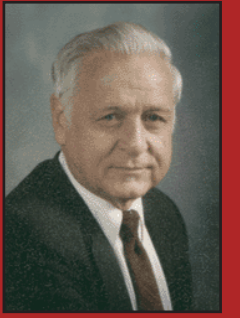




THE CHANTICLEER

Jacksonville State University's Student-Published Newspaper since 1934

IN THIS ISSUE:
JSU remembers deceased band director



WEATHER: Sunny, High 60, Low 40

Thursday, January 14, 2016

STILL COCKY



Joshua Gilbert/The Chanticleer

On Saturday, January 9, the Gamecocks lost the FCS National Championship game against the North Dakota State Bison 37-10. The Gamecocks finished the season with a 13-2 record. The other loss was in overtime against the Auburn Tigers.

#BlowSoutherners #GoGamecocks #FCSCOCKY #OVCinspires #StayCocky #FearTheBeak #HowMuchDidTheyPaytheRefs #OVCTough #ovcproud #proudalumni #fcscocky #jsu #gojsu
Tickets: \$400, food: \$150, gas: \$100, trip to Frisco to cheer on the Gamecocks: priceless.
"You can bet that Auburn is glad they didn't have to play North Dakota State this season!"

Rebekah Hawkins
Staff Reporter

The Gamecocks lost the FCS National Championship against the North Dakota State Bison 37-10.

The Bison took home their fifth consecutive FCS Title, and the Gamecocks finished the season with a 13-2 record.

The Gamecocks entered into the FCS title game ranked number one against the four-time defending national champions.

It was a hard game for JSU as they struggled to get anything together offensively.

The first quarter opened optimistically enough. JSU was able to contain the Bison enough to hold them to only three points in the first.

The second quarter seemed to blow up for the Bison. They scored their first touchdown of the game on a pass from Carson Wentz to Andrew Bonnet to put the them up 10-0.

An interception thrown by Eli Jenkins set up the Bison for their next touchdown, which pushed them up 17-0 with 11:13 left in the half. A

fumble gave NDSU another touchdown moving the score to 24-0.

The Gamecocks managed several first downs on their next possession before ultimately having to punt back to the Bison. An interception by Carson Wentz handed the ball back to JSU with 36 seconds left in the half.

The momentum shifted briefly, but the half ended with the Bison leading 24-0.

The second half saw the momentum carry as the Gamecocks drove the ball 73 yards and scored behind Eli Jenkins' legs.

It continued to look up for JSU as Wentz was intercepted by Brandon Bender, who took it 54 yards to set up a Gamecock field goal, making the score 24-10 with 3:41 left in the third.

The Bison managed to kick a field goal before the end bringing the score 27-10.

JSU held the Bison to their first punt of the game at the opening of the fourth quarter.

A series of turnovers by both teams resulted in the Bison regaining control to score another touch-

down and a field goal.

Although the game didn't end as the Gamecocks would have wanted, this season marks the most successful in the 22 years of JSU being part of the Football Championship Sub-division.

Troymaine Pope only ended the day with 31 yards rushing, but he breaks the OVC's single-season rushing record with his 1,788 yards.

Eli Jenkins tied the school record for touchdowns with his 65th in this game.

The seniors of JSU will leave with a 40-13 record overall, which is a JSU Division I record.

The season saw record-breaking crowds at Burgess-Snow Field at JSU Stadium, as pride surged for the top seeded Gamecocks.

This season may not have been "the" year, but it was quite a year. They finish with their only losses being to an SEC team that they took to overtime, and a five-time FCS title winner.

No the season didn't end with a win but the Gamecocks made it. That itself is a reason to be proud.

JSU student reflects on the road to Frisco

Joshua Gilbert
Staff Reporter

The weekend began when my dad picked me up Thursday night. We drove halfway to Jackson, Mississippi and stayed the night. That following morning around 7 a.m., we left Jackson and made our way to Plano, Texas, where we would be staying with family.

One of the best parts about the trip was getting to see my cousins and my uncle, who I had not seen in several months. After we got there, we spent most of Friday hanging out with them.

Later Friday night after dinner, we went with other Gamecock fans to Jake's Uptown Burgers to have a good time.

Jake's was the only restaurant in the entire city of Frisco that

See FRISCO page 2

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Hearing dates set for alleged BB gun vandals

Jefferson Varner IV
Staff Reporter

The Jacksonville Police Department (JPD) apprehended three individuals last month on suspicion of connection with several acts of vandalism that extended from the JSU campus to areas near Weaver.

Post-preliminary hearings will begin for the accused on January 28, according to The Anniston Star.

Throughout the fall semester of 2015, several JSU students' vehicles were damaged by BBs from BB guns. The vandalism intensified when the crime spread from Jacksonville to Weaver.

The vandals eventually moved

from shooting cars to also windows and housing units in Calhoun County neighborhoods.

Around 11 p.m. on December 8, 2015, JPD officials received a tip to look for three individuals driving around in a silver 1999 Honda Accord, according to The Anniston Star.

The Star later confirmed that police stopped the vehicle at George Douthit Drive Southwest "for allegedly running a stop sign."

When inspecting the vehicle, JPD officials found the trio in possession of "marijuana, drug paraphernalia, alcohol, BB pistols" and "carbon dioxide canisters," according to WBRC: Fox 6 News.

The three suspects, Michael Frankum, Matthew Frankum, and Shannon Brooks, were sent to both the Jacksonville and Calhoun County Jails.

On December 16, they faced a combined total of 188 charges for alleged acts of vandalism in Weaver and Jacksonville.

The suspects could face a jail sentence ranging from two to 20 years, especially if convicted for the felony charges involving shooting cars and buildings, along with the misdemeanor drug and alcohol charges.

