Liz Hendricks went vegan for 40 days. Read all about it on page 4.

April 6, 2006

Jacksonville State University

Volume 54, Issue 25

JSU track hosts first home meet

By: Chad Hoffman
The Chanticleer Sports Writer

The ladies of Jacksonville State University’s track and field team ended their first home meet ever with a solid win, taking 214 of the 618 possible points for the meet and finishing first in more than half of the events.

“We had 18 season bests and about 14 lifetime bests in the meet,” said Head Coach Steve Ray. “It will get to where we won’t set a record on a weekend, because our record will be good enough to where it won’t get broken every weekend, but what you, as a coach, look for is improving – season best, season best with half your team.”

Andrea Arnaud took first in all three of the events she participated in. In the 100 meter dash, she just topped teammate Nolinda Garner with a time of 12.55 of Kennesaw State, by 4.75 inches. She also topped teammate Eboni Brisky in the triple jump with a distance of 37 feet 10.75 inches.

Kendra Wise, the OVC female field athlete of the week for March 28, not only took first in one of her favorite events, the discus throw, but also topped the second-place finisher by 12 1/2 feet.

“I think she can throw three to four meters further than what she’s doing,” said Ray. “She really can. We’ve been

Photos by Angela Reid

See JSU Invitational, p. 6
Breaking the silence

JSU students provide voice for victims of abuse and assault

By: Angela Reid
The Chanticleer News Editor

The sound was unnerving. The crash of shattered plates echoed in the metal trash can.

Each person threw their plate, with “silence” written on it, into the trash can with another person in mind.


“We are not willing to go quietly. We are willing to break the silence,” said Tracy Smith of The Daybreak Crisis Recovery Center.

Tuesday’s vigil to promote awareness of sexual assault and domestic violence was held after a day of speakers and a visual display of t-shirts on the front lawn of the Theron Montgomery Building.

The t-shirts were decorated by locals who had been affected by violence.

Erin Higgs, President of Women’s Issues, Support and Empowerment, said the t-shirts hanging on the clothesline “made you realize how personal it is.” These are people we walk by during the day.”

“Stolen innocence” was written on one small green t-shirt. The decorator of another shirt thanked an aunt who fought back, so others wouldn’t have to.

Still another, a child-size pink t-shirt, said, “It happened 2 me. Age 4.”

Other shirts spoke of healing and encouraged others to break their silence.

People made shirts throughout the day. Others met before the event to decorate shirts together and talk about their experiences.

Jill Rainer decorated 3 shirts. She was a victim of sexual abuse as a small child but refused to go to counseling as an adult.

“I didn’t want to feel my feelings,” she said. “After years,” she said, “you realize you’re in prison.”

Though her self-control made her a good manager, she was constantly unhealthy and unhappy.

Finally, after 6 months of group counseling she allowed herself to feel what she had been hiding.

“After you feel those feelings there nothing to be afraid of anymore,” said Rainer.

The display, called the Clothesline Project, was started by the National Organization for Women with 31 shirts. Now, there are displays across the country.

Higgs says the project is “a way to reach out to people who are passing through. People are going to continue to not heal if its not talked about,” she said.

Decorating the shirts and breaking the plates were ways to give pain a voice without violence. For Rainer, finding that voice was the beginning of her healing process.

Photo By: Angela Reid
T-shirts decorated by people who have been affected by sexual assault and domestic violence were displayed Tuesday at the Theron Montgomery Building. This shirt reads, “When you raped me I felt small, burnt, bruised, ripped, empty, violated, hurt, angry, dirty........ Unlike this shirt, I couldn’t take it off – I had to be mended. Thanks to my GOD I AM HEALED!! I am whole!”

See Silence, p. 3.
SGA members look back at this year’s progress

By: Reagan Williams
The Chanticleer Staff Writer

The 2005 – 2006 Student Government Association members were treated to a night of fine dining at the Gamecock Center on Monday for the annual SGA banquet.

Each executive member was given the opportunity to award exceptional members in their branch and give a short speech.

Emily Williams, Advisor for Freshman Forum, gave the first award of the evening. She praised the freshmen for their dedication and reported that 17 of the 35 incoming senators will come from the current Freshman Forum.

