JSU trustees focus on change

Board will seek to raise tuition and fees for fall semester despite increase in funding

By Rosalind L. Moore
The Chanticleer News Editor

Jacksonville State University’s board of trustees met on Monday to discuss the future plans of JSU in various areas. In the fall semester, Jacksonville State University students are poised to receive increases in tuition, residence hall fees, and other fees incurred at the university.

“What I don’t want to do is raise tuition twice in one year,” JSU president, William Meehan stated to The Chanticleer. “That has happened in the past and I want to give parents plenty of time to adjust.”

Although JSU and other institutions will receive extra funds from the state this year, the amount cannot offset expenditures and other known increases for the year.

According to the request for tuition increase reported to the board at Monday’s meeting, increases in the Teacher Retirement program and the Public Education Employees Health Insurance plan (PEE-HIP) needed to cover just those increases will be 2.80%.

This figure does not include other projected increases that include building maintenance, promotion increases for faculty and staff, facilities and cleaning and a 3% salary and equity.

“Dr. William A. Meehan
JSU President"

JSU Board of trustees welcomes new member, Congressman Bud Cramer; says farewell to Thornton

By Rosalind L. Moore
The Chanticleer News Editor

Following the retirement of Mr. James D. Thornton, a member of the Jacksonville State University board of trustees, it was recently announced that the seat would be filled with a new member.

After the retirement of Thornton, the board of trustees was left with seven members including Jamie Red Ethredge of district one, G.M. Roberts representing district two, Bobby N. Kennamer of district three, Charles T. “Pete” Matthews of district three, Jim Folsom representing district four, Jim Bennett of district six, Gladys Carlisle of district seven, and Randy Owen representing as a member at large.

According to an Associated Press report early this month, “the Alabama Senate approved Gov. Riley’s appointment of one of his former colleagues in congress.”

U.S. Rep. Bud Cramer, of Huntsville, AL will fill the seat vacated by the retirement of board of trustee member, Mr. James D. Thornton.

Thornton, also of Huntsville, served on the board of trustees for 38 years. At a previous board of trustees meeting, many of the

New student ID replacement may begin April 26

Current JSU ID’s will be replaced due to a privacy act requiring removal of social security numbers

By Olivia Fadul
The Chanticleer Staff Writer

Current JSU ID’s will be replaced due to a privacy act requiring removal of social security numbers that are currently visible on the present student id cards. On that day, students may go to the student services center to have their new cards printed and make sure that’s you.”

The new number will make it easier for people to spot of designing the new card and its features.

The new number will
The Coordinator of Academic Advisement, Don Killingsworth, would like to get the word out to all JSU students to go ahead and begin preparing to discard their old student identification cards and prepare for the new.

The re-carding process may begin as early as Monday, April 26, to provide JSU students with a new and improved student identification card.

Beginning July 1, 2004, JSU will officially abolish social security numbers for identification purposes anywhere. "Another reason we are having to switch cards this time," says Killingsworth, "is that we wanted to enlarge the student's picture, it will be visible on the present student id cards. On that day a new nine-digit number will be implemented. From then on, each incoming and current JSU student will have to use that new student number around campus.

According to Killingsworth, plans for a new JSU student identification card began last summer around June. Killingsworth says that, "this whole process came about because we shouldn't be using social security numbers for identification numbers for identification purposes anywhere." "When you register or you just arrive here, we should have an ultimate number available so we can identify you. That's how the whole process started with the identification number," said Killingsworth.

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adjustment.

“We have gone from a state supported institution, to state said Meehan of the present monetary situation that continues to crunch colleges and universities across Alabama.

Meehan presented to the board of trustees several reasons that he feels the need for this $250 hike in tuition for the fall semester. Faculty retention is one reason for the increase in tuition. Meehan noted the departure of the dean of the College of Nursing and the loss of five doctorate-level faculty members, as a major issue to consider.

Although Meehan feels that the present monetary issues are not solely the cause of faculty departures, he does feel that they add considerable strain to faculty and staff members.

The tuition increase recommendation that was presented to the trustees outlined where the extra funds incurred through tuition would be spent. The increase will cover expenses such as the SACS Library funding, deferred maintenance and the technology plan.

According to Meehan’s report to the trustees, every college president in Alabama intends to increase tuition for the fall semester, except Alabama State University.

Along with increases in tuition, the resolution seeks to increase costs in the areas of University housing and other incurred fees.

