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PHOTOS COURTESY OF CAITLYN OLIVER
What Therapy Taught Me

BY CHERYL NUZUM
The Reflector Staff

There’s a lot of stigma surrounding therapy and counseling today. On one hand, there can be a negative connotation that goes along with mental illness, depression, anxiety, etc. On another hand, I would say our generation has learned to embrace the importance of mental health. At the very least, there’s a conversation going on, which is the first step to understanding.

People often think that in order to go to therapy you should have some sort of mental illness or depression/anxiety disorder, and that isn’t always the case. I have been in and out of counseling since I was a sophomore in high school. I’ve tried church counseling, private therapy and campus counseling services, both individual and group, here at Georgia Southern. Just because I’ve never been diagnosed with a disorder of some kind doesn’t mean I’ve never experience depression or anxiety; I still experience everyday problems, like stress, pressure, the occasional existential crisis.

According to your body, your physical needs are first and foremost most important. Your mind cannot be expected to perform properly when it’s wondering when its next meal or break is going to be. Give it enough fuel and enough rest, and also stimulation, exercise and a change of pace. Take care of your body and it will take care of you.

You control your emotions, your emotions don’t control you

Life happens unexpectedly no matter how hard you try to control it. Let’s face it, life isn’t fair. However your response to the unexpected is half the battle. You can choose to give up, or blow up, or alienate, or self-destruct. Or you can choose to make the best of it. How you react can ultimately change the situation itself.

Sometimes I need a little help sorting it all out and dealing with it in a healthy way. Which is all normal and all OK.

Purposes and reasons for going to therapy differ person-to-person and because of that, what I got out of therapy may be different than someone else. There are, however, some universal truths I learned that help with overall soundness and wellbeing. This is just one person’s experience of what I got out of therapy:

Your physical state is directly related to your mental state

Eat well. Sleep enough, but not too much. Be active now and again. Get fresh air. According to your body, your physical needs are first and foremost most important. Your mind cannot be expected to perform properly when it’s wondering when its next meal or break is going to be. Give it enough fuel and enough rest, and also stimulation, exercise and a change of pace. Take care of your body and it will take care of you.

You don’t have to apologize for your feelings

What you feel is valid. Your expression of how you feel is a matter of controlling your emotions, not apologizing for them. Particularly for women, we have this complex of not wanting to upset the status quo. “Maybe I’m overreacting…” “This is probably stupid…” “I know it’s dumb but I just think/feel/want/etc…” Men will do this too if they feel they aren’t in a position of authority, whether it’s in a romantic relationship, workplace or any other kind of relationship. Your thoughts, feelings and opinions are not burdens. Don’t null and void them.

Forgiveness is for you: Forgive yourself, forgive others

Everyone has been hurt. Whether your lover cheated on you, your best friend lied to you, or your parents failed you long before you could ever understand it, let downs are an inevitable fact of life. All humans have their faults. Think of your own faults and the times you acted selfishly or impulsively, no matter the intention. Everyone has their moments. Therefore any form of relationship between two people leaves room for let downs and failure. But you can choose to forgive those who have wronged you before, no matter the size or intensity of the transgression. Forgiveness is not saying that their wrong is somehow right. Forgiveness is choosing to let go of the pain their wrong caused and not allowing it to affect you anymore.

Recognize yourself

Sometimes you are the problem. You are all only human after all. Everyone has moments of selfishness or greed or conceit. Your bad moments do not have to define you as a person. They are merely byproducts of your humanity but that does not excuse them. It takes a big person to recognize their faults. It takes a bigger person to own up, apologize and rectify them. Admit to your own downsfalls. Choose to overcome them. Forgive yourself. Become better.

You have all heard the expression “You are the company that you keep” and it’s true. The way you live your life and what you choose to involve yourself with may interfere with your thoughts and emotions. Negative people create a negative atmosphere. Negative thoughts create negative actions. Do what is good for you, your soul, your home, your present, your future.

Control your surroundings

We have all heard the expression “You are the weather bar

Hurricane Matthew continues to threaten the Eastern Seaboard. Make sure to stock up on food and stay safe this weekend.

HELP WANTED

Seeking responsible & energetic individual for traveling photo-booth operation. Experience in photography preferred. Great pay on weekends. Email superselfieinfo@gmail.com

Would you eat free truffles even if half contained a gross filling? Our staff did and they may regret the decision.

Page and cover designed by Erin Fortenberry
Students, faculty and staff at Georgia Southern University did not receive an Eagle Alert after the armed robbery, home invasion and fatal shooting of a suspect that occurred at the Campus Evolution Apartments Tuesday.

