

November 10, 2005

Jacksonville State University

Volume 54, Issue 11

You are what you eat

By Jennifer Bacchus

The Chanticleer Editor-in-Chief

Pizza, beer, late-night snacks, fastfood living - these are things that usually come to mind when anyone talks about the average diet of a college student. This is where the infamous "Freshman 15" gains its foothold in the mythology of college life.

But is that really the way it is? Are all college students really fast-food iunkies?

Well, the answer depends on who you ask.

In a 1997 edition of the Journal of the American Dietetic Association, college students and college graduates are touted as being healthiest among young adults. The study compared three groups: college students, college graduates, and non-students - all between the ages of 18 and 24.

"According to self-reported heights and weights, female nonstudents were more often overweight than students or graduates," states the study.

So maybe hiking up three flights of stairs in Stone Center to get to your Spanish class is worth it.

"I've lost weight since I got here because of Southerners and walking to class," said Hannah Lafollette, a student at Jacksonville State University.

Edric Byrd, another member of the Marching Southerners, works out at band practice on a daily basis and whenever he isn't practicing with them, is "really into sports."

"I just found out that they have intramural basketball. I'm thinking about getting into that," he said,

Nutrition, looked at the types of foods college-age women eat. Their results were what most people would expect from a college female. They eat what they want to eat and what they like to

"For virtually all item pairs tested, food preferences and reported frequencies of consumption of the same foods were significantly correlated with each other."

This was also echoed in a small, unscientific survey done recently on the JSU quad. Several people of varying body types and ethnic backgrounds were asked about their diet and exercise habits.

Mark Anderson, says that he mostly eats salads, but once a day he indulges with "pizza or anything that's good."

"I used to eat it twice a day, but now it's once a day or once every other day," he said.

Kaila Chaney's normal lunch consists of chips, candy and water because she's trying to gain weight, but her friend Dustin Moore prefers cheeseburgers, which he balances out by working out once a day in the gym with weights and on the treadmill.

The Centers for Disease Control and Prevention lists tips on their website for getting in the recommended amount of fruits and vegetables every day. Some of these tips include packing healthy snacks to be eaten on the go throughout the day and looking over the menu of your favorite restaurant for options loaded with veggies.

They even include recipes and have established a fruit and vegetable of the month. This month's vegetable is



Courtesy of Jennifer Bacchus

know, whether I do it or not, what I should be eating," said Jennifer White, adding that she doesn't focus on calories but rather "I really pay attention to vitamins and minerals."

White also walks as much as she three days every week. can. Right now she averages about two miles a day, but is hoping to work up to 10,000 steps, or 4.5 miles, on her pedometer.

"I try to park far away and then walk, trying to get my steps in and I take the stairs instead of the elevator,"

packing healthy snacks in your bookbag, eliminating the calories in soft drinks by drinking bottled water, eating breakfast and exercising for at least 30 minutes a day for at least

Rice University offers a support group for students looking to lose 20 or more pounds. Called "Owl Weigh," it involves education sessions, discussions with peers, keeping food journals and an exercise program.

The issue of being overweight isn't By the way, at the Dietetics Club the only dietary problem that faces

So, you got a ticket...

By: Reagan Williams

The Chanticleer Staff Writer

Have you ever wondered what to do if you get a ticket from the University Police Department? Then this is the article for you.

There are nine reasons officers give tickets and the fees range from \$15 to \$50. Having no decal and improper parking are the most common reasons tickets are given.

So, what do you need to do to appeal your ticket? Within five days, you must fill out an appeals online. Go police.jsu.edu/parkingappeal.html. The information needed, other than your own personal information, can be found on the actual ticket. You will then receive an e-mail from UPD stating when the next Jacksonville State University Appeals Court will be. All court dates are scheduled on the first Monday of every month at 4:00 p.m. in room 301 of the Theron Montgomery Building.

If you appeal your case and do not show up at the appeals court, you will be found guilty and charged the \$5 court fee.

Students must bring the original ticket to appeals court for their case to be heard.

Some reasons that students can be found not guilty are poorly painted sidewalks and curbs and insufficient lighting.

This semester in appeals court, 27 people failed to appear, 14 people were found guilty, and 10 were found not guilty.

The appeals court is run by the

about getting into that," he said, emphasizing that he would only be able to play basketball if he decides not to march indoors.

The Journal of the American Dietetic Association's study is refuted by a 2003 article in the Journal of American Collegiate Health that studied 18-27 year olds using body mass index, a formula based on a person's height and weight, to determine if they are overweight. They only found 21.6 percent of participants to be overweight using BMI directly, but the researchers were concerned about the content of the average collegiate diet.

"More than 69 percent of the participants reported less than five servings of fruits and vegetables per day and more than 67 percent reported fewer than 20 grams of fiber per day," the study found.

Yet another study, this time in the American Journal of Clinical

month. This month's vegetable is cooking greens, which is actually a category of greens ranging from collard and mustard greens to kale, Swiss chard and broccoli rabe.

Their fruit of the month is the plantain, a type of banana.

As I continued my wanderings around campus, looking for students to talk to about their eating habits, I happened into TMB where the Dietetics Club was holding their Halloween Bake Sale.

True to the form of any bake sale, they had plenty of sugary sweet things, but they were also offering a few more healthy options, like the pumpkin cupcakes which I was told were very high in Vitamin A.

The girls working the booth were quite knowledgeable about their eating habits. Each tended to focus less on the calorie content of their food and more on the nutrient value.

"I'm really aware of what I eat so I

By the way, at the Dietetics Club bake sale, the best selling item was "these really tasty-looking cookie sandwiches with icing in the middle," said Shaina Davis, the club's secretary/treasurer. "One guy came in and just bought the whole lot of them."

Since so many habits that carry through the rest of your life begin in college, many universities have begun to include tips on nutrition and wellness on their websites.

The website for Montgomery County Community College in Pottstown, PA, emphasizes watching stress levels, since many students eat as a stress-reliever.

"Be aware of stress in your life. Like it or not, stress will try to accompany your entire college career. Learn about stress and how to reduce it."

They also supplied five tips on avoiding the "Freshman 15" like grocery shopping on a full stomach,

the only dietary problem that faces college students. Many each year face other eating disorders such as Bulimia Nervosa and Anorexia Nervosa.

Anorexic students try to lose weight based on a fear of gaining it. The negative body image they have makes them go to the extremes of vomiting food, using diuretics and overly exercising. Symptoms are acting anxious at mealtime, an irregular heartbeat, fatigue and mild anemia coupled with brittle nails and hair.

Bulimics feel as though they can't control their eating behaviors. They binge-eat and often follow by purging their system through vomiting and diuretics. Symptoms to look for are a yellowish tint to the skin, fatigue, damaged teeth from stomach acid and swollen cheeks caused by regular vomiting.

Silence is golden

By: Reagan Williams

The Chanticleer Staff Writer

The normal calm of SGA senate meetings was interrupted Monday night with several controversial discussions.

