New Legacy



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### What is #KSUlifestyle?

#KSUlifestyle is the next step in the evolution of our organization. We will still be producing the student lifestyle magazine, but now we are also creating original podcasts and videos to help improve your college experience. All of our content and more can be found on our website [www.ksulifestyle.com](http://www.ksulifestyle.com).

We're also giving away free stuff! If you go to [www.ksulifestyle.com](http://www.ksulifestyle.com) and vote for the new name of our student lifestyle magazine, you will be entered to win free t-shirts, lanyards, stickers, and more. One lucky grand prize winner will be featured on the front cover of our November issue. Vote on a new name, like our facebook page, and share our statuses to increase your chances!

We need your help to begin a new legacy!

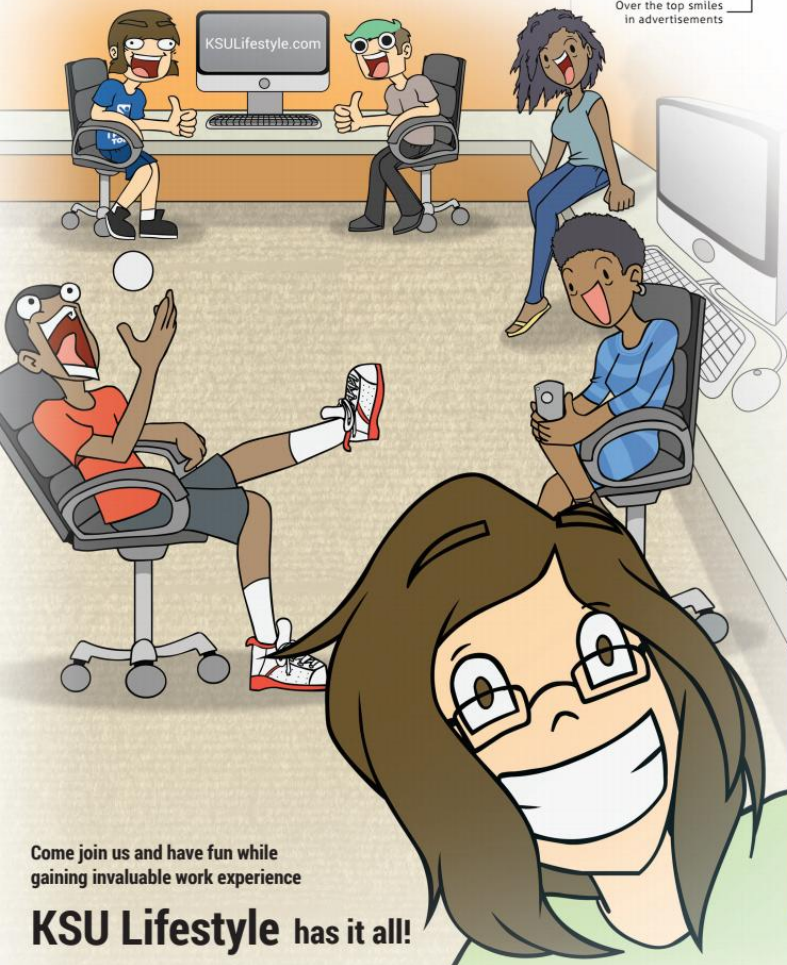
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INSIDE THE ISSUE  
TABLE OF CONTENTS  
**KSU Lifestyle**  
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## Inside the Issue

- |    |                 |   |
|----|-----------------|---|
| 3  |                 | What is #KSULifestyle?                    |
| 6  | Campus Life     | Fall into Autumn: Threads for Fall        |
| 8  | Campus Life     | Snapping Back After Summer                |
| 9  | Campus Life     | Internships: Making Lasting Relationships |
| 10 | Campus Life     | Connect with the Community                |
| 12 | Campus Life     | Roommates 101: How to Diffuse Conflicts   |
| 14 | Campus Life     | Campus Escapes: The 7 Wonders of KSU      |
| 16 | Entertainment   | An Awkward Moment with Joseph             |
| 17 | Entertainment   | Whose Line Is It Anyway?                  |
| 18 | Entertainment   | How to Succeed as a Local Band            |
| 20 | Tech            | Tech Talk: Robotic Submersion             |
| 24 | Tech            | Kickstarter FutureTech                    |
| 26 | Sports & Health | Conquering the Day                        |
| 28 | Sports & Health | Coffee vs. Tea                            |
| 30 | Sports & Health | Staying Organized and on Top              |



# Fall into Autumn: Threads for Fall

by Kenya Simmons

As it cools off here in Georgia, the warm, neutral color tone season returns - it's fall! If anyone is like me, fall means that I am less likely to dress-up for class (and when I say dress-up, I mean putting in at least 50% effort towards my appearance). This equates to a nice pair of jeans, a top, and maybe a touch of make-up. I know that I am big on wearing athletic wear to class, and comfort is ideal. Speaking on behalf of the ladies, I definitely think girls look forward to being able to bring out their boots for the fall. So as the seasonal change causes us to transition from shorts and tanks to jeans and longer sleeves, let's talk about what colors and looks are in.

## Fall Colors

The colors of the leaves start to turn from green to mustard, and our wardrobe colors follow suit. Neutral colors are very common and include whites, nudes, pinks, browns, and greys. The warmer, deeper tones are mustards, greens, maroons, and oranges, which compliment the neutral tones with a pop of color that generally work with any skin tone. The darker shades like black, blue, and dark grey are the canvas which allow your lighter, more pigmented colors to pop. The darker shade of colors will usually form the bottom part of your outfit, while the warm and neutral tones appear on the top part of the outfit. Accessories are always a must, and they should fall into the same color range as the neutrals.