The Statesboro Police Department arrested one suspect, and a second was fatally shot. Third suspect fled the scene and has not been apprehended, as of the time of publication.

Some students at the complex and other nearby off-campus housing were unaware of the incidents.

“I didn’t even know there was a robbery, and I definitely saw the caution tape as I rode past there, and I live right in Copper Beach, so I’m right next to it. I’m kind of mad,” Terimicia Gresham, senior accounting major, said.

Criteria for Eagle Alert

According to the 2016 Annual Security Report from the GS Division of Public Safety, the University is to release an Eagle Alert if an incident meets all of the following criteria:

• A crime is committed.
• The perpetrator has not been apprehended.
• There is substantial risk to physical safety of other members of the campus community because of this crime.

In the event of an off-campus crime, the security report says that GS may release an Eagle Alert if the crime occurred in a location used and frequented by the University population.

Many students feel they should have received an Eagle Alert after the incidents on Tuesday.

“I feel duped because that’s my student fees at work that didn’t get used, and I feel like I was let down by UPD and Public Safety. They are just not really doing their job by letting us know about how to be safe,” Britney Brown, junior accounting major, said. “I could’ve been going on a walk, and [the suspects] could’ve attacked me. You never know. I go on late night walks all the time. It’s just not safe.”

Similarly, no Eagle Alert was sent during an armed robbery and an assault against a police officer near Chandler Road on Sept. 19. The University had released the following statement afterward:

“The presiding law enforcement officials deemed there was no continuing palpable threat to students or employees of Georgia Southern University. Georgia Southern University has historically been proactive and over communicated with students, parents, faculty, and staff and in this case we failed to do so. University officials met this morning and will reconvene a discussion on when the Eagle Alert system is used. Georgia Southern University is committed to providing a safe environment on and around the University campus.”

Student Opinions

As of publication, no statement has been released from the University regarding the lack of an Eagle Alert for Tuesday’s incidents.

“[The lack of an Eagle Alert] doesn’t feel good. They need to do better with alerting us about crime, since they can test them out, and we get all their Eagle Alert tests. We should be able to get an Eagle Alert when an actual crime is committed,” Jasmine Guerra, freshman business management major, said. “It’s really important to let students know what’s going on off campus and on campus when there’s a crime. It’s not safe. Someone’s still on the loose… I think that’s something students need to know about.”

University officials have been reached for comment.

Nakia Woodley and Preston Folsom contributed to this report.

“

I feel duped because that’s my student fees at work that didn’t get used, and I feel like I was let down by UPD and Public Safety. They are just not really doing their job by letting us know about how to be safe.”

BRITNEY BROWN
Junior accounting major

Campus Evolution Apartments was the center of a shooting early Tuesday. This is the second incident in which an Eagle Alert was not sent out.
The Statesboro Police Department (SPD) is looking to continue building a stronger, more steady bond between themselves and community members in light of the current news regarding numerous police brutality stories.

SPD Professional Standard Sergeant Jake Saxon wants the Statesboro community to feel comfortable around law enforcement and feel that they can trust them through adversity.

“We do a lot to maintain a better community with the Statesboro community. We try to interact with the community with many different events,” Saxon said. “We want the community to feel like they can come to us and feel safe and also have an open dialogue about issues that they see that way we will be able to address certain problems and create better solutions.”

The SPD has reached out to their community members by hosting numerous interactive sessions events, including the recent Bulloch’s Night Out event on Sept.10. They have also held citizen’s police academies, where accepted applicants go through a 13-week course on the ins and outs of the Statesboro Police Department. According to USA Today, two out of three Americans believe that police officers don’t do a good job when it comes to fair treatment, force and accountability.

Sofia Aguilar, freshman chemistry major, believes that it is difficult for some people to trust police officers based off what has been shown in the media.

“I can’t watch those videos on television. I feel like we are all humans and we all deserve respect, doesn’t matter if it’s a white cop and a black man or vice-versa,” Aguilar said. “People see these videos and they automatically assume that this is what they are going to get when they interact with a cop and that’s sad.”

Sasha Diederich, junior biology major, believes the relationship between the Statesboro PD and community members could grow with more community interaction.

“I would like to see police officers in the community and in the GS area a lot more. I would like to see more interaction between police officers and others,” Diederich said. “Where I am from, they do things like police coffee hours, but here I don’t really see much of that here.”

“We want the community to feel like they can come to us and feel safe and also have an open dialogue about issues that they see.”

BY TAISHA WHITE  
The George-Anne Staff

JAKE SAXON  
SPD Professional Standard Sergeant

EVENTS INVOLVING STATESBORO POLICE DEPARTMENT

1. Bulloch’s Night Out Against Crime (Sept. 10 Fair Road Recreation Department).
2. 2nd Annual Tactical Leadership Challenge (Oct.1 Holland Industrial Drive).
4. Battle Of The Badges Blood Drive (June 1. Statesboro-Bulloch County Parks & Recreation Honey Bowen Building).