The meeting started with an annual senate tradition. All of the senators were placed with a member of Freshman Forum to be their "big," or their mentor until the end of the spring semester. For the "littles" to find out who would serve as their mentor, they played a game. The senators would sing the first line of a popular or classic song, like "Welcome to the Jungle" and "1,2 Step," and their little would have to sing the second line.

"It's karaoke at the senate," said Russell about the big/little revealing.

The atmosphere was definitely different when Student Bill 54 was presented. It did not amend anything in the constitution. It added something completely new. The bill said that all electronic devices had to be silenced during senate meetings. The punishment for a noisy cell phone or other device would be a tardy.

"The embarrassment is punishment enough," said Senator Clint Mead. He believed that the bill should be voted down since most cell phone interruptions are accidents.

"A silenced phone is the best phone," said Senator Tremaine Kelley response to Mead's statement. At the last senate meeting, Kelley asked to leave early due to a family emergency that he was silently informed about via text message. He went on to say that in case of an emergency you can still have your phone but, it needs to be silent to avoid distractions.

"This meeting is supposed to be professional," added - Parliamentarian Rachel McCombs.

Senator Ted Hunt felt that the bill would only add more paperwork to senate meetings.

Tensions grew even more

heated when Vice President of Student Senate Justin Lord would not allow the meeting to adjourn until the slots to work the blood drives had been filled. The blood drives would be forced to shut down without SGA workers.

"If you have no time to be a senator, please leave," said Kelley. "We need to take a look at ourselves. We are supposed to set the example."

Student bill 55 was passed instantly. There was no debate. The bill specified how executive assistants are to be appointed.

The senate meeting also included giving out the awards for the float and banner competition from

homecoming week.

Allison Land was awarded Senator of the Month for October. She was praised by the executive officers for her dedication. She was also awarded a Certificate of Appreciation for all of her help during homecoming.

This Saturday, when JSU plays Samford, there will be a joint tailgating party at 10 a.m. The game begins at 12 p.m.

Also during the senate discussion, Senator Lynnley Clark suggested that there be background checks for all residents in university housing.

Allocation applications for any organization ended November 18.

The appeals court is run by the Student Government Association's Judicial Branch consisting of one chief justice, currently Brandie Pollard, and eight associate justices. The associate justices are Jennifer Austin, Krystle Bell, Lindsey Brown, Kenn Catoe, Sarah Garner, Amy Stephens, and Page Trantham. Right now, there is one vacant justice position. The justices are appointed by the President of the SGA and confirmed by the senate.

"They do try to be impartial," said Pollard, since the justices do not have to vote.

Each justice has one vote and the chief justice can only vote as a tiebreaker.

In order for court to take place there has to be a quorum present. That is, at least five justices, the acting chief justice, and a representative from UPD must be present.

There are 21 people that can write a citation at UPD, one chief, thirteen officers, and seven people working security.

If a student receives three tickets, a boot immobilizer will be placed on their vehicle. The cost for removal is \$25 and it must be paid within 48 hours. Failure to do so will result in the vehicle being towed.

"There are about 100 on the waiting list to receive a boot," said Corporal Neil Fetner.

All fees must be paid in the Bursar's Office in Bibb Graves Hall.

Students are eligible for one free visitor permit per semester that is valid for ten days. Visitor permits must be picked up by the student at UPD before the visitor can park on campus.

From 4:30 p.m. to 7:00 a.m., students can park in faculty parking.

Though on campus tickets may seem expensive, it could be worse. If you receive a noise violation on campus the fee is \$25. If you received a citation from the city it would be around \$170.

"Please purchase your decal," said UPD Crime Prevention Coordinator Michelle Page. It really is that simple.

OUNCEMENTS

or lost items check the UPD webhi/lostandfound.html.

then every Tuesday, 8 p.m.

mgrats to our newly initiated sisall very much! Good job ladies a the Women's Sorority Football are excited about the Greek Fall ay! Go Gamecocks!

- amy_roo@excite.com

no student affiliate of the National Hilness meets every Tuesday at 4 or of the library. All JSU students

∃U@yahoo.com

limosa is now on sale for only tedham in room 107 Setf Hall

I in Leaders: Hope everyone is The deadline for Gamecock optications is fast approaching, ly in the Office of Student Life, ocks! Contact Dana Roberts Pc2006@yahoo.com

ety: The YRS is dedicated to the Every Tuesday at 5 p.m., 6th e Library

S .iety@yahoo.com

in liance: AFSA is an organizaous education and tolerance. ts of any and all faiths to our lnesday at 6 p.m. on the 12th

Member of the Wedding" by laying Nov. 17-20. For tickets at 782-5648

all the members who came to Hamk you Alan Renfroe Good luck to our president, Miss JSU Pageant! We all love

er, amywalker_stat@yahoo.com

Campus Outreach will be havesday, November 15 at 9:15. will be on December 27-31 sterrell@campussouth.org or thews@campusoutreach.org

Freshmen come out to the Now 21 and meet more Freshmen powers and drinking hot chocolate. ned food. Come out and bring tact: Meridith Harvey merhar-



Courtesy of Jan Rhodes

By: Kimberly Davis The Chanticleer Staff Writer

Alpha Xi Delta had initiation this weekend for 11 new members.

On Sunday, a private candlelight ceremony was held so incoming members could officially become sis-

"The initiation was serious and symbolic, and I felt rewarded to part of this organization," said new member Reagan Williams.

The new members' experiences at the candle ceremonies were rewarding and they are all appreciative to be a member of Alpha Xi.

"I am honored to be a

member of Alpha Xi Delta because individuality is one thing that stands out about this sorority and all the girls are different, but we all have a common experience because we love the sorority," said new member Courtney Ray.

This initiation was a constant open bid where members invited interested young ladies to join the sorority. To become a member of Alpha Xi, interested voung ladies must have a 2.5 GPA and must be involved in another organization on campus.

Alpha Xi is active in the community and on campus and they were looking for members with good academic standings and leadership skills.

"A Member of the

Wedding"

By: Carson McCullers

November 17-November 20

Call the box office for tickets at:

782-5648

Pictured cast members are Jacob Phillips playing

John Henry, Carmen Briggs playing Bernice, and

Kelly Summers playing Frankie.

"These 11 girls are a valuable asset to our sorority because they are very dedicated and excited about campus life and Greek life," said Vice President of Public Relations Amy Walker.

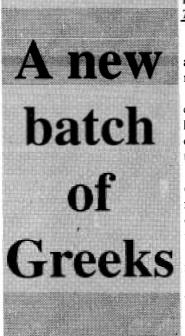
"Its great to be a member of Alpha Xi because of the strong sisterhood, community, and campus involvement," said new member Brittney Davis. "I will treasure this for the rest of my life,"

Alpha Xi Delta was the first Greek organization founded at JSU on March 2,1968, and their mascot is a teddy bear. Their national philanthropy is "Choose Children".

The Alpha Xi philanthropy projects are going to doing activities with children at Jacksonville Boys and Girls Club, Kitty Stone Elementary clean-up, and an annual bachelor pageant where they raise money for the Pediatric Foundation.

Alpha Xi Delta won a tennis championship this year and they also won the Flag Football Sorority Championship last week.