In accordance with the recommendations outlined in resolution 489, the plan will seek to increase residence living costs by an average of $861.00. The overall housing increase will be about 27% and will differ according to the specific hall.

Although the resolution seeks to increase residence hall fees, this fee will also include new services and accommodations.

According to the plan given at the trustee meeting, residence halls will now include free cable television, new voice mail and caller ID provisions and about 100 minutes of long distance.

With the projected fee increase in university housing, JSU will still only be second from the bottom in price. Universities such as the University of North Alabama pay a current average fee of $1000; The University of South Alabama pays $1100 and Auburn University, $1227.

Cramer.

Cramer was born and raised in Huntsville. He completed a law degree at the University of Alabama in 1972. He is a congressional representative of the Fifth Congressional District and will bring about his expertise in many areas.

According to Meehan, the trustees are “very excited to have Congressman Cramer.” Cramer has served the district for 13 years. He is a military veteran, has one daughter, Hollan and three grandchildren, Patricia, Dylan and Mason.

Meehan is confident that the trustees will approve the resolution in its entirety. “We need money to support the increases,” said Meehan. “We want everyone to know what our expenses are.”
Celebration at 8:00 p.m., AGAPE lunches held every Wednesday from 11:15 a.m. until 12:45 p.m. where your first time is absolutely FREE! We also have a Bible Study that meets every Thursday night at 6:00 p.m. Come and join the fun! Contact: Gary, 435-7020 or gbrittn@jsucc.jsu.edu.

Department of Military Science: The Military Science Dept. is seeking students who have 54 hours or more to attend a four-week leadership development course this summer. The course focuses on individual leader development, group dynamics, and adventure training. Travel, meals and lodging are paid and students receive $770. Contact: Captain Shackelford, 782-5601.

JSU Library: Need something scanned? The Houston Cole Library is proud to offer free scanning services on the second floor at the reference desk. Items can be scanned for use in PowerPoint presentations, Web sites, and much more. Library staff can assist patrons in scanning documents and images to be printed, emailed, or saved to a disk. Contact: Houston Cole Library, 782-8034.

JSU Today Show: Watch JSU Today every Thursday afternoon at 3:30 p.m. on TV24. If any communication students would be interested in gaining TV production experience, please contact Stephanie Deese. Contact: Stephanie Deese, 782-6187 or stephdeese@aol.com.

Tau Sigma Lambda: Good luck to everyone on finals! Contact: Jason Hallberg, jmhallberger@hotmail.com.

Up ‘Til Dawn: Up ‘Til Dawn is a fundraiser project created to raise money for the St. Jude’s Children’s Hospital. Up ‘Til Dawn is currently accepting applications for the MORALE Team!! We are also looking for Jacksonville State Recruitment team members. Anyone with lots of energy and a smiling face is encouraged to apply! Contact: Angela Martin or Cambrey Jordan, 782-5804.

Zeta Tau Alpha: Good luck to everyone on finals. I hope everyone has a great summer. Go Gamecocks! Contact: Heather Moore at heather16@hotmail.com.

The Chanticleer Announcements Policy: Any JSU student organization or University office may submit items for the Announcements column. Submissions must be typed, and must be limited to 50 words. Submissions must include a name and telephone number or e-mail address to contact for further information, but this information does not count toward the 50-word total. Submissions must arrive at The Chanticleer offices in Room 180, Self Hall by 5 p.m. on the Monday prior to the desired publication date.

The Chanticleer reserves the right to refuse publication of any submission for any reason. We also reserve the right to edit submissions for style, brevity, and clarity.

CAMPUS CRIME

April 16- Rodricus Arleston Thomas, 22, was arrested for DUI occurring on Mountain Street.

April 14- Matthew David Tibbitts, 20, was arrested for public intoxication occurring at the Intramural Field.

Information in the Campus Crime column is obtained from incident and arrest reports at the JSU Police Department in Sallis Hall. These records are public documents which any individual has the right to examine under Alabama state law. If you believe this information to be in error, please call 782-5701, or contact JSUPD at 782-5050.
Networking may be solution to job search for graduates

Building relationships in a chosen field could be the key to obtaining a job after graduating from college

By Erika D. Smith
Knight Ridder Newspapers (KRT)

AKRON, Ohio—In the same way an introductory e-mail will never replace a firm handshake, blindly sending out resumes will never replace old-fashioned networking.