## Tops

Tops in the fall are all about comfort and warmth. Long sleeve, flowing tops look great with fitted denim. Pairing a vest with a long sleeve shirt keeps you warm and fashionable. Short sleeve tops and a sweater or cardigan are perfect for a layered look. Depending on the top and accessories, your look can go from casual to dressy.

## Bottoms

Jeans are generally the go-to bottoms for anyone. I believe that everyone should have a dark-wash pair of jeans because any shirt and shoes just highlights under the dark blue of the denim. Combining jeans with a cuff at the bottom and booties is a perfect combo for a subtle, sleek look.

## Shoes

Boots and booties are popular footwear in the fall, and they don't just keep your feet warm. Shoes complete any look, and shoes are what escalates your look from casual to chic. It is good to have boots in brown, black, and tan so you can pair them with anything. Shoes bring your entire look together one step at a time.

## Accessories

Gold or silver accessories brighten any look. Adding jewelry with any other splash of color works as long as it is not an eyesore. I personally like to add a watch, earrings, and maybe a necklace depending on the occasion. Scarves are a great addition to an outfit in the fall, as they are stylish and keep you warm. Bracelets and rings are also popular pieces. Accessories help to take your outfit from drab to fab.



Source: deaddemon-topfashiontrends\_pw



Source: PlusAndCute.com



Dress to impress for any occasion this fall. The first step to feeling good is looking good.



# Snapping Back After Summer: Falling Into Another Semester

by Kenya Simmons

The hot Georgia weather is still beaming down and outdoor activities are all that can come to mind, but swimming, biking, hiking, and family cookouts are slowly winding down as another fall semester starts. It is time to mentally prepare for the academic task of a new semester. Here are the best tips to optimize your semester after summer break.



## 1. Set short-term and long-term goals for the semester

By setting some goals for yourself, you are able to refer back to those goals periodically throughout the semester. When times start to get hard and writing that midterm paper seems impossible, looking back at your goals can help you mentally check back into the semester. Short-term goals can be set each week and they can be as small as making sure you study at least an hour for each class. Long-term goals can be something like planning to get all A's and knowing what that will take. Setting goals just reinforces your desires to stay on track and do well.

## 2. Stay organized

Having a planner or journal can help you stay organized; I find having a planner and a large calendar on my wall helps. Writing down due dates and information from the different syllabi on the calendar and in the planner helps because there is something to refer to both in your room and on-the-go.

## 3. Manage your time

Time management is key with anything in life. Planning out your day and prioritizing the things you have to do saves you from stressing out about not having enough time to finish things. Staying organized helps with time management because you know due dates and you can give yourself time to complete any work you may have.

School can be challenging and sometimes stressful, so be sure to make time for yourself.

Ready... set... GO! You are on your way to completing another semester.



# Internships: Making Lasting Relationships

by Kenya Simmons

"Networking" is one of those words college students hear all the time. In today's world, everything comes down to making connections with people; strong relationships will get you to the next level. Nepotism is very much alive and, as much as people would like to disagree, getting a job is definitely about who you know. What you can do in terms of skill is extremely important, but obtaining an interview could be difficult unless you have connections.

Firstly, make sure your resume and cover letter address all of the bases of what an employer is looking for when applying for an internship. It is always important to appear inviting on paper and to rock your interview. Once you have successfully obtained an internship, it is vital that you make connections. No task is too small or irrelevant. Be sure to do great work and be personable, because you want to be the person everyone remembers positively. With hard work comes great reward.

In some cases, internship environments can occasionally be hostile or uncomfortable, no matter how hard you work. I interned with a city government in the summer of 2015, and I can honestly say it was both one of the best and worst experiences of my life. I met a lot of lazy people who did not appreciate their jobs; they would give interns work that they didn't feel like doing, and would provide little instruction for what to do. Additionally, I had an incident with a member of the staff who had me do company work on my personal computer,

which was against the policies. Once I refused, negative chatter began to spread about me.

Following that incident, I immediately removed myself from the situation. I switched to a new department where I was able to make connections with my fellow interns, as well as the staff, and obtained promising knowledge in the career that I am interested in. While at this internship, I never burned bridges; I simply went to my supervisor and reported the incident and had myself reassigned.

Keep in mind that internships don't always go as you plan, but internships are a valuable tool nonetheless. My internship helped me build character and learn how to approach situations in the future. I made a very important relationship with a well-connected individual in the field I wish to be a part of, and I was able to learn a lot from her.

Even if an internship is not a perfect match for you, it is important to not burn bridges and to make important connections with the right people. The moral of this story is, no matter how much you dislike something, there is always a way to readjust and grow from the situation.

Obtain an internship and stay in contact with both your supervisors and your peers, as there is no telling where someone will be in a few short years. Always stay humble and gracious, and you will be surprised how far generosity and skills can get you.



## Five Reasons to Get Involved on Campus

# Connect with the Community

by Kristen Roberson

Joining a student organization is one of the best ways to benefit yourself while helping others at the same time. Stepping up to get involved on-campus opens a lot of doors—some of which you might never have realized! So why not reach out to the community? If you've never been part of a student organization before, don't worry; it's never too late to start! Here are five reasons to take a shot at getting involved on-campus.