Alpha Xi's national slogan is "realize your poten-



Blown out of the water

By: James Barcus The Chanticleer Staff Writer

Hurricane season 2005 has blown the 2004 season out of the water

This year's season produced 25 tropical storm systems. There were 3 tropical depressions, 10 tropical storms, and 13 hurricanes. Of the hurricanes in 2005, 8 had winds of 100 miles per

pressure is 1,012 millibars.

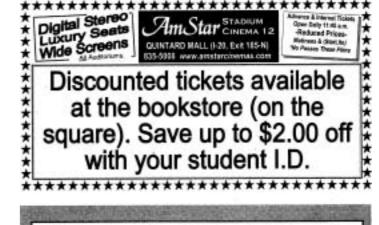
Florida for the most part was spared until Hurricane Wilma. Louisiana is still suffering from both Hurricane Katrina and a levee break.

Damage from Katrina was further compounded by Hurricane Rita, which made her way up the western side of Louisiana and eastern Texas.

along the Central American coast. Some even deteriorated in the lukewarm currents of the eastern Atlantic, off the West African coast.

Total damage estimates from Hurricane Katrina reached \$19.54 billion for Alabama, Florida, Maryland, Louisiana, Mississippi, and Virginia. The final damage assess-

ment for Hurricane Rita



This week at Cock Diesel:

e hope that everyone is having a adations to our football team for k. Good luck Nanci in the Miss crow night! Study hard, Go

- houser@botmail.com

t. Luke's Community aber 24, 11:30 a.m.-1:30 p.m : Parish Hall or carryout. No If you need transportation or 71 and leave your information 21 from 11:00 a.m. to 3:00 p.m. diveries in Jacksonville areal 'asgiving

ms Policy: Any JSU student organi submit items for the Announcement a typed, and must be limited to 20 iclade a name and telephone number or for further information, this information the 20-word total. Submissions must arrive at is Room 180, Self Hall by 2 p.m. on the and oublication date

, the right to refuse publication of any sube also reserve the right to edit submissions

PUS CRIME

reported the loss of 2 class 5 at the Theron Montgomery

ison reported harassment at

bass warning at Jax Apartments.

of disorderly conduct, obstruct perations, and violation of oper the Pete Mathews Coliseun

reported the theft of a douse Apartments.

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Bailey was arrested for criminal ne Jacksonville Police Department. antooth reported the theft of a silver 15 at Dixon Hall.

of disorderly conduct at

A Campus Crime is obtained from incident and wrest as passed the ISU Police Department in Salls Hall. These who documents that anyone has the right to examlaw. If you believe any information to 1. or contact JSUPD at 782-5050.

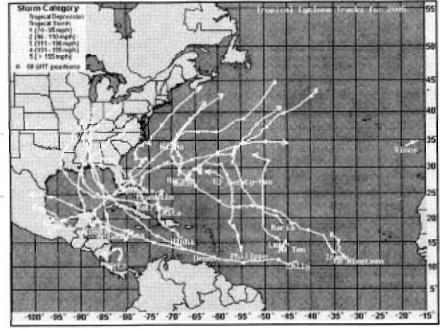
winds of 100 miles per hour or more. The last storm, Hurricane Wilma became the strongest hurricane on record with a minimum central pressure of 882 millibars. Standard atmospheric

and eastern Texas.

Not all the hurricanes made it to the eastern United States. Many storms were pushed into the cooler waters of the Atlantic or made landfall

ment for Hurricane Rita only totaled \$1.95 billion.

JSU students raised \$4,417 for the hurricane relief efforts. The money given to the American Red Cross.



Courtesy of: w-underground.com

This map shows the tracks of the hurricanes from the record-breaking 2005 season. 25 storms were recorded. One of the storms, Hurricane Wilma, is the strongest storm on record.

What's MAT?

By: Deshunn Johnson

The Chanticleer Staff Writer

If you are an undergraduate student you probably have not heard these three letters before, but graduate students know these three letters all to well. The Miller Analogies Test is required for admittance for certain graduate programs.

Just like the ACT or the SAT, your score determines if you are accepted to different graduate programs. Prospective graduate students can either take the test online or on paper at several locations on campus.

The test is designed to identify logical thinkers. Herbert Wilkerson, a graduate student at JSU, says, "students with a background in English will do well on the test because the analogies uses large

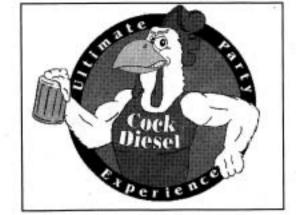
Students have 60 minutes to answer one hundred and twenty analogy ques-

Though it may not be as convenient, consider taking the paper test because the computer test costs \$75.00 but the paper costs only \$60.00. The late registration fee is \$10.00.

Two forms of identification are required to take the test. One must be a photo ID and the other needs to have a social security number.

For the paper test, there is only one more date left; Dec. 2 from 4:00p.m. to 6:00p.m. in the Theron Montgomery Building. The computer test has two more dates, November 17 from 4:00p.m. to 5:30p.m. or 5:00p.m. to 6:30p.m. and December 1 from 4:00p.m. to 5:30p.m. or 5:00p.m. to 6:30p.m.

To find out if the MAT is required for admittance to a graduate program, call Counseling and Career Services at (256) 782-5475.



Thursday: College Night \$3 at the door with a college ID.



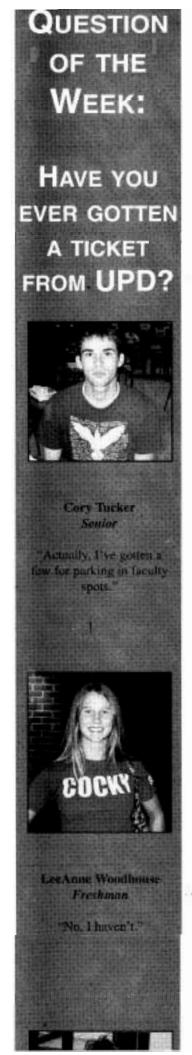
Friday and Saturday: MIX 102.9 weekend

DI Mojo and Jordan Brewer The best weekend party spot in Gamecock Country! \$5 with college ID



Wednesday: Ladies' Night with Nick Nice

Come try Cock Diesel's newest Con-"Cock"-tions, the Monster Bomb drep a shot of sake in Monster for \$6 or the Monster Cock, sake and Monster mixed together for \$5.



PINION

"Smoking a beer"

By: James Burton
The Chanticleer Staff Writer

I know what you're thinking: "Why does he always start everything with 'I know what you're thinking'?" Seriously, I want to talk about a touchy subject.

You know, weed, Mary Jane, grass, pot, rope, herb, etc. We all know there are some hardcore liberals who are pushing to legalize dope, and I'm not just talking strictly for medical purposes.

I'm not normally one to side with the Leftists, but I think if someone wants to take a drag off of a left-handed cigarette, then I say let them!

We have got more important things going on in the world like fighting terrorists, bird flu, national debt, and hurricane relief to worry about whether or not we can legally grow a plant.

