Renovations Begin

by Phil Attinger
Editor and Chief

A fence now surrounds the TMB, and construction has begun on the 36-year-old student commons.

Many students are wondering just what will happen to their commons building, and how long before they have their parking back.

Don Thacker, Vice-President of Administrative and Business Affairs, says that TMB, as well as other buildings built during the 1960's desperately need renovating and repair. Besides just getting a facade, TMB will receive many improvements that students may never see.

"It's approximately an 18-month project," says Thacker. "We'll be finished around December of 1999."

Thacker says that the 1962 building needs a new roof system, new thermostatic windows, and a new lighting system. Bathrooms must also come up to code, as well as the elevator.

"Unfortunately, for us, that is a high-occupancy building," says Thacker. "A lot of people use it and there's going to be some inconvenience."

According to Thacker, the 4th floor entrances will stay open, at least one at all times, during the renovations. Also the parking area along University Circle, from the end of Daugette Hall to Trustee Circle will have 15-minute parking for all cars.

Dr. Cusimano, Associate VP of Academic and Student Affairs, suggested that a need to bring in heavy equipment was one reason for the change. Thacker added that the change was also for student use.

"Now that the front is closed," explains Thacker, "we decided to make some short period parking for students to go in and conduct business in the building."

Therefore, spaces that had been faculty and staff parking, on the TMB side of the street, were made into short-term parking for general use. Thacker hopes this will make the situation more convenient for students than it would be otherwise.

For the building itself, the basement level won't see much visible change. New wiring, lights and windows will be the renovations there. Also, Thacker says the building will have the same basic dimensions, with no

See TMB page 4

New Tax Gives Hope to Students

By Buffy Smith
JSU News Bureau

Back in August— Jacksonville State University just got more affordable, thanks to a new tax cut offered by the federal government.

The HOPE tax credit, not to be confused with Georgia's HOPE scholarship, allows eligible college freshman and sophomores to receive 100 percent of the first $1,000 of tuition and fees back when they file their federal income taxes.

These students will also receive 50 percent of the second $1,000 in tuition and fees, for a maximum of $1,500 yearly.

"It's a real significant savings for students," says Allyson Barker, JSU comptroller. "Students and parents of students really need to look into this because it's a significant tax advantage."

Intending to make the first two years of college a standard for U.S. children, the Clinton Administration made the HOPE tax credit the focus of its 1997 educational plans. The tax credit goal is to make higher education affordable to lower and middle income students.

To be eligible for HOPE, students must meet the following criteria: having an individual annual income of less than $50,000, or a joint income of less than $100,000; never being convicted of a felony for the possession or distribution of a controlled substance; and being enrolled in school at least part-time.

Students who receive Pell Grants will have the amount of their grant deducted from the amount of the HOPE benefit.

However, students receiving federal loans are eligible for the full HOPE tax credit because they are required to pay their loan back.

HOPE was effective Jan. 1, 1998, and applies to classes taken after that date.

In addition to HOPE, the government also offers the Lifetime Learning tax credit to college juniors and seniors, graduate students, adults returning to college and students attending less than part-time.

This credit pays back 20 percent of the first $5,000 of tuition and fees between now and 2002. It pays 20 percent of the first $10,000 after that. The same restrictions for eligibility apply as for the HOPE credit.

For more information contact the Office of the Comptroller at JSU at 256-782-5002.

Inside . . . .

- JSU's own TV-station
- Takes Shape -- page 2
- Research on an
  Environmentally-safe
  Insect Repellent -- page 2
- Working to Erase Illiteracy
  -- page 5
- Riding a Bull on the River
  -- page 7
- A record turnout for the
  SGA's welcome-back party
  -- page 8

Atomic Clock a Timeless Issue

by Buffy Smith
JSU News Bureau

Back in June — the atomic scientists' Doomsday Clock jumped forward five minutes and is now nine minutes away from midnight — and midnight means nuclear holocaust.

But the head of Jacksonville State University's Political Science Department, Dr. Jerry Gilbert, says that this is only a "dramatic way of illustrating concern over atomic weapons."

Due to last June's testing of nuclear weapons in India and Pakistan, the Doomsday clock was moved for the first time since 1995. Gilbert says that it will most likely stay where it is for a long period of time.

For the clock to move back, Gilbert says India and Pakistan would have to end their open hostility toward each other and destroy their nuclear weapon capabilities, which is highly unlikely.

He says the clock would definitely move forward if China became belligerent, since they pose the greatest threat to the US and the Western world. India and Pakistan are not a threat to the US because they don't presently own an intercontinental rocket to transport nuclear weapons.

The Doomsday Clock has been used to track the dangers of the nuclear age since it first appeared on the cover of the Bulletin of the Atomic Scientists in 1947.

The clock first appeared after World War II. The hands were then set at seven minutes to midnight.

In 1953, after the US tested its first hydrogen bomb, the clock was set at two minutes till midnight — closer than it has ever been. The hands were set furthest from midnight, 17 minutes, in 1991 when the Cold War and the US-Soviet arms race ended.

Making it's greatest leap in 30 years, the clock is now set closer to midnight than it has been in over a decade.
Television at JSU may soon become a reality due to a new state-of-the-art television facility. The new facility called TV24 will be anchored in Self Hall, the Communication and Technology building. Although the launch of a student newscast is still a couple of months away, the equipment has been arriving and should all be intact by the end of this month. Instructor Lloyd Dobyns, formerly of NBC news, gave us the information on the new facility.

“The basic idea is fairly straightforward,” says Dobyns. “We’ll start with a campus magazine program, which will last a half hour. A small part will be regular newscast. The regular newscast will grow as we get better at it.”

Mr. Dobyns also hopes that the newscast will eventually be on four nights a week once everything is in place. He also says that a newscast that was on seven nights a week would not work due to the lack of students that remain on campus during the weekend.

TV24 will need many volunteers to work. People chosen to volunteer will not be restricted to just Communications majors. However, according to Dobyns, “they’ll get the first crack at it.”

When asked how long it may take to get the newscasts on the air, Dobyns said, “we’ve got to learn the equipment, and we’ve got to train the people. Depending on how much time we can get for training, and the number and quality of the volunteers we get, my guess is between the middle of October and the middle of November, and there’s no way to make it any finer than that.”

According to Dobyns the JSU newscast will also be the only one in the area to cover local news. “What we are doing, no one else is doing. No one is covering Jacksonville and Jacksonville State. So we’re not going to step on any commercial stations’ toes.”

Mr. Dobyns also added that with the upcoming digitalization of WLJS (921) and the already functioning Macintosh lab, that TV24 will only modernize an already impressive Communication department. All of these factors taken together can surely only help and enhance JSU as a whole.

New JSU Grant Gets the Bugs Out

by Buffy Smith

Jacksonville State University’s Biology Department was recently awarded a $100,000 grant from the National Science Foundation to conduct research on a bacteria that acts as a pesticide.