### 1. Connect with others

Joining student organizations lets you reach out to people in new ways, and gives you the chance to befriend those that share your interests. Some organizations offer networking opportunities to connect with others on social media and plan social events. Others, like KSU Student Media, let you reach out to people through writing and radio.



### 2. Experience being part of a team

Few experiences are more fulfilling than being part of a team. You can learn from older students, help newer students, and gain support from those you share interests and experiences with. Most importantly, being part of a team means having to learn teamwork. That skill will be vital for college, your future workplace, and the rest of your life!



### 3. Learn new skills

Connecting with a student organization is an opportunity to develop new skills. Time-management, leadership, and public speaking are other necessary life skills that you can learn through getting involved with organizations on-campus. Don't worry if social skills aren't your strength! Being part of a student organization lets you practice those skills in a friendly environment, so you can gain confidence in yourself and gain experience.

### 4. Influence change

When you speak as part of a student organization, you have a bigger voice. By joining a cause you believe in, you'll be able to better promote awareness of issues. You can also participate in directing the organization's path, and have a chance to help and support those in need.

### 5. Boost your future

There's no doubt that connecting on-campus will benefit your future. You'll gain vital life experience by navigating social situations, learning to keep organized, and taking on responsibilities. Participation in organizations boosts your resume: being engaged in extracurricular activities shows you are a committed person with a variety of skills and passions who can manage many responsibilities. Plus, involvement with student organizations now can create new career pathways by opening doors to new experiences.

Being part of a student organization is a great experience with huge potential. You'll learn life skills as you connect with others and benefit the community. You don't need to wait to get involved, and why should you, when you can give and gain so much?

For further information on KSU student organizations, visit KSU Student Life, Owl Life, or the Kennesaw or Marietta Student Centers.



# Roomates 101: How to Diffuse Conflicts

► by Toni-Ann Hall

Until the fall of 2013, my only roommates were my parents and my younger sister. I knew how to effectively communicate with my family because I was aware of their idiosyncrasies and could accurately judge how I wanted to present my thoughts. Moving in with a group of strangers, or even close friends, forces you to learn when it's appropriate to speak up and the manner in which you should do so.

When living with roommates, problems are bound to happen. One of the most effective ways to ensure that you have a game plan before negotiating issues is to be aware of your bargaining style. There are five strategies: competing, accommodating, avoiding, collaborating, and compromising. Our dominant style can be a combination of one or more, and they have the ability to fluctuate as our experiences with conflict changes.

To take a guess at what your most dominant negotiation style may currently be, imagine this scenario: John is your roommate. He has some textbooks for a class that you're currently taking and he is selling them to you in a package for \$150. You only think that the books are worth \$70. How do you handle this situation? Do you automatically decide to meet him halfway and pay \$110 for the book? Do you decide to buy your materials from the school's bookstore to avoid the conflict all

together? How about paying the full \$150 to make your roommate happy? Maybe you'll decide to fight for your price of \$70? Do you try to think of a creative way to make both you and your roommate happy? Although this scenario cannot predict the way that you may react in a wide range of conflict situations, it may give you some insight on how comfortable you are with different negotiation strategies.

The competing style would be to fight for the price that you believe is fair, at \$70. There may be stipulations, and maybe you'll be willing to increase your price slightly, but at the end of this interaction you want to feel as though you "won" the deal. This style is typically thought of as more aggressive and black-and-white, but you may also have more of an internal competitor and not display aggressiveness at all; instead, you may display strength and confidence in your position. This strategy works well when you want to get in and out of a situation. There may not be as many feelings involved, or the potential for long-term relationships. This style, however, does not bode well with other competitors as situations may turn violent or chaotic.

The accommodating style is a submissive negotiation style. This would mean paying \$150 even though you don't think that's how much the books are worth. For

this style, relationships are top priority. Use this style sparingly and when the relationship is more important than the short term task.

The avoiding style would result in you shying away from dealing with the situation altogether. Although this strategy may initially seem like it's not a strategy at all, it may serve you well depending on how invested you are in a relationship, if the topic is trivial, or how you predict things to change in the future. This might lead to a resurfacing of the issue and ultimately change how you decide to handle it.

The collaborating negotiation style is the most complex because it can lead to various results that may not have been anticipated. In this textbook scenario, it could lead to you finding a way that your roommate could get his \$150 and you still only pay \$70. Maybe your roommate just really needs the money, but he knows someone who will sell you the books for a cheaper price, and you know someone who will purchase books at any price because they're desperately in need of books. This is a win-win situation. This style works best when you have time to brainstorm with the other party. It can help maintain relationships, but it can also be mentally exhausting. Not trusting the other party or a strong desire to "win" everything in the situation may be an

obstacle to this negotiation style.

The compromising style is a give-and-take situation. For this scenario, it would probably lead to you paying around \$110. This is a lose-lose situation even though the conflict is diffused. This negotiation style is appropriate to use when a consensus can't be reached between two or more parties, when trying to collaborate, when fighting for your position doesn't work, or when there is a complex problem at hand that needs a quick fix.

There are endless issues that may occur between roommates and "one size fits all" solutions don't cut it. Combining or alternating negotiation styles may be the solution to your issues, or you could have a go-to style that never fails. However you decide to handle the inevitability of future conflicts, remember to analyze, be patient, prepare, and be true to yourself.