The sentences could likely be extended since more citizens who have been victimized are continuing to come forward.

Calhoun County resident Katie Donahue said that, during the week of December 5, her neighborhood was exposed to a series of crimes.

Donahue said that during that week, while shopping at Walgreen's, she discovered that her mini-van bumper was damaged from what she assumed was BB gun ammunition. Donahue's fellow neighbors revealed to her that their car windows had been shot up by the same type of weaponry.

The incidents were not reported to the JPD after a close source indicated that the case had already been closed. Neither JPD or UPD could be reached for comment.

Big news busters from over the holiday break

Jefferson Varner IV
Staff Reporter

While classes were dismissed for the holiday break, several things were happening on campus and nationwide.

Star athlete Peyton Manning has faced heated allegations of steroid and human growth hormone use after Middle Eastern reporting agency Al Jazeera first broke the questionable report.

In wake of being "that angry," Manning said to the press that he would probably sue the journalistic unit for their "misconstrued" publication.

Sorely missed hip-hop artist Missy Elliott returned to the music scene after seven

years of inactivity as a leading musician.

Elliott has risen to the top 10 of several music charts with her latest club offering "WTF (Where They From)," which is currently used for Ellen DeGeneres' Dance Challenge.

For those JSU students or Jacksonville residents tired of the same food, maybe Dairy Queen can help.

The tasty franchise is to make its 2016 debut in town across the nearby Grub Mart. The Anniston Star reported the business will have three flat-screen televisions, phone chargers and WiFi.

The notorious and unapologetic 'hacktivist' unit that is simply known as Anonymous made a break across the news boards with its an-

nouncement to hijack terrorist group ISIS' social media networking systems.

The terrorists dubbed the potential move 'idiotic,' but it appears by way of CNBC that Anonymous garnered the last laugh as they reportedly "trolled" and "erased" hundreds of Facebook and Twitter accounts affiliated with ISIS.

Some remember her as the emotional Christine in the 2004 flick *Crash*, along with her love interest role in the 2007 comedy picture *Norbit*, but to a new-sort-of audience, Thandie Newton may have to settle with being the one who voiced outrage against Starbucks' display of a racially offensive statue.

The British actress

snapped a photograph of a figure placed on a front-counter that represented a safari-clothed black child holding a basket of cocoa beans, and then leaked it to Twitter.

People reported that about six hours later, Starbucks responded to the tweet and assured Newton that the statue would be immediately removed.

Two crimes occurred nearby campus, both occurring roughly one week apart. The first included the BB gunfire spree that extended from JSU grounds to bordering city Weaver.

The other involved two teens getting hospitalized after an alleged brawl outside the off-campus McDonald's, as stated by WBRC.

Former United States President Jimmy Carter is still going strong. The 91-year-old hero disclosed to *The Today Show* that he has fully recovered from brain cancer.

How exactly? Sources indicate that Carter presumably utilized a combination of an expensive drug and effective immunotherapy.

Krampus wasn't the only spectacular hit in the film world last month. A trailer for the eye-popping *Pride and Prejudice and Zombies* hit the net, and has since been the talk around campus.

Following hefty delays in development and production stages, the film, which stars Natalie Portman, is to see light next month.



Marie McBurnett/The Chanticleer

Multiple campus buildings vandalized

Marie McBurnett
Editor-in-Chief

At least two buildings on JSU's campus were vandalized on Tuesday night. The words "lie" were spray-

painted in black on the columns in front of Brewer Hall. The words "lie" and "walk" were also spray-painted in black on the concrete in front of the entrance of Self Hall beside the faculty parking lot.

The word "lie" was also spray-painted on the concrete outside the first floor entrance to Self Hall.

The University Police Department was contacted, but could not provide any information.

FRISCO, from page 1

displayed anything promoting JSU. It was disappointing to see every other restaurant, bar, and establishment in the area, only displaying North Dakota State Bison team flags.

The morning of the game, the feeling of excitement was absolutely unreal as I woke up early, made the 15-minute drive to the stadium, and came to the realization that my team was in the Football Championship Subdivision national championship game.

Watching the team walk into the stadium was incredible, and participating in the pre-game tailgate was a blast, along with walking into the stadium to see the end zone read Jacksonville

State in bold red letters. Our seats were in section 115, row 14, seats five and 12 and 13; they were also dead center in the middle of bison territory.

As we looked around the stadium, the vast majority of the people were wearing a variety of different types of green and yellow.

It felt like being at an Atlanta Falcons home game against the Green Bay Packers. The major section of red was near the Jacksonville State end zone.

Everything leading up to kickoff was great, but then the game started. The in stadium announcer for the game also happened to be the bison's in stadium announcer, as we later found out

from several North Dakota State fans.

Before we knew it, we were facing a 24-0 deficit at halftime. All the faces of Gamecock fans everywhere throughout the stadium were speechless. As the second half got underway, we felt we had a chance after we scored and got the interception. Unfortunately, nothing ever came of those drives. Despite the odds at hand, we never stopped rooting.

Although almost everything about the game was disappointing, I will purchase my ticket for next year's championship game very soon. Frisco, make sure to prepare yourself. The Gamecocks will be back next year. And we will win. Stay cocky.