The Most Outstanding Freshman Forum members were awarded the Publicity Award.

The program was then turned over to Mardracus Russell, president of the SGA.

The Golden Apple Award was given to a faculty member who has supported the SGA during their time here. SGA President Mardracus Russell had the privilege of honoring Dr. Rodney “Hotrod” Friery with this award.

The Golden Apple Award was presented to Dr. Rodney Friery by Casie Sanders at the annual SGA award banquet. Dr. Friery was given the award for his dedication to JSU and support of the SGA.

The Chanticleer Staff Writer

Upd: UPD is conducting a survey for their continued accreditation. Please click on the survey link at UPD’s website:
www.jsu.edu/dept/upd

AFSA:
All Faith Student Alliance meetings are every Tuesday at 6 p.m., 129 Stone Center.
Ambassadors recruit new students to JSU

By: Audrey Hykes
The Chanticleer Staff Writer

A new group of ambassadors for JSU will soon be recognized for the 2006-2007 school year. These valuable spokespeople for the university are volunteer students and admissions directors who recruit new students for the school.

Each year, students are selected to be ambassadors by the admissions directors of JSU. These students assist in campus events and recruitment.

On April 13, a reception will be held at President Meehan’s home to recognize the new ambassadors.

The group will go on a retreat on April 26-27. There, they will learn facts and statistical information about JSU. They will also participate in team building activities and learn leadership skills to aid them when they are recruiting.

During the school year, ambassadors are required to make four recruiting trips around the state of Alabama or the surrounding states if they choose.

They make three trips in the fall and one in the spring, with an admissions department representative, to various high schools.

“We go talk to students about JSU and give them some perspective,” said Tracy Phillips, an admissions director.

Recruiting trips are usually planned to Georgia, Florida, and Tennessee, but can reach further, considering that many of the ambassadors wish to recruit in their hometown.

The ambassadors also help with on-campus events, especially Preview Day.

“That’s where all the students are coming in, and we mingle with them, talk with them, point them to which way they should go and answer questions,” said Phillips. “That’s mainly talking with the students and telling them what JSU has to offer.”

Other on-campus events they work with are graduation ceremonies, presidential functions, board meetings, career fairs and the athletic department.

Each volunteer ambassador can receive two credit hours for serving with the JSU Ambassadors for one school year.

Requirements include a 2.25 GPA, one completed full-time semester, and current full-time enrollment.

Two JSU Ambassadors are selected each year to serve as Ambassador Administrators and are paid for their work.

If you are interested in being a JSU Ambassador, applications are now available in the Visitor Center. For more information, call 782-5260.
The silence was literally broken as people shattered plates Tuesday at the Clothesline Project in support of those who have not kept silent about sexual assault and domestic violence.

Silence:

Cassey Harris, also with Daybreak, was one of the speakers during the day. Her goal was to educate people about sexual assault.

"People think that because they're in a relationship it's okay and it's not," she said.

According to Harris, Calhoun, Talladega, and Etowah counties have some of the highest reports of sexual violence per capita in Alabama. All three counties were on the top 10 list last year.

Also during the day, JSU drama students read poems about rape and a local minister spoke about the spiritual community and violence.

WISE meetings are open to anyone who is willing to take a stand opposing violence against women. The group is planning more events for the fall, including a project to promote dating safety, and another clothesline project for next spring. Meetings are held every Wednesday at 12:30 in 329 Brewer Hall.
Movie review: Dead Ringers

By: Jason Keener
The Chanticleer Staff Writer

David Cronenberg makes two kinds of films: those that reach mass consumption and those that stay underground. Far more fall under the second category.

His last film, "A History of Violence," is one of the top renters at video stores across the country. It is his only true hit since 1986's remake of the horror classic, "The Fly."

That's too bad, considering some of his best work has occurred between the two.

There's "Naked Lunch" (1991), which is less of a straight-forward adaptation of William S. Burroughs' 'unfilmable' novel, and more of a general celebration of the controversial author and the universal horrors of addiction.

Then there's "Crash" (1996), not to be confused with the recent Oscar-winning film. Cronenberg's "Crash" is based on J.G. Ballard's 1972 novel of the same name and concerns an underground society of car-crash fetishists.