Tips on getting great sleep:
- Avoid all-nighters
- Agree on “quiet” hours with your roommate
- Avoid using any devices with screens at least an hour before bedtime
- Be mindful of the timing for your caffeine intake
- Keep your sleep schedule consistent (even on the weekends)

Did you know? Chronic lack of sleep can increase your chance for depression by 69% and anxiety by 27%

Driving while tired is as dangerous as driving while intoxicated

Not getting enough sleep can cause weight gain

47% On my nightstand 31% In another room 17% In my bedroom 5% In bed with me

Where do you typically keep your smartphone while sleeping?
TEDx, an interactive program of local, self-organized events, who bring communities together to share a TED-like experience, will be bringing its program to Georgia Southern in October.

This year’s theme is “Connecting Creatively.” It was created to get people interacting and networking with each other in creative ways to solve complicated issues in today’s society.

John Banter, associate director of the Office of Leadership and Community Engagement, hopes that students take away something vital from the TEDx event.

“I hope the creative ideas being shared at TEDxGeorgiaSouthernU spark deep conversation and develop new opportunities for collaboration on campus,” Banter said.

The TEDx program has made its way to different colleges across the country including the University of Iowa and Florida State College of Jacksonville. The program has also made its way to different countries, including India and Australia.

Maya Varner, sophomore early education major, is hopeful that the topic of conversation will include discussions on the current news stories regarding police brutality and diversity.

“I think it would be great to discuss the many current events that have been going on in the world,” Varner said. “With so much going on in the world, it would be interesting to see what would come out that type of event would come out of that.”

Autumn Bailey, freshman undeclared, said that the TEDx event will give students a better understanding on the world.

“It seems like a very informative type seminar,” Bailey said. “I think it will be able to get people to open their minds and understand situations from a different perspective.”

TEDxGeorgiaSouthernU will be held Friday, Oct. 28 from 9:30 a.m. to 4 p.m. in the Black Box Theatre at the Center for Art and Theatre. Registration for the event is $30 for students, $50 for faculty/staff and $75 for general admission.

To register for the event, log on to www.georgiasouthern.edu/TEDx.
**University System of Georgia suggests to lower textbook costs**

**BY SHANE PEASTER**

The University System of Georgia (USG) has an ongoing request for Georgia Southern to move to an “Open Textbook” format – a move that would lower, or even eliminate, high textbook costs.

According to the Sept. 6 faculty senate meeting minutes, Provost Jean Bartels reported that “open textbooks and online resources would help defray book costs for students.” The USG suggests that teachers utilize an online open textbook website as an alternative to assigning students to purchase expensive textbooks.

The website, called Affordable Learning Georgia, is a part of Georgia’s extensive virtual library. To date, the site estimates that it has saved students $16.3 million in textbook costs for the 2015-2016 fiscal year. Bartels noted in the Sept. meeting that the critical issue is the cost of textbooks. Because the costs are often high, many students do not buy the assigned textbooks because they can’t afford them, and as a result, sometimes lead to students leaving school. Another issue is how quickly information in textbooks becomes outdated, an issue that Provost Bartels, who has a background in nursing, said can be dangerous and render the books useless. But the request to move to Open Textbooks isn’t without opposition. Faculty Senate member Dr. Robert Pirro questioned the request, wondering if it would also come with some disadvantages. Pirro suggested a couple of downsides to the move, noting that students would leave college without a personal library of textbooks and that they wouldn’t “have the joys of holding and smelling” a book, according to the meeting minutes.

Bartels agreed that she enjoys the hold and smell a book, but she said students may not feel the same anymore. “I suspect if I had surveyed most of our population of students that it is never an experience they have at this point had, nor ever wanted in their life because they are on their device, and I think we’re unfortunately . . . seeing a shift, you know, in . . . how students take in information.”

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**Classes cancelled Friday due to Hurricane Matthew**

BY MEG ELWOOD

Georgia Southern University Alert Center released an official announcement Wednesday stating all classes will be canceled and campus will be closed this Friday.

No mandatory evacuation order is in effect at this time for Bulloch County, but the university is encouraging all students, faculty and staff to begin precautionary preparations today.

There is a possibility for campus to close on Thursday. Oct. 6 due to traffic on I-16 from evacuating citizens. Should this be the case, GS will send an Eagle Alert to all students, faculty and staff.
Maintaining responsibility in the face of infinite possibility

DEVIN CONWAY

Conway is a junior journalism major from Manchester, New Hampshire.