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Associate Editor
Digital Journalism

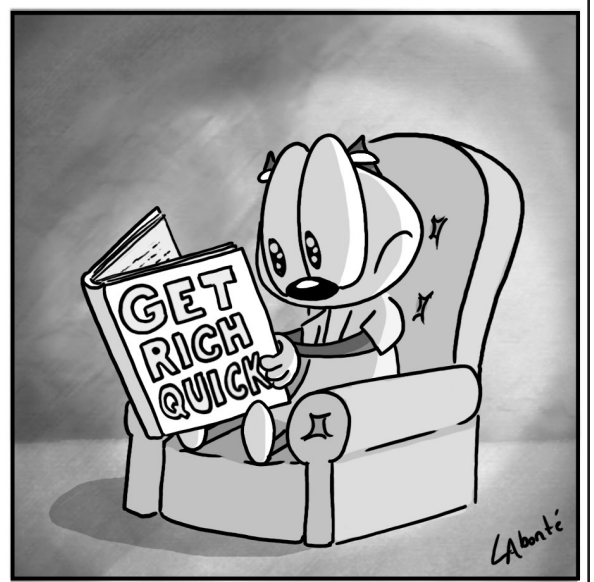
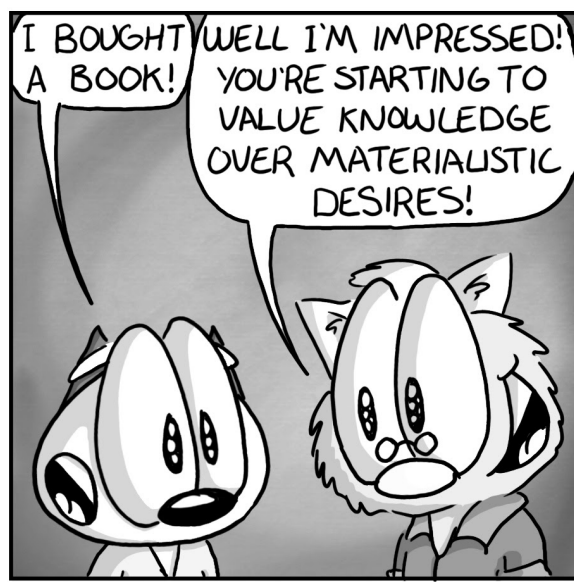


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Arts & Entertainment Editor
Digital Journalism



Timothy Cash
Sports Editor
Digital Journalism

STUDY BREAK



By: L. A. Bonté

For more comics and animations visit FilbertCartoons.com

Need Advice?

The Chanticleer staff is happy to help!
 Email chantynewstips@gmail.com with your problems and look in the paper next week for our newest "Dear Chanty" section.
 NOTE: All entries will remain anonymous, and Chanty will respond to all inquiries.

Dear Chanty,

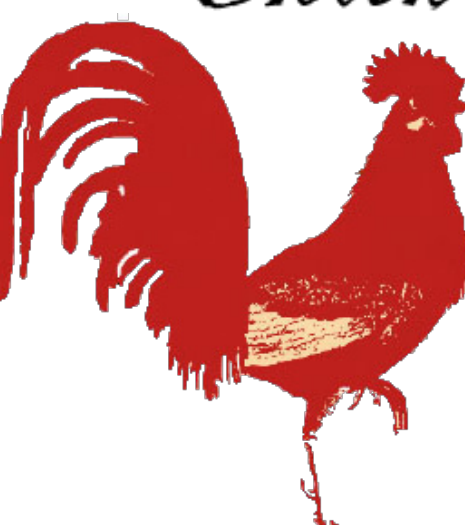
Campus crime report: 12/11 to 01/12

Witness a crime?	
<p>12/11/2015 Duty Upon Striking and Unattended Vehicle Curtiss Hall</p> <p>12/15/2015 Violation of Student Code of Conduct Pelham Road South</p> <p>12/17/2015 Automobile Accident University Circle</p> <p>12/19/2015 Assist Other Law Enforcement Agency McDonald's Parking Lot</p>	<p>12/20/2015 Possession of Drug Paraphernalia Jax Apartments</p> <p>12/29/2015 Theft of Property Stadium Tower</p> <p>1/11/2016 Automobile Accident Colonial Arms Apartments Parking Lot</p> <p>1/12/2016 Violation of Student Code of Conduct Pelham Road South</p>

For emergencies, dial 6000 from any campus phone.

My ex and I broke up three years ago because we simply drifted apart. We were seniors in high school when we broke up. My relationships have never been as serious as my relationship with my ex. My most recent breakup was two months ago, and we had dated for 8 months. I came back to school this semester, still a little heartbroken over the ended relationship, but I was fine. I walk into my first class last week and I see my ex from three years ago sitting in the front row. Last time I checked, he went to another college and was majoring in something completely different. It turns out, he dropped out of college for a while and came back to town. This is his first semester back in school. My major is his minor, which is how we ended up in the same classroom. We seemed to hit it off, even better than we did the first time. Is this fate that he came back in town and was in my very first class of the semester or am I still flustered over my most recent ex? *Sincerely, Heartstruck*

Chicken Scratch



Submit today!
Have something you want us to see? Use #chanticleerjsu

- Describe yourself in three words: Lazy.
- Class starts in 4 minutes and I'm in bed: a college memoir.
- College motto: Do it for the free T-shirt!
- Is the ocean salty because the land doesn't wave back?
- I just want to cuddle and watch horror movies...I guess I can lock my cat in the room.
- I will befriend a squirrel in front of Bibb Graves by the end of the semester.
- Why can't the weather just say, "Wear a jacket" or "You don't need a jacket?"
- Adele's song 'Hello' will make you miss someone you made awkward eye contact with in the grocery store years ago.
- College: When all of the sudden, pizza for breakfast doesn't sound like a bad idea.
- College would be so much better if you only had to take your major classes.