But his immediate follow-up to "The Fly" was the unsettling "Dead Ringers" (1988).

In it, Jeremy Irons gives two memorable performances as two brothers who happen to be identical twins, like Nicolas Cage in "Adaptation."

They share it all. An apartment. A profession (they are renowned gynecologists). Women. And perhaps, a soul.

Beverly is shy and introverted, so his brother Elliot seduces their clients and then hands them over to his "baby brother." Since they are identical twins, the clients rarely realize a switch has been made.

They pull this usual routine with a famous actress, Claire Niveau (Genevieve Bujold). When she realizes what's happening and confronts the twins, Elliot shows little remorse.

Beverly, who firmly believes Claire was the one, breaks down.

And so begins a downward spiral of drug addiction and self-destruction. This is where the film takes on the unmistakable Cronenberg style.

Throw in some custom-made gynecologist tools that look like they were stolen from the set of "Alien" and the determination to 'separate' and you have the kind of gruesome outcome you'd expect from the director of "Videodrome."

Howard Shore, has scored all of Cronenberg's films since "The Brood," and the two serve each other well. His score for "Dead Ringers" is effective and moody as usual, but occasionally sweet and tender as well.

Irons' performances are incredibly powerful and poignant. He understands the emotional differences between the physically identical twins, and rarely should audiences be confused as to who he is playing when.

Like "Naked Lunch" and "Crash," "Dead Ringers" is based on a novel. The novel itself was a semi-fictional account of two twins.

It was simply called "Twins," which was a considered title for the film, as well. Ivan Reitman, who had produced two of Cronenberg's earlier films, asked Cronenberg for the title for his comedy starring Arnold Schwarzenegger and Danny DeVito.

Cronenberg agreed and settled for "Dead Ringers," an embarrassing title that furthers the misleading notion that this is a horror film. Though there are undeniable aspects of psychological horror, anyone looking for a gore-filled frightfest may be disappointed by all the drama.

Those who approach the film knowing what to expect from Cronenberg, however, should enjoy one of the celebrated Canadian filmmaker's most interesting works.
television for more than 10 minutes without seeing a commercial for food that has no animal products. You can’t do it. I know this because while on a 40-day vegan diet, I was tempted dozens of times each day to consume food that has no animal products. No meat, no eggs, no dairy.

A vegan is a person who consumes no animal products. No meat, no eggs, no dairy.

In our fast-paced society of drive-up windows, food delivery, and pre-made meals, there is little time each day to consume food that has no animal products. No meat, no eggs, no dairy.

The Vegan Society also points out that farming animals waste thousands of gallons of water each year. Many crops fed to farm animals are grown in developing countries where drinking water is scarce.

The U.S. Environmental up chocolate and cheese pizza for any longer.

According to the Vegan Society, the environment and animals benefit when people choose to eat vegan. They say raising livestock takes up more than two-thirds of agricultural land that could be used for growing grains and cereals to feed people.

The Vegan Society also points out that farming animals waste thousands of gallons of water each year. Many crops fed to farm animals are grown in developing countries where drinking water is scarce.

The U.S. Environmental English muffins with vegan friendly margarine and jam.

Many cereals are fine for vegans to eat, but some contain milk products. The same goes for bread and potato chips. I had to read labels carefully.

For lunch I enjoyed meatless chili (in the vegetable section of Wal-Mart, next to the tofu and health food), Healthy Choice vegetable soup, tomato soup, peanut butter and jelly sandwiches or a nice big leafy salad.

Throughout the day, I would snack on fresh fruit or celery with peanut butter. I also drank lots of water and juice.

Dinner was where I got creative. Not to brag, but I make a mean vegan burrito. I start out with Mission sundried tomato basil wraps, then fill them with red and green bell peppers, a sautéed onion, vegetarian refried beans, jalapeno humus, soy shredded cheese and salsa.

My other dinner favorites were tofu stir-fry and pasta with vegetables.

The biggest challenge I had to face being a vegan was, like Ms. Mabrey said, eating out. In larger, vegetarian and vegan diners, but here in Jacksonville, people just looked at me like I was crazy.

“You’re a what...a veg-unn? What’s that, some kinda hippie tree-hugger?!”