Dr. Lacyce Debro will use the grant to find a way to improve the delivery and effectiveness of the BT-based pesticide.

“BT pesticiedes are commercially produced to control pests such as moths, flies, mosquitoes and beetles.

Debro says that a concern with BT pesticide is that it rapidly disappears in nature; therefore it requires continued research,” she says.

“Then there’s also Dr. Angel Weaver, editor in chief of The Chanticleer, and Shannon Fagan, acting sports editor at TMB.

The department received a pilot grant from NSF in 1992 to study BT. Based on success with the pilot study, NSF agreed to finance the continuation of the project.

The grant was effective on Aug. 1, and expires on July 31, 2000.
Sororities Rush

Amanda Laughlin
Volunteer Writer

“We designed rush to show the rushees all the aspects of Greek life—the service, the rewards, the time commitments, and the fun,” said Terry Casey.

Sorority rush has come and gone once again. Rush, the aptly named hectic time when sororities pledge new members, was held August 25-30. During rush the rushees were housed in Fitzpatrick Hall and attended parties given by each of the sororities.

Each rushee attends five parties, given by five sororities the first and second day. The third day it is narrowed down to three parties, and the fourth day it is narrowed down to two choices. The parties are all unique and entertaining, and included music, skits, and a chance to get to know the sororities’ members. The rushees gained an idea of what each sorority is like, which one best suited them.

This year however, sorority rush was a bit different for the rushees. Not only were they able to see how each sorority differs, but they were also able to see how much each sorority has in common by activities provided specifically for the rushees during the week.

Terry Casey, the Director of Student Activities, and the Panhellenic Council, a representative body which governs sororities, came up with the idea of providing activities for the rushees to give them a taste of what sorority life is like.

“Being in a sorority or fraternity is a great way to develop social and leadership skills. I was in a fraternity, and learned lessons you can’t learn in a classroom,” said Casey.

As a group, the sixty-seven rushees served Jacksonville with two community service projects. The girls went to a nearby nursing home, passed out goodie bags, and were able to visit with the residents. They also donated books to a Jacksonville day care center and played with the children at the center. Every sorority at J.S.U. has on-going service projects such as Adopt-a-Mile, Toys for Tots, adopting a brownie troop, the Children’s Miracle Network, and many more.

In addition, the week’s activities included skating one evening and karaoke another evening during rush. Casey also made sure the rushees knew what J.S.U. sororities expect about G.P.A.’s, finances, and leadership. “We want the rushees to be fully informed about sorority life,” said Casey.

More girls signed up for rush this year than last year, thanks to the efforts of the Panhellenic Council and Terry Casey. Sixty-seven girls pledged five sororities, and ten more have pledged since rush. Some sororities still have spots open, and others have separate rush dates.

If you are interested in joining a sorority or a fraternity, contact Terry Casey at the Office of Student Activities at 782-5491.
Grant May Help Slow Dropout Rate

by David Smith
JSU News Bureau

A $1.23 million federal Title III grant will soon give Jacksonville State University students a big boost by providing more people and equipment to support academics.

The U.S. Department of Education on July 8 awarded a Strengthening Institutions grant which will appropriate about $235,000 yearly to JSU for the next five years, starting this Fall.

This grant will add up to more than a million dollars and will be used for various programs to help JSU students with academic difficulties to succeed in college.

“The Strengthening Institutions grant that JSU has received is truly cutting edge for the support of students,” says Dr. David Watts, vice president of JSU Academic and Student Affairs.

“The funds will go directly to personnel and equipment that will help college students of all ages to more effectively make the adjustment to college.”

According to Watts, the grant will help advisement and tutoring services, create a Center for Student Success in JSU's Theron Montgomery Building and create more programs for students with different cultural and educational backgrounds.

“Instead of students failing and leaving college, this project will substantially improve their likelihood for success in college, on the job and in life,” says Watts.

One of the grant's authors, Dr. Alice Cusimano, associate vice president of Academic and Student Affairs, says “I am very excited about the impact this grant will have on all members of the JSU community. Not only will students benefit from expanded academic support services, the faculty will also benefit from the grant. Faculty members will have the opportunity to enhance their teaching and advising skills, as well as utilize the latest technology in developing curriculum material.”

The Title III grant program is highly competitive. Jax State last received a grant from this program in the mid-1980's. After applying several years since then without success, JSU's faculty were elated to finally gain approval.

A team of faculty members worked for three weeks to create the winning proposal.

The committee included: Dr. Alice Cusimano, associate vice president of Academic and Student Affairs; Dr. Claudia McDade, Director of the Center of Individualized Instruction; Bill Meehan, vice president of Institutional Advancement; and Ms. Ann Poe, assistant director of the Center of Individualized Instruction.

Dr. Claudia McDade, primary author of the grant proposal, said "it was very similar to the ones that we had written in years past that had been rejected, so we weren't very optimistic that this one would be accepted."

McDade says that the proposal listed four objectives: to increase student persistence so that they will stay until graduation, increase student competence so that they'll perform well in class, increase student satisfaction so that they'll like JSU, and reduce operations and maintenance costs.

"I guess they liked the format because the funding we were approved for is almost at the same level that we asked for," says McDade.

Cusimano says, "This grant will enable JSU to enter the new millennium as a model of a 'student-centered' university."

JSU will receive its first disbursement of the grant in October.
A team of five Jacksonville State University education professors are teaming up with Oxford City School system’s C.E. Hanna Elementary School to help teachers improve the way they teach reading.

Their efforts are part of a larger project launched by the state this summer to help end illiteracy among public school children.

Statewide, more than 92,000 students in kindergarten through twelfth grade have reading problems. Educators say students can’t read to learn until they learn to read.

Dr. Sheila Webb, dean of JSU’s College of Education and Professional Studies, said the program, the Alabama Reading Initiative, will train teachers on effective ways to teach reading.

JSU professors assisting the school system are Dr. Slenda Haynes, associate professor of education; Dr. Mary Keeling, associative professor of education; Rita Boydston, assistant professor of education; Cynthia Harper, associate professor of special education; and Dean Webb.

Throughout the state, 16 site schools have been chosen to host pilot programs. These schools are: Arab City school system, Brewton Elementary, Brewton City; Byrd Elementary, Selma; C.E. Hanna Elementary, Oxford; Central Elementary, Tuscaloosa; Central High, Lowndes; Discovery Middle, Madison; East Lawrence Elementary, Lawrence Co.; Merritt Elementary, Bullock Co.; Morningview Elementary, Montgomery Co.; Tallassee Elementary, Tallassee; Tuggle Elementary, Birmingham; Verner Elementary, Tuscaloosa; West Blocton Elementary, Bibb; Whitley Elementary, Mobile; and Woodmeade Elementary, Decatur.

Webb said that this summer college professors and pilot school teachers will undergo about 100 hours of training by attending academies hosted by the Alabama Reading Initiative.