An Unprecedented Period of Growth

Over the last century, mankind has seen a tremendous and unprecedented amount of technological advancement. In that century, we have transitioned from a point in which vehicles were initially being introduced to the market to a point in which self-driving cars are quickly becoming the future of that industry. In a more recent advancement, we have transitioned from a point in which video games were simply two-dimensional blocks bouncing a ball back and forth to one another, to a point in which virtual reality technology is readily available on the market at an affordable price.

At no point in history has humanity been subject to this seemingly unlimited potential for growth and innovation, and it seems as though we hardly have time to appreciate the impact of such luxuries before the next groundbreaking technology hits the market.

The State of Artificial Intelligence In the World Today

From Jan. 20 to Jan. 23 of 2016, experts in the technology industry gathered at the World Economic Forum in Davos, Switzerland, in order to discuss the state of artificial intelligence. As the panelists note, 2015 was a year for the artificial intelligence industry. It saw the introduction of the self-driving car as well as the capacity for robots to perform menial tasks such as file sorting and facial expression recognition.

However, we are still very far away from the so-called ‘singularity,’ the hypothetical point in which an artificially intelligent being has the capacity for self-improvement to a point that will take it far beyond the capacity of human intelligence.

When this point is reached, the results will be unpredictable and will cause drastic changes in almost every imaginable facet of life.

Now that the possibility of artificially intelligent beings has gone from a science fiction plot line to a foreseeable reality, there are many factors to consider. Firstly, how can we ensure that these artificially intelligent beings will act in a way that will benefit humanity, rather than acting in their own self-interest?

This question in and of itself brings forth a magnitude of problems. If these beings were to act in their own self-interest, that could come in the form of a minor inconvenience to humanity or it could come in the form of utter chaos.

Technological Innovation and The Future of Employment

When considering the economic system of capitalist capitalism that has come to dominate the markets, it seems safe to assume that maximizing efficiency with the assistance of technology is a logical step in production.

In fact, this efficiency maximization has been ongoing since the Industrial Revolution, and it helps to explain the increase in production of the average worker over the last few centuries.

Innovations in different types of machinery and the implementation of the assembly line has helped to increase the production value of the average worker, and that need to work both to the benefit of the worker as well as the producer.

In addition to the factors that must be considered regarding technology itself, we must also stop to consider the impact of replacing working people with machines. There is a huge conflict of interest with a corporate entity or any business for that matter, that seeks to maximize profits and output efficiency while keeping their costs down.

Whereas machinery and technological advancements have generally made life easier for both workers and producers, we are getting to a point in which job security is hugely threatened by artificially intelligent beings.

A Chance To Move Forward

The general citizenry is seemingly uninformed when it comes to technological growth and the endless possibilities that are coming to us in the not-so-distant future.

Although there are plenty of economic benefits of an increasingly technological society in virtually every industry imaginable, we must maintain a series of ethical guidelines which will hopefully prevent us from crossing a line that we cannot come back from.

There are certainly those who are driven by the desire for greatness and innovation in technological growth as a testament to landmark achievements in the grand scheme of human existence, but we must all work together in order to avoid tragic consequences and advance the human race in ways that will truly benefit us all.
With all the stresses of college life on a daily basis, it can sometimes be hard to keep up with the world outside of campus. Being a student demands more than just doing your homework, studying and going to class. It requires you to be an active citizen.

Being an active citizen can mean many things, but with an upcoming presidential election, it means considering to cast a vote.

According to www.sos.ga.gov, there were approximately 7,800 in the age range of 18 to 24-year-olds registered in Bulloch County to vote in the 2012 presidential election. However, only 51 percent of those registered voters actually turned out for Election Day.

Thinking about voting can yield the same question of whether or not one’s vote even matters. The Georgia Southern Honors Program director, Steven Engel, Ph.D., had this to say about that famous question.

“[If] [younger people] are not interested in voting, why should the politicians have to cater to them in the same way as [other age groups],” Engel said.

What to consider

In order to vote someone must consider being informed, and being a registered voter.

You may or may not have noticed the commotion around the Russell Union’s rotunda for the past couple weeks.

That commotion is the dedication of students from different organizations, along with community involvement, informing students on the views and goals of the different presidential candidates and also encouraging students to register to be a voter in Bulloch County.

One such organization is GS NAACP representatives. Junior economics major Joshua Farara is the president of the GS NAACP. Farara has personally been talking to students at the Rotunda the past couple of weeks about being a registered voter in Bulloch County.

“The majority of the students here have not had the opportunity to vote yet and they said that because of the two candidates that they are [uncertain] and discouraged to vote,” Farara said. “The only way we can bring change is if we start the change.”