During week two of my diet, I was desperate for something sweet.

While sitting in the Dairy Queen drive-thru with my boyfriend, I made him ask, “Is there anything without dairy on the menu?” No. Hence the name Dairy Queen. Fortunately, while in Jacksonville, Fl., for spring break, I found these delicious dark-chocolate bars filled with marzipan at World Market. I bought five.

Dr. Mark Meade, assistant professor in the biology department at JSU, explained to me that, from a biological standpoint, humans were made to eat meat. We are biologically engineered to be carnivorous from our teeth to our digestive system.

Or as my dad says, “Steaks were made to eat.”

True herbivores, like koalas, have a special pouch in their digestive system called a cecum which people don’t have. The cecum helps the koala break down plant material. Humans don’t produce anything that will break down plant material like cellulose, which is why plant material flushes out our systems.

Dr. Meade also informed me that herbivores have more gas than carnivores. I’m a pain in the butt when ordering at restaurants... and I have more gas. I was starting to think this whole vegan thing was a major turn-off.

I did lose about three pounds on the diet, and my triglycerides went down from 151 to 104. Being a vegan didn’t seem to affect my energy level or prevent me from running or working out.

Overall, being a vegan was a very pleasant experience. It opened my eyes to new types of food and better choices for my body and the environment.

For more information on becoming a vegan you can visit www.vegansociety.com.
I learned that I was a kinesthetic learner. Unlike the visual and auditory learners, I learned things best by doing them. I have always been interested in the vegetarian and vegan lifestyles. For me to learn about vegans, I needed to become a vegan.

I must admit the second reason was my health. I’ve always had high cholesterol and I was curious to see if becoming a vegan could lower it—and if I lost a bit of weight in the process, that wouldn’t hurt either. By making my diet an experiment, I had to stick to it, or risk my journalistic integrity.

I compared my cholesterol, triglycerides (fat), glucose (sugar) and weight from the beginning and end of my diet. To my surprise, my LDL, or “bad cholesterol”, went up on the vegan diet from 190 to 204.

According to the Framingham Heart Study, lowering LDL is possible through a diet low in foods containing saturated fats such as dairy products, red meats and fried foods. A diet high in complex carbs and dietary fiber (fruits and vegetables) can also help lower LDL.

Although I was not consuming any dairy products or meat, my cholesterol increased because of all the French fries I ate. In a place like Jacksonville, it is extremely difficult to cut out and find healthy vegan options. Because of my lack of food choices, French fries became increasingly appealing to me.

Being a vegan is not a guaranteed way to become healthy. But I have had an awesome staff this year at The Chanticleer. There are too many hard workers to thank. Thank you all for your hard work this year. It has been a pleasure to work with you.

Jennifer

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*See branch for more details
Gamecock softball earns sweep of EIU

By: Chad Hoffman

The Chanticleer Sports Writer

Get the broom out and sweep the dust away.

That is just what the ladies of the Jacksonville State softball team did this past weekend as they swept the Panther’s of Eastern Illinois in Ohio Valley Conference action.

In game one on Saturday, the bats woke up a little early and continued to ring as the Gamecocks got the win, 5-1.

After Megan Jezierski walked and then stole second with two outs in the first, sophomore Lauren Horwath doubled to left-center field to plate Jezierski.

Senior Malgin Alexander lined one down the right field line to score Horwath from second and put JSU up, 2-0.

Needing to get the offense going again, Jezierski shot a line drive to left that cleared the fence for her fifth homer of the season.

The next three batters, however, flew out to center and right field.

EIU answered with run one in the top of the fourth off a sacrifice bunt by Brittany Castle that scored Rachel Karos and cut the lead to two.

In the bottom half of the fifth, Junior Daniela Pappano would not let Jezierski get the only home run of the game, blasting one to right field into the batting cages, her third of the year. The Bolton, Ontario native is just two homers shy of Rachel Countryman’s school record of 36.

Senior Christine Pierce went the distance for the red and white, striking out seven and only allowing four hits.

Kathleen Jacoby got the loss for the Panthers, giving up five runs on six hits in four and two-thirds innings of work. She struck out two batters and only walked one.