# Campus Escapes

► by Brittany Rosario

As we settle into class, work, sports, or any extracurricular activities, we find ourselves experiencing procrastination, anxiety, and even anger. There are a few different ways we can cut down our stress levels. One is just by sitting in a peaceful place where we can focus on our breathing to empty our minds of any inhibitions and responsibilities. This moment of silencing the mind gives us the ability to make it through a day full of traffic, reading assignments, and our jobs without blowing up or having a panic attack. There are seven wonders on both campuses where you can practice this basic breathing exercise and transcend from the stress of your day.

## 1. Student Center: Kennesaw/Marietta

This building is created for the students. There are various student organization offices, game rooms, a radio station, the bookstore, and restaurants. Any of these places are good to take your mind off the stresses of daily life. You not only have the opportunity to breathe in silence, but you can also meet new people and learn a lot about them from their experiences and opinions.

## 4. Engineering Technology/Architecture Building: Marietta

If you're a night owl, then these buildings are for you. Both are designed as glass buildings with beautiful lights at night. While the engineering students are at home, you can chill in the lobby, study, or just listen to some music and enjoy the alone time. You might not get the same sense of peace in the architecture building because most of the students are hard at work in studio, but there's always the chance to make friends or learn something new about a field you may have no experience or knowledge in.

## 2. Library: Kennesaw/Marietta

The library is one of my favorite places on campus. It is the only place that demands silence and it also has the cleanest restrooms on campus. If you're looking to meditate, find a good book, or just take away your stress by chipping away at your to-do list, then this is the perfect place to go.

## 3. Legacy Gazebo: Kennesaw

The gazebo is located near the Social Sciences building on the Kennesaw campus. I must say that it is absolutely beautiful. Surrounded by an outdoor amphitheatre, it is the perfect place to sit in the shade or lay in the grass and read. There is nothing more scenic than this sight on campus, especially on a bright sunny day; it is full of students taking rest stops between classes and just enjoying the breeze and smell of nature.

## 5. Administration Building Sitting Area: Marietta

This is a lovely hidden gem on the Marietta campus. Most people will walk past it two or three times a day, a week, or a month, and never even stop to smell the roses (yes, there are flowers here). However, it is one of my favorite places to go to have a private talk with a friend, meditate, or just sit in peace to study for an upcoming quiz or exam.

## 6. Garden: Next to The Commons/Stingers

The garden on the Kennesaw campus is behind The Commons next to the back end of Kennesaw Hall. I recently stumbled upon it as I was walking on campus, finding new ways around buildings and faster routes to my classes. The other garden is on the Marietta campus below Stingers and behind Hornet Village 100. Both are encompassed by flowers and a comfortable level of sun exposure. I do, however, think the garden at Marietta is more soothing for meditation and a break away from classes. There is a stone tile sitting area and a small rock waterfall that reflects off the glass wall of the building. It really is a great place to sit and think about anything at any time of day.

## 7. Design 1 & 2 Buildings: Marietta

Out of all the buildings on this list, these are the perfect combination. The Design 1 & 2 buildings on the Marietta campus are designed similarly to the glass Architecture building, as they actually host studio space for the first and second year architecture students. I think the best part of the Design 2 building is that if you go up to the second floor (the first level of Design 1) there are tables to sit at decorated by flowers, trees, and the night- or day-time sky. I like the campus escape at night-time to enjoy the sky and look out at the campus from the second level. I've actually noticed that the sitting area is especially used as a romantic meeting spot.









# How to Succeed as a Local Band: Tips from a Local Musician

by Carson Long

Kennesaw State University is home to a surprising amount of local musicians. When it comes to the local scene, it gets tough to stand out among the crowd. You could be just another band that plays at Swayze's Venue or, with some work and dedication, you could be opening for bands like Neck Deep and The Wonder Years at the Vinyl in Atlanta. There will always be plenty of opportunity as a local band. Here's some tips from someone who has been playing in the scene for close to four years:

## 1. Personality stands out

Don't get egotistical and start believing that your post-pop/punk band is going to be the next Fall Out Boy. The second most important thing to fans is the personality of your band. Everything from how you act on-stage to how you talk to other bands can set you apart from the other acts in your area. There are some local bands who wholeheartedly believed that they had "made it"

simply because they released an EP on iTunes. Other bands look at these acts and laugh. Always be humble, always be kind, and always be thankful to the people who support you as you play music. It may not seem like much, but it goes a long way!

## 2. Don't get distracted

As a musician, I know the itch for new gear. Guitarists are always looking for the next pedal that will give them the perfect tone. Drummers look for the expensive cymbals endorsed by their favorite artists and will always look for the perfect snare tone. It just happens. Yet, remember this: expensive gear doesn't make you sound good. Practice makes you sound good. That \$1,500 guitar won't mean that your band has "made it." Practice every week (even twice a week if you can) and your band will sound more professional and tighter than ever!

## 3. Merch is everything

Merch costs the band money. Unfortunately, it is almost a necessity when it comes to getting your name out there! Fans have no problem buying a \$5 shirt from a band they like. Also, don't forget stickers and extra goodies. It goes even further when you can give away things for free to your supporters, such as stickers. Tip: if money is tight, consider making your own shirts with a stencil and watered down bleach. Works like a charm and every shirt is slightly different.