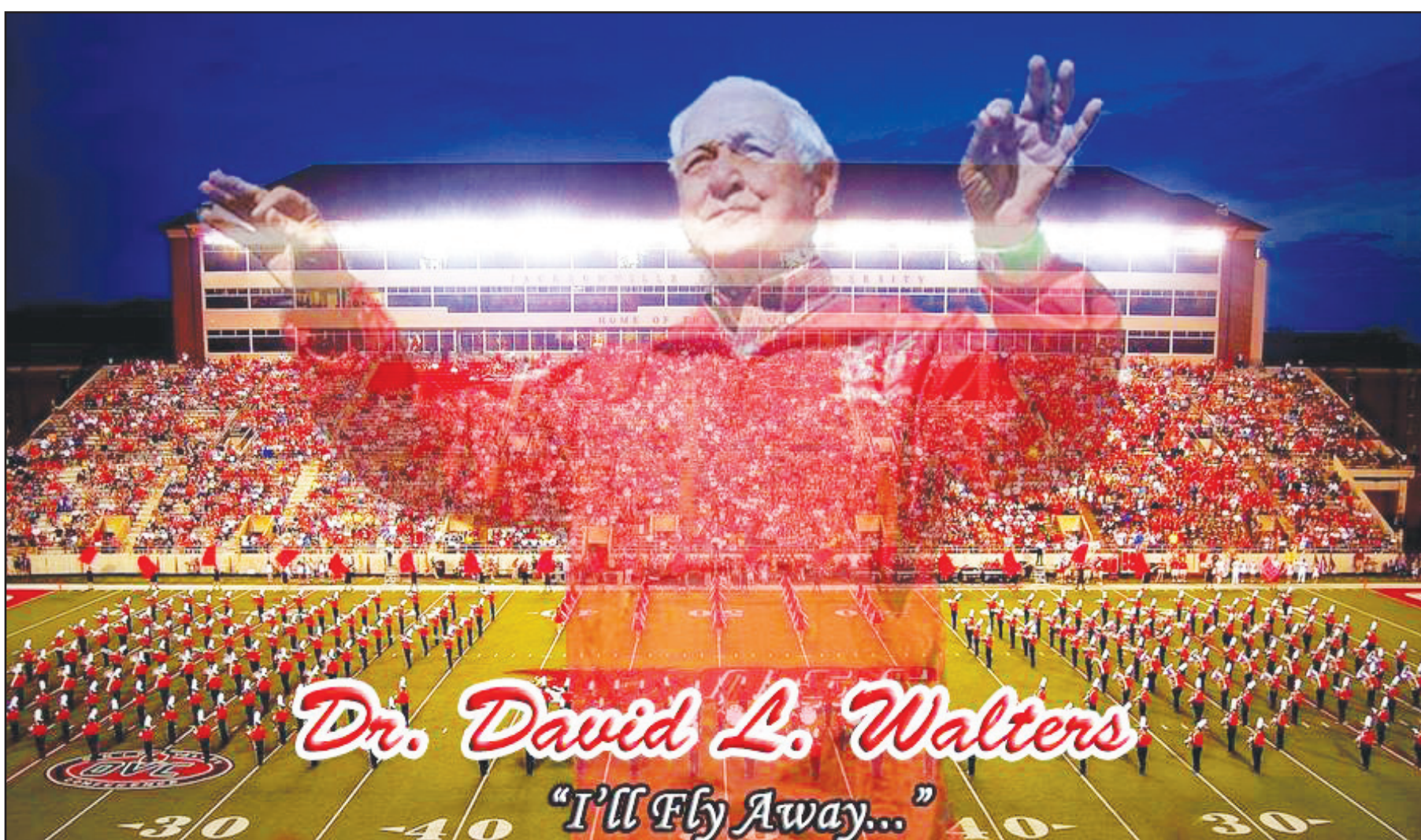
Dear Heartstruck,

That is a huge coincidence. I'm not saying that it isn't fate, but my biggest piece of advice to you is to play it safe. It takes three months to consider yourself "in love," but it takes much longer to get out of love. With that being said, you may be overly emotional about your chance encounter because you're seeking something familiar; something you're used to. If you are a person that usually commits to long-term relationships, your feelings may be exaggerated right now. Maybe you should keep your ex as your friend for now and let your most recent breakup simmer a little longer. *Yours truly, Chanty*

7-day weather outlook

TODAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Sunny High: 60° Low: 40°	Rain High: 54° Low: 38°	Partly Cloudy High: 51° Low: 27°	Partly Cloudy High: 44° Low: 22°	Sunny High: 44° Low: 25°	Partly Cloudy High: 47° Low: 29°	Partly Cloudy High: 53° Low: 38°

ARTS & ENTERTAINMENT



Lisa Vaughn/Special to The Chanticleer

Dr. David L. Walters died on December 30. Dr. Walters served as the director of bands from 1961 until 1991 and is responsible for many of the Marching Southerners' traditions.

Creator of Southerners' sound dies

Matthew Hill
Special to The Chanticleer

Imagine the blaring summer of 1961: a little man stands in front of the Jacksonville State University marching band not knowing how much of an impact his legacy would bring to thousands of students for years to come.

Dr. David L. Walters served in the Navy for six years and graduated from the United States Navy School of Music. Walters continued his education at Miami University in Oxford, Ohio and received his Bachelors in music.

He would later work on his graduate studies in musicology at Washington University and eventually obtained the Masters of music theory degree from Florida State University.

Before coming to Jack-

sonville State University, Walters worked as a band director for Fairfield High School in Hamilton, Ohio and also served as the supervisor of music for the New Bern school system in New Bern, N.C..

In 1961, Walters received the position of Director of Bands at Jacksonville State University — a position he held for thirty years until 1991.

Walters was an integral part in the development for the sound of the Marching Southerners. Through Walters' compositions, the Southerners started refining its one-of-a-kind sound, especially emphasizing the Marching Ballerinas in his dance tune arrangements, such as "Quilting Party." These developments quickly garnered the Marching Southerners national recognition and attention.