Game two looked a lot like game one, literally. JSU defeated EIU 5-1 again and totaled the same number of home runs.

Jezierski wanted to get this over with and decided to score by herself, blasting her second solo shot of the double header.

Alexander kept her bat going as she hit a double to right-center and put Horwath across the plate, making it 2-0.

Freshman Jackie Jarman took advantage of an error by EIU’s second baseman Brittany Castle, and scored another run.

Horwath hit the fourth and scored Horwath from second. This was Alexander’s sixth of the season, just three shy of her 2005 mark of nine.

“I was proud of our hitters to not hit like we did last weekend,” said McGinnis. “I was just really proud of the way that they responded.”

The ladies will wrap up their home series with Eastern Kentucky this weekend. A double-header is slated for Saturday, and will begin at 1 p.m. A single game will follow on Sunday, also at 1 p.m.

“Our goal is to keep getting better and better,” said McGinnis. “When we go into our conference tournament, I want our team to be at their best. We’re still working; we are not at our best. If we keep working and getting better, I tell the girls that the wins will take care of themselves.”

Melissa Norton swings away in the first game of the double-header against Eastern Illinois.

JSU wipes out Tennessee State, 7-0

By: Liz Hendricks

The Chanticleer Sports Writer

The JSU men’s tennis team (6-1) lost their first conference match last Saturday to Tennessee Tech 5-2. The women also lost in an extremely close match, 4-3.

Babette Lombardo said their doubles point was crucial that match. The lady Gamecocks fought hard but in the end, the doubles point went to the Golden Eagles.

“I thought we were gonna beat Tennessee Tech,” said Diego Pazsoldan. “It could be different next time.”

In conference play, both teams destroyed Tennessee State, claiming every point in the match to earn 7-0 victories.

Freshmen Scott Robertson and Pazsoldan are both undefeated in OVC play this season. Robertson feels very confident going into the Conference Tournament.

“As a team, we need to practice more doubles,” says Pazsoldan. “We’re doing OK in singles.”

Pazsoldan says his goal is to earn All-Conference honors this season. He must win his next two matches against Murray State and Eastern Illinois to do so.

“I think we lacked fight,” says Robertson about last weekend’s matches. “As a whole we weren’t as fired up as usual.”

What’s next for the outspoken freshman from Australia who is already JSU’s number one player? Robertson says he plans on gaining experience in the pros next summer (without pay, of course) and after finishing out his next three years at JSU, the ambitious Robertson has plans of playing in the pro circuit. “Game on.”

Gamecock tennis heads to Kentucky this weekend, where they will take on OVC competitors Murray State and Eastern Illinois in the final conference match-up before the OVC Championships.
Christine Pierce likes to hurl the ball past her opponents. The Placerville, Calif., native transferred to JSU in 2005 from Chattanooga State and made a tremendous impact in her division one career. She struck out 140 batters on the year and held her opponents to a .207 batting average. Christine has speeds up to 70 mph and is continuing to lead her team as a senior role model.

The Chanticleer Sports sat down with Christine and discussed her family back home and found that church plays a major role in her family. She is a cheerleader, definitely with Christine and discussed her family back home and found that church plays a major role in her family. She is a cheerleader, definitely

CS: Why did you choose JSU?
CP: A lot of the reason was so I could stay close to my friends in Chattanooga. I transferred from Chattanooga State and that was a big part of it.

I had gone on a recruiting trip to Oakland University is Michigan and I love it up there. I liked the atmosphere, but there was just something about it that I didn't like, and I couldn't tell what it was until I came to JSU and I met our coaches, and that was it. Like, the coaches are awesome. Just their personalities and the way that they are, the people that they are and that was what Oakland was missing, and I chose JSU over them.

CS: Since you are so far from home, what do you miss about home?
CP: My family, definitely, and my dog. And In-and-Out Burger.

CS: So, you do have pets. What kind and what are their names?
CP: Well, my dog is a little dasc-hund, and his name is Buddy. I have had him since I was a sophomore in high school, so he is my baby. My mom's dog is Pearl or Little Girl, whoever is talking to her. She is a little teacup Chihuahua; so cute and spoiled rotten.

Then I have a cat, Shadow, who is a black kitty.