About 70 percent of all jobs are obtained through networking— the process of building relationships with others in a chosen field.

That’s an important statistic at a time when so many people are looking for work. But even in fields that are booming, such as corporate fraud investigation, networking is crucial.

“Networking is pretty much the only way that you get referrals and keep going,” said Stephen Nelder, president of the Association of Certified Fraud Examiners’ local chapter. “It’s one of those things where you make your own luck.”

Indeed, luck has little to do with landing a job. It’s about networking, and that’s a skill—one that many people haven’t mastered yet.

Career counselor Carl Owens teaches Kent State University students and alumni the right way to network.

“We teach people to be assertive, not aggressive,” said the assistant director of Kent’s Career Services Center.

And there is a difference. The trick, Owens said, is to phrase questions in the third person.

For instance, instead of asking a colleague, “Can you get me a job at your law firm?” you should say: “Do you know if there are any openings at your firm?”

The latter question is more likely to put a networking contact at ease because he won’t feel any direct obligation to you.

That, in fact, is one of the cardinal rules of networking—don’t ask a contact for a job. Others include being honest, not taking advantage of a contact, not claiming to know someone you don’t and always getting permission to use a contact’s name.

Networking doesn’t have to be hard. It doesn’t require attending fancy dinner parties to mingle. But it does require some initiative.

For students and out-of-work alumni just getting started, Owens recommends building a list of potential contacts. They can be relatives, colleagues from an old job, professors, classmates, friends, your dentist, or even your yoga partner.

Once you talk to each person and figure out if a networking relationship is appropriate, you can send them resumes and cover letters. It’s also important to keep in touch as time passes.

“You’re getting your name out there,” Owens said. “You’re mixing, you’re mingling.”

Another way to feel out a list of contacts—as well as the direction of your own career—is to do an informational interview.

Job hunters should call a contact already working in their desired field and set up a time to talk. Informational interviews are not job interviews, and shouldn’t be treated as such.

The goal is not to sell yourself. It is to learn as much as possible about the contact’s job and decide if the field is right for you.

Owens said she often recommends informational interviews for alumni who have lost their jobs. “A lot of them are taking this time to refocus their careers,” she said.

Knowing what’s true for many fields, Brian McCullough, president of Resumewriters.com, decided to take networking one step further—to the Internet.

The company’s new site, Wherearethejobs.com, is built on the idea of using friends, and friends of friends, to find a job.

It differs from the likes of Monster.com and Careerbuilder.com because users do more than post their resumes or send them to random employers. Wherearethejobs users are required to post one job lead to join the Web site. They also must build their own community of job seekers by urging others to join for free.

“We would just hear constantly, ‘I’ve posted my resume on Monster like 300 times and I’ve heard nothing,’” McCullough said.

What’s missing, he said, is the advantage of dropping a name. Wherearethejobs lets people do that. It’s a cross between Monster.com and Friendster.com.

The idea is that a friend of a friend’s brother will be the hiring manager at a law firm and let you use his name. And with the Internet, the scope of social networking can be much broader.

Right now, McCullough’s Web site covers all of North America and has 10,000 users—nothing compared to Monster’s 25 million and Careerbuilder’s 7 million. Wherearethejobs only launched in mid-January, several tips to surviving finals such as be prepared, determining what type of final you will be taking (comprehensive, non-comprehensive), read the directions, don’t rush and stay for the entire session.

Student: New ID’s focus on security

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manage their time,” said Linda Shelton, a JSU counselor. “Basically you should have your fixed times like your scheduled classes or work and then you can prioritize.

For exams consist of small steps instead of one large step.

Well if the advice from TheSemester.com comes just a little too late, other alternatives are in sight. According to the Counseling and Career management skills and discussing the issue are also useful ways to relieve stress.

Test anxiety is another problem. A typical sign of test anxiety is when a student blanks out during a test, forgetting information, they though, and is still being developed.

“Most of the jobs are found through your friend’s brother’s uncle,” he said. “We wanted to use that.”

BUILDING A NETWORK

Put yourself in situations where you can introduce yourself to others, but don’t burden them with your job-hunting woes. Just supply enough interesting conversation to persuade them to give you some names and/or advice.

Be honest and legitimate about who you know. If a friend lets you use his or her name with a corporate hotshot, it’s OK. But meeting someone who casually mentions knowing a corporate hotshot doesn’t mean you can use that name later on.

