

STUNNING



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The Sting is Kennesaw State University's monthly student lifestyle magazine, and a part of KSU Student Media (KSUSM). As a student lifestyle publication we take the responsibility in engaging in conversations that build student engagement as part a community, and not just a university.

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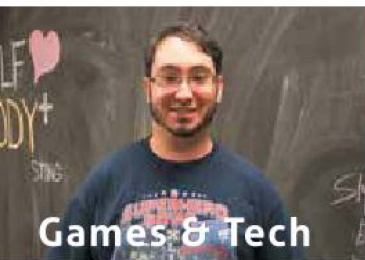
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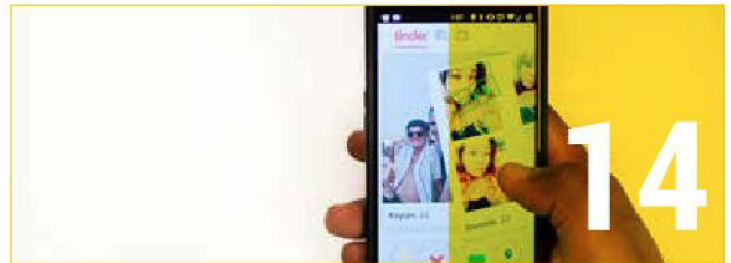
Self Love & Body Positivity

Features & KSU People



Swipe Left or Right?

Lifestyle



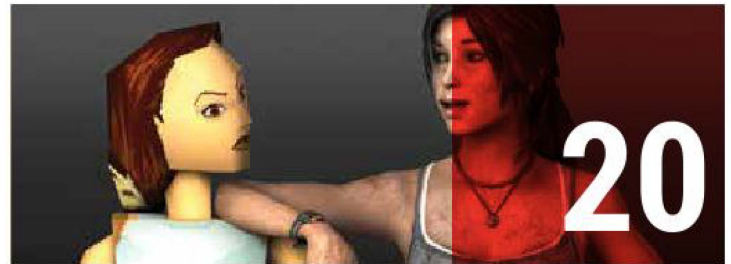
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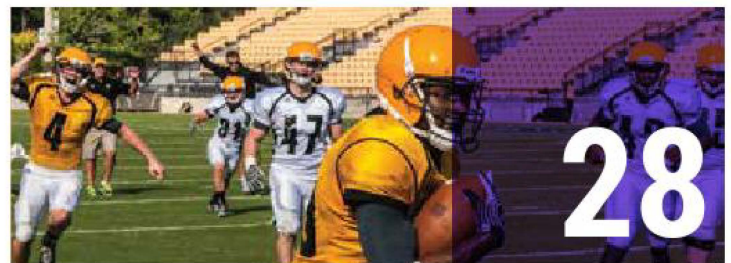
Body Types in Video Games

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Turn Your Small Group into a Team

Sports



Asking Around: Self Love & Body Positivty

▶ by Gerron Green

Self and body image are two factors that young people struggle with every day. They are constantly subjected to images of what they should look like, comparing themselves to impossible standards and striving to match unattainable examples. Unfortunately, due to these factors, many students sink into depression or project a negative image onto themselves. So one has to wonder, what exactly do Kennesaw students think of themselves? We asked some students about their body image and their general opinions of themselves and here is what they had to say.

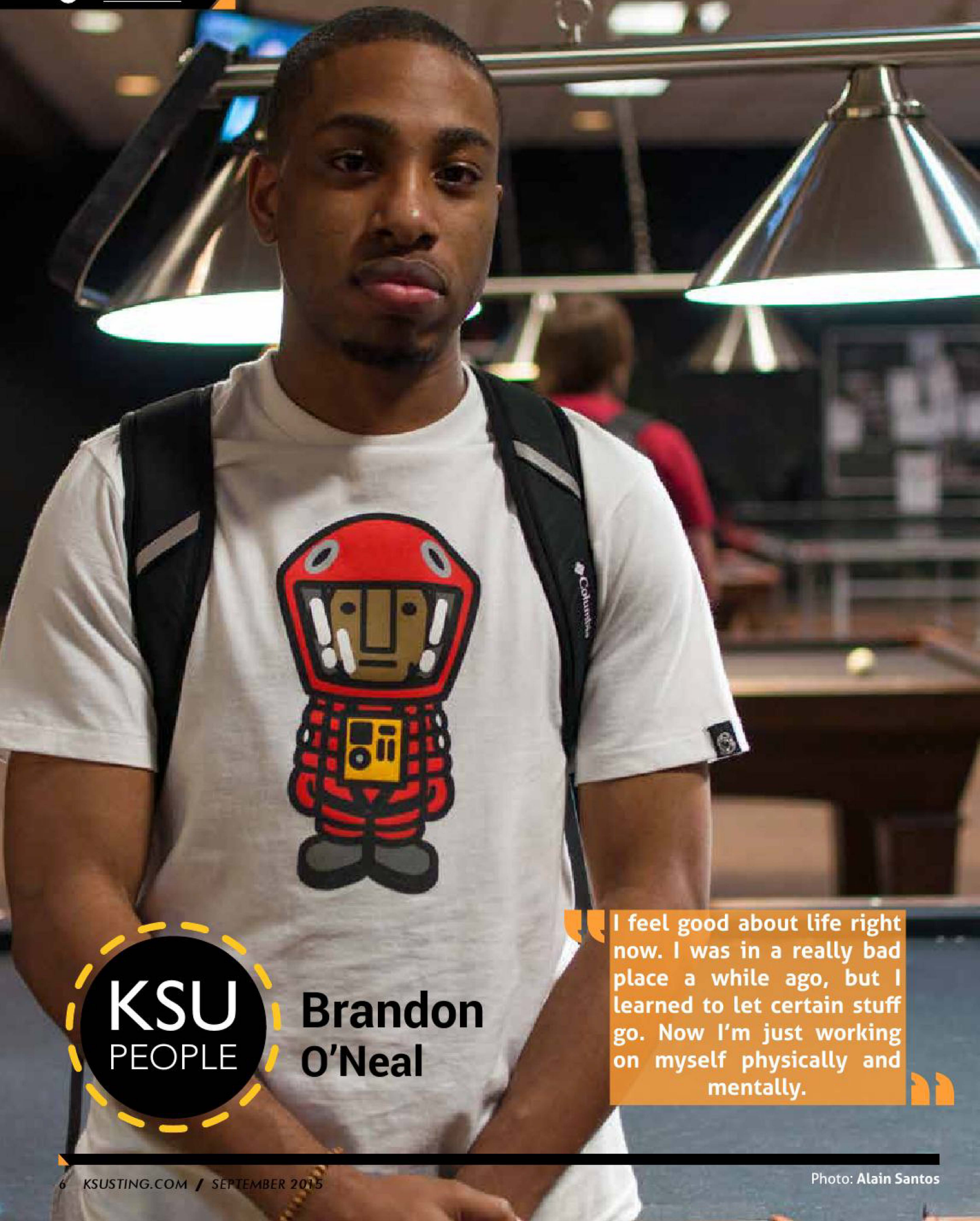




KSU
PEOPLE

**Amanda
de Souza**

I feel good about myself. Body wise I'm feeling okay at the moment, but when school gets really frustrating and stressful I start feeling bad because I'm at home sitting or in the library sitting all day. So I'm like "Ahh, my back," or I'm just snacking on things thinking, "I could be working out right now."