## 4. Consistency

If your band is putting out a song every eight months, people are going to forget you. If you play three shows a year, people are going to forget you. Try to play a show at least once a month. Yes, unfortunately, this means that you might have to play some venues or shows that you might not like. Sometimes, you might even find that your soft acoustic/pop might be opening up for an 80s hair metal band (believe me, it happens). If you keep playing shows, people will start recognizing your name and, hopefully, your sound. Also, the more shows you play, the more people you'll meet. This is how you get shows outside of your usual venues. You can end up playing at the Masquerade (well, not anymore. RIP) or Vinyl or Under the Couch - all great venues. Saying yes to every opportunity, last minute offer, and "hey, a band just dropped out and we need help!" distress signals will make you a lot of friends in the scene.

## Local bands to check out

Microwave – Trash Stains  
 The Everyday Anthem – Just Another Stranger  
 The Funeral Portrait – Casanova (C'est La Vie)  
 Maggie Schneider – Insomniac  
 I The Victor – Toothpick

## 5. Enjoy it!

Being in a band is supposed to be fun. You should enjoy it with your bandmates. My first band, The Roadside, was composed of my best friends. We went through some crazy experiences together. We drove all over the Southeast to play 30-minute shows and we had a blast. Love what you do and let it show. People are much more excited to see a band who is having a good time on stage than to see a band who take themselves too seriously.

Those are all the tips I have, but I do believe that they are important. The local scene we have around here and throughout Atlanta is full of some incredible people and some incredible bands. Look around and support them. Buy shirts, buy stickers, pay for some EPs. It might cost you \$5, but the support is worth so much more to that band. Seeing people who know your songs, sing along to them, want to buy your merch, and are excited to come see you play can really change lives. Now go out there and start your own band!



# Tech Talk

## Robotic Submersion

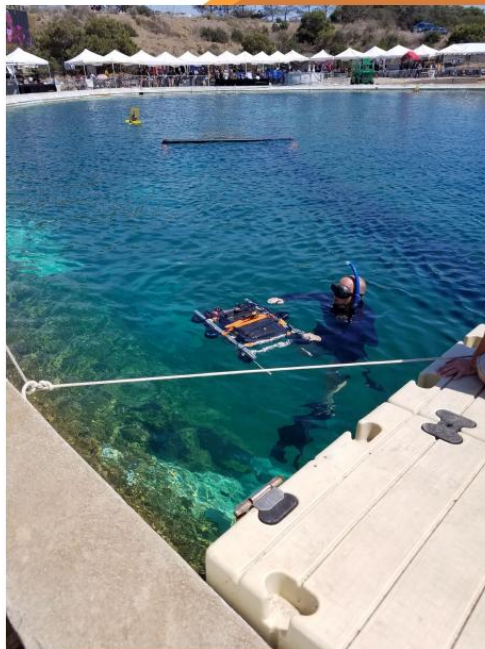
► by Henry North

Welcome to the very first segment of Tech Talk, where we will take a look at one of the many technologically inclined clubs on our campus and see what they get up to outside of class. The first club that we met with was the Autonomous Underwater Vehicle (AUV) Team, headed by their president, Albert Cheng, a senior in the Electrical Engineering Technology major. Joining him in our discussion on the team was the acting Software Lead, Vinh Nguyen, who is a Mechanical Engineering major in his junior year. The AUV Team represented the university this summer in the 2016 International RoboSub Competition.

**Henry North:** What exactly does the AUV team do?

**Albert Cheng:** The main focus of the team is to get people interested in robotics in general and, in addition to that, to actually further students' abilities to apply teachings learned in the classroom. Learning theory is great, but if you don't know how to apply those theories, it doesn't help. The AUV team is here to be that source for applying what you've learned in class.

**Vinh Nguyen:** I can actually provide evidence that that has happened. On the second day of the competition, I was staring at all of the guys assembling the sub and then, all of a sudden, it hit me that



this was what I had just learned in Circuits I, and I was watching that knowledge being applied right in front of me. It just blew my mind.

**HN:** What are some of the experiences you've had or skills you've gained from being on this team?

**AC:** The team has helped me with developing leadership skills. While I've been the president, it's really built my self-confidence up. With being able to actually have and lead a group and organize events, I think the AUV team gave me the confidence to know I'm able to handle more leadership roles in the future.

**VN:** I joined this club in about May of 2016 and the competition was in late July, so during those three months they threw me into the software team and went through the steps to code a robot from nothing, to use a basic camera, and to be able to

program the vectors that the motors used. It was a gigantic learning curve for me, especially since I do not have a background in coding.

**HN:** Tell me more about that competition you went to.

**AC:** Our competition was in San Diego, California and had somewhere from 42 to 48 teams entered. It's an international competition that focuses on underwater robotics. Underwater robotics is more difficult compared to ground-based or air-based robotics. You're very limited to where and how you can test. Water isn't really the greatest medium to work with when it comes to electronics, so it adds a layer of engineering that you don't generally see elsewhere. Our sub has to be completely waterproof, not water-resistant or repellant. You can't get water inside the sub or else you don't have electrical systems anymore and you don't have computers.

The overall competition consists of us doing different missions, and one of the primary missions that less than half of the teams normally complete is going through the start gate. You have to go through the gate and track buoys and stuff like that. The competition revolves around acquiring points and the more points you get, the higher your chances are of getting moved to the semifinals and finals. We ended up around 22nd place with the resources that we have.

**HN:** Looking around the workshop, I can see many banners related to different events, so is it safe to assume the team has been to previous competitions?

**AC:** Yeah, the current team has been to three. The first competition we didn't actually enter, we just sent scouts to see how the competition worked. The following year is when we actually started competing, and this year is when the team really

With the Malaysian flight crash that happened a couple of years ago, AUVs were sent out to search for people and debris.

started to grow. The first year we had about 2-3 people on the team, the second year was about 7-8 and this year, we had 15 people. As we get more interest in underwater robotics, I can see the team growing in future competitions. Hopefully, in the future, we'll be able to do not just underwater robotics, but other robotics competitions as well.