Teachers will learn new teaching strategies for reading. In turn, colleges will add these new strategies to their curriculum so that Alabama teachers of the future will be able to implement them without further training.

Next summer, the original 16 pilot schools will train 16 schools each, increasing the number of trained schools to more than 250. According to the plan, the number will keep multiplying each year until all of Alabama’s teachers are effective teachers of reading, and ultimately, all Alabama schoolchildren are literate.
JSU Nightlife: Still Alive and Kicking

by Dave Mathews
Features Editor

JSU night life—love it, or hate it—it still exists.

At face value, some new comers see Jacksonville as a dead college town. However, this small city packs a lot of heat per square mile. One must only look a short distance. Jacksonville offers four unique establishments for the student in search of a good time.

Brothers, a perennial favorite, offers the good-time bar scene and some very fine local talent appearing on stage various nights of the week. However, bring your patience with you if you plan to catch the Velcro Pygmies any time soon because they always bring a following. While you are there, throw back a couple of beers and enjoy the show, or try out your pool playing skills on one of their many billiard tables.

Club Retro, located directly across the street from Brothers, offers a high-energy atmosphere that could be considered a miniature Studio 54, without most of the excesses. While you are at the club you can take advantage of their drink specials and all night dance music. If dancing isn’t part of your groove, just take a seat and laugh at the ones who think it is.

Gaterz is another fine establishment located on the square right down from the Jacksonville bookstore. Same as before, it is another great place to down a few more beers. However, if you are in the mood for something a little stronger, Gaterz is one of the few places that offer mixed drinks ready for consumption. This is a great place for friends to come sit and forget about life for a while, as the Billy Joel song once stated.

Last but not least, you have Jefferson’s, a wonderful place to get your stomach full before a night of action. Great meal deals and stuffed mushrooms to die for, are reasons enough to visit this bar and grill. Jefferson’s offers a more laid back atmosphere that feels like home, only with more people.

Whether you are a big drinker or not, you can’t go wrong with any of these locales. They are all filled with wonderful staffs and great times all waiting on you, the student. Just remember, a good time is not worth regretting later, so know when to say when and always choose a designated driver. At any rate, visiting these four great places and following these safety tips, will surely make your night life experiences one to remember or not.

Walking versus Driving on a Day to Choose

by Angel Weaver
Copy Editor

While some students fought for parking spaces, the SGA had a solution when they sponsored Walk to Class Day, Friday, Sep 4.

According to Janay Johnson, in charge of publicity for the SGA, students were encouraged to ditch their cars for the day and walk to class. “We wanted to show students how much easier it would be to avoid traffic and the parking situation,” Johnson said.

The SGA tried to involve people by passing out flyers and putting a message on the marquee next to the Theran Montgomery Building. “We passed out flyers in the dorms and around campus. Students living in the dorms are more likely to walk to class,” Johnson said.

Two students agree that walking makes more sense. Shannon Fagan, a junior at JSU, tries to walk as much as possible. “Whenever I have classes in one area, I park behind the library and walk,” he said.

Caryn Pearson, a senior communication student, also walks a lot. “Whenever I have time to walk, I do because I don’t like trying to find another parking space.”

Former faculty and staff parking spaces on University Circle beside the TMB have been changed to 15-minute parking spaces for students. “Now that the front (of the TMB) is closed, we decided to make some short period parking for students to go in and conduct business in the building,” said Don Thacker, Vice-President for Administrative and Business Affairs. The area in front of Stephenson and the old high school is now being used as substitute parking. Additional parking may also be found behind Patterson and Logan Halls.

According to Thacker, congestion at the intersection of Hwy 21 and 204 is also a problem. “To get from one part of campus to another, you almost have to cross that intersection,” Thacker said. “When 7700 students and 1000 faculty and staff converge on that one intersection, it gets crowded.”

As congestion becomes more of a problem, more students are encouraged to walk when they can. Walking paths are part of JSU’s master plan for the future, and additional fighting has been added in areas such as around the Nursing School and behind the library.

The SGA does plan to sponsor another Walk to Class Day this semester when they have more time to promote it. “This time it was as successful as we wanted it to be,” Johnson said.
A Player’s Guide to Playing

Dave Madison
Features Editor

The Sony Playstation- what a wonderful machine. Raised in the Atari age, I look back to the days of games such as "Pitfall," "Pole Position" and "Defender.

Over the years, game engineers have kept my attention and my fingers in shape. From Atari, I ventured to the Atari 2600. Then came Sega, which led me through every version of the Nintendo series. I eventually landed where I am today: a game-a-holic, and the owner of one of the best gaming systems on the market, the Sony Playstation. Using CD Rom-like technology, the Playstation brings new and faster games to hold our attention and keep us shelling out the money. The games always keep us anxious for the next level.

For those of you who do not own a Playstation, the following may be an incentive, if not to buy one, then to at least give it a test run.

If fighting games are your style, you can’t go wrong with the "Mortal Kombat" series. Any of the four on the shelves will do. Each one goes up in graphics and character availability. It is hard to hand control often times leaving your character dead. Yes, dead. Fatality moves are the rage of the Kombat games, and they seem to be the edge that keep this fighting game above others in the market. I recommend playing the first "Mortal Kombat", and playing up through the latest, "Mortal Kombat 4." The characters only get better, yet the moves stay relatively the same. This allows you to advance upon getting better at each character.

For those of you who may squirm at the sight of blood, or if violence in game playing is not your gig. I recommend one of the many racing games available for the system. Your options range from "NASCAR", for Talledega fans, to "Gran Turismo", if you prefer road courses. There are so many racing games out there, it is hard to pick a fave. As far as ranking goes, "Need For Speed 3" pulls a number two on my top ten scale. Options such as racing head to head and running from the police makes this game worth playing. Just remember, it’s only a game. I strongly recommend sitting around twenty minutes or so after playing any of these racing games before you sit behind the wheel of your own car. Sometimes reality and gaming intertwine.

For sports nuts, Playstation is the thing. You can play "Gran Turismo", "PGA Tour" and "Mario Kart". It's all here for you.

See Guide page 9

Welcome Back Students!

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• DELI - a variety of sandwiches made fresh every day from the best deli meats and fresh bread from our in-store bakery. Deli entrees and salads are ready for you anytime.
• CHOICE MEATS - The best steaks in town. 1/8” trim, thick and juicy and only USDA Choice.
• PRODUCE - Compare our Freshness, Quality Selection and Price
• FLORIST - low everyday prices on freshly cut flowers to tropical plants. We will create special arrangements.
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Riding a Bull on the River
by Kimberly Brown
Contributing Writer

A few members of the International House decided to take a chance on their lives and to “ride the bull.” Hours from home, with the chill waters of the Ocoee River splashing in their faces, they gasped for every breath and held on to the ropes for dear life itself.

“Riding the Bull” is an expression used by river guides. To ride the bull, a rider sits on the point in the front of the raft with legs dangling out. The rider then holds onto the raft ropes, battling the rapids in a motion that looks and feels much like riding an untamed bull.