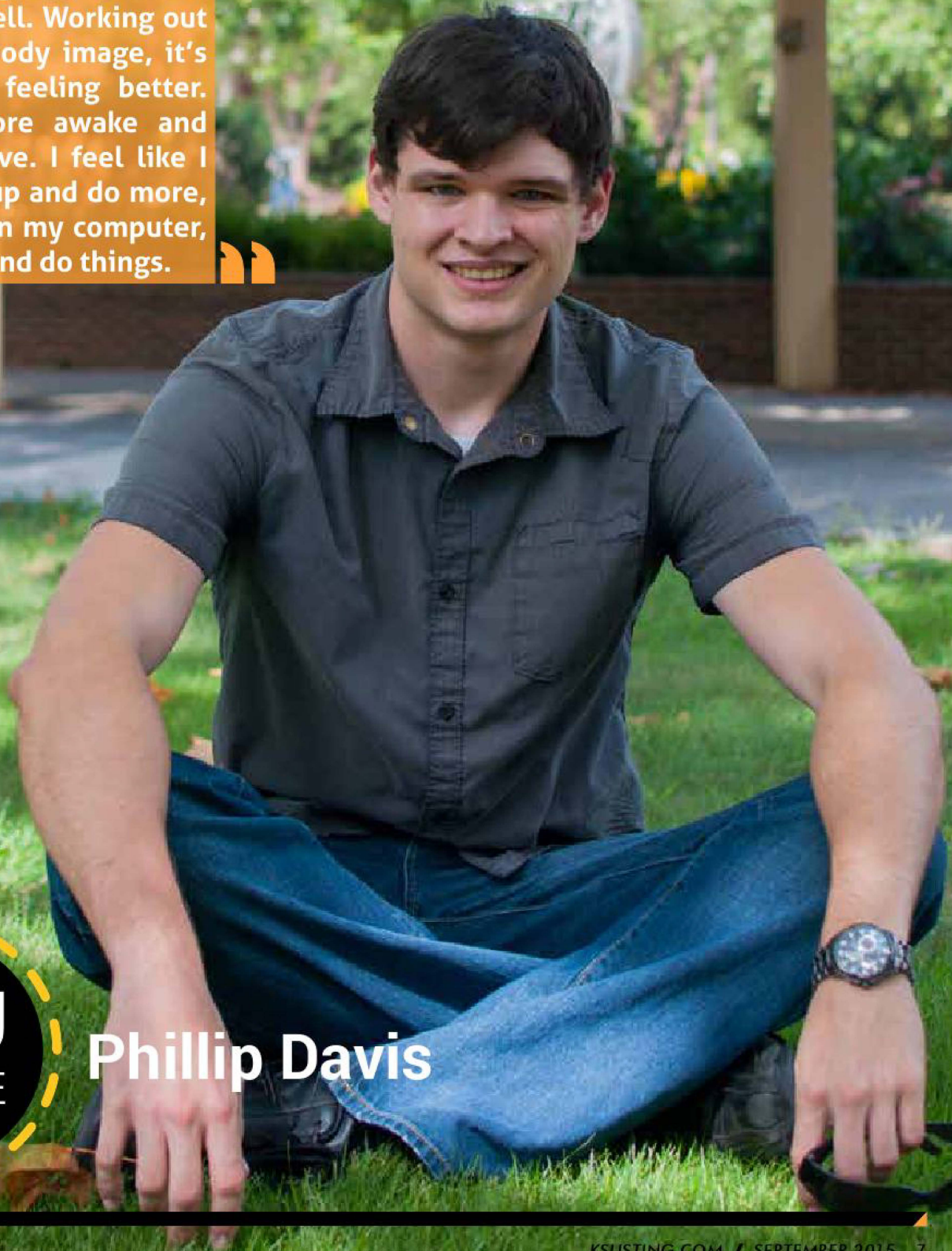


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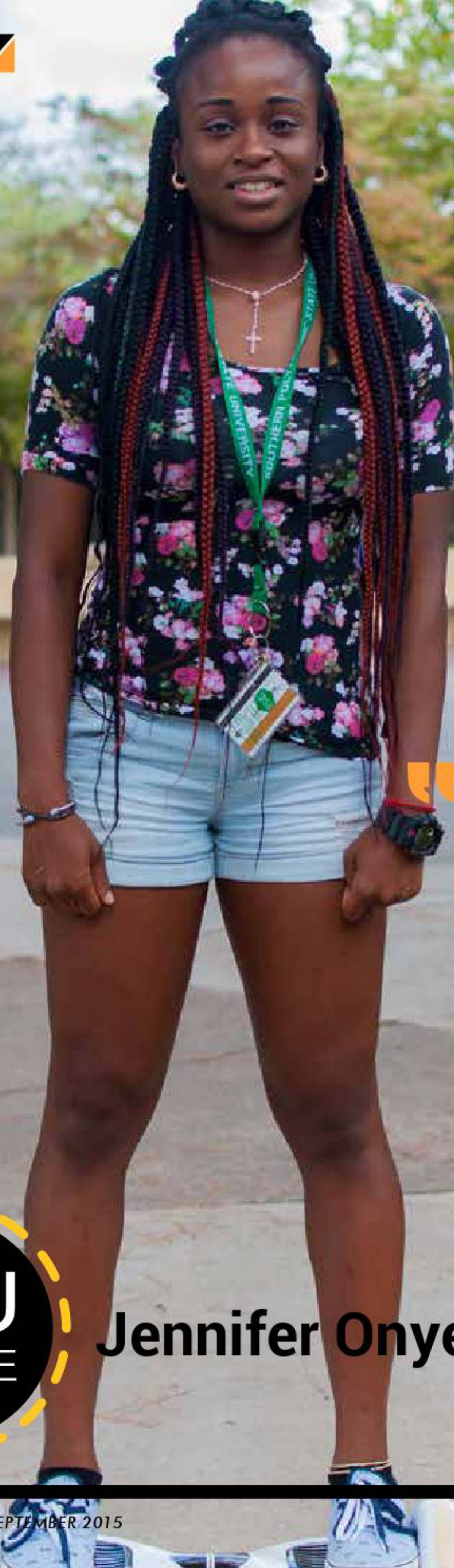
**Brandon
O'Neal**

I feel good about life right now. I was in a really bad place a while ago, but I learned to let certain stuff go. Now I'm just working on myself physically and mentally.

I feel relaxed, I feel good. That's about it. I don't feel overly stressed about anything. I haven't felt down about much and I've been working out. So I feel physically well. Working out isn't about body image, it's more about feeling better. You feel more awake and more attentive. I feel like I want to get up and do more, not just sit on my computer, to get up and do things.