Walters also brought new, innovative ideas to promote leadership and strengthen the band's traditions.

One of the most important traditions started by Dr. Walters is still instilled in Southerners is family.

He proposed the section leader system, a special system where each musical section of the Marching Southerners would elect two or three people as its leaders.

This system proved quite effective because it allowed everyone to have a say in how they wanted the band to be, and the system is still in use today.

Even after retiring from the position of Director of Bands in 1991, Walters always attended events involving the Southerners, everything from band camp to football games, as the Emeritus Director of Bands. A

key highlight to the first day of band camp was always Walters stepping in front of the Marching Southerners and rehearsing "Quilting Party," followed by a speech with his famous saying: "Be kind to each other. It's important." Those simple seven words resonated in the minds of thousands of students over his teaching career and trickled down to their students.

One of Walters' most notable students is the current Director of Bands at Jacksonville State University, Dr. Kenneth G. Bodiford.

"Dr. Walters always stressed how important it was to put the students first. He always led by example by teaching with a kind humility that made all of his students comfortable and eager to learn," said Bodiford.

Walters wanted a good band, but more importantly,

he aimed to create a family among the members. He knew that uniting each individual personality toward a common goal would prove to be the secret ingredient to success.

Walters left a huge impact on the Marching Southerners, and he will be missed. In honor of Dr. Walters, the Southerners dedicated their last performance of their 2015 show, "Celebration" to him.

This dedication was announced over the intercom before the Southerners performed part of their halftime show in Frisco, Texas at the FCS National Championship.

Walters leaves behind a legacy that is very rare — a legacy that cannot be taught, but can only be truly understood once the student feels the meaning of the words.

Musical performances schedule for semester

Guest Recital
When: Saturday, January 16 at 3:00 p.m.
Who: JSU Music De-

partment. Guests include Tariq and James Sullivan.

Where: Mason Hall Performance Center

Cost: \$10

Chamber Winds Concert

When: Thursday, February 11 from 7:30

p.m. until 9:00 p.m.

Who: JSU Music Department

Where: Mason Hall Performance Center

Cost: FREE

Flute Festival

When: Friday and Saturday, March 4 and 5.

The final concert will

be at 6:00 p.m.

Who: JSU Music Department

Where: Mason Hall Performance Center

Cost: FREE

Choir Concert

When: Sunday, March 6 at 3:00 p.m.

Who: JSU Music De-

partment

Where: Mason Hall Performance Center

Cost: FREE

The Encore! Spring Concert

When: Thursday, April 14

Who: JSU Music Department

Where: Mason Hall Performance Center

Cost: FREE

There are also a number of junior and senior recitals that will be held in the Mason Hall Performance Center throughout the semester.

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Review: *Concussion* brings real problems to big screen

Collins Maroa
Staff Reporter

For those who fancy “David versus Goliath” stories, this is a must watch film. Will Smith stars as forensic pathologist Dr. Bennet Omalu, a Nigerian immigrant working and living in Pittsburgh. He is portrayed to have little to no knowledge about football as he concentrates fully on work and his numerous studies.

The movie does a good job on the background stories before diving into the nitty gritty details. Dr. Omalu (Smith) gains interest with the medical aspect of the game after the death of Mike

Last showing of *Concussion* will be today at the Oxford AmStar 12 theater. Times include 1:05 p.m., 3:45 p.m., 6:30 p.m., and 9:05 p.m. *Concussion* is no longer showing in Gadsden.

Webster, a Pittsburgh Steelers center, played by David Morse.

Morse does a good job portraying the suffering that Webster faces, from headaches to dizziness to hearing strange voices in his head and even insomnia.

Webster dies from an apparent heart attack but Dr. Omalu is not fully convinced by the cause of death and begins to dig deeper. Omalu starts watching football clips and

studying blood samples and concludes that all the knocks to the head in the long run lead to a disorder known as Chronic Traumatic Encephalopathy (CTE).

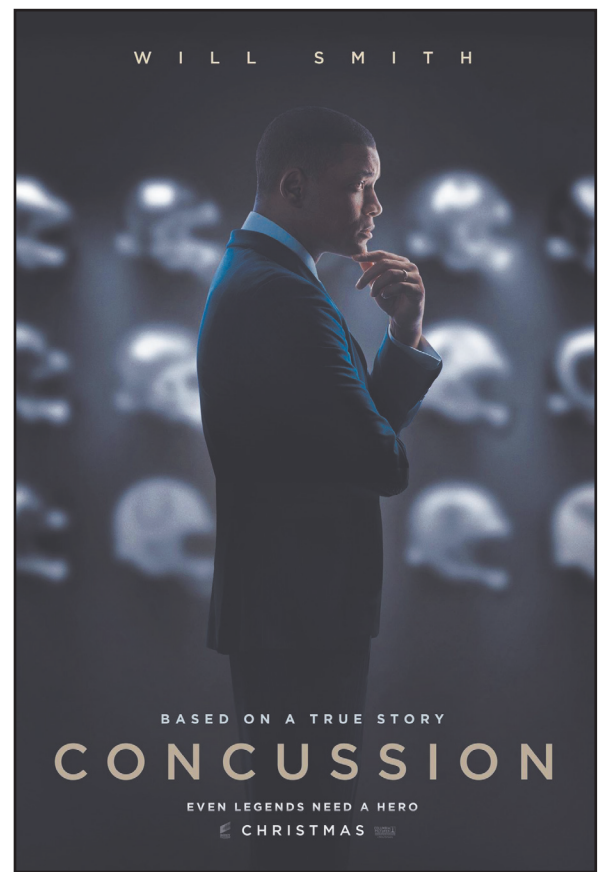
The NFL refuses to accept this analogy and brushes it away as trash. Similar cases to Webster’s however start appearing and this puts a lot of pressure on the NFL.