Students saying they are choosing not to vote because they are discouraged by the two main candidates is a reality that exists.

Sophomore communications major Hannah Johnston is the president of the Young Americans for Liberty (YAL) organization on campus. Johnston has been around the Rotunda this week to tell those discouraged students that all is not lost.

“I mobilize and educate the

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2012 Voting Turnout for GS

- 7,830 18 to 24-year-olds registered in Bulloch County and 51 percent voted
- 35,000 total number of voters in Bulloch County

2016 Voting Information

- Deadline to register to vote in Georgia: Oct. 11
- Early voting: Tues. Oct. 25, Wed. Oct. 26 and Thurs. Oct. 27 from 8:00 a.m. to 5:00 p.m.
- Saturday voting: Oct. 29 from 9 a.m. to 4 p.m. at the Honey Bowen building
- Election Day: Tues. Nov. 8 from 7:00 a.m. to 7:00 p.m.
- Information courtesy of sos.ga.gov and georgiasouthern.edu.
students on Georgia Southern campus to give them a better understanding of their options politically and their rights as citizens of the United States,” Johnston said.

What Johnston means by “educate” is that she informs students that the two main candidates we see in the media are not the only currently running for president.

The YAL aims to educate students about the Libertarian party and its representative.

Going to the Rotunda is not the only place to learn about the election and the presidential candidates.

If you cannot make it to the Rotunda to talk to someone, the library is another opportunity to get informed.

The library has computers with continuous powerpoints displaying information about each candidate.

The Student Government Association (SGA) has also been promoting knowledge about the election as well as encouraging students to register to vote.

“It is the responsibility of student leaders like us to ensure that we explore avenues of ensuring that students are aware of the importance [of voting] and I think that will have an impact on increasing the amount of student voters,” Dylan John, SGA president, said. “We [The SGA] have been having many conversations with student organizations and professors to ensure that we can get students registered so they know their vote counts.”

What do students think?

With the large population of students GS has, there is an array of perspectives about voting from different students of different majors and classes.

“I’m voting. It’s our responsibilities as Americans [to vote]. If you don’t vote, you can’t complain,” senior marketing major Kendall Rogers said.

On the other hand, some students are concerned about the political landscape of America and do not plan to exercise their right to vote.

“I do not plan to vote at this time. Both candidates make me worried about the future of our country,” freshman mechanical engineering major Tanner Mehrkens said.

To vote or not to vote. It is your choice to decide.
GET PICKED
AT THE AUXILIARY SERVICES JOB FAIR
TUESDAY, OCT 11, 1-4PM IN THE RUSSELL UNION BALLROOM

Speak with representatives from the following departments:
PRINTING AND POSTAL • TECH CORNER • AUXILIARY MARKETING • EAGLE DINING SERVICES
PARKING AND TRANSPORTATION • AUXILIARY DISTRIBUTION CENTER
UNIVERSITY HOUSING - RESIDENCE EDUCATION • CONFERENCE SERVICES

Remember to be presentable and wear business casual attire.
Bring plenty of copies of your current resume, references or portfolio.

CONNECT WITH US ON SOCIAL MEDIA.

GSUAUXILIARY
EAGLES LOSE TO ARKANSAS ST IN FINAL SECONDS

The Georgia Southern Eagles escaped the impending storm to take on the Arkansas State Red Wolves. It was the first matchup between the two teams since the 1986 FCS National Championship game. After the Eagles led the entire game, the Red Wolves were able to pull out the win in the final seconds of the game, 27-26.

**FIRST QUARTER**

Eagle fans were sweating on the first Arkansas State drive as the Red Wolves breached the red zone. A collective sigh of relief was heard throughout Statesboro when a fumble gave the Eagles the ball and eliminated the threat.

After another fumble, Georgia Southern had the ball again and still could not find a way to pick up a first down after a failed fourth down conversion. When the Eagles got the ball back they went in full throttle. A handoff on an option play to L.A. Ramsby resulted in a 61-yard score from the running back to put his team on the scoreboard. The Red Wolves attempted to rally and started gaining ground quickly.

Once they were inside the red zone again, the Arkansas State quarterback threw a pass that was tipped by Ukeme Eligwe and picked off by the Eagle safety Joshua Moon. Again, the Eagles couldn’t capitalize on the turnover and were forced to punt. Arkansas State took two more plays to get inside the 10-yard line of the Eagles. The defense was able to hold and forced a field goal at the end of the first quarter.