CS: Do you have any siblings?
CP: Yes. I have an older half brother and his name is Stephen. He is 28 and named after my dad. Then I have a younger brother, who is 18, and his name is Chuck. He plays football back home at Sacramento State College. Then I have a little step-sister, she is 16 now.

CS: Does she play softball?
CP: She is a cheerleader, definitely the opposite of me. She played soccer for the longest time and then she got into cheerleading, now she strictly cheer.

CS: How do you spend your time off the field when not studying or playing softball?
CP: Well, a lot of my time is in church. But, if I am not doing that, I am usually here (at home) hanging out with my friends, the team and stuff. Or my friends from church.

CS: What is your most embarrassing moment on the diamond?
CP: I don't know, because I don't get embarrassed to easily. I am pretty open about everything. Probably when I was 11 in high school. You are getting ready to pitch and you flip it behind you or like slam it into the ground before you release it. Probably one of those times, but I can't think of any thing that really stands out. I don't know.

CS: What is your pregame ritual?
CP: At home games, I always play catch with Johnny. That's just always what I do.

CS: You can't throw with him anymore.
CP: Yeah, he is hurt. But like, I usually always pitch the second game.

So, first game I would be getting myself ready and watching them and I would eat a Marathon Bar between the games so I wouldn't be hungry. But now, it has changed you know, because I am pitching the first game because Carly is hurt. But, I haven't really thought about it.

I go out and I pitch anywhere between 25 and 35 minutes before the game is when I warm up. As far as rituals go, I play catch with Johnny before every game.

CS: What is your favorite color?
CP: Pink! Of course.

CS: What is your favorite music?
CP: Like it all, but I would have to say that I am really into Christian music right now. It moves me right now and I have really got into it. I love it; that and probably Country.

CS: Who is your favorite artist?
CP: My favorite group right now is definitely Rascal Flatts. Love them.

CS: I understand, that is what is in my car right now.

CP: Yeah, I can't wait until their new ones come out.

CS: What is your favorite memory at JSU?

CP: I would have to say, well, this didn't happen at JSU, but I would have to say getting baptized. That was awesome. This is a funny one, kind of embarrassing, but kind of funny. We were out at a bonfire with a bunch of friends and we were having a burping contest. I just blew everyone out of the water. But my burp was so disgusting, it was sooo gross. I tasted my dinner. Everyone was cracking up and it was so funny. It was fun.

CS: How did you get into softball?
CP: Oh goodness, well. All of my Aunts played and my mom played and all three of them were pitchers. My mom signed me up for baseball, which is another story. She signed me up for softball and I played my first year in tee-ball and I loved it. Then just one day, I asked my Aunt Sandy if she would teach me how to pitch and she did, because she was still pitching at the time. So, she did that and that is pretty much how I got hooked.

CS: Who is your biggest inspiration?
CP: In my life, definitely God, but my mom, by far anybody on this Earth. She is so determined, she works hard, she provides for me and my brother above all. I just wish I could be like her, honestly. She is awesome. She is definitely my number one inspiration.

Christine will lead her team in battle against Eastern Kentucky this weekend. So, come out and make sure to sit behind home plate. When it comes to her fastball, we offer only one piece of advice: don't blink, you'll miss it!
Sixth allowed the Gamecocks to tie again, but Samford’s domination in the seventh nearly sealed the game.

Three Bulldog batters filled the bases early with consecutive singles when an untimely walk from pitcher Mitch Miller brought Samford left fielder, John Morgan, in for the tie-breaking run.

SU followed it up with four more runs off two hits to end the inning up 9-4.

Two Bulldog runs in the ninth followed by Bert Smith’s final touch of home plate and the game mercifully ended.

“We didn’t take care of the ball when you do that and a team is swinging the ball good they certainly have a chance to put up multiple numbers,” said JSU Head Coach Jim Case.

“We came out and got big hits in clutch situations,” said Case. “They played better defense and they just came out and got after us and basically outplayed us all day.”

The Gamecocks found their aggression and their heart in game three on Sunday. Taking the win 17-6, the men from JSU seemed to be out to match the combined Samford score from Saturday.