At this point, it is as if Omalu has stepped on the wrong toes and he faces a lot of oppo-

sition despite support from his boss Cyril Wecht played by Albert Brooks.

There is a romantic spin to the movie too as Omalu meets a Kenyan immigrant named Parma, played by British actress Gugu Mbatha-Raw. She is portrayed as an integral pillar in Omalu’s struggles with the NFL.

Will Smith received a Golden Globe nomination, which was well deserved as the accent is accurate and the performance makes one forget that it is Will Smith and not Dr. Omalu. This might be a movie many fans want to watch before the Super bowl as it does get one thinking.



Columbia Pictures

JSU Drama prepares for upcoming season

Michelle Megill
Staff Reporter

Jacksonville State University Drama Department always has performances that please the crowds, and this spring semester is not going to be any different.

One of the first plays to take the stage will be ‘Bloody, Bloody Andrew Jackson.’

It is based on a book by Alex Timbers, and the music will be from Michael Friedman. This play brings history and politics to life in an exciting way.

“Anyone who likes a fresh look at our history and doesn’t mind questioning assumptions about our politics and our society will really like the show,” the head of the drama department, Dr. Randy Blades said. “The show plays with a lot of stereotypes and assumptions about America and our culture which is a lot of fun.”

“It is very rock-based

and contains a bit of profanity and sexual innuendo, but it is presented in a really entertaining way,” he said.

This type of production will be a first for the drama department. Nothing like this has been performed before, but Blades loves the story that the play tells.

He said it will be challenging to bring this script to life because “the lighting and scenery have to work both as a stage set and a rock concert. We are doing a lot more with projections than we have in the past.”

He feels that these challenges can be overcome and he is determined to get this play on the stage because “it is such a fresh and strange approach to a history that we often try to ignore or sugar coat, and I find the story something really worth telling.”

This production is set to be performed for two separate weeks. It will be show February

18 through the 21 and February 25 through 28.

The main leads are Cody Hays playing Andrew Jackson, Susan Grace Catrett playing Rachel Jackson and Aaron Martin playing the band leader.

Jessica Reaves — the first student who has ever designed JSU musical scenery — designed the set. The costumes are modern punk, hip-hop and rock inspired with some fun period detail thrown in designed by the director Randy Blades.

Even the lighting will pertain to this rock concert theme designed by Robert Graham.

Auditions and other preparations for this began last fall.

People who do not like loud music and are generally against profanity may want to skip this production. However, there will be several student productions that will follow for the rest of the semester.

Upcoming campus events:

“Die Fledermaus”
When: Friday, January 15 at 7:00 p.m.
Who: Jacksonville Opera Theatre

Where: Oxford Performing Arts Center
Cost: \$10-\$25

Attention: The “Midtown Brass Quintet” hosted by the JSU Music Department scheduled for Friday, January 15 at 7:30 p.m. is canceled.

OPINION & EDITORIAL

Approval of bill represents Christmas miracle

Kevin Spann
Political Columnist

Before returning to the messier side of politics, it is important to note when government does something truly altruistic. In the years following the 9/11 attacks, it began to become obvious that numerous first responders were exposed to enough hazardous materials to significantly increase their chances of developing cancer and other fatal illnesses.

Named after James Zadroga, a young police officer who died of a respiratory illness following the attack, a bill was authored to pay for these heroes' health care

costs. Given the bill's nature and natural bipartisan support, it seemed aid would soon come for those affected.

Shockingly, however, the bill was filibustered due to cost concerns. After stalling in the Senate, an unlikely team emerged to shame Congress into acting. Political satirist Jon Stewart, then of the Daily Show, pushed hard for the cause on his program and invited some of the first responders themselves on to make their case.

Meanwhile on the other end of the spectrum, Shepherd Smith of Fox news began rallying support for the bill. These efforts paid off with the Zadroga Act pass-

ing both Houses of Congress and being signed into law by the President.

By 2015 those who relied on the act began to worry as the law seemed at risk of expiring. The new Senate majority leader Mitch McConnell promised that this would not come to pass but by October the act had indeed formally expired though funds would still be available temporarily.

As such new efforts were launched in order to rally support for an extension. Again comedian Jon Stewart traveled to Capitol Hill with the heroic men and women often with shameful results as in many cases Senators

refused to meet with them.

Stewart again used his Hollywood status to spread the message returning to his former program and others. Largely, the media and those of influence seemed to have little time to discuss the act with numerous other scandals and stories filling the news cycle.

Perhaps most shocking despite the slew of candidates seeking the presidency, none seemed inclined to boost their profile by lobbying hard for the act. Democrats Hillary Clinton and Bernie Sanders played a small part and Republican Senator Lindsey Graham, who Stewart had frequently poked fun of on his

program, offered his support.

The relative silence surrounding the topic was deafening. As the year drew to a close Stewart and a number of the first responders placed the blame on the Senate majority leader.

Finally, in the closing days of the Congressional session, whatever forces were holding up the act seemed to experience a change of heart exceeding even that of Dr. Seuss' famous Christmas antagonist, the Grinch.

The act was not only renewed but funding was put in place for enough time to likely surpass the remaining first responder's life expectancy.

How to count sheep without counting sheep

Marie McBurnett
Editor-in-Chief

Drinking warm milk and counting sheep may work for some, but for most of the overly-stressed student population, it may not cut it. Hypnosis has been known to help some people fall asleep. I have done that once, and while it worked, it takes time and concentration. For those who do not want to take a sleep aid or use techniques that mess with the mind to rest a troubled brain, finding a way to safely fall asleep may be difficult.