**SECOND QUARTER**

This quarter opening drive would set up a field goal from Younghoe Koo to give the Eagles a 10-3 lead. After starting from their own three-yard line, the Red Wolves went on a run-heavy drive that ended with a five-yard touchdown pass to knot things up. With time winding down in the half, the Eagles needed to get points on the board to gain momentum into halftime. Younghoe Koo to knock down a 53-yard field goal, the longest of his career, to put his team on top, 13-10.

**THIRD QUARTER**

The third quarter opened with the Eagles in possession of the football and were able to pick up their first third down conversion of the night. The drive would continue into the red zone where Favian Upshaw checked into the game for the first time. Koo would end up knocking down his third field goal of the night to push the lead to six points. The Eagles weren’t done yet as they won the ball back and Ellison was able to hook up with his receiver Campbell for a 63-yard touchdown pass to go up by 13 points. Arkansas State answered on the next drive with a quick 55-yard touchdown scamper to bring them back within one score of the lead.

**FOURTH QUARTER**

The Arkansas State return man failed to secure a punt and the Eagles were able to fall on it to pick up possession deep in enemy territory. The Eagle drive would stall. Koo would hit his fourth field goal of the night to extend the lead, 26-17. The turnover obviously rattled the Red Wolves as they turned the ball over again on the next drive via interception. Once they won back the ball, Arkansas State went on the move again. They used their running game and the Eagles could still not find a way to slow it down. The drive would end with a 35-yard field goal for Arkansas State to pull the game to within six points. A failed fourth down attempt gave the Eagles the ball with three minutes left.

Arkansas State used all of their timeouts and stuffed the Georgia Southern offense to force a punt with 2:49 remaining. After the punt, the Red Wolves would take over from their own 30-yard line. The Red Wolves were able to pull off an unbelievable run on 4th and 15 to pick up the first down and keep the drive alive. A long pass put the Red Wolves inside the ten-yard line with only :14 left in regulation.

On the next play, Arkansas State QB Hansenlobbed a pass into the end zone to pick up the score, the extra point gave them the lead with :09 remaining. The Eagles were sacked on their final play to end the game.

**Players of the Week**

**L.A. RAMSBY**

Ramsby opened up the scoring on a 61-yard dash through the middle of the Red Wolves defense for his third touchdown of the season.

**KEVIN ELLISON**

The senior quarterback set a career-high in passing with 203 yards on 24 completions and a touchdown. He added 25 yards on the ground.

**MYLES CAMPBELL**

He took an Ellison pass 63 yards to the house for his second touchdown of the season. He led the team with 86 receiving yards.

**YOUNGHOE KOO**

The rock solid senior kicker stayed perfect on the season with 4-4 on field goals in the game. His 53-yard field goal in the second quarter was the longest of his career.

The Eagles fell to an overall record of 3-2 after a loss against Arkansas State. The Eagles will face in-state foe Georgia Tech on Oct. 15 in Atlanta.
EAGLES CONTINUE TO BATTLE FOR CONFERENCE LEAD

BY DAKOTA FLAKE
The Georgia-Anne contributor

The Georgia Southern Eagles volleyball team 10-9 overall (3-1 Sun Belt) have battled through their first weekend of conference play on the road and at home and have found themselves atop the eastern division of the Sun Belt Conference. The Eagles picked up conference wins over South Alabama 9-8 overall (0-4 Sun Belt) and Troy 9-6 (0-4 Sun Belt).

WEEKEND Recap

The Eagles beat South Alabama Friday in a five-set match. The Eagles won the first, third and fifth sets as they seemed to never let South Alabama fully take momentum. Katie Bange recorded her sixth triple-double of the season with 18 kills, 18 assists, 10 digs and three blocks. Lauren Reichard had another productive game posting 11 kills, 8 blocks and three digs. Cathrine Murray posted a solid 15 dig, nine kills and two block night.

It seemed as if every time South Alabama would start to gain momentum, Lauren Reichard would come through with a massive block or huge kill that would energize the team and crowd.

SATURDAY | 10.08.2016
$10,000 hole-in-one opportunity to the first 144 players each golfer purchasing an 18-hole round will have a FREE opportunity to win $10,000 if they get a hole-in-one on #4. Once the prize is claimed the contest ends, so arrive early! One opportunity per person.

SUNDAY | 10.09.2016
Beat the Pro - Hit the greens on #4 and win a 25% merchandise discount certificate for one item. Beat the Pro and get a 40% merchandise discount certificate good for one item. Golf Clubs are not included in the special. No entry fee to participate.

TUESDAY | 10.11.2016
Hit the target and get up to 50% off golf merchandise - Determine your discount by shooting 7 balls into a target. Each shot made gets you an extra 10% off. One opportunity per person. Some limitations apply.