Forget about drying it and rolling it up, I'm talking we can't grow the plant in the first place.

Think of all the revenue Lowe's and Home Depot are losing from this! Our founding fathers did not break from the British Empire just to outlaw a plant. They were more concerned about this thing called, oh, what was it - personal liberty?

Seems to me some of these modern day politicians (-coughopportunists -cough-) need to actually read the Constitution before they decide to start reinterpreting it for their own personal gain. Our Constitution was established to protect our people from invaders and nutcases from within.

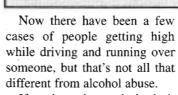
What one does in the comfort of his or her own home is no business of a bureaucrat in Washington, as long as it's not hurting anyone else. (Personally, I wouldn't smoke dope, but I wouldn't smoke a cigarette, cigar, or drink alcohol [in excess. Okay, so you got me there.])

This brings up another point. Cigars and cigarettes have been proven to cause throat and lung cancer galore. Alcohol eats away people's livers, and they tend to do really stupid things (DUIs, hit and run, brawls down at the Possum Snout Bar N' Grill, you get the idea.)

There are no reported cases of one single person ever directly dying from marijuana use.

In fact, it can make people's lives better if they suffer from debilitating illnesses. Stomach cancer patients can regain their appetite by the use of marijuana. So see? The munchies are useful after all. You can't overdose on it, no matter how much you smoke. You just go to sleep.

It also has been shown to help treat the spasticity involved with multiple sclerosis, as well as treatment for cataracts. It's even thought to help glaucoma, but not enough research has been established to prove that.



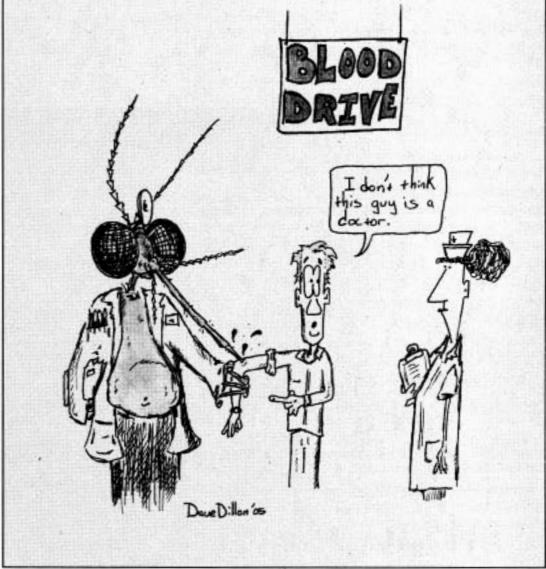
If you're going to do it, do it at home and keep it at home. Don't take it out on the road because it just makes you a criminal, and a stupid one at that.

A very loose example would be saying marijuana is like "smoking a Budweiser." Apparently I'm not the only one who feels this way. A poll on CNN showed that 60% of Americans support the legalization of marijuana. In fact, more people voted in favor of wacky weed than they did for the president! (Sorry, George.)

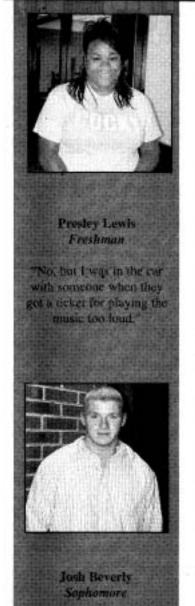
Also, more recently, the city of Denver has made it legal for adults over the age of 21 to carry up to an ounce of marijuana for their own personal use. They can use it for anything.

That's more than even California, which only supplies it for medical purposes.

To reiterate, I wouldn't do it, but if someone else wants to, let them! Televangelists and religious leaders are entitled to their opinions, as are we all, but they need to stay out of the political arena. Last time I checked, "Separation of Church and State" was part of the Constitution too.







Yes, I bot a parking ticket.

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CD REVIEW: HANUKKAH ROCKS

By: Daniel Weeks Special to the Chanticleer

As a stand-up comedian, I am often subjected to countless jokes. People will come up to me and tell me jokes, but trust me, once you've heard one, you've heard them all. As I was sitting in The Chanticleer office, enjoying my Captain D's, Jennifer Bacchus read a press release for a new band called The LeeVees.

After hearing this press release, I'll admit it, I almost choked on my Diet Coke. It was hilarious. It advertised that "two nice Jewish guys (Adam Gardner from Guster, and Dave Schneider from The Zambonis) have taken up the important task of writing a bunch of great, rockin' Hanukkah songs."

OK. Let's step back and look at this. In one corner we have Hanukkah, an eight-day celebration. In other words, it's the Jewish version of Christmas. In the other corner, we have Rockand-Roll, an upbeat genre of music synonymous with bands like Kiss, ACDC, The Beach Boys and even Jimi Hendrix and the Experience. Now, with that knowledge, we can determine that OIL AND WATER DO NOT MIX. That would be almost as crazy as Metallica performing a cover of "I'm a Little Teapot." Check this out, how funny would it be to see James Hetfield (the lead singer of Metallica) acting out the parts to that song.

At first, I was skeptical. I thought this album was going to be worse than William Hung singing "She Bangs," but I immediately requested that we listen to the album. We skipped past the first song, "Latke Clan," and played a song titled "Applesauce vs. Sour Cream."

When the song started, I was actually very impressed. The lyrics had me near tears, but the music was awesome.

The LeeVees combined an older rock sound with humorous lyrics that had me rolling on the floor with laughter. Similar to Beach Boys on some tracks. Similar to the old sounds of the Ramones on others. Their varying old rock sounds are what makes this album great. No songs sound the same.

I continued my listening experience. Later, I encountered songs like "At the Timeshare," which had an island-rock sound to it. My personal favorite and probably the most humorous was, "How Do You Spell Channukkah?" a song based on the fact that the word Hanukkah is spelled millions of different ways. The CD even poked fun at "Goyim (non-Jewish) Friends." It was then that I had to take the CD home.

I listened to the entire album and even shared laughter with a Jewish friend, JSU Sophomore Zack Blume. When I asked him what he thought about the album, he said "I enjoyed it. It's nice to hear some Jewish music for a change. My favorite song was Nun, Gimmel, Heh, Shin, mainly because it sounds good." I asked Zack to help me define some of the things on the album. specifically that phrase. "Nun, Gimmel, Heh, Shin, are the letters on the dreidel. Each letter represents something different. It's similar to Poker. Some letters you get part of a pot and some you put into it." If you like old style Indie Rock, and you are looking for a good laugh, The LeeVees "Hanukkah Rocks" is a good album. I highly recommend it, just don't look for it in the Christmas music section.

Sevendust: Next

By: Patrick Swafford The Chanticleer Assistant Sports

After nearly a year of turmoil, including the departure of a founding member, Sevendust is back with their sixth album "Next."

With "Next" the hard rock quintet from Atlanta, GA looked to get back to their roots, producing the album on their own for the first time. The album title takes on a somewhat hidden meaning with the new direction of the band and the addition of new guitar player Sonny Mayo.