International House students took their annual rafting trip to Tennessee on Aug. 31 and returned Sep. 1 with tales battling a class 3 rapids. The International House makes this trip each year as a way for House Director Grindley Curren and the students to gain familiarity and trust with each other, to have an unforgettable trip at the same time.

What many JSU students may not know about the International House is that in addition to being a dormitory, it is a cultural exchange program that houses international as well as American students. The annual trip gives all of the students a chance to become familiar with each other’s customs, likes and fears.

This year’s trip successfully pulled the house members together according to all the separate tales of their battles and victories against the Ocoee’s cold and rough waters. “I met the other members before the trip,” said Karine Droulers, a freshman house member. “But with the trip, I got to know everyone better.”

Phan Ngoc Bao Chau, a freshman house member from Vietnam went white-water rafting for her first time on this retreat. “If I was in Vietnam, I would have no chance to do it,” said Chau, a first timer and non-swimmer.

Lakevic says she enjoyed the trip more this year than last because of more this year than last because of the rafting. Along with the white-water rafting, the trip included a taste of repelling, the rafting.

Dave Madison
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Record Crowd Cleans Up Dinner On the Quad

by Phil Attinger
Editor in Chief

"I'm still ecstatic about this event," says Kellilyn Johnson, SGA 2nd Vice-President. "Many have commented to me that this was the largest event they'd ever been to."

On last Wednesday, Sep. 2, the SGA sponsored "Dinner on the Quad," a free cookout of hamburgers, hot-dogs, chips, soft drinks and grape Kool-Aid to help welcome students for the new academic school year.

Hoping for a crowd of 300 people, the SGA organizers and Marriott Dining Services arranged to have 150 hamburgers and 150 hot-dogs for the event, scheduled to begin at 5 p.m.

Roger Day, acoustic guitarist, stood ready to entertain with a unique brand of light rock, expecting to begin playing around 6 p.m.

Roger Day, acoustic guitarist, stood ready to entertain with a unique brand of light rock, expecting to begin playing around 6 p.m.

Janay Johnson, SGA Publicity, was still serving what was left of the food—hamburgers, no buns, and a few chips—at 6:15.

"We're out of buns," Janay said to the late-comers. Kellilyn, who'd been running back and forth all afternoon to keep the food stocked, ran once again to get more from nearby Jack Hopper Dining Hall.

"I went out about 3:30," Kellilyn remembers, "and there were about 20 people then."

"We were out of our first 150 hamburgers by 5:20," says Terry Casey, director of Student Activities. According to Casey the hot-dogs also lasted "not long."

Kellilyn says that the serving line went through 600 plates, so she estimates the crowd was at least that many.

"I was trying to keep the food going," she says. "We really appreciate the support from Marriott." According to Kellilyn, Marriott donated all the food for the cookout, not asking the SGA to purchase any of it.

Dr. Cusimano, Associate Vice-President of Academic and Student Affairs, says the crowd made for a very good mix: from football players to professors, band members and students. She also saw administrators Don Thacker, Bill Meehan and Dr. Rebecca Turner, to name a few.

Kellilyn credits good publicity, including peer counselors promoting the event during orientation, for making the dinner such a success.

"Janay Johnson did a wonderful job, as well as the other officers. This was before classes started. It looks good for the year," says Kellilyn. "I feel that this year's SGA officers and senators have a good sense of teamwork, and it will make a difference to the students."

To promote the dinner, Janay visited the dorms, posted flyers, and talked up the event on 925, where she runs a shift each Saturday from 7 until 10 p.m.

"I Hose (Steve Hosier of 92J) helped out a lot, too, announcing the event on every shift," says Janay. "I just remember the line being really long and being out of hamburgers."

Today the African American Association will host "Fun Day on the Quad," again with free food. David Zielger, director of Minority Affairs, will do the cooking.

Raquel Bryant, of the Office of Minority Affairs, says, "Normally we have fried fish (catfish), which is the big crowd pleaser, hamburgers, hot-dogs, barbeque chicken, baked beans, chips and drinks." Bryant says AAA has done this fun day every semester for two years, and "it is free, period."

Some of the other events coming up include a poster sale on the quad and hypnotist Ronny Ronn. Janay wants people to remember the "Rocky Horror Picture Show" and costume contest on the quad, Oct. 28. Unfortunately, she says the SGA can't sponsor any other movies until renovations on TMB are completed.

Janay says the SGA will have "Comedy Club" at Leone Cole Auditorium, but no date has been set.

The Red Cross will also have a blood drive on Oct. 28, the same day as "Rocky Horror."

"We want blood," says Janay.

Top left: After filling up on food, students enjoy live entertainment courtesy of Roger Day.

Top right: Featured entertainer Roger Day performing on the quad.

Bottom left: Peer counselors help prepare food for a hungry crowd.

Fritz
The slender young woman who makes gourmet desserts for Jacksonville State University’s student cafeteria is an aspiring pastry chef who says she doesn’t have an appetite for sweets.

“I’d rather have a burrito,” confesses Amy Davis of Anniston, a senior majoring in nutrition and foods with a concentration in foodservice and restaurant management. Amy’s pastries have won accolades from fellow students who are glad to see the dessert selection expanded.

Amy, 26, says she’s one of only a handful who go through the JSU nutrition program without working toward the registered dietician (RD) license. That’s because her sights are set on being a chef rather than working in a medical environment, “and I learned that I could qualify to be a chef with the courses available at JSU.”

And while desserts are her forte, she is more drawn to the challenge of preparation and artistry than her own appetite.

“I don’t eat sweets much,” says Amy. “I didn’t know what I wanted to do,” she says. Davis then got into the restaurant business. She worked in restaurants in Auburn during the winter and in Florida during the summer. She knew she had found her niche.

After working in more than ten restaurant over five years, Amy decided she wanted to come back to JSU to finish her degree.

“I was going to go to the culinary school, but I already had classes here at JSU and I wanted to go ahead and get my Bachelor’s degree,” Amy says. “Then I found out that I could get my chef’s certification on my own with the education I’m getting from Jax State.”

Amy says her decision to become a pastry chef was fueled by her artistic nature.

“I was in art school for about four years. I’m artistic, but I never liked painting or drawing — but I always liked food. That’s why I went into pastry baking — it’s an art to me.”

Davis says that she especially enjoys the art of making “fine-dining” pastries. “I like making fancy plates like you would see on Chefs of America,” she says.

Taught to bake by her grandmother, Amy took up baking as a child.

“I’ve been cooking since I was a little girl,” she says. “My mom worked all of the time and my dad wasn’t there so I’ve been cooking since I was young.”

After she graduates next year, Amy wants to move in with a friend in Hawaii where she will receive her executive pastry chef certification from the National Culinary Federation. She says she’ll then travel the world with a catering company until she earns enough money to open her own restaurant — either a hunting lodge, bed and breakfast or both.