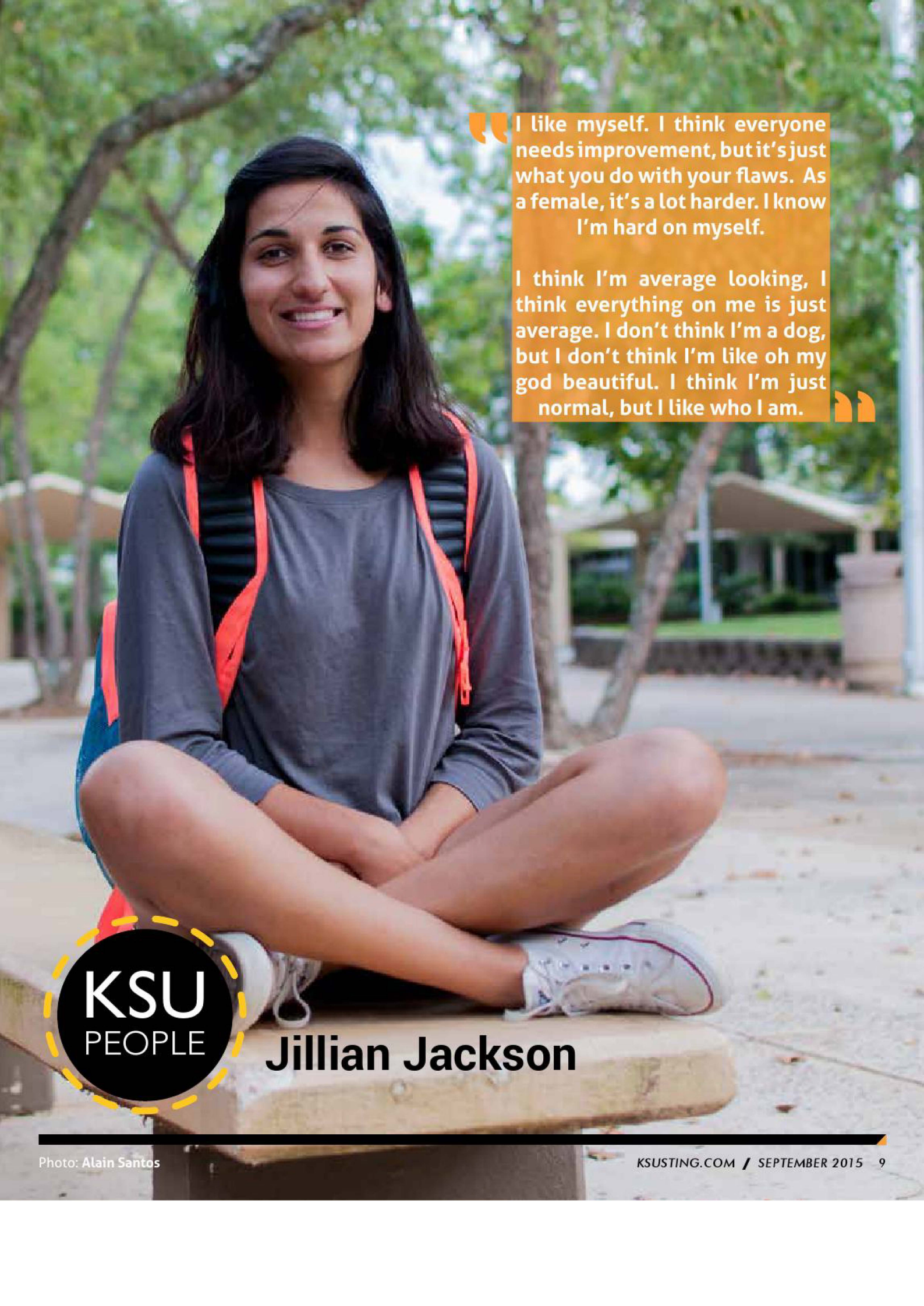
Phillip Davis



I feel okay about myself. I don't like everything about myself, but I'm appreciative of what I have and I just like myself how I am.

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Jennifer Onyekaba



“ I like myself. I think everyone needs improvement, but it’s just what you do with your flaws. As a female, it’s a lot harder. I know I’m hard on myself.

I think I’m average looking, I think everything on me is just average. I don’t think I’m a dog, but I don’t think I’m like oh my god beautiful. I think I’m just normal, but I like who I am. ”



Jillian Jackson

I've been called conceited a lot and I've embrace it. I don't see it as a negative thing. I actually just wrote a paper about vanity vs confidence. I just say supreme confidence is not something you should just simply look down upon because the word is simply defined as excessive belief in ones abilities or appearance. How can you believe in yourself too much?

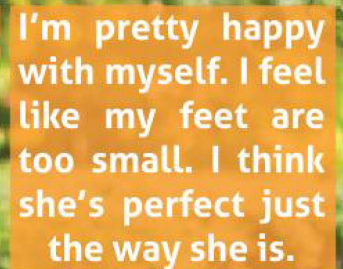
Arthur Wallard

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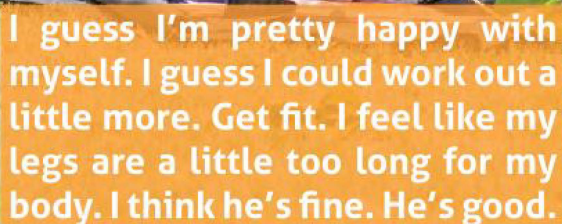


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Caitlyn Meridith & Jacob Macintosh



I'm pretty happy with myself. I feel like my feet are too small. I think she's perfect just the way she is.



I guess I'm pretty happy with myself. I guess I could work out a little more. Get fit. I feel like my legs are a little too long for my body. I think he's fine. He's good.