"Hero" kicks off the album in true Sevendust fashion. The opening chords rip through your speakers like songs of old and by the time the fourth track "Pieces" hits with its catchy bass line, a true fan of hard rock will find themselves loving this new album.

That is, of course, until you hear the rest of the CD.
"This Life" completely ruined the CD for me. I expected to hear the hostility and anger in singer LaJon Witherspoon's voice.

Instead, I heard something that reminded me more of Creed's overlymarketed hit "With Arms Wide Open."

The remaining tracks of the CD are average at best, leaving you craving more of the intensity that normally comes with a Sevendust album.

I remember my initial reaction when I heard the first four tracks. My jaw was on the floor. To me, the band had delivered another impressive CD. After hearing the rest of the CD, I realized that "Next" is only good for those first four songs. Everything else made me wonder what was "next."

The Chanticleer

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Single copies are free from newsstands. Unauthorized removal of multiple copies will be considered their and prosecuted as such.

LETTERS POUCY

The Charticleer welcomes letters to the editor. Letters for publication must be limited to 300 words and must be typed. Letters may be hend-delivered or sent through campus meil to our offices in Room 180, Self Half, or to the mailing address at left. Letters may also be e-mailed to charitynews@yehoo.com.

The Character will not print letters which are libelous, defamatory, or submitted anonymously. Letters may be edited for style, brevity, or clarity. The Character reserves the right to refuse publication of any submission. Letters must be received by noon on the Monday prior to desired publication date. There will be at least two weeks between publication of letters from the same person. Rebuttals will be published no later than two weeks after publication of the article, editorial or letter in question.

FEATURES

BECAUSE YOU'VE GOTTA HAVE FAITH

By Jessica Summe The Chanticleer Feature Writer

"Would you like a demonic Tootsie Roll?" Craig Jackson, the president and founder of the All Faith Student Alliance asked. "Some guy stopped by and said our Tootsie Rolls looked demonic." He popped a rather squashed-looking candy into his mouth. "They taste fine to me."

Jackson and other members of AFSA were finishing lunch at their promotion table in the TMB Food Court. The table was set with a display board featuring twelve religious symbols and covered with flyers detailing the basic beliefs of 11 major religions.

"We've met the initial goal, which was to have a variety of different faiths in the group," said Dr. Clark Hudspeth, the advisor of AFSA. "Our next goal is education, and that's what the table is for."

The All Faith Student Alliance was developed to promote religious toler-

ance, expand knowledge of various faiths throughout JSU, and to give those belonging to minority religions a voice on campus. The organization members belong to a variety of religions, including Christianity Thora on Wiccom

Photo by: Jessica Summe

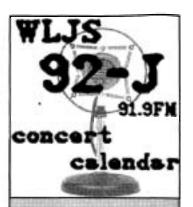
A student looks over the information available at the All Faith Student Alliance Table. The All Faith Student Alliance was developed to promote religious tolerance, expand knowledge of various faiths throughout JSU, and to give those belonging to minority religions a voice on campus.

genuine interest in religion and a Jackson. "But it's still early." willingness to help and support those of other faiths. The topic of conversation will often veer from religion to sociology, science, popular culture and religion's impact on them.

, "I've never heard of any organization like this anywhere," said Emma Cahill, a student at JSU. "I think it's really cool. I'm not sure if I have time to go to the meetings, but it sounds interesting."

jalar@bellsouth.net, and AFSA also be found can Facebook.com.

"We had a really good turnout today, actually," said Simino later that day. "There was a lot of general interest. And we're going to



Jacksonville Brother's Bar Thursday Nov. 10, 2005 Derk-N-Elvis Friday Nov. 11, 2005 Beitthemeans **Twinick** Saturday Nov. 12, 2005 Outformation Monday Nov. 14, 2005 Open Mic Nite Tuesday Nov. 15, 2005 Rose Hill Drive Wednesday Nov. 16, 2005

Birmingham The Nick Thursday Nov. 10, 2005 Outformation Friday Nov. 11, 2005 Firewood Saturday Nov. 12, 2005 Mindtrip Victim of Thought Uncrowned Workplay

Ladies Nite

Thursday Nov. 10, 2005 Darden Smith Friday Nov. 11, 2005 The Iguanas w/ The Sullivan Saturday Nov. 12, 2005

Eliot Morris Band & Michael Warren Band

Zvdeco Friday Nov. 11, 2005 Chris Knight

Sunday Nov. 12, 2005 Moonshine Still

Alabama Theatre Friday Nov. 11, 2005

Nickel Creek Sunday Nov. 12, 2005 Govt Mule

Atlanta Smith's Olde Bar

Thursday Nov. 10, 2005 Dromedary Bill Mallonee Friday Nov. 11, 2005 Fighting Gravity Saturday Nov. 12, 2005 The Tender Idols Variate/The Modern Society

variety or religions, including Christianity. There are Wiccans, Agnostics, Kemetics, and even an Atheist in AFSA.

It takes time and effort to study religion, and AFSA makes it easier for the average student to learn about a different faith. Their meetings sometimes become a question-and-answer session among members. and sometimes Hudspeth, who teaches society and religion courses, will deliver a mini-lecture on various subjects. There are no judgments or coercion during the meetings, just a on them.

"It just amazes me that we can live side by side with someone and know nothing about each other," said Jackson. "I've learned a lot, starting this group up."

"It's a lot of fun, and a good group of people," said Kat Simino, a member of AFSA. "It gets more interesting when we get off topic."

Several students stopped to pick up flyers, but some just picked up Tootsie Rolls. Most just walked by without a glance at the table.

"We've had maybe five people stop and talk with us so far," said

mgs, out it sounds interesting.

"I keep forgetting when it is, but I'm going to go," said Savannah Cahill. She was informed that the meetings are every Wednesday at 6pm, on the 12th floor of the Houston Cole Library.

"We welcome anybody," said Jackson. "We've got a good variety of religions, and it's a place where everyone can feel welcome. We're just starting out, but it's a really good start." Future plans for the organization are a Peacefest concert and an open forum in the spring. AFSA's email is enai-

erai interest. And we're going to have at least four new members at the next meeting."