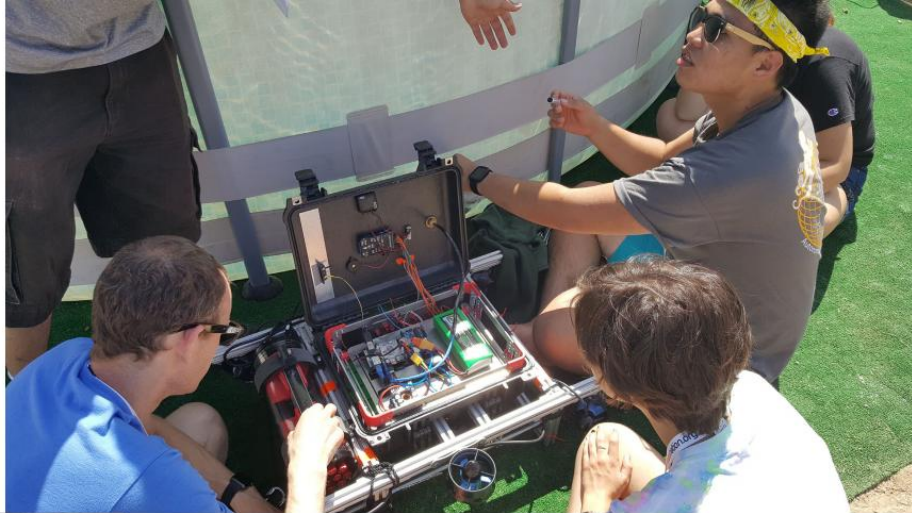
**HN:** Is there a minimum or maximum limit to the number of people who can participate in the competition?

**AC:** No, there isn't a fixed number that the competition limits you to or requires you to have. The team can be as big as we need it or want it. In the future, I'm hoping we can take

as many people as we can to this competition because it's very interesting and very intriguing. When you have nothing to focus on but a competition for a whole week, you get a lot accomplished in that small timeframe. You learn a lot and you're able to talk to so many different teams from so many places, like Russia, China, and Singapore. The competition is very academic and open; everyone is willing to help each other.

**HN:** How many vehicles can a team enter in a competition?

**AC:** Everybody assumed in prior years that you could only enter one vehicle in the entire competition. That's not the case; in our rules,



there is no limitation to how many vehicles you can enter. As long as each one can pass the primary task of passing through the gate, then that vehicle counts as a vehicle for your team. However, if any one of those vehicles float to the surface, then your run is over and your points are null. This was the first year that a team entered two vehicles, and that was Cornell University.

**HN:** What are some real-world applications of an Autonomous Underwater Vehicle?

**AC:** Say someone needed to do surveying or underwater research - this vehicle should be able to accomplish that. If someone wanted to count the number of fish in a pond, the vehicle should be able to track the task that you give it. Search and rescue is another option where AUVs can be applied, like with the Malaysian flight crash that happened a couple of years ago. AUVs were

sent out to search for people and debris.

**VN:** The same logic used for AUVs can be applied to drones, particularly for going into space. Elon Musk is trying to get into space to mine asteroids, without human interaction. That's another potential application.

**HN:** How would one go about joining the AUV team?

**AC:** The team's primary focus is to build leadership skills and to further develop engineering skills, but we aren't just limited to engineers. We are open to all types of majors, to all students who want to learn about robotics. One way of joining us is looking us up on OwlLife.

**HN:** Do you have any extra advice for anyone interested in joining the team?

**VN:** Just come in and say hi. The best way to get into it is to come in and

get acquainted with everybody.

**AC:** Don't be afraid that if you don't know anything you won't be able to join one of these kinds of teams. You can come in knowing nothing. That's how I did it three years ago when I first started. I didn't know anything about AUVs or robotics or how electronics work in general. Yes, my classes have helped, but you have to take that first step, you can't be afraid. You'll learn a lot, not just logical and applicable skills, but also social skills. You'll build a bond with your teammates.

**HN:** Well, thank you. This was great.

**AC:** Thanks for meeting with us.

Want to know more about the Autonomous Underwater Vehicle team, or interested in joining them? Look them up on OwlLife or check out their Facebook page at KSU AUV Team.



# Kickstarter FutureTech: An Audiophile's Dream Melody

by Henry North

For all the music lovers out there, there are always those of us who want to push the boundaries of our musical experience. Some of us like to do it through listening to many different genres of music, while others seek to discover and spread the news of up-and-coming artists in the genres they focus on. Whether people choose to enhance their musical horizons through concerts, raves or staying at home and blasting their speakers, everyone looks for ways to experience music on multiple levels. Let's take a look at some companies that are pushing the limits on musical experience and the technologies they have crowd-funded through Kickstarter, a website dedicated to bringing creative projects to life with the help of financial backers from across the world.

## "Waves Nx" by Waves Audio

Waves Audio, a digital audio company based in Knoxville, Tennessee, has produced a software application that they aptly named Waves Nx. With this application, you can recreate the three-dimensional experience of listening to sounds in the real world by using either your computer or mobile device. The application syncs to a Bluetooth device that you attach to your headphones, allowing you to listen to true surround sound all the time, even if the source audio wasn't mixed for surround sound capabilities. With this, every gaming session, conversation, television or movie binge, and even your personal music will be enhanced to new levels.