Get someone you know to introduce you to the prospective employer you want to meet. The employer is more likely to be receptive because he or she won’t want to offend your mutual friend.

Send resumes only when they are requested. Carrying a stack of them at all times will make you look desperate.

What goes around comes around. If you refuse to help people find a job, chances are the same thing will happen to you someday.

Source: Kent State University’s Career Services Center
used as an ATM card for those banking at AmSouth.

Killingsworth encourages and would like to stress to all students to go ahead and get their new student ID cards before fall semester.

"The university does not want students to wait around until the fall because there will be long lines," said Killingsworth. He also says each student ID card "takes about two minutes to print." Current students will not have to pay any kind of fee when they get their old student ID cards replaced with the new identification card.

According to the Counseling and Career Services Web site, some of the most common issues students can face during final exams are test anxiety, procrastination, and a lack of proper time management.

A Web site dedicated to helping students study, TheSemester.com, advises students that cramming for final exams is not the answer. The Web site states that, "You can't erase mistakes that began the first week of classes." It suggests that the best way to prepare for your scheduled classes or work and then you can prioritize other things.

According to the Counseling and Career Services Web site, there are many ways to deal with any type of stress, even stress brought on by procrastination or test anxiety.

According to Counseling and Career Services, "stress is a normal, unavoidable part of life for everyone." There are several suggested ways that this inevitable stress can be relieved.

Exercise can relieve the tension of built up stress by creating a type of prevention and intervention. Thirty minutes a day of exercise can be a helpful and useful escape. Improving your time management takes away from those stressful situations, don't rush and stay for the entire session.

"It's easy to do something else," said Shelton, "You can have that social time but you still need your study time."

Most importantly listed on several Web sites was the importance of a good night of sleep and eating some type of fresh fruit to reduce stress. If you are dealing with issues concerning test anxiety or you need a few extra final exam tips, call Counseling and Career Services at 782-5475 or visit the Web site, TheSemester.com.
I couldn’t make money in bed so I came to college

George Burns once said, “Don’t stay in bed, unless you can make money in bed.” And since I couldn’t make money in bed (well, not that I couldn’t but I wouldn’t), I decided to go to college.

I have been fortunate enough to be one of the few people I know who will have graduated college in four years. Maybe that’s lucky and maybe it’s not. I certainly haven’t partied enough, but I certainly have savored every moment of being a college student. And for that, I have a few people to thank.

It’s been fun being the editor of this gig. Although I don’t think I have done a very good job at running this show, I have had a few people compliment me. As Puckett and Jessie told me, I take the “road less traveled” in my editorials, which is more fun than the other road. I’m “everything wrong with Generation Y,” according to former editor Ben Cunningham. As a result of my blatant opposition to anything normal, I have gotten a record number of letters to the editor this year.

Therefore, I have to thank all the people who wrote letters to the editor this year. I really enjoyed some of the laughs I got from reading them. I love criticism and I love reading about what annoys people enough to make them write a letter that’s filled with misspelled words and incorrect grammar. Some of the things that piss people off amaze me and I aspire every day to try and find one more random thing that will do it.

I really believe that being a section editor at this newspaper is one of the hardest jobs on campus. It requires intelligence, writing ability, a lack of the love for money and most importantly, the ability to still function despite sleep deprivation. I cannot remember how many times Mr. Stedham (our student media adviser) came into the office on Wednesday morning to see me in the same clothes I was wearing the night before. With all that said, thanks to my hard working editors and to Mr. Stedham for backing me up when some really important people got mad at me.

The students at this University have never ceased to amaze me. I really appreciate all the dumb things people did this past year that gave my news section something to report. Whether it’s throwing the stumps in Brother’s Bar and starting a fight or vandalizing the Sig Ep house, there was always something to write about.

One of the most important pieces of advice I can give anyone is to remember who made you mad and then prove them wrong. One of the main reasons I strived to do so well in college is because of my high school principle, Mr. Chambliss. He made it a point to tell me that I wasn’t ready for college when I started taking classes at JSU my junior year of high school. He said that the memories I would have from pep rallies and football games were more important than the education I would gain from starting college early. And for that ignorant comment, I thank him.