"I'm happy they are here," said Abdurazag Kadri, a member of the Muslim Student Association. His informational table on Islam is just outside the TMB doors, and he can see AFSA table through the glass. "What we are trying to do here is expand knowledge of Islam and what it is like to be Muslim. To stamp out stereotypes and ignorance." He turned and looked in at AFSA table. "We'll work togeth-

Variac/The Modern Society Sunday Nov. 13, 2005 Shamora/Jahi Kearse Monday Nov. 14, 2005 56 Hope Road/Red Eye Jedi/ The Jones' Tuesday Nov. 15, 2005 Lotus Wednesday Nov. 16, 2005 Radiators Deep Blue Sun Variety Playhouse Saturday Nov. 10, 2005 Molotov Saturday Nov. 11, 2005 Robert Earl Keen Darden Smith (Red Light The Masquerade Thursday Nov. 10, 2005 Thrice Friday Nov. 11, 2005 Murder by Death Saturday Nov. 12, 2005 Converge Monday Nov. 14, 2005 Matchbook Romance Tuesday Nov. 15, 2005 Fear Factory Coca-Cola Roxy Theatre Wednesday Nov. 16, 2005 Bone Thugs-N-Harmony Friday Nov. 18, 2005 G. Love & Special Sauce with special guest Blackalicious Tabernacie Tuesday Nov. 15, 2005 Ben Folds with Special guest The Fray Wednesday Nov. 16, 2005 Donald Lawrence presents The Tri-City Singers Thursday Nov. 17, 2005 Donald Lawrence presents The Tri-City Singers Friday Nov. 18, 2005

Govt Mule

Govt Mule

Saturday Nov. 19, 2005

Fri & Sat Nov. 11-12, 2005

"Celebration!" 2005 Stone

Sat & Sun Nov. 13-14, 2005

North Georgia Children's

hursday Nov. 10, 2005

Friday Nov. 11, 2005

The Dandy Warhols

Charles Lloyd Trio with

Mountain Chorus Annual

Gwinnett Center

Earthlink Live

Zakir Hossain

The yearbook: a portable time capsule for future generations

By Toni Shippey

The Chanticleer Features Writer

Ah. it's Mimosa time! No, I do not mean a champagne cocktail or even a flowering tree with sensitive leaves. I am talking about the JSU Yearbook, *The Mimosa*!

It is time to order your yearbook filled with memories that can never be relived but can always be revisited, time and time again.

Two Thursdays ago there were yearbook pictures being taken in the food court of the TMB. Only 300 students actually got their picture taken out of over 9,000 students.

According to Ashley Stedham, Editor of the Mimosa, that is a really good turnout. Don't worry

if you forgot to get them taken this time, because everyone will have another chance in the spring semester.

One thing that no one should wait to do however. is purchase a yearbook. The cost is \$15 and they can be ordered from any of the Mimosa staff.

Actually, the staff is now required to sell at least five vearbooks a week. So you can help them while getting something yourself. This is a new program that Stedham says is working very well.

"We have already sold a lot more than years past so I am very optimistic about the rest of this year." A large problem that the staff has had in the past is awareness about the yearbook. There are many students that do not realize we even have one! The staff has been working hard to advertise and promote so that more people are informed.

A student I spoke with, Stephanie Tanner, said "If it hadn't been for the Mimosa I never would have learned so much about my family. I never knew anyone had gone to JSU before me and I found some old yearbooks in the library and ended up finding my great-grandfather, my grandfather, my grandmother and my uncle. My grandfather even played football here. I am so glad they had their pictures taken because I never got a chance to meet any of them."

yearbook pictures are taken, in the spring, you should think about how happy some of your family may be down the road

So the next time the to look back and see you really did attend JSU! For more information about the Mimosa call 782-5240.



SPORTS Saturday is a Rugby day

By Jennifer Bacchus The Chanticleer Editor in Chief

"The rules in rugby are not there to control the play. They are there to keep you alive," said Jarod Sorenson, assistant coach of Cock Rugby and referee for the day at Saturday's game against the University of Alabama.

Yes, for those of you keeping score, our boys in the black and red jerseys with no pads played big, bad Bama on Saturday.

"We didn't do so bad against Bama and I feel good about that," said Coach Mike Trowse of the 28-15 loss.

Bama scored the first try after a hard-fought push down the field. Within two minutes, JSU answered with their own score. However, they missed the conversion, giving Bama a 7-5 advantage.

The two teams exchanged tries twice more before the end of the half. Each time, Bama's kicks were good, while JSU's fell short or wide. The last two tries occurred shortly before halftime with Justin Armstrong taking the ball in for the last JSU score of the day.

The teams returned to the field for a hard-fought, nearly scoreless second half. Each team had several occasions where they nearly got the ball over the goal line, only to be denied by a kick from the opposing team.

Daniel "DJ" Jordan carried the ball through two intense mauls...one lasting nearly 20

Finally, toward the end of the second 40-minute half. Bama scored the final try of the day.

"We probably played the best game that we played all year," said CJ McLeod.

The game against Bama was the final match for the rugby team this semester. However, the real games begin again January 28 when they take on Kennesaw State in Georgia.

Next semester they begin a matrix tournament that will pit them against the other Division 3, Conference A teams in the USA Rugby South Collegiate like Lee University, Tennessee Tech, Bryan College and, the team they consider to be their toughest competition, the University of the South, located in Sewanee, TN.

"They killed us last year, so we've really got to be sharp to beat them," said Trowse.

JSU's Cock Rugby team has begun to pick up a following as it's moved from season to sea-

"Last year we had two people at our games," said McLeod. "People are catching on."

Of course, part of the reason for that could be the third half.

"We may not win the first half, we may not win the second half, but we always win the third half," said Bradley "Wilson" Hurd.

Anyone interested in joining the group should keep a few things in mind.

"The things that I require are you have to be fit, you have to be fast and you have to be welltempered," said Trowse, adding

that he doesn't put up with players who take cheap shots on the field. "You have to cool down really fast."

You can contact them at wilsoncrp1@yahoo.com further information.

Rugby Dictionary

Rugby is a bit of a cross between soccer and American football. Rumor has it that it began as a bastardization of a soccer game at Rugby school in England when William Webb Ellis picked up the soccer ball and ran it downfield.

Since that time it has evolved into a sport all its own and the basics of rugby evolved further to become what we know as American football.

So, here, for clarification, are a few rugby terms you need to know. Who knows, you may find yourself on the sidelines next semester yelling for "cock support."

Scrum: When play is stopped for any reason other than a penalty or a line out, the ball is put back into play in a scrum. It's actually a shortened term of the word "scrummage" which you may recognize as the origin of football's "scrimmage." In rugby, the players from each team who make up the pack link arms and push the ball with their feet until it emerges back in play.

Ruck: When a player is tackled with the ball, a ruck ensues where both teams vie for control of the ball. This usually entails a large amount of kicking and juggling of the

Maul: When a player tucks the ball to his chest and rushes forward with his teammates pushing him from behind and the opposing team pushes from the front.

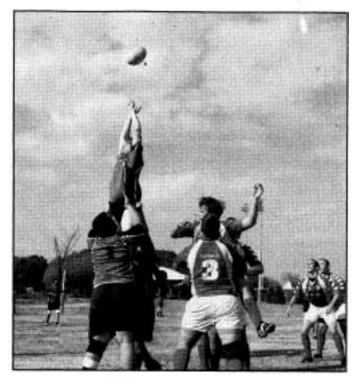
Try: Essentially, a touchdown. The player crosses the goal line with enough control over the ball to touch it to the ground or the padding of the goal posts.

Line Out: Whenever a ball is thrown, kicked or pushed out of bounds, the players must line up and form two groups of players. They then lift the middle players of the groups into the air to catch or swat at the ball.

Drop Kick: During kickoff or whenever a player is attempting a field goal (worth 3 points if it isn't the extra point at the end of a try) the player has to drop the ball on the ground and let it bounce before he can kick it.