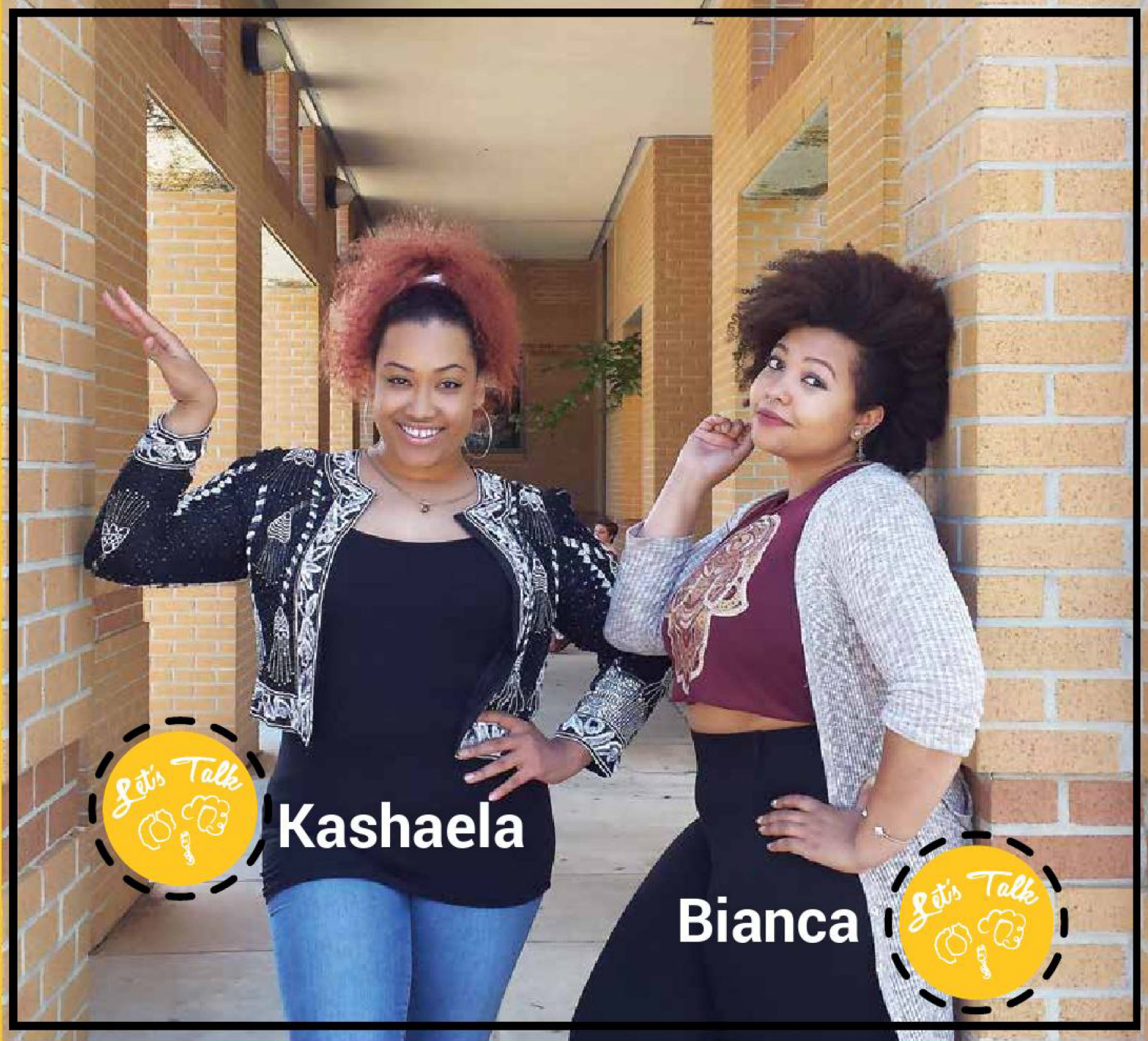
Photo: Desmond Hilson Jr.

Overall I would rate my self confidence as an 8 [out of 10]. I have a lot of dark spots on my face. I use this ointment to try to get rid of them and I wear makeup. I've kind of dealt with it now. They're kind of going away but when I first had them it was a big problem.



KSU
PEOPLE

Courtney Keith
Freshman
Criminal Justice Major



Kashaela



Bianca



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Swipe Left or Swipe Right? The Shallow Pond of Dating Apps

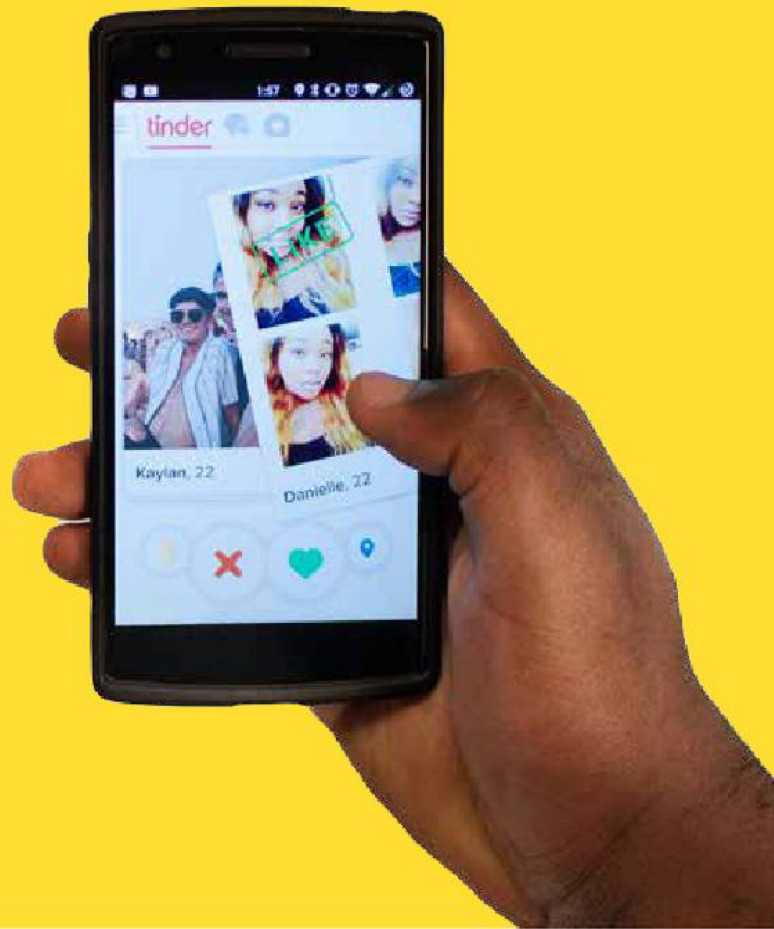
▶ by Cayla Howard

“When you meet up at a local eatery or bar to find that that potentially special someone didn’t bring those triple Instagram filters with them.”

Swipe left or swipe right? An easy decision to make. In fact, it doesn’t even take half a seconds thought to decide whether someone is worth your time—based on one picture. It’s actually a lot of fun, and addictive, this swift and nifty way of sorting through people who are or aren’t suitable for your own personal beauty standards. You stare down at your phone, flipping through images, deciding your fate: Yes, no, no, yes, definitely no... eww they’re kind of weird looking.

It’s a shallow but effective way of finding your Better Half. Or is it?

One small rectangular cluster of pixels is nothing, really. And



yet, amazingly, this one image has influenced your decision to choose whether you're interested enough in that one person to actually pursue a relationship with them. Of course, you're not that shallow. You even take other factors besides attractiveness into consideration, like style, presentation and image quality. Do they look fun to be around? And, let's be honest, we also have to consider that some people have better "selfie game" than others.

When you meet up at a local eatery or bar to find that that potentially special someone didn't bring those triple Instagram filters with them, you hear Princess Merida

from Disney's *Brave* whispering gently into your ear, "If ye could change yer fate, would ye?"

And yes, you would.

Or at least you'd find yourself wondering if maybe you were a little too quick to judge people's singular available image. While Tinder's heavy emphasis on physical appearance seems incredibly shallow, it's also straight to the point. Psychologists say that people decide how interested they are in someone in four minutes or less (I would say less). So, while seemingly harsh, maybe Tinder really is a more efficient way of meeting people and weeding out the "nopes," "nahs," and

"nevers."