Someone who has certainly never made me mad, but has intimidated me into pushing myself to do better things, is my uncle, Jerry Chandler. He is by far my favorite professor in the Department of Communication (aside from the ever-so-sexy Lloyd Dobyns. Haha.). I hear so many students tell me that he is a great inspiration to them. And I know for a fact that he is very good at recognizing students’ talents and helping them to build on those talents. Despite numerous personal problems, he has stuck by through the college careers of two of his children (at this University) and now mine. I have to thank him on behalf of myself and all the other Communication majors he has helped. He has proved to me that class doesn’t have to be boring, even if you have to stand on a desk for entertainment, and just because you got a ‘B’ on your 10-page story in Media Features, doesn’t mean you are bad.

So until I can figure out how to make money in bed, I’ll be doing my internship at the monthly features/entertainment magazine, The MudCat. See ya.

Eyeball jewelry the latest way to display lack of intelligence
"Dear Editor,

Has anyone besides other non-traditional students looked at the schedule for the American Literature courses offered this summer? During the May semester American Lit I is offered four times, two of those offerings at 9:45 a.m. American Lit II is offered twice during Summer I, American Lit I is offered twice, and American Lit II is offered 3 times, two of those being at 9:45 a.m. During Summer II each course is offered once. Over the summer American Lit I is offered seven times, Lit II six and all of the classes are daytime. When I asked the head of the English department, I was told it was due to the budget. If that is the case how can the class be offered twice at the same time in two semesters? During a time of cutbacks and budget restraints, I don't understand why JSU is sending students and money to Gadsden State. I'm willing to bet a survey would find that if JSU offered the course at least once at night, the class would be full. I have spoken with other non-traditional students this semester and it looks like we will be spending our money and time at Gadsden.

Bea Holman

Cody Stuart
Freshman
Business
"Mama didn't raise no fool."

Don't be scared.

Voice your opinion in The Chanticleer by writing your very own letter to the editor.

Please see the “Letters Policy” printed below and e-mail it to jsu_chanticleer@hotmail.com
Second part of the student art show

By Nick Mackay
The Chanticleer Staff Writer

Back in 1993 when Quentin Tarantino was filming his classic "Pulp Fiction" he and Uma Carradine.

But "The Bride" doesn’t have it all her own way. She is still dealing with the deadliest assassin team in the world, and Budd, Elle and Bill will not go

Hell hath no fury...

By Katja Sunnarborg
The Chanticleer Features Editor

It is hard to believe that this semester and my last school year is coming to an end. It seems not too long ago I just started working for the Chanticleer and began my journey as the President of SPJ student chapter here at JSU. I felt like I had taken too much on my shoulders, and yet now when I look back, it didn’t seem that bad at all.

Because of all these things I have probably met more new people, learned more things and grown as a person during this last year, than I have in my entire lifetime. It has been awesome, exhausting, stressing and fun all at the same time, but the best part has definitely been meeting new people and making new friends.

To tell you the truth I’m a little bit scared about the future and what it holds for me. Just the other day I was talking to my sister on the phone trying to convince her, that even though it has been almost two years since her graduation and she still hasn't found a job, she will find a job one-day sooner or later. You see, I am good at convincing others that what happens, happens and that is the way it is supposed to be. Yet, when it comes to myself, I’m freaking out, because I don’t have a defi-
Back in 1993 when Quentin Tarantino was filming his classic “Pulp Fiction” he and Uma Thurman hit on an idea for a revenge movie. Through much discussion the two came up with the idea for “The Bride” and its sequel, Kill Bill. Now, over a decade later, the final chapter of The Bride’s quest for bloody satisfaction has been unveiled, and “Kill Bill Vol. 2” will not disappoint those familiar with the Tarantino style.

The second installment of Tarantino’s ode to “B” movies picks up where the first chapter left off. “The Bride” (Thurman) has just slain O- Ren Ishi, vicious leader of the Tokyo underworld (as played by Lucy Lui). What stands between her and full redemption is Budd (played by Michael Marsden), Elle (Darryl Hannah) and of course, the elusive Bill (David Carradine), who is the hired assassin team in the world, and Bill, Elle and Bill will not go down without a fight.

A further twist is added to this installment when it is revealed that “The Bride” finally confronts Bill himself, although Bill is not alone. He is with a four year old child. The same child “The Bride” thought she had lost four years earlier. Their daughter. However, the cozy new family unit is eventually broken up by the inevitable showdown between “The Bride” and Bill.