Support: During a ruck, the players who are helping to get the ball out of the melee and back into play are the support. The term is also used during a maul to describe the players pushing the ball carrier down the field.

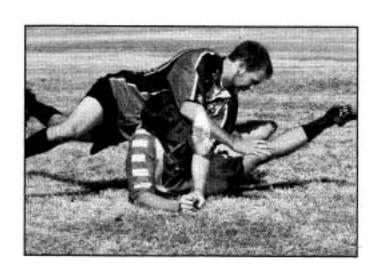
Pitch: The field. Unlike American football, it's 100 meters long, 70 meters wide and the goal posts are in the front of the end zone, instead of the back.



Photos courtesy/ Jessica Summe

Above: Brad "Wilson" Hurd, Nathan Camp and Ali El-Sayed going after the ball in during a line out against

Below: Clint Hambric tackles a Bama player.



Reackat Ructors

Bracket Busters

By Jennifer Bacchus
The Chanticleer Editor in Chief

Thursday, November 3, the Brick House officially closed the book on the 2004-2005 Men's University Flag Football Championship with their 41-28 win over Kappa Alpha.

The team, named after the house that most of the members live in, had only one loss this season when they fell 13-7 to the Dawg Pound during the regular season.

During the flag football tournament, the team downed the Mercenaries Tuesday night. They then went after GDI Wednesday night, dominating them in a game whose 33-6 final score belied how close the game really was.

"The score is not indicative of what the game was like," said

Brad Deaver, captain for the Brick House as his teammates Justin Griffin and Cory George chimed in with tales of how close GDI came to scoring several times.

Thursday night, they played what Deaver called the "toughest game we played all year" against Kappa Alpha, the Fraternity Conference Flag Football Champions.

During the game, the two teams exchanged touchdowns, coming into the fourth quarter tied at 28

From that point on, it was all Brick House. They put up 13 more points in the last quarter, sealing their first Men's University Flag Football Championship win.

"We played every year and lost in the championship," said Deavers. "We changed our name to Brick House and got over the hump."

Their opponents in the

Men's University
Championship game, Kappa
Alpha, defeated Pi Kappa Phi
on Wednesday night for the
Fraternity Conference
Championship. It was the first
time in two years that Pi Kappa
Phi had lost the championship.

The game came down to a very close overtime. Pi Kappa Phi took a turn on offense first, scoring a touchdown, but missing the extra point. Kappa Alpha answered with a touchdown of their own and the conversion for a final score of 20-19.

"No one expected us to win," said Kappa Alpha Captain Jake Walker of the game Wednesday.

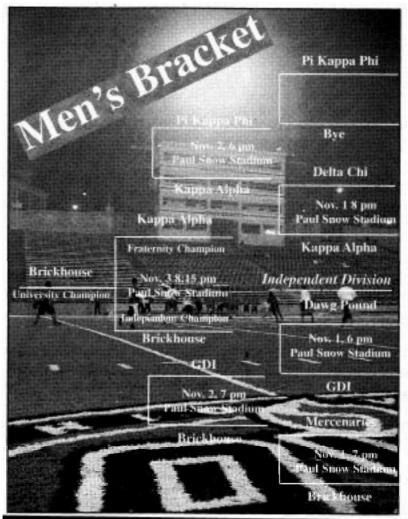
In the Sorority Conference Championship, Alpha Xi Delta shut-out Zeta Tau Alpha 12-0. It was the second year for the Zetas to be shut out in the championship game. Amy Walker threw two touchdown passes during the game, the last with only 6:26 left in the game.

Thursday, Alpha Xi Delta was supposed to play the Locos from Campus Outreach, but never arrived for the game.

"We think they got scared," said Mallory Shadrick, captain of the Locos. "We beat them pretty bad during the regular season, but they had a pretty good team when they played Zeta."

The forfeit by Alpha Xi Delta automatically gave the Locos the Women's University Flag Football Championship. Quite a feat for a team playing their first semester of flag football.

"I think we just pulled together as a team and just played smart," said Shadrick.



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What do you get when you pick a Badger and Tide? A sore weekend



I want to give a write-out to all the readers who gave me some love on the Clay Green headline, "The Real Cock Diesel."

I want to congratulate all the IM flag football champions for their victories in last week's playoffs.

I went 1-1-1 in my picks last week and I don't want to blame shift, but what happened to UCLA and Wisconsin.

Wisconsin gave their game away and UCLA got on the wrong bus because they definitely did not show up in Arizona. I improved to 16-8-1 after receiving my first push of the year in the Alabama game. Alabama has got some issues on offense since the loss of Tyrone Prothro but defense wins championships.

Upset Alert

The Georgia Bulldogs are favored by three and a half against the Auburn Tigers. The away team favors pretty well in this series and that is bad news for the **Bulldogs**.

The Bulldogs are coming off an off-week and appear to have DJ Shockley back healthy. Nobody but DJ and the Bulldogs know how effective he will be. The injury cost the Bulldogs.

Seniors have a Block Party

By Patrick Swafford

Chanticleer Assistant Sports Editor

For the final home stand of the 2005 season, you might expect the JSU volleyball team to make sure their seniors, Kim Halbach, Suzi Terrell and Kisha West went out in style. That would be the understatement of the year as the Gamecocks crushed UT-Martin and Murray State over the weekend, cruising to 3-0 victories over both OVC opponents.

The Gamecocks (14-10, 11-3 OVC) rolled through the Friday night match with UT-Martin in the most one-sided victory of the year, winning 30-12, 30-16, and 30-14. Terrell, along with Shari Weyer and Abbey Breit, led the charge for Jacksonville State, topping the double digit mark in kills yet again. Terrell's 14 was a game high while Weyer and Breit each contributed 12. Rebekah Nichols added 8, but it was her .889 hiting percentage that stood out.



Courtesy/ Jennifer Bacchus

Senior Suzi Terrell and the Gamecocks had a block party this past weekend

The Skyhawks never had a chance against a more talented and powerful team. UT-Martin's overall .067 hiting percentage was one of the lowest by any JSU opponent this year.

While offense was the story on Friday, it was defense that stole the show Saturday as JSU had 10 team blocks along with Shari Weyer's 5 blocking assists on the way to a 30-13, 30-17, and 30-26 victory over Murray State.

"We've spent a lot of time with our blocking over the past three or four weeks," said JSU coach Rick Nold. "I think we were, at one point, dead last in the conference in blocking. Since then, we've made some huge strides. I think the weekend we played SEMO and Eastern Illinois was our first time stepping into that. That's something that can make a big difference for us in the conference tournament. We're getting to the point where they're understanding and seeing the things we're talking about in practice and we're seeing some success for it."

Saturday, the Gamecocks also honored their three seniors before the game.

Halbach, a native of Burlington, WI, has suited up for JSU 110 times and has recorded over 560 kills and 140 assists. Defensively, the fifth year senior has picked up 200 digs and 175 blocks.

"She was here the year before I got here, so we've been through a lot together," Nold said of the fifth year senior. "As a player, she's done a great job for us, especially on the right side, but the great things about her is she's filled in a lot of different positions for us. I probably keep her head spinning in circles by moving her, but it's just her flexibility as a player to be able to do different things."