“That’s where I think I did better by coming back to JSU, rather than going to a culinary school,” Amy says. “I take a lot of management classes because I want to open my own business so I’ll know accounting, management and marketing. At culinary school they teach mostly baking, and I already know how to bake.”

Amy says she will continue to work at Jack Hopper Dining Hall (contracted by Marriott) while finishing her degree, cater out of her home and cook an occasional meal for her boyfriend.

“It took me a long time to figure out what I wanted to do and this is it,” she says. “I love it.”

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**Guide from page 7**

You can probably find it. You can even play on a professional or collegiate level, all of which are hosted by some of your favorite sport casters. With sports games usually the higher the year in the title, the better the game. For example, “NCAA Football 96” pales in comparison to “NCAA 99.” Easy enough to remember? Thought so.

I could sit here for hours and compare games and speak more highly about some than I do about others. In actuality, it is up to the game player-you. All I can do is suggest these selections, and hope that you enjoy some of these titles as much as I have.
Jacksonville State University and SodexoHo Marriott Services will soon announce the

GRAND OPENING of the

MONTGOMERY FOOD COURT

featuring
Chick-fil-A
Taco Bell Express
Starbucks Coffee
Big Apple Bagels
The Cyber Cafe
(showcasing fresh salads and deli sandwiches)

Watch for announcements in the Chanticleer and listen to 92J for the official opening date coming soon!

NOTE
TMB is still under construction, but the entrances to the building are clearly marked. The Montgomery Food Court will be well worth the effort of getting through.
JACKSONVILLE
BOOK • STORE
"Uptown On The Square"

WELCOME
BACK
STUDENTS

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Come See Us For The Lowest
Prices On Your Textbooks
& Gamecock Apparel!

SAVE $$$$$$ ON JSU TEXTBOOKS!

NEW
AND
USED
Problems at JSU? No way!

Upon being given an opportunity to get on my soapbox and gripe a little for this week's edition of the Chanticleer, I jumped at the chance. This was mostly because I had quite a bit of gripe left over from April, and if I don't expel the gripe, I get swelling of the brain. So, without further adieu... drum roll please... My gripe(s) for the week.

Being that this is my fourth year at JSU, I have come to realize that some problems will not go away no matter how much griping, ranting, and raving is done. For example, I can complain about the lack of parking at certain buildings on campus until I am literally blue in the face, but it won't solve the problem. I can pull my hair out over the high price of our textbooks until I am completely bald, but yet again we will still be continually ripped off. I can curse a blue streak at the absurd antics of some student drivers until I am struck by lightning, or I have a coronary. However, people will still remain a dungeon.

So where does all of this leave me? The student? The faculty? The administration? The people of JSU? No way! Sure you'd fail the first couple of tests, but that English book would still remain a dungeon. But then that's what professors are for: to teach and to help. And like stones skipping across a stream, such stories eventually stop, sink to the bottom, and stories eventually stop, sink to the bottom, and everyone knows a stone will sink.

And like stones skipping across a stream, such stories eventually stop, sink to the bottom, and will only resurface if we wade out and dig them up. Meanwhile, there are plenty of fresh smooth stones on the shore for us to pick up and hurl out into the water. We the journalists, the politicians and the public can't seem to get enough of scandal, no matter how much we say we are sick of it.

We can't get enough because the TV ratings go up every time there's sex in the news. Newspapers and magazines sell more whenever an unbelievable story leads on the front page. "Inquiring minds want to know," was a sales ploy designed to fool people into thinking that having all the latest celebrity gossip made you a well-informed and inquisitive individual. How many of us fell for that? How many of us still do?

Guess what. Now we have more.

We have more information, for better or worse, than we've ever had before. It is a double edged sword: you'll always have one of the sharp edges facing you no matter how you swing it. Information on me means information on you, i.e. everyone's at risk.

So now we, the public, have as much access to the private lives of our public figures as we do to our own lives. Also, we can peep in on other private people through illegal wire-taps and hidden cameras. "Big Brother" is now becoming "Next-door Nieghbor" or "Cyber-Voyeur."

Maybe the biggest reason the Lewinsky story originally lacked public interest is because many people realized that if the President is fair game, then so are they, so they could not rush to judge.
As a child growing up in Pleasant Valley, AL I was taught many important values. The core of these values consisted of valuing a hard days work, learning the joy found in helping someone in need, and of course the three most important elements of a good farm boy's life: God, fishin', and football.

I must admit I don't consider myself an expert on any of the above, but I do feel confident enough to relate to them in many ways. Growing up in a devout Christian home there was never much consideration of other faith's or values. This was not because of narrow-mindedness on anyone's part, but that conversation simply never arose about anything contradictory to our hard morality.

As a youth being devoted to God was stressed as number one, but with that aside there always seemed to be two other secular things in my life that kept me occupied.

"Fishin'," as it's called in Alabama and most of the south, is the pastime of many throughout the world and my little town was no exception. Many days you could and still do find me on the lake with pole in hand enjoying the silence and hoping to catch "the big one" (which of course never happens).

While I consider fishin' to be the greatest one person sport I contend football is the greatest sport on the earth period. Anyone who considers a sport played with a round ball as great is of course a communist, anyone with any intellect can understand the grand scheme of football and can appreciate the value of it. Whether you're on the field or in the stands you play a dramatic part in a battle of warriors seeking to gain new territory and "feeding the beast that burns within."

By now you might be asking yourself "just how does all this tie in together?" Well, I will tell you, days of fishin' and nights of football will send anyone to church to repent over the lies you told concerning how big the fish was you caught or the swear words you used on the field or in the stands.

Though we all come from different backgrounds, beliefs, or preferences one thing remains the same, were Americans and we love to be the best whether we have to lie, cheat, cry, or cuss to get there. Which is probably why Sunday comes at the end of a week packed with the hustle and bustle of a sports crazed nation.

---Erik Green
Avid Sports Fanatic
Jax State opens season with 19-13 win

by Shannon Fagan
Acting Sports Editor

What a difference a year makes! Last season, the Gamecocks struggled defensively, had problems with the kicking game, and lacked a consistent running game. Surprisingly, all three played a major role in JSU's season opening 19-13 win over Alabama A&M.

However, things weren't a bed of roses on the trip to Louis Crews Stadium in Huntsville. The team bus broke down, causing a delay in the Gamecocks arrival. When the team finally arrived, they were ready for battle.

"Hopefully next time we go on a road trip, the bus won't break down," said coach Mike Williams. "I'm not making excuses, but it was a major distraction."

With all distractions on the trip aside and the game underway, the Gamecocks scored first. Starting at their own 18 yard line, quarterback Montressa Kirby and running back Tywone Dyson led the team on a 15 play, 79 yard drive. The end result was Brad Hopkins 21 yard field goal, putting Jacksonville State ahead 3-0.