Throughout the movie a couple of things become obvious. The first is that Vol. 2, unlike Vol. 1, is not a gore-fest of samurai slashing action. Rather, it is a deflection to Tarantino’s regular style; heavy on dialogue and story content. However, he does make extra special use of different camera styles, drawing heavily on early ’70s kung-fu movies for inspiration. Tarantino loves to show his audience where he gets his inspiration, and the movie features over a half dozen style changes.

The second outstanding trait of Vol. 2, as it is in all Tarantino movies, is the music. Tarantino had the advantage of having a musical visionary in the Wu-Tang Clan’s RZA in charge of his score. It also helped that RZA is a huge fan of the Kung-Fu genre, almost as much as Tarantino himself. But RZA’s hip-hop background doesn’t stop him from producing an awe-inspiring, and totally varied, soundtrack. He utilizes every style, from the stripped-down country of Johnny Cash’s “A Satisfied Mind” to Malcolm McLaren’s haunting slow jam, “About

see Kill Bill, page 6

By Elizabeth Freeman
St. Louis Post-Dispatch (KRT)

You’ve made it through the crucial first two weeks of your low-carb diet. The bathroom scale is your friend again. You’re feeling good about your progress, and decide it’s finally time, time for a low-carb dinner party.

Some of your friends have been low-carb dieting too, but you’re not quite sure how many carbs they’re consuming these days. Not to worry! The choices are abundant, the recipes are plentiful.

Here are several low-carb menus to consider serving, with varying levels of carbs to mix and match as you wish.

**PLAN A: 6 NET CARBS**

Drinks: Vodka martinis with olives: no net carbs (subtract fiber and sugar alcohol grams from the carb count to get net, or usable, carbs.) Appetizer: Slices of Volpi’s Rotolo (prosciutto, mozzarella cheese and basil roll-ups; sold at many local markets): no net carbs Main course: Tequila-lime marinated grilled chicken (see recipe): 2 net carbs Side dish: Mixed lettuce salad with vinegar and oil dressing: no net carbs Dessert: Sugar-free chocolate syrup folded into whipped cream from a can: 2 net carbs

**PLAN B: 10 NET CARBS**

Drinks: Low-carb beer: 2 1/2 net carbs Appetizer: Steamed shrimp with 2 tablespoons Creamy Garlic Dressing for dipping (see recipe): 1 net carb Main course: Jerk-Marinated Grilled Pork Steaks (see recipe): 3 1/2 net carbs Side dish: Caesar salad with purchased dressing and no croutons: 1 net carb Dessert: Cubes of sugar-free gelatin (two or more flavors) in partitas with whipped cream from a can: 2 net carbs

**PLAN C: 13 NET CARBS**

Drinks: Seven and Seven made with whiskey and diet lemon-lime soda: no net carbs Appetizer: Crunchy and Savory Almonds (see recipe): 2 1/2 net carbs Main course: Steamed lobster with melted butter: no net carbs Side dish: Warm asparagus tossed with vinaigrette: 2 1/2 net carbs Dessert: Purchased low-carb cheesecake with strawberry sauce (puree 1 pound frozen berries with 1 tablespoon lemon juice and sweetener to taste): 8 net carbs

Party with low-carb food

Steamed lobster and vodka martinis are two options to serve at a low-carb dinner party.

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Pet 'N Zoo by Corey McDaniel

HI THERE! WELCOME TO THE PET 'N ZOO!
I'M DAZE!

SO UM... DEEZER...

HOW D'YU DO THAT?

DO WHAT?

catch more "crazy-go-nuts" Pet 'N Zoo action every week at www.zombiesquid.com

Beating Around the Bush by Corey McDaniel & Bryan Stone

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TEQUILA LIME CHICKEN
Yield: 12 servings
1/3 cup lime juice
1/3 cup water
3 tablespoons tequila
1 tablespoon sucralose (Splenda)
1 tablespoon soy sauce
2 cloves garlic, crushed
12 chicken breast halves

Combine lime juice, water, tequila, sucralose, soy sauce and garlic in a zip-top plastic bag. Add chicken; refrigerate at least 2 hours or up to 1 day. Prepare a hot fire in the grill. Drain chicken, discarding marinade. Place chicken on grill, skin-side down. Cook about 10 minutes or until lightly browned. Turn; brown the other side. Continue to cook, turning frequently, until done.

PER SERVING: 140 calories; 1.5g fat (10 percent calories from fat); 0.5g saturated fat; 66mg cholesterol; 26g protein; 2g carbohydrate; 1g sugar; no fiber; 274mg sodium; 16mg calcium; 306mg potassium.
Adapted from “500 Low Carb Recipes,” by Dana Carpender (Fair Winds Press, $19.95 paperback).