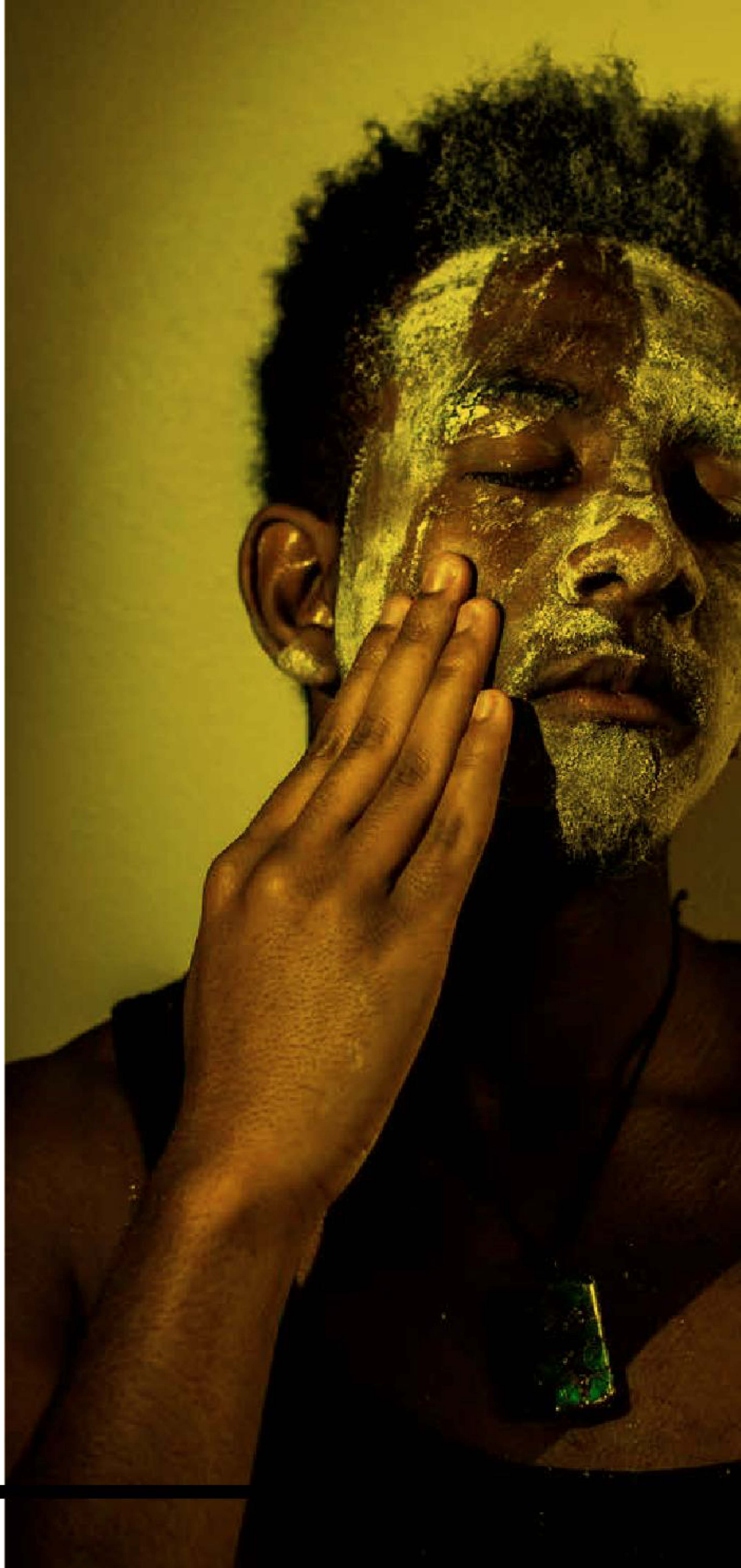
That being said, I do think it's safe to say that we place too much emphasis on appearance. While, yes, it's important to be attracted to someone, it's also important to actually like them. A strange concept, I know, but a good one. After all, once the novelty of meeting someone new is gone, what you're left with is all the things you have in common and enjoy doing together. The consensus is that I don't think there's anything wrong with meeting someone using a dating app, like Tinder, that encourages you to select potential dates based on physical appearances... as long as you can see that appearance isn't everything.


Back to Black

► by Trey Hill

As little kids grow up in a big world, they're bound to be impressionable and naïve. I was no exception. As a kid I remember growing up enamored with white people. Think about it for a second: you're a kid with superheroes or role models that look nothing like you, you grow up in a predominantly white community and go to a predominantly white school. I often questioned why I couldn't be white; why I couldn't be "blessed" with white skin, blonde hair, and clear blue eyes. I even had my own "white" name picked out. It was Max.

I'll never forget one experience, though, that reminded me I was not white. No matter how friendly I was





“I put my arm around my friend and proudly stated “We’re like brothers, you know.” My friend looked at me and said, “You’re too dark to be my brother.”

or how much I was interested in the things they were interested in, they would not be fooled.

I was in elementary school waiting at the bus stop with a friend. Both our moms were there and it seemed pretty normal. I put my arm around my friend and proudly stated “We’re like brothers, you know.” My friend looked at me and said, “You’re too dark to be my brother.”

I was too young to fully understand the meaning behind those words but I did think it was something I had done wrong. That maybe there was something wrong with me and that there would always be something wrong with me. I continued trying to fit in though doing my best to be cool with all the white kids while somewhat avoiding other blacks and people of color in general.

A lot of my public school career was plagued with remarks like “I’m blacker than you” or “I don’t see you as black,” you know, left-handed compliment type stuff. These things didn’t start to bother me until high school because I was starting to find who I was and who I wanted to be. Before then I had just thought, hey, I’m getting closer to the people I

looked up to so much.

By ninth grade I had really started to explore black culture and I felt I had missed out on a lot, in all honesty. I missed Kanye and his come up, I missed Lupe when he was killing it with Food & Liquor, and I had only heard three Michael Jackson songs until the time of his death. It wasn’t until my junior year of high school that I started making good connections with other people of color.

By the time I graduated I had made a brother out of my friend Emancio, who I met in seventh grade and is still my brother even to this very day. True self-realization didn’t come until I went off to college. It was like I had taken a step back, but it hurt more now that I understood the left-handed compliments and “jokes” that were thrown my way.

By spring semester I had made myself pretty scarce so that I could find people to better identify with. It really wasn’t until last year when I realized this goal, although I still have much to learn about my people’s history and where I fit into it all.

Vaping: Our Generation's Cigarette?

▶ by Brandon Freeman

I'm sure you've seen it walking through campus, at a party, or outside of a concert; a huge plume of smoke being blown into the sky. These dense clouds of vapor, often smelling fruity or sweet, are being blown into the air practically everywhere today. Vaping could one day overtake cigarettes as the most popular smoking tool. As this phenomenon sweeps across the country, more and more young adults are picking up the habit.

An intended purpose of these "vapes" is to help smokers quit tobacco. Through a mixture of vegetable glycerin and propylene glycol, combined with nicotine and a large variety of flavors, you have a juice that, once heated, produces vapor to be inhaled. While the jury is still out on the long term health risks, vaping is currently believed to be a less harmful alternative to cigarettes.

With controllable levels of nicotine (and even the choice of no nicotine), the absence of many of

“Young people everywhere, including many college students, are picking up vaping as a habit simply as the cool thing to do.”



other carcinogens, and vapor instead of tobacco smoke, it's practically a dream come true for someone trying to quit smoking. Surprisingly though, a whole chunk of this community has never touched a single cigarette.