Pass Holder Appreciation Day - Passholders ride FREE, guests of pass holders play and ride for only $25.

HAPPY 3RD BIRTHDAY
OCTOBER 8TH - 14TH

Eagles look to continue their dominant play in the Sun Belt. The Eagles won’t return home until Oct. 21.

“It means everything to come in when we’re down, even when we’re up, to come in and bring even more intensity to the game with a huge kill or a huge block. It’s big not only on the court, but on the bench as well, always remaining positive and then going in to do the best that I can to win,” Reichard said.

Saturday night was a three-set match the Eagles dominated against Troy. Katie Bange nearly had another triple-double 14 kills, 12 assists, six digs and two blocks. Kendra Koetter had a great match with 17 assists and 10 digs. Megan Chevalier posted 10 kills, while Stephanie Spencer provided 10 digs, eight kills and two blocks for the Eagles.

ANOTHER CONFERENCE PLAYER OF THE WEEK
Alex Beecher became the second Eagle to earn Sun Belt Conference player of the week honors after Katie Bange received the offensive honor three weeks ago. Beecher earned the defensive player of the week honor after registering 37 digs and 14 assists last weekend. The conference honors represent the great work the Eagles have done on the court thus far both as a team and individuals.

Eagles continue to battle for conference lead

“Eagles look to continue their dominant play in the Sun Belt. The Eagles won’t return home until Oct. 21.”

BY DAKOTA FLAKE
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The Georgia Southern Eagles volleyball team 10-9 overall (3-1 Sun Belt) have battled through their first weekend of conference play on the road and at home and have found themselves atop the eastern division of the Sun Belt Conference. The Eagles picked up conference wins over South Alabama 9-8 overall (0-4 Sun Belt) and Troy 9-6 (0-4 Sun Belt).

WEEKEND Recap

The Eagles beat South Alabama Friday in a five-set match. The Eagles won the first, third and fifth sets as they seemed to never let South Alabama fully take momentum. Katie Bange recorded her sixth triple-double of the season with 18 kills, 18 assists, 10 digs and three blocks. Lauren Reichard had another productive game posting 11 kills, 8 blocks and three digs. Cathrine Murray posted a solid 15 dig, nine kills and two block night.

It seemed as if every time South Alabama would start to gain momentum, Lauren Reichard would come through with a massive block or huge kill that would energize the team and crowd.

SATURDAY | 10.08.2016
$10,000 hole-in-one opportunity to the first 144 players each golfer purchasing an 18-hole round will have a FREE opportunity to win $10,000 if they get a hole-in-one on #4. Once the prize is claimed the contest ends, so arrive early! One opportunity per person.

SUNDAY | 10.09.2016
Beat the Pro - Hit the greens on #4 and win a 25% merchandise discount certificate for one item. Beat the Pro and get a 40% merchandise discount certificate good for one item. Golf Clubs are not included in the special. No entry fee to participate.

TUESDAY | 10.11.2016
Hit the target and get up to 50% off golf merchandise - Determine your discount by shooting 7 balls into a target. Each shot made gets you an extra 10% off. One opportunity per person. Some limitations apply.

Pass Holder Appreciation Day - Passholders ride FREE, guests of pass holders play and ride for only $25.

HAPPY 3RD BIRTHDAY
OCTOBER 8TH - 14TH

Eagles look to continue their dominant play in the Sun Belt. The Eagles won’t return home until Oct. 21.

“It means everything to come in when we’re down, even when we’re up, to come in and bring even more intensity to the game with a huge kill or a huge block. It’s big not only on the court, but on the bench as well, always remaining positive and then going in to do the best that I can to win,” Reichard said.

Saturday night was a three-set match the Eagles dominated against Troy. Katie Bange nearly had another triple-double 14 kills, 12 assists, six digs and two blocks. Kendra Koetter had a great match with 17 assists and 10 digs. Megan Chevalier posted 10 kills, while Stephanie Spencer provided 10 digs, eight kills and two blocks for the Eagles.

ANOTHER CONFERENCE PLAYER OF THE WEEK
Alex Beecher became the second Eagle to earn Sun Belt Conference player of the week honors after Katie Bange received the offensive honor three weeks ago. Beecher earned the defensive player of the week honor after registering 37 digs and 14 assists last weekend. The conference honors represent the great work the Eagles have done on the court thus far both as a team and individuals.

Eagles continue to battle for conference lead

“Eagles look to continue their dominant play in the Sun Belt. The Eagles won’t return home until Oct. 21.”