Source: TheGadgetFlow.com

Waves Nx works by modifying how headphones deliver audio cues to your ears and, subsequently, your brain. Normally, headphones tend to try and deliver a simplified version of surround sound by separating the audio that goes to your left ear

and right ear. This differs greatly from how we normally hear sounds in the environment around us, because every sound we hear is reflected off of objects around you and processed by your brain so that you can tell the volume, location

and time that the sound interacts with you. Waves Nx alters headphones to follow that same pattern, allowing you to feel like you're sitting in the middle of a musical performance. Expect to see this hit the public market around September of this year.



Source: Kickstarter.com

## "Basslet" by Lofelt

For the audiophiles who really enjoy feeling the music pump through their body, the people at Lofelt have a gift for you. This German company based in Berlin has created a wearable technology called the Basslet, a miniature subwoofer. You wear it like a wristwatch, and connect a second piece, called the sender, to whatever audio device you are using. Plug your headphones into the sender and prepare to truly experience what it is like to be one with your music.

The Basslet changes all of your audio experiences. You'll become more immersed in gaming when you can feel every sound and action that you take in-game. Your music experience will always be energized as you can tune out the world around you and step to your own beat. Even the content creators among you will be able to mix and produce new songs to the highest precision when you can feel exactly when you want the bass to drop. If you want to redefine how you listen to audio, grab this when it hits the shelves in December of this year.

## "Nura Headphones" by Nura

This last piece of high-end audio technology hopes to redefine your musical experiences in a different way. The Australian company Nura has created a pair of headphones that don't seek to alter how you hear what you listen to; rather, these headphones intend to alter themselves so that you can always hear audio how you were meant to. Like fingerprints, every person has unique hearing capabilities and, as such, two people wearing the same kind of headphones will probably hear two slightly different versions of the same audio track. Nura aims to fix this so that everyone can hear their music as crisply and clearly as possible.

The Nura headphones work by using smart technology that measures your hearing patterns and adapts the sound output accordingly. It features double speaker drivers, which means that it not only has over-the-ear cups that relay musical queues, but also earbuds inside the cups that help to give you a crystal clear sound with every tone you listen to. This auto-adjusting technology will make any average music listener into an audiophile and save you the time and money of having to search the world over for the perfect set of headphones. The Nura headphones will be making their debut in April 2017.



Source: Kickstarter.com

**Editor's Note:** This is the first in a series of reports I will be doing on Kickstarter-funded technologies. Expect to see a wide range of neat and interesting tools in the near future. If you're interested in being a part of making more awesome projects become a reality, check out [Kickstarter.com](http://Kickstarter.com) for more information on how to back these and other projects.

# Conquering the Day: 3 Tips For Being the Best You

► by Kenya Simmons

At the beginning of my freshman year, I made a point of staying active and being positive. I had a relatively flexible schedule and a light course load. My day would start around 9 a.m., and I would go to the gym and get a quick workout; if I missed doing that in the morning I would make up for it later in the day. I quickly learned that exercising before the start of my day made me feel great. Taking some time for yourself in the morning is one of the best ways to have the best attitude. However, exercising is not the only thing that influences your day. I have put together a list of what I consider to be the best three ways to optimize your attitude and conquer the day.

## 1. Exercise

Taking the time to exercise first thing in the morning gives you time to mentally prepare for the day. As you exercise, your body produces endorphins that stimulate your body. Doing any form of exercise starts this process. I personally find yoga and a quick run in the morning to be the most effective. Yoga gives you the time to breathe, meditate, and gather your thoughts. Morning exercise is a great way to start your day off, but, for those who can't workout in the morning, exercising at any time of day will still boost your mood. It may be difficult throughout the workout, but the end result is definitely worth every drop of sweat.

## 2. Eat

Food is important, and not just because of the nutrition; you may get hungry if you don't eat. A balanced and healthy diet is important, but, as we all know, college students are always on the go. A better alternative to skipping a meal or eating a sugar-filled Pop-Tart is to eat fruit for breakfast. Sugary foods may give you that quick boost you need, but you will start to feel sluggish once you come down from the sugar. Healthy, balanced foods, especially for the first meal of the day, give your body the energy it needs to jump-start your busy class schedule. Food for thought: as they say, an apple a day keeps the doctor away.

Now that your day is full of positive energy and good vibes, spread the love. A smile or a compliment can go a long way. The simplest things can impact someone else and change their day for the better. Starting the day with a positive mindset will set your mood for the rest of the day. Be sure to always try to have a great day with lots of good energy. Remember to share all of the positive vibes and Carpe Diem!



Photo by Emilie Wilbite

## 3. Tunes

Your playlist is everything. Everyone has a unique taste in music, and your tunes are what set the pace. Plato said, "Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything." Music is a reflection of yourself, and no matter what genre you listen to it will get your spirits up. Do you know the feeling when your favorite song comes on and you just want to sing along like you are the front man? (Yeah, I know you know.) So go ahead and play your favorite Pandora station and dance out all your worries.



Source: pinnahq.com



# Coffee vs. Tea

► by Jordan Alexander

Every summer when I return home from school, my brother and I have a tradition of going to Starbucks in the morning. Every morning around 9:00 a.m., we would walk through the doors of the Starbucks, and every time we would argue with one another about what we wanted to drink; he would

always get coffee, and I would always get tea. It's strange to think about this topic being controversial, but I discovered that some people have strong opinions about tea and coffee. I surveyed 50 students about their preferences, and the results were staggeringly close: 27 students chose coffee and 23 students chose tea. Now, why do some people prefer tea and some people prefer

coffee? How did this come to be? What are the benefits of drinking one or the other?