My advice? Don't drink caffeine four hours before you need to be asleep. Trying not to eat right before bed is also a good way to fall asleep and to sleep restfully. I enjoy listening to Celtic music as well. The artists Enya and Hayley Westenra are my favorite to listen to.

Many people also find piano music particularly soothing.

Experts' advice? Buy bubbles.

Men's Health posted an article titled "7 Sleep Doctors Reveal Their Favorite Tricks for Falling Asleep Fast" in August 2015 on the best ways to help yourself fall asleep. Professor of neurology, Rachel Marie E. Salas, M.D., said that blowing bubbles before you go to bed promotes heavy

breathing exercises that trick your brain into thinking that you are getting tired.

According to the Huffington Post's "15 Science-backed ways to fall asleep faster," activities that require us to use our heads, "like a jigsaw puzzle or a coloring book" will help our minds get to the point where they want to rest. Another interesting way is to give yourself acupressure. Here are the areas to target according to the article:

— Between your eyebrows, there is a small depression on the level of your brows, right above the nose. Apply gentle pressure to that point for a minute.

— Between your first and second toes, on top of the foot, there is a depression. Press that area for a few minutes until you feel a dull ache.

— Imagine that your foot has three sections, beginning at the tips of your toes and ending at the back of your heel. Find the distance one-third back from the tips of your toes and press on the sole of your foot for a few minutes.

— Massage both of your ears for a minute.

Dr. Andrew Weil also developed a method to help people fall asleep in under a minute after doing it repetitively. According to drweil.com, this is

how the "4-7-8" method works: Touch the tip of the tongue to the roof of the mouth. Try to empty as much air out of body as possible. Next, inhale through the nose for four seconds. Then, hold that air for seven seconds. Last, exhale through mouth for eight seconds, pursing lips outward. Dr. Weil advises doing four sets every night in order to fall asleep faster.

There are several psychologists and sleep experts that also suggest reading or listening to soothing music.

Experts have a general consensus that electronics are a no-no. The light from portable devices like laptops, tablets — and yes, phones, trick our brains into thinking it is time to be awake.

That last minute Facebook or Instagram scroll is releasing a hormone into your brain that can keep you from achieving the rest you deserve.

Some of the more outlandish suggestions include covering your face in cold water for half a minute and immersing your room with the scent of lavender.

According to Holistic sleep therapist Peter Smith, breathing out of your left nostril can also help, as can rolling your eyes, humming to yourself, and surprisingly, trying to stay awake.

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Mafia III introduces racially diverse character

Eric Taunton
Staff Reporter

The third installment of the Mafia video game series will have a main character with a mixed racial background.

The character, Franklin Clay, is an orphan in his early 20s who has just returned from Vietnam to his hometown of New Orleans, La. in the 1960s.

The setting of the game is 1968, making Clay's hometown a part of the segregated South. Since his race is a combination of black and white, he feels like an outsider to both communities.

As an orphan, Clay attempts to find a sense of family in the black mafia of

New Orleans, but the majority of them are killed by the Italian mafia. In order to get his revenge, he teams up with leaders of different gangs to eradicate the Italian mafia in New Orleans and take over their territory.

This installment of the Mafia series stands out since the main character is not the of majority race, which is something that has not happened often in the video game industry.

The game helps to make a statement that there needs to be more diversity in the video game industry because not many video games claim to have a multi-racial character.

Since Clay is multi-racial, it will be interesting to see

how both the black and the white citizens of New Orleans treat him, especially taking into account the era in which the game take place.

Clay's race is not the only thing that makes the game interesting; it is his background as well.

Since he is an orphan, it will be interesting to see who he considers his family and why.

In the trailer promoting the game, Clay said that "family isn't who you're born with. It's who you die for."

Mafia III will be released on Playstation 4, Xbox One, and PC. The game release is expected some time this year.



SPORTS

Grass named AFCA FCS Coach of the Year

SAN ANTONIO, Texas – Jacksonville State's John Grass was honored on Tuesday at the American Football Coaches Association's annual convention as the 2015 AFCA National Coach of the Year.

Fresh off a 13-2 season that saw him win his second Ohio Valley Conference title in as many years and guide the Gamecocks to the FCS National Championship Game for the first time in school history, Grass became the first OVC coach to earn the honor and JSU's first National Coach of the Year since Bill Burgess in 1992.

Grass' Gamecocks broke more than 50 school records in 2015 en route to their second-straight unbeaten conference season.

Grass became the first coach in league and FCS history to go unbeaten in conference play in his first two seasons as a head coach.

He also tied for the best



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start to a head coaching career in FCS history through his first 26 games (23-3).

He was named the OVC Roy Kidd Coach of the Year for the second-straight season in 2015.

Grass was one of five coaches honored at Tuesday's convention, joining Clemson's Dabo Swinney (FBS), Northwest Missouri State's Adam Dorrel (Division II), St. Thomas' (Minn.) Glenn Caruso (Division III) and Marian's Mark Henninger (NAIA) as the 2015 AFCA National Coach of

the Year winners.

In an historic 2015 season, the Gamecocks defeated Chattanooga on the road before becoming the first FCS team in history to take a ranked FBS foe to overtime in a loss to No. 6 Auburn.

JSU then rattled off 12-straight wins to claim its second-straight OVC crown, earn the No. 1 National Seed and roll into the FCS Championship Game in Frisco, Texas.

JSU was ranked No. 1 in the nation for the first time in school history and held that spot in at least one poll for the final 11 weeks of the regular season.

They finished the season ranked No. 2, the school's highest ranking in the final polls in Division I history.