Then, the Gamecock defense took charge. Outside linebacker Mark Word picked up three fumbles to end several A&M drives. Jacksonville State finally got into the end zone in the third quarter, thanks to Word's lateral to Delvin Hughley for a 10 yard touchdown. The extra point was good, increasing the advantage to 10-0 with 12 minutes left to play in the third.

"This win will carry us a long way this season."

---Coach Williams

The Bulldogs would answer later in the quarter. Quarterback Roland Hayes took to the air and found split end Torrey Day for a 26 yard touchdown. The extra point made it 10-7.

Just before the end of the third, JSU tacked on another field goal. This time, Brad Hopkins nailed a 25 yard attempt giving the Gamecocks a 13-7 lead. The offense finally scored in the fourth quarter. Montressa Kirby led the team on a six play, 61 yard drive. Kirby took scoring honors with his five yard scamper into the end zone to give the Gamecocks a little more breathing room. JSU went for two but was denied by the A&M defense, keeping the score at 19-7.

Alabama A&M made things interesting late in the fourth. They drove the ball 75 yards in 12 plays, resulting in Marc Turner's 1 yard ramble for six. The point after was good, keeping the score at 19-13.

The Gamecocks would hang on and end their nine game losing streak.

Even though Jacksonville State won the game, coach Williams sees room for improvement.

"We're really happy with the defense. Overall, they played well. I was really disappointed in the offense. They didn't play that well. The kickoff game is doing OK, but we didn't do a good job of covering. But, we won the football game and that's what we needed to do," Williams said. "This win will carry us a long way this season. I'm proud of this football team. They worked really hard during practice and the off-season and we're going to get better."

Things don't get any easier this week. The Gamecocks travel to Statesboro, Georgia to face the nationally ranked Georgia Southern Eagles. Jacksonville State has played the Eagles once only, losing back in 1992 by the final of 10-0. Kickoff is set for 12 p.m. at Paulson Stadium.

Soccer Kicks Off

by Shannon Fagan
Acting Sports Editor

The Lady Gamecock soccer team kicked off it's 1998 campaign on September 1 against Huntingdon College. Huntingdon proved to be a tough team to beat, forcing the Jacksonville State to overtime. In the end, however, the Lady Gamecocks proved to be too much.

Jacksonville State traveled to Murfreesboro, Tennessee on September 6 to face Middle Tennessee State. The Lady Gamecocks weren't as fortunate as they were against Huntingdon, losing by a goal. Here is a recap of the action.

Jacksonville State 2
Huntingdon 1

Amy Buchanan scored a goal in the first period to give the Lady Gamecocks the early 1-0 advantage. However, in the second period, Huntingdon would answer with a goal of their own. At the end of regulation the score was knotted at one, forcing overtime.

In the extra period Andrea Poole scored the winning goal, giving the Lady Gamecocks their first victory of the season.

Middle Tenn. State 3
Jacksonville State 2

The Lady Gamecocks opened the season at Pete Mathews Coliseum on Sept. 2 against the Memphis Lady Tigers. Amy Reaves led the charge for the Lady Gamecocks with 16 kills on the afternoon. Lisa May came away with seven kills and six digs, but it proved to be too little as Memphis went on to win the match-up.

Volleyball at 1-3

by Shannon Fagan
Acting Sports Editor

Volleyball season's in full swing for Jacksonville State. The Lady Gamecocks opened the season at Pete Mathews Coliseum on Sept. 2 against the Memphis Lady Tigers. Amy Reaves led the charge for the Lady Gamecocks with 16 kills on the afternoon. Lisa May came away with seven kills and six digs, but it proved to be too little as Memphis went on to win the match-up.

Taking charge for the Lady Tigers in kills was Jessica Henry and Ginger Garrett. They each had ten kills. Garrett also led the team in digs with nine.

Things looked good early on as the Lady Gamecocks took the first set 15-11. However, Memphis came roaring back in the second set by winning 15-10. It was all downhill from there as the Lady Tigers took the next two sets 15-4 and 16-7. Each team recorded six blocks in the afternoon.

Next up for the Lady Gamecocks was the Ole Miss Invitational in Oxford, Mississippi. JSU opened the tournament with a match against the host team, the Lady Rebels. Amy Reaves led the team in kills with 17. Jenni Williamson came away with 12 digs while Lisa May and Keitry Rumpf each had eight.

Leading the way for Ole Miss was Kari Figgen with 12 kills and Jamie Burns with 11. It proved to be enough as the Lady Gamecocks lost in four sets 15-4, 9-15, 15-4, 15-1.

In their second match of the tournament, the Lady Gamecocks took on Rhode Island. Lateatrice McHenry had 13 kills to lead JSU. Jenni Williamson had seven kills and 10 digs but once again JSU fell short.

Rhode Island's Angela McHenry had 13 kills and Christic Wilson had eight to lead them to victory in three sets (15-6, 14-15, 15-13).

The Lady Gamecocks put an end to their losing streak with a win over Florida A&M. Amy Reaves had 13 kills and seven digs while Lisa May managed eight kills and five digs to help JSU prevail in three sets (15-5, 17-13, 15-10).

Reneeka Gause led the Lady Raiders with nine kills and Lateatrice Pleasant led the team in digs with 12.

JSU takes to the road once again with a trip to Florida. The Lady Gamecocks will take on Florida Atlantic on Friday and Friday International on Saturday. Both contests are scheduled for 1 p.m.
Jax State’s Secret Champs: Rugby

by Phil Attinger
Editor-In-Chief

When they scrum for the ball next Saturday, the JSU Rugby Team will start a second year of what promises to be a winning club.

Last year, rugby team finished second in their division at the St. Patrick’s Day tournament in Savannah, Ga., third in the college division at the Mobile tournament, and won first place at the Auburn Rugger Tournament.

The rugby team also beat Florida State, Texas A&M, Georgia Tech, Auburn and Loyola University in Louisiana.

So, where have they been? “How come we haven’t seen them?” you ask. You have to know where to look.

The JSU Rugby Team has fought home games on Dillon Field, behind the University Police Department, and south of Carpenter Village. The team borrows the field from the football team when the Gamecocks are not in practice.

“We were founded in the fall of ‘97,” says Jon Burt, team captain.

“We have 14 guys returning from last year. Most of the guys are young: 12 of them have three more years of eligibility.”

Micheal “Tater” George, President of the club, says that, like every other club, in order to get SGA funding, the team had to show all their receipts, “to show we spent the money on good stuff.”

Tater, as he is called, says the SGA allocated about $290 to the team. The rest of the money for jerseys, travel and tournament fees comes from sponsorship.

“We don’t have a bus. Everyone drives,” says Burt.

This teamwork seems to help a lot when they get on the field. In addition, all the team leaders, Burt, Tater and Hector Pescio share the same apartment, just west of the intramural field.

When asked to describe rugby, the three agreed it’s a mix of football and soccer, but not like either one.