Coffee, by a wide margin, has more caffeine in it than tea does. People who drink coffee do so because the beverage is able to wake you up and kickstart your day with alertness and freshness. But coffee also provides a plethora of benefits: it has been proven to increase heart health and may inhibit liver cancer. Let's be honest, though - who cares about what else it does for coffee drinkers; they're satisfied as long as they

get their caffeine fix. A downside to coffee, compared to tea, is that coffee has a very distinct and strong taste. Because of this, drinking coffee is more of an acquired taste; regardless of how it tastes, however, the effects of caffeine outweigh the appeal of a better-tasting drink for many coffee drinkers.

As for tea, it can have either a flavorful or neutral taste. Most tea drinkers believe that tea is a healthier alternative to coffee because of the decreased amounts of caffeine, and for all intents and

purposes they would be right; too much caffeine can cause dehydration and an increased heart rate. Because of the lower caffeine content, tea provides better hydration than coffee does, as coffee dehydrates your body.

Tea can be a wild card in the South, as sweet tea is a common commodity at any restaurant. Even though sweet tea is a blessing for tea drinkers, no one batch will ever taste the same. Tea drinkers can tell you that the sweetness of the tea varies from place to place; it can either taste like

heavenly nectar or like dirty water, so it becomes a game of luck with each new place you visit.

I've only given some information on the benefits and the weaknesses of both coffee and tea. I drink coffee and tea indiscriminately myself, but I would choose tea to drink over coffee because I value its taste over the affectability of coffee. In the weeks following the publication of this article, KSU Lifestyle will be podcasting the debate between whether coffee or tea reign supreme.



# Staying Organized and on Top

by Kristen Roberson

If you jumped into the semester feeling sure that you'd stay on top, but now you feel like things are sliding out of control—don't despair! There's always a chance to turn things around, especially this early in the semester. The key to success is keeping things organized.

What does the word 'organization' make you feel? Confidence, confusion, or panic? If it's the latter two, don't fear. Anyone can become organized; it just takes practice. If organization isn't one of your natural strengths, you don't know where to begin, or things seem so overwhelming you can't face starting, this is the article for you! Here are six steps to help you conquer the chaos and reclaim your position at the top.



## 1. Start somewhere

If beginning seems overwhelming, take five minutes each morning and evening and work on sorting one area. You could focus on clearing clutter from your personal space, or plugging dates into your calendar. Over time, you'll see more structure, and you'll feel the situation is more manageable.

## 2. Take care of yourself and relax

The better you feel, the easier organization will be. Eat, drink, exercise, and sleep well. Don't overextend yourself by agreeing to too many activities, classes, or work hours. Avoid stress; don't wait until the last minute to study or complete assignments. Practice meditation, prayer, thinking positively, or whatever strategy makes you feel the calmest.

## 3. Declutter your workspace

Start organizing by grouping similar things together. Store notes and textbooks on shelves. Remove clutter from your workspace and store it in labeled bins, boxes, or files near your desk so you can keep things close but out of your way.



## 4. Manage your time wisely

Calendars are the best tool for plugging in important dates in advance. Gmail's Google Calendar is your friend: use it to view your week's schedule to ensure you're not overextending yourself or overlapping responsibilities. You can color-code events or classes; email reminders to yourself days in advance; view it in a monthly, weekly, or daily format; and use it to set yourself goals for exercise or studying.

## 5. Plan ahead

Take test dates and deadlines from your syllabi and enter them into Google Calendar as soon as possible, then email yourself reminders to study in advance for tests or to start work on a large project. For example, you might set an email reminder a week in advance to study for a test. If it's a paper, set a reminder for each step in the process: a week each for brainstorming, outlining, writing, and editing. Also set yourself reminders for appointments and what to bring for them.

## 6. Structure and review your notes

Create folders and subfolders for each class to keep notes, study guides, formula sheets, and etc. organized. Review new material as soon as possible, and jot down anything you didn't add during the lecture. Review older material at least once a week throughout the semester and avoid cramming. If a subject is difficult, plan time to meet with study partners or a tutor.

“ The key to success is keeping things organized. ”

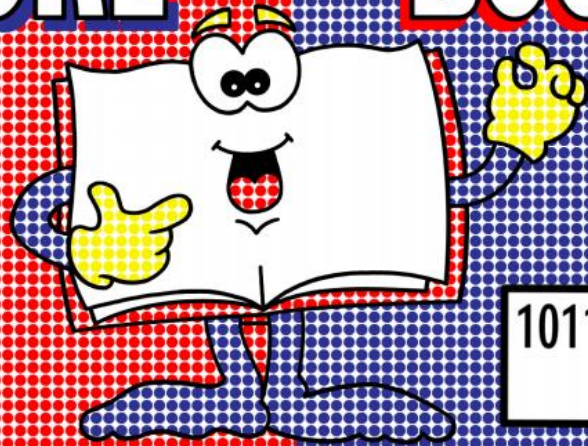
At first it might seem challenging, but don't stress. A little daily effort will lead to successful organization. The more you try, the more efficient you'll become. And when you're on top, conquering your semester will be easy.

For further tips, see <http://saralaughed.com/index.php/45-tips-for-staying-organized-in-college>



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