SPORTS

Terrell, a New Castle, IN native, holds the school's career record for kills per game with 3.30 and her 4.1 kills per game this season is higher than any single season in school history.

"For us, we have a few people that we look to as big time, go to players, Nold said. "She's one of the top in conference in kills per game and somebody that we rely a lot on within our offense. When things are running well, she's the main part of that. It's tough to make changes and improvements in your senior year, but I'd say she improved the most."

West, a New Castle native and former high school teammate of Terrell's, was Rick Nold's first signee at JSU. Since coming to JSU, West has, possibly, become the most dominant defensive force in JSU's history, crushing the school's career digs record by almost 600.

"She was my first recruit, so that's a pretty special thing between any coach and player, Nold said. "There was a point where we didn't know if she was going to make it. She was

so homesick. You look at the things she's done. When she came here her first year, I had her hitting. We didn't expect that, but she might have been hitting good as anyone year."

JSU will take the road one last time before the conference championship tournament Friday when they travel to SEMO where they will look to avenge a tough loss last month. Saturday, they will close out the season at Eastern Illinois. JSU handed EIU its first conference loss earlier in the season and will look to sweep a team that is currently tied for third with JSU. This weekend will be huge in terms of seeding for the conference tournament.



Spotlight on you

By Jennifer Bacchus
The Chanticleer Editor in Chief

CS: Have you ever gone out for JSU's team?

JG: No. 1 was never that good. I

effective he will be. The injury cost the Bulldogs against the Gators and an Auburn victory gives the Gators the tiebreaker edge in the SEC East race.

A lot is riding on the game for the Tigers as they try to keep up in SEC West race. I am going to go with the Tigers on the road to cover the spread. This is a lot of Auburn players' Alabama game as many of the Tigers come from Georgia.

Blowout Line

The Alabama LSU game can honestly go either way. The Tigers could come out and win 14-0 and the Crimson Tide could have something up their sleeve and blow-out LSU.

The third ranked team in the nation is a three point dog at home and nobody is giving the Tide a shot. Everyone would say they have a great defense but ask how will they score.

I am going with the Tide because of their defense and believe the Tigers willl definitely turn the ball over. Alabama 17- LSU 14.

Must see game

I am definitely going with the Northwestern Wildcats. I can remember rooting for the Wildcats a long time ago. The Wildcats are a sixteen point underdog against Ohio State. The Buckeyes have been up and down all season and still are in the hunt for the Big Ten title. Northwestern can score some points and I hope they keep it close for my record sake.

Jacksonville State

Samford is going to get blown-out of the state. I will be surprised if this game is not a mercy rule. You might say, "There is not a mercy rule in college football?"

Exactly, my point!



Courtesy/ JSU Alex Stillwagon

It starts now

By Amado Ortiz The Chanticleer Sports Editor

It starts now if the Gamecocks want to repeat as OVC champions. JSU travels to Samford this weekend to take on the Bulldogs.

The Gamecocks have to win out to force a three-team with Eastern tiebreaker Kentucky and Eastern Illinois.

Samford had been the hottest team in the league before last week's game against Tennessee Tech. The Bulldogs got blown out last week by the Golden Eagles' Homecoming 41-21.

The Gamecocks have to win to keep up in the OVC in a game that is probably their biggest

"There are a lot of Samford people that look forward to this game and a lot of Jacksonville people that do as well. It could be a large, enthusiastic crowd for an early game," said Jack Crowe.

Maurice Mullins will have to lead the team in the air to keep the defenses honest, as they will surely stack the line to try and stop Clay Green.

Only time will tell but it starts Saturday with the Bulldogs.

Men golf claims second championship

From Staff Reports

Jacksonville State claimed its second championship of the fall after shooting an even-par 288 on Tuesday for a 54-hole total score of 855 to finish at 9-under par and win the Troy Invitational at the par-72, 6,773 yard Lagoon Park Golf Course.

Jacksonville State, which entered the final round tied with Southern Miss, won by three shots over the Golden Eagles.

JSU freshman Daniel Willett finished with a 5-under 67 on Tuesday to post a career-best 13under par 203 to win his first tournament. The Sheffield, England, native shot 33-34, including one eagle, five birdies and one bogey during the final round. He finished in the Top 10 in all five fall events, including three straight Top 3 finishes over the last three tournaments.

Senior Patricio Cozzoli tied for 10th place after scoring a 1-

under 215, followed by Julian Colmenares' total of 218 to tie for 16th place. Alex Harper, a freshman from Glencoe, tied for 23rd after shooting a 4-over 220 in his collegiate debut and Dil Vashi finished with a threeround total of 231.

Jacksonville State, which has won three of the last four conference championships, finished the fall season with two wins, one second place, one fourth and one fifth place finish.

The Chanticleer Editor in Uniei

The Brick House, this year's Men's University Flag Football Champions, finished the year with a record of 8-1. The Chanticleer sat down with one of the reasons behind the impressive record, quarterback Justin Griffin, for a chat.

CS: So how did you meet these guys?

JG: Well, I've known Cory [George] a little while longer than everybody else, just through people or whatever. I met everyone else through intramural sports. We'd have teams that would play against each them and then this year I moved into the house with them and we started playing together.

CS: What was your favorite game this season? The one where you think you played really awesome.

JG: That would be against KA, the last game. Our defense had been the best part of our team. They didn't play as well, but I felt that it was just such an exciting game as far as it going back and forth and any momentum could have taken the whole

CS: What is your major?

JG: Physical Education.

CS: What do you want to do with it?

JG: Teach and coach.

CS: Coach what?

JG: Baseball and basketball. I never played football in high school, so it was a new experience for me. Baseball and basketball are my two best sports. I played baseball for two years at a junior college.

CS: Where? JG: Snead State. JG: No. I was never that good. I got hurt a lot when I played at Snead. I hurt my wrist.

CS: What positions did you

JG: I pitched and played third.

CS: What do you have in your CD player?

JG: Matchbox 20. I think it's one of their first CD's. It's got the great first seven or eight songs.

CS: What is your favorite class right now?

JG: Health Programs 6-12. I had to teach last class meeting for 30 or 40 minutes. It was pretty fun. I thought, getting up there, I'd be nervous, but we'd done a lot of teaching in P.E., so I was pretty calm and I had a great lesson and everyone enjoyed it, so I was pretty pleased.

CS: So you're planning to teach high school sports or junior high? **IG:** Most people starting out have to do junior high, but it's my goal to teach varsity sports as I move up

CS: Any higher aspirations? Come back here one of these days?

JG: I would love to coach college, but I don't think it would turn out like that. I just enjoy the high school kids. It seems like they have a better connection with each other. In college you get guys that come from all different places. In high school you grow up with the guys you play with and I think it's a great connection. I like seeing that.

The guys can be found playing Intramural Water Polo and Volleyball this season. They will also be playing against Samford University's top Men's Flag Football team on November 12 at 11 a.m.



Left to right: Justin Griffin, Cory George, and Brad Deavers