LOW-CARB PEANUT BUTTER COOKIES
Yield: 12 cookies. Nonstick cooking spray
1 cup chunky peanut butter
1 cup sucralose (Splenda)
1 large egg
1 teaspoon vanilla

Preheat the oven to 350 degrees. Coat a cookie sheet with cooking spray.
Stir together peanut butter, sucralose, egg and vanilla. Drop by spoonfuls onto the cookie sheet. With the tines of a fork, flatten the cookies, making a criss-cross pattern. Bake about 10 minutes, until centers are no longer wet. Let cool completely before removing from the cookie sheet.

PER COOKIE: 128 calories; 9.5g fat (65 percent calories from fat); 2g saturated fat; 18mg cholesterol; 9g protein; 6g carbohydrate; 2g fiber; 8mg sodium; 49mg calcium.
Recipe adapted from www.about.com.
from Kill Bill, page 5

Her” to the surf-pop of Shivaree’s “Goodnight Moon.”

But undoubtedly, the star of “Kill Bill Vol. 2” is the leading lady herself. In one sequence, Thurman is powerful beyond recognition; in the next she’s as radiant as she is deadly. She’s the ultimate contradiction: a ruthless, trained killer who knows no other life, and a vulnerable single mother, who struggles to carry the burden of her own past. Not only does she fight her physical enemies, she has to deal with her own inner demons along the way to revenge and self-discovery. Revenge can be a liberating S.O.B.
Softball takes two from SEMO

By Mike Vaughan II
The Chanticleer Staff Writer

The first game saw JSU score an unearned run in the first inning, to be quickly answered by SEMO, who scored two in the bottom half. JSU would tie the game in the third, though they did leave the bases loaded, squandering a great opportunity.

No one would score again until the fifth inning, when JSU’s Megan Jezierski led off the inning with a walk, moving to second on a sacrifice bunt. Then senior Rachel Countryman knocked her in with a 2-RBI homer, as the Gamecocks took a two-run lead at 4-2.

SEMO put together a two-run fifth of their own, capitalizing on three hits in the frame. One of those was a two-run single that tied the game. A sacrifice fly gave SEMO a one run lead in the sixth, but JSU put the game out of reach with a two-run seventh inning to give Emily Espenel her sixth win of the season.

On the other end of the Saturday double header, Southeast out hit JSU 9-7, but their four errors proved costly, allowing the Gamecocks four unearned runs in a 6-3 triumph.

JSU took advantage from the start, scoring one in the first inning. Taking advantage of an error to get her to first, Jezierski stole second and advanced to third on a ground out. Countryman singled to left field to score Jezierski.

Again, the teams went scoreless until the fifth, when both teams put a tally on the board. JSU followed that inning up with a two-run inning in the sixth. The Otahkians should have been out of the inning after retiring the first two batters and allowing one hit, but an outfield error let the Gamecocks off the hook, allowing JSU to claim a 4-1 edge. Then in the seventh, two more errors allowed two Gamecock runs.

The third game also went to the Gamecocks, as Katy White picked up her 13th win of the season. JSU led off the scoring in the second with a two-run homer by Countryman. Southeast Missouri came back to score one in the bottom of the inning as Jamie Birk led off the inning bombing one out of the park.

The Otahkians bumped the score to 4-2 in the third inning, as three consecutive hits scored two runs and chased the Gamecock starting pitcher from the game. The following batter also drove in a run to cap the inning.

JSU then went on a three-inning run as they posted one run in the fourth, two in the fifth, and three in the sixth.

The fifth inning featured two home runs by Gamecock 2B Jezierski and another from Countryman. The sixth inning proved costly, as the three runs were all unearned. An error with two outs and one on base extended the inning, allowing Jezierski another homerun, this time brining in three runs.

Janae Bonin started off the seventh inning for the Gamecocks, as she blasted a shot to left center. All the Otahkians could manage in the home half was a RBI double, as JSU finished the sweep.

The top performers in the series with the bats were Jezierski, who went 4-of-9 with five RBI and two homors, and Countryman, who smacked two dingers and drove in four. Pitching stars were Katy White, who went 2-0, and Breanne Oleman, who threw nine innings and gave up only five runs while striking out six.