Young people everywhere, including many college students, are picking up vaping as a habit simply as the cool thing to do. Certainly there seems to be a healthier appeal to vaping than there ever was for cigarettes. With thousands of different flavors, less immediate health risks, and the ability to vape almost anywhere, there's no surprise that it has spawned an entire culture, even drawing in even those who don't traditionally smoked.

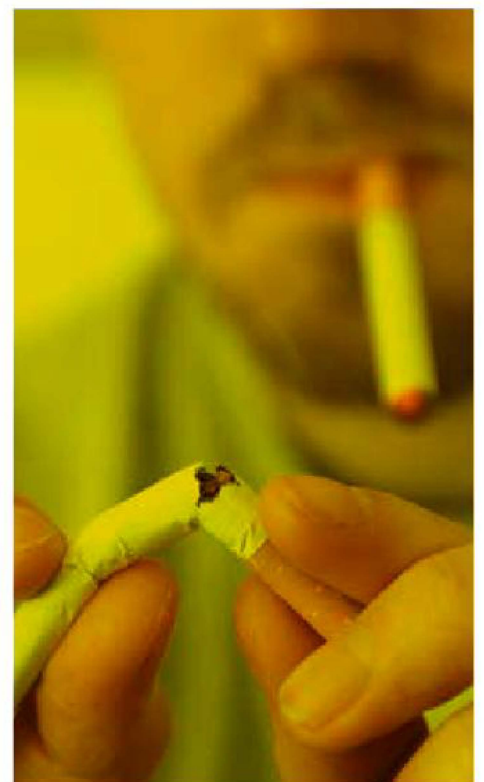
Again, there is the option to get liquid with zero nicotine added. This is meant to be the last stop before smokers completely kick the habit, but it sometimes it can have the opposite effect. The assumption that it's utterly harmless, along with the justification that you can vape without ingesting nicotine, can lead

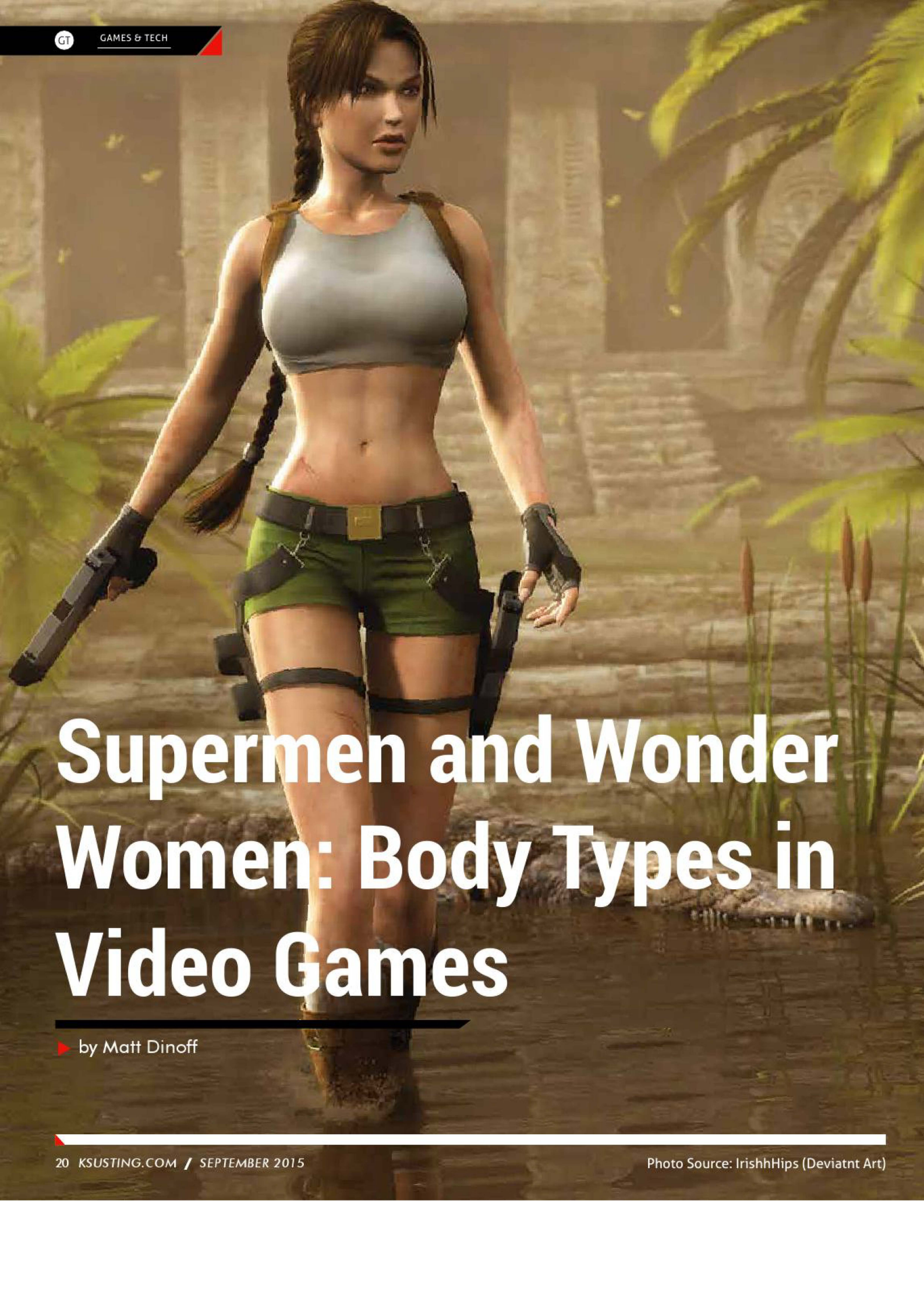
non-smokers to start vaping.

Often, before long they're hanging out with others who vape, or getting their friends on board and perpetuating its use. Sometimes they get tired of zero nicotine and try a new flavor with small amounts of nicotine added, or maybe they tried their friend's juice that contains nicotine. Nicotine is one of the most addictive chemicals one can ingest and once you start down that path it can be difficult to turn back. These occurrences are cultivating a high number of young adults being addicted to nicotine without ever having been around traditional tobacco.

In reality, no one really knows just what vaping will do to our generation. Much like how society first endorsed cigarettes, vaping is being heralded as something of a minor miracle. This begs the question: will vaping become a defining characteristic of this generation? Only time will tell if vaping is the final step for safe smoking or if the plethora

of benefits go up in smoke when compared to the risks.





Supermen and Wonder Women: Body Types in Video Games

▶ by Matt Dinoff

“The studio reimagined Lara into a more natural looking female, smaller chest, fit waist and pants longer than her thighs. “Finally,” Lara said.

In most video games, you think of male characters as huge hulking monsters of men. Female characters always have the 'ideal' female bodies, big bust, long legs and a thin waist dressed in something revealing or barely anything at all.

Obviously, not all male characters fit the stereotype of big herculean men with deep voices and love to show off their 'manliness'. Nathan Drake and Joel from *The Last of Us*, for example, don't fit that description. With female characters it is the same. Not all are 'ideal goddesses' with long legs, small waists, big chests and have the perfect clean face and hair.