Rugby is played with 15 men on each team and an oblong ball. One man officiates. How does he keep 30 guys in line?

“He doesn’t,” says Tater. “You have to keep the justice yourself.”

Tater explains, “Since rugby is a contact sport, and played without pads, you don’t do anything to your opponent that you don’t want done back.”

All three of the team leaders agree that the team has been lucky enough not to have received any more than bumps and bruises on the field. They don’t even let someone one the field who’s not spent time playing the game.

Burt, from Anniston, had played football before playing rugby. “I had to learn to tackle without pads,” he says.

Rugby has goal-lines like in football. Each goal or “try” in Rugby is five points, with a conversion kick after the goal. If a player crosses the goal line, he must touch the ball to the ground. If he doesn’t, and the other team tackles him, that’s a five-meter scrum from your goal line, says Burt.

“Scrum” might be compared to a scrimmage in football, but like soccer, possession is up for grabs.

As explained by Burt, a “scrum” consists of eight guys (seven “props” and a “hooker”) from each team in a tight formation with both of the front rows locked.

Burt explains that on the commands of “reach” and “engage,” a pushing match ensues between the two packs, while the hooker reaches in with his foot and snags the ball, pushing it back to the “eight man,” i.e., the man with number eight on his jersey.

Once a team gains possession, the ball stays in play for the entire half. As Tater and Burt describe it, “if you’re not on offense, you’re on defense, and that can change in a heartbeat.”

If the ball goes out of bounds, it has to be thrown in. The opposing teams line up in parallel rows to create a tunnel, and everyone jumps up for the ball. “It’s kind of like a tip off in basketball,” says Burt.

“Not really,” says Tater.

Burt, Tater and Pescio say it’s a lot of work to get the team together and practice. For the longest time no one knew that Tater was showing up for practice.


“And I’d say, ‘That’s me, man!’, says Tater.

The team will play three tournaments for a total of nine games each, in addition to playing Emory, Middle Tennessee, Georgia Tech, Georgia and Western Carolina.

The rugby team also has a lot of fun together, partying after each game, and going to support the soccer and football teams.

Burt and Pescio tell how after playing a game in Birmingham last year, the team went and saw the Gamecocks play against UAB.

“Our team is usually the one to get the party started,” says Burt. Coach Williams really helps us out.” Burt also wants to thank the University, their advisor Jeff Rush, and their sponsors: National Auction Company and Gadston and Supreme Beverage Company.

They thank the players with a party after every game.

“The social aspect is just as big as the game,” says Burt.

“The party is called ‘The Third Half,” says Tater.

A typical scrum for the the rugby ball looks disorganized, but is a marked team effort. Once the ball is possessed, play begins.

Cocky leads the Gamecock fans in cheers at Thursday’s pep rally.

Last Week’s Games
Southwest Texas State 17, Delta State 10
Chattanooga 23, Samford 13
Troy State 26, Alabama State 0
Northeast Louisiana 44, Nicholls State 10
Montana 49, Stephen F. Austin 42
McNeese State 43, Southeast Oklahoma 3
Northwestern State 28, Southern 7
Sam Houston State 27, Angelo State 26
Georgia Southern 31, Elon 17
Middle Tenn. State 28, Tennessee State 27

This Week’s Games
Grambling State at Alabama A&M
Middle Tenn. State at Illinois
Mississippi Valley at Nicholls State
Tarleton State at Stephen F. Austin
McNeese State at Northern Iowa
Austin Peay at Samford
Chadron State at Sam Houston State
Northwestern State at Southern Miss.
Southwest Texas State at Northern Arizona
Troy State at Marshall
Gamecock Calendar

September 11
Volleyball at Florida Atlantic 1 p.m.
Soccer at Stephen F. Austin 3 p.m.

September 12
Football at Georgia Southern 12 p.m.
Volleyball at Fla. International 1 p.m.
Cross Country JSU Invitational 9 a.m.

September 13
Soccer at Centenary 3 p.m.

1. Youngstown State Penguins
2. McNeese State Cowboys*
3. Montana Grizzlies
4. Delaware Blue Hens
5. Northern Iowa Panthers
6. Georgia Southern Eagles*
7. Western Kentucky Hilltoppers
8. Villanova Wildcats
9. Eastern Kentucky Colonels
10. Hampton Pirates
11. Western Illinois Leathernecks
12. Hofstra Flying Dutchmen
13. William & Mary Tribe
14. Northwestern State Demons*
15. Northern Arizona Lumberjacks
16. Murray State Racers
17. Appalachian State Mountaineers
18. Middle Tenn. State Raiders*
19. East Tenn. State Buccaneers
20. Howard Bison
21. Southern University Jaguars
22. Eastern Illinois Panthers
23. Troy State Trojans*
24. Connecticut Huskies
25. Florida A&M Rattlers

* = Jacksonville State opponent

Golf finishes 11th

by Will Roe
Sports Writer

Tough competition highlighted the Gundy/Jordan Intercollegiate golf tourney in Georgia over the weekend. The Gamecocks finished 11th out of the 15 teams in the tournament, shooting an overall 903, or 39 shots over par.

As a team, the Gamecocks shot an overall 903 on the par-72 Callaway Gardens course at Pine Mountain, Georgia. Mississippi State took home the overall championship after shooting an 856 for the tourney, or 8 shots under-par. The Bulldogs beat out teams such as Maryland, Ole Miss, Wake Forest, Vanderbilt, and Virginia Tech for the title.

Alex Rocha of Mississippi State took home the individual title, after shooting a 211 for the tourney, 5 shots under-par. Although, he had to beat out Maryland's Keith Unikel in a playoff to win. Alex Forsyth was the best finisher for the Gamecocks, as he finished in a tie for 11th place with Columbus State's Jaco Rall.

Among the other competitors for JSU, Ramiro Perez shot a 225 for his three rounds, 9 shots over-par and good for a tie for 25th place. Jeremy McGatha finished in a tie for 40th place with his 12 over-par performance.

Shannon Lipham finished in a tie for 59th place with his 17 over-par performance. Rounding out the individual performances for JSU, Blake Terry finished in a tie for 65th place with his score of 235, 19 over-par.

Frankly, school's tough enough without adding to the load. Which is why the campus meal plan makes so much sense. We do all the work. And you get to enjoy great tasting, wholesome meals prepared fresh daily.

There are a number of flexible meal plans to choose from, designed for off campus as well as resident students. So sign up soon. Because it's silly to do any more homework than you have to.

The Campus Meal Plan

20 Meals per week with $0 flex $800
17 Meals per week with $75 flex $750
14 Meals per week with $100 flex $700
10 Meals per week with $125 flex $650
 7 Meals per week with $150 flex $600
 5 Meals per week with $175 flex $500

For more information about the plans call Marriott Dining Services at 256-782-7242
Avoiding Heat Stroke a Matter of Preparation

by Renee Maddox
JSU News Bureau

Summer officially began back in June, but most of the nation was already sweltering under record-breaking temperatures.