JSU returns to action this week against Eastern Illinois on the road. They return to Jacksonville on April 28th to face Tennessee State in a single game, then play a three game weekend series with Tennessee Tech on May 1-2.

Sig Ep and AOPi take Greek All-Sports; BCM and Locust Fork bring home Independent All-Sports

By Amado Ortiz
The Chanticleer News Editor

All things must come to an end, and that includes the 2003-2004 Intramural season. Softball concluded the season with its annual conference tournament at Henry Farms Complex in Cumming, Ga., come in and play with the big boys and girls. We lost a friend this year from one of my teams showed that we can beat for a major local daily newspaper. I have had a pretty good year professionally.

But since I seldom get to write about my personal life, let me tell you that it hasn’t been a cup of tea. Within six months I buried two people whom were very close to me. My mother was diagnosed with breast cancer. I took way to many classes this semester.

Now my mother is two weeks into a six-week course of radiation. She has been cancer free since having surgery. She went through six months of chemotherapy. She lost her brother-in-law. When I think that and I know I have to do this, I always think of my mom.

Smith ties record with two grand slams

Senior Scott Smith set a school record by slugging two grand slams to lead Jacksonville State (15-19, 7-5 OVC) to a 19-5 win over Eastern Kentucky (8-4) in the final game of a three-game Ohio Valley Conference series Sunday afternoon.

The Cumming, Ga., native slapped his first grand slam in the second inning, a 13-pitch at-bat. He then nailed his second grand slam down the leftfield line in the bottom of the sixth inning to fin-
Ford drives herself to work hard; helps drive Gamecocks to great season

By Mike Vaughan II
The Chanticleer Staff Writer

I believe this is probably the best backup performance I've had since I started writing profiles here. I was originally scheduled to interview Katy White, but unfortunately, she was ill the day we were to speak, so I decided to perform a first. Jessica Ford is the first player I've quizzed that hails from the state of Alabama.

Ford was the 1998 Class 2A All-State Most Valuable Player in softball coming out of Sand Rock. Her senior year, she also received the Gadsden Times Player of the Year, as well as an all-region selection.

She played slow pitch before coming here, playing on 295-300 foot fields. "I came up here the summer of my first year to work with Coach Wisener," says Ford. "My first year was a nightmare for me. At times I was wondering what I was doing here."

She chose JSU over the other in-state schools because of the coaches. "I came here because I've always known Coach McGinnis, because we live like ten minutes from each other," she says. "I'd always come to camps here, and my high school coach played here for coach as well. I've always been a home body, and I live like 30 minutes from campus so it's not too far, but far enough I don't have to live at home."

The elementary education major sees a five-year plan for herself. "Five years from now I hope to be teaching and coaching somewhere with a stable life," says Ford. "Maybe married, I'd like to be married." She also plans to apply in a few states once she leaves here. "Wherever the good Lord takes me, that's where I'll go."

I asked the Tera question, but when interviewing a senior, it's unfortunately unavoidable. "It was tough, because Tera and I were good friends, and she always had the right thing to say at each moment," says Ford. "I miss her so much. Just seeing that smile can't sit me up because that's the way she helped, because I could see her smile when I had a bad day and it would pick me up. Sometimes when I felt bad, she would go buy me a card just as a little pick me up because that's the way she was. This is definitely not how Rachuel (Countryman) and I planned for our last year to go." Then it was time for the three-to-an-island question. "Rachuel Countryman would be one of those because she's my best friend, and helped me through so many things, and she's just so fun to be around," says Ford. "We always have a great time together. Secondly, if I were in the coaching field, I'd like to have Pat Summitt there with me, just to learn how she thinks in certain situations, and know how she stays so calm. Plus, she'd probably figure out a way off the island." I asked her who would be preparing the food. "Well, none of us can cook, so I'll take a cook with me, because Rachuel sure can't cook, and I can't."

Then I popped my unusual question, as in a stand-up comic champion in the OVC. Again, a softball player, I got a common response. "Melinda McDonald," says Ford. "She just comes up with these goofy things, she's just goofy, and always funny, and go with her would be Becky Carpenetti. That girl doesn't take anything, she's a smart mouth, and not afraid to say anything at anytime, and got some bite to back it up."

The to finish, I asked her about her personal goal for the end of the season. "No errors for myself in my position, and I'd like to finish with about a .350 batting average for the season." Then for a preferred team she'd like to play. "I guess the best of the best, why not, because you only get better and tell how good you are by playing the best people."
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