One of the key characters that combats this huge stereotype, which has dwindled down in recent years, is Lara Croft. Yes, the Tomb Raider herself. The first Tomb Raider game came out in 1996. That iteration of Lara Croft had a chest that looked too big for her small frame, a super tiny waist and wore tiny shorts and boots. The Tomb Raider series was wildly popular, though, creating numerous video games and even two movies.

Lara Croft changed very little, fitting the same model and clothing, until the second reboot in 2013. The studio reimagined Lara into a more natural looking female, smaller chest, fit waist and pants longer than her thighs. "Finally," Lara said. Maybe the advancements in graphics and technology led to the new, more natural Lara Croft. In the newest game, she looks serious with her updated look, instead of simple eye candy.

For the men in video games, especially in recent years, their appearance is much more varied. Male characters can be, herculean in size, thin and agile, lanky, a 'pretty boy' or ugly. A good video game with a diversified cast of male characters and body types is Blizzard's new First-person shooter and battle arena, *Overwatch*.

There is a good mix of huge massive body types with Winston, an intelligent gorilla and in armor, Torbjörn, although short, is still stacked for his size. Then there are the normalish characters, still 'ideal' in their own way but not massive like, Lúcio and Hanzo.



Blizzard did take some flack about having their female characters look the same until Zarya, a massive female tank character, was revealed.

Am I saying that over exaggerated body type for video game characters are bad? Or that nearly all female characters in video games look the same? Not necessarily, but I personally would like to see more variance in character design and models in all video games.



The Adventurer's Guide to Surviving Your Enemies

by Alex Scott

Hello Adventurer! Is today your first time joining a Pathfinder or Dungeons & Dragons game? Have no fear, for this article will go over some basic tactics and ideas on how to keep your character as healthy as possible when out on adventures. For those who don't know, Pathfinder and Dungeons & Dragons are two popular tabletop role-playing games. In these games, you create a full-fledged character, complete with a backstory, personality and goals.

Then your character joins the other characters your groupmates create for an adventure. Through these adventures, your characters grow and level up to become stronger and more formidable to beat the BBEG (Big Bad Evil Guy).

The first place to start is with items. In Pathfinder and D&D, there are thousands of items that give you extra helpful bonuses to aid in defeating your opponents. Often, these items come in the form

of armor or magic items like wands and potions. In tabletop games, there are a bunch of types of armor ranging from leather to full heavy steel armor. Each type gives its wearer different bonuses depending on its type and whether it has magical properties. Magical armor can do all sorts of tricks, like make your character more intimidating, turn them invisible, or even protect them from evil. Purchasing armor before a big fight can mean the difference between your character



living or dying. Then there are magical items infused with the effects of spells. For example, there are potions and wands that have healing effects when used. There are other ones that enhance your weapons to make them stronger, double your height, or even speak with animals directly. These sorts of items can be necessary in thrashing anything coming your way.

Another concept to be aware of is party tactics. Part of this comes

with the team composition, but ultimately an encounter's outcome is also decided through the actual battlefield and the group using tactics to their full advantage. For example, a group composing of a druid, a wizard, a barbarian, and a rogue all enter a dungeon. The entrance hallway leads to a large room with six zombies all grouped together. As the group arrives, they decide on the order to go in. It would be wise for the rogue to stealthily move behind them whilst the wizard

and druid pelt the group with bursts of fire and lightning. The barbarian would then demolish any zombies remaining with the rogue for backup.

These are just a couple of strategies in surviving any potential monsters that come your way. Proper preparation ahead of time while thinking through your team's actions make sure that the party lives and that everyone has fun.

Wearable Health Tech

► by Robert Shonfelt

Fall semester is now well underway, with class assignments and extracurricular activities filling everyone's schedules to capacity. That being said, it's time to prepare yourself for success by keeping your body healthy so you can easily handle stress and avoid the infamous "Freshman 15". According to a 2009 study by researchers at Utah State University, 1 out of 4 freshman students will gain 5% of their body weight, an average of 10 pounds. However, the benefits of a healthy lifestyle aren't just about looking good.

Another recent study by Princeton University suggests that regular exercise reorganizes the brain to be more resilient to stress. But, how is a person supposed to manage all their academic responsibilities, keep a social life, AND try to maintain a healthy lifestyle? By taking advantage of emerging health technology, that's how. I've put together a list of some popular apps and wearable health tech that you can use to keep track of your body all throughout your busy day.



GEAR

If you're wanting to take your health tracking to the next level with some fitness gear, these cool toys below may be what you're looking for.

MisFit Flash Link

\$19.99

Clip-on, sleep monitoring, waterproof, track steps and miles, set fitness goals, control music, take selfies.



Available for: iOS, Android.

Jawbone UP24

\$49.99

Bluetooth, water-resistant (no swimming), wear on wrist, sleep monitoring, track steps and miles, track calories, social media connectivity.

Available for: iOS, Android.



Garmin Vivosmart

\$128.52

Smart notifications from phone, waterproof, track steps, track calories, track distance, track active time, sleep monitoring, heart rate monitor, set daily fitness goals, tracks periods of inactivity.



Available for: iOS, Android, Windows.

Runtastic Orbit 24 Hour Activity (Fitness & Sleep Tracker)

\$71.98

Waterproof, track steps, track active minutes, track calories, track sleep cycles, bluetooth, set fitness goals.

Available for: iOS, Android.



Fitbit Surge

\$245.98

Continuous heart rate monitoring, built-in GPS, track activities, sleep monitoring, text and call notifications, wireless sync to device, track steps, track distance, track calories, track active minutes, control music, clock, waterproof.

Available for: iOS, Android, Windows.



APPS

The following free apps will allow you to track your activities, calories burned, and even your calorie intake with just a few taps and swipes.



Apple Health
Apple



S-Health
Samsung



Google Fit
Google



MSN Health & Fitness
Microsoft

Thinking About Getting Windows 10?

▶ by Aaron Jeter

Why was 6 afraid of 7? Because 7-8-9! Remember that one? Well, this is exactly why Windows 10 was created. Windows 9 was just eaten away, leaving 10 in its wake. All puns aside, is Windows 10 living up to 7? Is it worth it?

I decided to get Windows 10 because Windows 8 felt it was lacking UI. I wanted something similar to Windows 7, without having to downgrade. That's where 10 comes in. It's very similar to 7, but uses elements from Windows 8. Overall, it's a good OS. It's solid, looks good, and is fast. What else do you need in an OS?

Windows 10 is free for anyone with Windows 7 or 8. This was a good idea on Microsoft's part, because if you have 7, you can skip 8, and just go for 10, without paying a lot of money. Microsoft has really been pushing for people to upgrade.



The most notable differences (From Windows 8):

- The start button is back
- Search bar is to the right of Start Button
- Logging on takes you straight to the desktop
- Icons for volume and Wi-Fi have been changed
- Added a "New Notifications" icon



My final verdict is, if you have Windows 8/8.1, get go ahead and get Windows 10. However, if you're still using Windows 7, I would recommend keeping it until more updates smooth it out.

If you do decide to get Windows 10, here's how to do it:

Windows 8/8.1: Move your mouse to the bottom right, click "Settings", then "Change PC Settings", click "Update or Recovery", then click "Windows Update".