Now, during September, high temperatures still persist. Such temperatures can be deadly, according to JSU nursing professors.

Nancy Edge, director of Student Health Services at JSU, says, “Heat exhaustion can be deadly, according to Renee Maddox.

“People taking certain medications may also be candidates for heat stroke.”

Fortunately, there are ways to avoid the effects of too much heat. Shelia Leroy, registered nurse and instructor at JSU gives these tips:

• Stay out of the sun for extended periods of time. Leroy warns people to avoid working outdoors, if possible, between the hours of 10 a.m. and 2 p.m.
• Take frequent rest periods.
• Dress appropriately. Edge tells people to dress coolly when going outside into summer-like weather. “If you feel yourself getting hot,” Leroy says, “press a cool damp cloth to your head, wrists and neck area, or take a cool bath to bring down your temperature.”
• If you still feel symptoms of heat stroke, it may be time to check with a doctor or go to the emergency room.

This means immediate hospitalization is necessary for hydration, i.e. you’ll die of dehydration without intravenous fluids.

Edge says anyone who spends a lot of time outdoors is susceptible to heat exhaustion, but there are some who may be more vulnerable than others.

“Athletes, people who are physically active, and the elderly are more prone to suffer from heat exhaustion or heat stroke,” she warns. “People taking certain medications may also be candidates for heat stroke.”

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A local church is coming out on the side of public health, with a free health fair this weekend.

The First United Methodist Church in Jacksonville will hold a health fair on Saturday, Sep. 12 from 9 a.m. to 2 p.m. in the McWhorter Activities Center at the church.

Susie F. Dempsey, one of the event’s organizers, says the public is invited to attend and participate in all activities. Healthy snacks and drawings for great door prizes will be throughout the day. You must be present to win.

Health care professionals will present lectures in such topics as preventing heart attack, stroke and cancer as well as dental health, nutrition, and supporting family and friends through grief.

For the interest of children will be a bicycle safety clinic will be from noon to 2 p.m. for kindergartners and elementary ages.

Dempsey also says that Jacksonville Hospital will offer medical screenings for blood sugar, cholesterol, and blood pressure. The physical therapy department of the hospital will offer evaluations of body strength and body fat.

Visitors can take a course in line dancing, also, either as a means to physical fitness or just for entertainment.

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A local church is coming out on the side of public health, with a free health fair this weekend.

The First United Methodist Church in Jacksonville will hold a health fair on Saturday, Sep. 12 from 9 a.m. to 2 p.m. in the McWhorter Activities Center at the church.

Susie F. Dempsey, one of the event’s organizers, says the public is invited to attend and participate in all activities. Healthy snacks and drawings for great door prizes will be throughout the day. You must be present to win.

Health care professionals will present lectures in such topics as preventing heart attack, stroke and cancer as well as dental health, nutrition, and supporting family and friends through grief.

For the interest of children will be a bicycle safety clinic will be from noon to 2 p.m. for kindergartners and elementary ages.

Dempsey also says that Jacksonville Hospital will offer medical screenings for blood sugar, cholesterol, and blood pressure. The physical therapy department of the hospital will offer evaluations of body strength and body fat.

Visitors can take a course in line dancing, also, either as a means to physical fitness or just for entertainment.
**Take Two CD's Twice Daily**

by Renee Maddox
JSU News Bureau

"Music therapy offers an avenue to help people with a multitude of problems," says Ken Bodiford, Director of Bands at Jacksonville State University.

Although Bodiford says that music therapy is most popular with sleep disorders, Bodiford says it can also be used to control hyperactivity, rages, and even help retention skills needed by students to study.

However, there is no need for parents to run out to Wal Mart and buy out the music keyboards. Bodiford says it can also help

Bodiford says that music therapy is a continuous process that takes several weeks or more, depending on the type of help needed, to incorporate fully into a person's life. It involves full cooperation of the client and the help of a specially trained professional.

Katherine Lindberg, a board certified music therapist, explains, "Music therapy works toward specific goals and objectives. Depending on the patient's problems, which may involve communication, academics, physical, emotional or social problems, music therapy may be beneficial to them."

Besides controlling bad behaviors, Lindberg says music therapy can also help

and emotionally disturbed patient to express feelings by providing an outlet: music.

While most therapy allows for internal change, music therapy can give you a new skill. A physically challenged person, who could use some help with developing fine motor skills, could possibly benefit from music therapy by learning to play an instrument -- maybe piano.

"Developing musical skills during treatment are not the primary concern for the therapist," says Lindberg. "It is the affect such musical development might have on the client's functioning" that really matters. But most therapists would say musical skills are a definite plus.

Music therapy's influence may be a minor as having a client listen to classical music -- depending on the client's tastes -- and talking about feelings the music produces, or even having the client write a song about his feelings.

No matter what is the case, music therapy, at least according to some, is definitely an option people might prefer over more traditional therapy methods to help cope with what is ailing them. It is a therapy, in less serious treatment cases, that is less expensive than conventional therapy.

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**Tattoos not Taboo for JSU Students**

by Buffy Smith
JSU News Bureau

Ryan Kruzinski, SGA President, has a frog permanently attached to his arm.

Kruzinski says the three-inch amphibian tattoo is a "symbol of life and adaptability." Kruzinski is among a growing number of college students who appreciate tattoos.

Tattooing, once the domain of military men and motorcyclists, has grown as a trend among college students. According to the Alliance of Professional Tattooists, about 20% of tattoos are now performed on young, college-age adults.

Kellilyn, a junior majoring in secondary education asked that her last name not be used, but did say, "Getting a tattoo is like a bandwagon; when one person gets on, others follow."

Dr. Lester Hill, a JSU Sociology professor agrees with Kellilyn.

"It's kind of a standard that has changed for the younger generation," Hill says. "They can fit in with tattoos and stand out against the old fogeys."

Body decorations, such as piercings and tattoos, are a more personal way of identifying with one group while drawing barriers against others, according to social scientists.

"Human beings have these contradictory impulses," Hill says.

"At the same time they want to fit in, they want to stand out," Kellilyn says. "Mariah Carey has a butterfly on her back, and when teenagers and college students see that on TV, they think it's OK and they think it's cool, so they immediately respond to that."

According to Hill and McCain, tattooing is a form of rebellion, and rebellion has been prominent with youth since the beginning of time -- though in changing cycles.

For example, in the 1950s, the younger generation did not seek the extreme separation of identity between themselves and adults that the teens of the 1960s achieved. Some say that young people are now growing more conservative in the '90s, and tattoos may be one way they try to portray their maturity.

At one time in history, parents might literally disown their children for getting tattoos. Now, parents let them make their own decisions.

Kellilyn says that if she got a tattoo, her parents would approve of it. She says she raised her to be independent and wouldn't reject her if she came home with a tattoo.

The bottom line, according to many JSU students, is that a tattoo is no longer taboo.
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