“After the two losses, we knew we had to do that and a team is swinging the ball good

Matthew Darwin delivers to the plate.

little bit, swinging the bats, yesterday,” said JSU second baseman Bert Smith.

Jake Ball’s first homer of the year set the score at 6-0. Nick Cleckler followed it up with a triple to deep center and consecutive doubles by Bret Pettus and Bert Smith sent the score to 8-0.

“We came out and we were the ones fired up, and their dugout shut up after we got a few runs,” said Cleckler on Sunday. “They were running their mouths yesterday, but they didn’t have much to say today.”

Smith scored the ninth run for JSU when Allen Rose stole second. Two hits and four runs later, the Gamecocks decided that, with a score of 13-0, they’d let Samford have another at-bat.

“We were able to keep things going. Guys came up and got big hits in clutch situations. We knocked in runs after runs after runs,” said Case.

The Bulldogs put up their only six runs in the next two innings, while JSU answered back with four of their own.

From that point on, both offenses failed to produce and, as the two coaches played musical chairs with the players on the field, it was a purely defensive game.

Samford managed to get the bases loaded in the top of the sixth with two outs, but a pop fly to left field sent them back to the dugout.

For the next two innings, Samford never got a hit. With Tony Drinkard on the mound for the Gamecocks, Samford saw their offense go three up, three down.

In the ninth, a double to deep right gave SU a sign of life for a moment, but it was short-lived as their next batter was tagged out at first, fol
against SEMO for a double header on Saturday and a single game on Sunday. Both days start at 1 p.m.

Above: Eboni Briskey rises above the bar in the high jump.

Right: Olivia Watson, Kelly Bloom of Kennessaw State, Megan Ziarek and Alathea Thompson of Tenn. Tech prepare for the start of the 3000M Steeplechase.

Far Right: Edisha Brown sprints to the finish of the 400M dash.

JSU Invitational:
from page 1

working on all the other throws. Because I’ve been having her do all the other throws, her best one is suffering.”

In the 200 and 400 meter dash, Eboni Matthews took first, finishing with a time of 24.31 in the 200 and crossing the line just ahead of teammates Stephanie Watts and Edisha Brown in the 400.

JSU’s distance runners also had an excellent meet. Lesley Binning started the day early, taking third in the 10,000 meter, the first event of the day and Sarah Caine took first in the 1,500 meter run later that morning.

Saturday afternoon, Stephanie Jones, Latosha Taliaferro and Sarah Caine followed through for the distance runners by snatching the top three finishes in the 800 meter run.

Not too many people can say they’ve outraced a national champion, but Nolinda Garner’s performance in the 100 meter hurdles did just that.

With her time of 14.74 seconds, she finished just ahead of the two-time Division 3 National Champion, Sheana Grigsby. When Grigsby took the championship in 2004, her coach was JSU’s current head coach Steve Ray.

“I think it did Nolinda a world of good, confidence-wise, to beat even a division three national champion,” said Ray. “You just beat a big dog. That girl probably ended up with one of the top 100 times in the United States last year in the hurdles — in all divisions.”

The ladies also topped the rankings in both of the relay events. Asha Gibson, Jeronica Bell, Andrea Arnaud and Eboni Matthews shaved 1 1/2 seconds off the time of second-place finisher Clark-Atlanta in the 4x100 and Stephanie Watts, Stephanie Jones, Edisha Brown and Eboni Matthews breezed in seven seconds ahead of Clark in the 4x400.

A few men from JSU’s cross country team also competed in a few events. Because there is no official men’s track team, the competition counts as merely an exhibition meet for them, but they still managed to rack up 50 points for the four events in which they competed.

Jeff Rhodes and Ryan McKay finished first and third respectively in both the 800 and 1,500 meter runs.

Ashenafi Arega took first in the 5,000 meter run more than eight seconds ahead of Jason Waters, who took second place for Kennesaw State.

Ray felt good having his former team participating in the meet, and having them finish with about half the points that JSU received felt even better.

“You always want to do that. You always want to one-up the team you left. They didn’t compete as well as they could, but they only brought half of their girls.”

The track team will be back at home this week for the Gamecock Invitational on Saturday, the official start of the meet is at 10 a.m., but the hammer throw event will begin at 8 a.m.