Windows 7: Click the Start Button, search for "Update", and one of the results should say "Windows Update", click on that. From that screen, choose the option called "Check for Windows Update" on the left panel.

Regardless of what OS you're on, after the update has finished, there should be a notification for Windows 10 near the Wi-Fi, and volume panel. Click on that, and you'll be able to reserve your copy of Windows 10. It may take a few days, weeks even, because the update gets sent in waves.

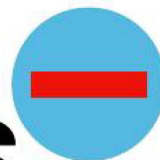
Windows 10 has a lot of potential, it just needs some tweaking. Hopefully future updates will resolve those issues.

Windows 10 has a lot of potential, it just needs some tweaking. Hopefully future updates will resolve those issues.

Pros



Cons



- Much better than Windows 8, and it's free
- Search bar is easier access, and searches on PC and Internet
- Start menu has the same layout of Windows 8 start screen
- Apps now get their own window instead of taking you to a whole new screen
- Log In screen background changes randomly by default
- Added Cortana (Siri like voice system), turns search bar into Cortana bar
- Cortana Bar won't search for anything, instead is used to ask Cortana questions
- Search bar takes a long time to find something
- Some important programs like task manager are hard to find
- Right clicking the start button is still here; these are where the important programs are
- Takes a long time to actually get Windows 10 (explained later)



How to Turn Your Small Group into a Team

► by Carson Long

We've all experienced the dread that comes with a group project. As soon as the teacher mentions it, every student begins to squirm in their seat. You don't know if you'll be paired with slackers or control freaks, snobs or jerks. Regardless, group projects are part of the college experience. You need to know how to successfully balance the work and get along with your classmates. These four tips can change your small group into a functional and effective team.

Tip 1:

Assign a leader

If you look at any sports team, you will find a designated captain who is in charge of calling plays and making decisions. This is important because a team cannot work towards a goal without leadership. Anyone can be the leader of the group, but they need to be able to make decisions and assign tasks. Having a leader in the group is essential for any sort of goal-driven team.

Tip 2:

Assign Roles

In a football team, every player has a role. Some players throw the ball, some catch the ball, and some players are only on the field to protect their teammates. These roles are chosen based on what each player is good at, a method you can use in a small group setting as well. As the leader, discover what each one of your classmates is skilled at and have them specialize on that one area of the project. If one student is exceptional at writing papers and another student is great at giving presentation, assign them roles based on those skills.

Tip 3:

Small Steps

In a project driven setting, it can be overwhelming to look at a whole project as one large task. Break down the project into smaller sections and work towards those goals. This also gives the satisfaction of completing each step and can boost morale and confidence, which motivates the team to succeed on the next section of the project.

Tip 4:

Communicate

Communication is one of the most important parts of a group project. The leader needs to be a bridge between everyone to keep the team on the same page. Without proper communication, the group can easily become confused and fall off track. Communication between teammates is key to success, both on the field and in the small group.

These four tips should help ensure that your small group will perform well and get ahead in the classroom. Keep in mind that having more than one leader in the group can do more harm than good, so a good teammate needs to be able to realize who is the stronger leader and let them take charge. Don't be afraid of the small group project anymore! Use this as an opportunity to improve your team skills for the future!



Why You Should Join a Team Instead of a Gym

▶ by Carson Long

For a more dynamic and fun fitness experience, look at the fitness groups and sports teams in and around KSU.

The thought always comes to you at night while you lay in bed. You should change your life.

Starting tomorrow, you're going to go to the gym, eat healthy, and get fit. You're going to look good and people are going to notice. The next few days you might go to the gym alone, but then you start to make excuses and go back to your old ways. Lather, Rinse, and Repeat.

For someone new to the gym, the hardest part of getting in shape can be finding the motivation to actually get up and go. Fortunately, there is a way to make exercise a fun and social experience.

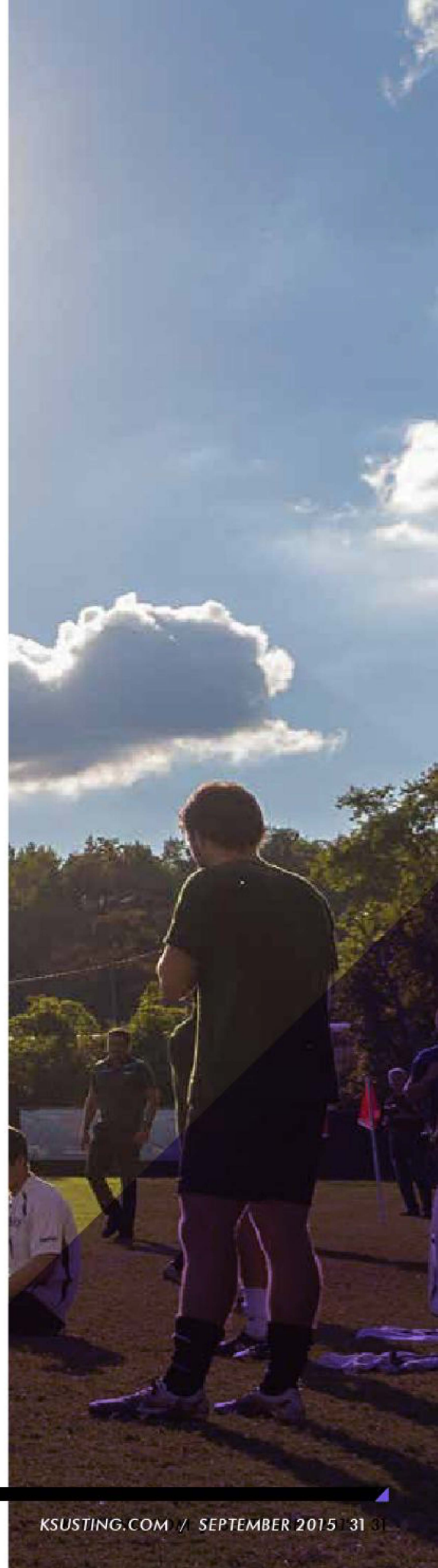
Don't join a gym, join a team.

What's different about joining a team? On a team, you have support. Your teammates are there to help you. There is a connection between people when they join together for a common cause. Your teammates are there to keep you accountable and vice versa. In college, it can be hard to meet people because everyone is so busy. Just joining a team is an easy way to find others you are guaranteed to have something in common with.

Going to the gym can be satisfying, but can also get boring and repetitive. For a more dynamic and fun fitness experience, look at the fitness groups and sports teams in and around KSU. Searching for "OwlFit" online will lead you to the fitness programs offered by KSU that are completely free for students. These programs range from swimming and dancing to intense bootcamp will get you (and keep you) in shape. Around KSU, you can find recreational sports like disc golf, basketball, and softball. The recreational sports offered by the community around KSU may cost you an entry fee.

Just like going to the gym alone, attending one of these programs by yourself may be intimidating to think about. If possible, it's always easier when you have a friend that can go with you. It is important to keep in mind that everyone is a beginner at some point and more experienced members are almost always glad to help.

The most important thing to remember is this: Nothing will change unless you make an effort. Take the first step and try something new!



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