BY DAKOTA FLAKE
The Georgia-Anne contributor

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GEORGIA SOUTHERN’S MEN AND WOMEN’S GOLF RECAP

BY THOMAS JILK
The George-Anne contributor

The Georgia Southern Men’s and Women’s Golf teams were both in action on Monday and Tuesday. The men competed in the Wolfpack Intercollegiate at North Carolina State in Raleigh, while the women were in Jacksonville for the Jacksonville University Classic.

The men finished tied for 11th place out of 17 teams, led by Jacob Storey and Steven Fisk. They both finished three over par after three rounds. East Carolina took home first place as a team.

GS Women’s golfers placed tenth out of 14 teams. Ariana Macrae and Lauren Cope paced the lady Eagles with final scores of six over and ten over, respectively.

Women’s golf will take part in Wofford’s Terrier Classic on Oct. 10 and 11. The men are back in action Oct. 17 and 18 in Atlanta for the AutoTrader.com Collegiate hosted by Georgia State.

Southern Adventure’s Monthly Bouldering Night Out

BY HUNTER WILLIAMS
The George-Anne contributor

On the last Thursday of each month during the academic semesters, Southern Adventures hosts an event called Bouldering Night Out (BNO) at the bouldering cave inside the RAC.

Bouldering is a type of rock climbing that is done at a low height without a harness, to decrease the chances of getting injured in the event of a fall. Whereas the climbing wall is where climbers go to improve how high they can actually climb, the bouldering cave allows climbers to concentrate more on refining their technique and building climbing strength.

All students are welcome to participate in the event whether they are experienced or first-time climbers.

“As a second year student I am always looking for new and exciting things to do around Statesboro and Southern Adventures does a great job offering things that are more exciting than going out to eat or going to see a movie” Miguel Gonzalez, a sophomore business major, said.

At each Bouldering Night Out there will be raffle prizes and free food available to all participants. Also, each semester Southern Adventures offers a semester-long competition involving the BNOs. To enter the competition, participants must compete in at least three of the four events and fill out scorecards. The participant’s top five scores will count as their total for that particular BNO. The participants with the highest total scores in each division beginner, intermediate, and advanced will receive prizes at the end of the semester.

If you are interested in using the bouldering cave during a non-BNO event, it is open to all students during normal RAC hours. Visit the RAC’s webpage for Bouldering Night Out or Southern Adventures online for more information.
Welcome to the Eagle Nation

October Event Calendar 2016

FRI. OCTOBER 7
Student Organization Essentials - Finances, Budgeting and Fundraising
3:30pm @ Russell Union - 2054

TUE. OCTOBER 11
SOLD Workshop Series
5:30pm @ Russell Union - 2080
Student Government Association Organization Body Meeting
6:30pm COBA 1115

FRI. OCTOBER 14
Deadline to Register for Homecoming

WED. OCTOBER 19
SOLD Workshop Series
5:30pm @ Russell Union - 2080

Miss GSU Scholarship Pageant Applications Open
8 A.M. @ UPB's MyInvolvement page

Miss GSU Scholarship Pageant Info Session
6:30P.M. @ Russell Union - 2013

Homecoming Mandatory Participation Meeting
5:30 P.M. @ Russell Union Theatre

Miss GSU Scholarship Pageant Info Session
3 P.M. @ Russell Union - 2013

Miss GSU Scholarship Pageant Info Session
6:30 P.M. @ Russell Union - 2013

Homecoming Mandatory Participation Meeting
6:30 P.M. @ Russell Union Theatre

Unplugged: Halloween Edition
6:30 P.M. @ Williams Center MultiPurpose Room

Movie: Beetlejuice
6 & 8 P.M. @ Russell Union Theatre

Fright Night
7 P.M. @ Hamer Fieldhouse Old Gym

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Whose house? Your house!

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Compare
Here’s a look at a beloved spot here in Statesboro:
Sugar Magnolia Bakery & Cafe
Bearing a casual atmosphere, Sugar Magnolia Bakery & Cafe serves a brunch menu on both Saturday and Sunday. While the menus differ respectively, some of the constants are classics such biscuits and gravy, waffles and French toast. The Saturday menu also includes quiche, housemade granola and assorted biscuits while the Sunday menu offers more eclectically-named dishes. Pulled pork hash is a plate of hash brown topped with a fried egg and toast. The mozzarella scramble includes eggs scrambled with cheese with a side of toast, pesto and fresh tomatoes. The peasant’s platter serves a toasted baguette with pecans, seasonal fruit and a selection of cheeses. Overall Sugar Magnolia’s is a very relaxed restaurant to grab some great breakfast or brunch.
• Assorted pastries served everyday include apple turnovers, bear claws, croissants and lemon bars.
• Brunch is served Saturday from 9 am – 11:30 am and Sundays 10 am – 2 pm.
• Yelp rating is 4 ½ stars.