JSU shattered several school records, including total offense (7,613), rushing yards (4,511), passing yards (3,102), points scored (584) and tackles for a loss (135). Senior

running back Troymaine Pope broke the school and OVC single-season rushing record with 1,788 yards, while his 8.2 yards per carry led the nation.

Junior Eli Jenkins' 3,949 yards of total offense were also a school record.

Josh Barge broke the single-season record for catches with 92, receiving yards with 1,145 and touchdown catches with 11.

On the defensive side of the ball, sophomore Darius Jackson and senior Chris Landrum, Sr., each had 19.0 tackles for a loss to break the school record in that category.

The Gamecocks finished the year ranked fourth nationally in total offense, third in rushing offense and second with 362 first downs. Defensively, JSU was third nationally with 20 interceptions, while ranking 12th in total defense.

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Gamecocks Side Bar

JSU Upcoming Action

1/16

-Rifle at The Citadel

-Rifle vs Air Force Academy

-Trank and Field at UAB
Blazer Invitational

-Men's Basketball vs UT
Martin

-Women's Basketball vs UT
Martin

1/20

-Women's Basketball vs
Belmont

1/21

-Men's Basketball at Eastern
Kentucky

OVC Basketball Standing

Men's Standings

School	OVC Overall
East	
Tennessee Tech	4-0 12-5
Tennessee State	3-0 12-4
Belmont	3-0 11-6
Eastern Kentucky	2-1 11-7
Morehead State	2-1 5-14
Jacksonville State	1-3 5-14

West

Murray State	2-1 8-8
UT Martin	1-1 9-8
Austin Peay	1-2 8-10
Eastern Illinois	1-3 4-12
SIUE	0-4 3-13
SEMO	0-4 2-14

Women's Standings

School	OVC Overall
Austin Peay	3-0 5-11
SEMO	3-1 10-7
SIUE	3-1 8-9
Eastern Kentucky	2-1 8-6
Tennessee State	2-1 7-9
Murray State	2-1 6-8
Jacksonville State	2-2 7-9
UT Martin	1-1 8-7
Belmont	1-2 9-7
Tennessee Tech	1-3 5-12
Morehead State	0-3 6-11
Eastern Illinois	0-4 1-15



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Men fall to Murray State, 69-54

MURRAY, Ky. – The Jacksonville State men's basketball team suffered a 69-54 road setback to Ohio Valley Conference foe, Murray State, at the CFSB Center.

The Gamecocks opened the contest jumping out to an 8-2 advantage over the Racers. Junior Greg Tucker hit a couple of early threes, while sophomore Malcolm Drumwright added another as JSU held a five-point lead at the first media break.

Drumwright was the only Gamecock to finish in double figures in scoring with a team-high 14 points.

He was perfect from behind the arc going four-for-four.

Tucker finished with nine followed by JaQuail Townser and Erik Durham who each had eight points.

MSU took its first lead midway through the first half, but the game went back-and-forth often before the Racers began to

pull away from a 23-23 tie late in the period.

The Racers made a 9-2 run in just over a two-minute span fueled by consecutive dunks to create separation and enter the half with a 32-25 lead.

With 16:57 remaining in the second half, Drumwright added another of his four three-pointers for the night to draw JSU within six.

It would be the closest the Gamecocks would get the rest of the way as

MSU slowly increased its advantage into double-digits down the stretch.

The Racers shot .470 from the floor compared to JSU's .333, and the Gamecocks didn't get many second opportunities as the home team won the rebounding battle, 46-32.

JSU remains on the road in OVC play with a Wednesday night game at Southeast Missouri in Cape Girardeau, Mo.

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Should Cooperstown discriminate?

Timothy Cash
Sports Editor

Last week, the Baseball Writers Association of America voted in two of the 37 players eligible for the Hall of Fame. The two that managed to get the 330 votes necessary to enter Cooperstown in the summer will be Ken Griffey, Jr., and Mike Piazza.

Jeff Bagwell and Tim Lincecum were close with 315 and 307 votes, but they have both appeared on the ballot before.

Growing up, Sammy Sosa with the Cubs, Mark McGwire with the Cardinals and Barry Bonds with the Giants electrified the highlight reels on ESPN's SportsCenter.

So the question is, "Why aren't they getting voted in?" Sosa, Bonds, and Roger Clemens have all been on the ballot for four years, and McGwire's name has appeared on it for a decade. What's the deal with the BBWAA? Is the hall

not open to those who helped inspire a whole new generation of kids to pick up a bat and a ball?

The problem is, all of their highlights and all of their statistics are tainted with speculation that performance-enhancing drugs were used, or so a few key voters of the BBWAA would like to think. I was just a kid when the PED era started.

It might be the innocence of a child that we all used to possess, but these men seemed more than mere mortals to eight-year-old me.

There is no way that I could ever 100 percent know that one or all of these men used PED's. The speculation is there, however, and it is that speculation that is keeping them out of baseball's most prestigious club.

Baseball would like to portray itself as a timeless sport that is stuck in its golden era, long before anyone had heard of performance-enhancing drugs. The first class was elected to the hall of

fame in 1936. The big names and bigger personalities of Walter Johnson, Ty Cobb, Christy Mathewson, Honus Wagner and the immortal George Herman 'Babe' Ruth.

These original five were inducted with or without the aid of PED's, and so should everyone else.

This is how many in the industry think, especially those in a position to vote for the hall of fame.

Others see that these players rejuvenated Baseball. The 1960s and 1970s saw baseball go from being the national pastime to being second behind the NFL. The strike of 1994 did not help the matter.

The strike started in early August of that year and lasted all the way until April.

MLB was forced to cancel the remainder of the season, including the postseason and World Series. This was the first World Series missed since the National

League's New York Giants refused to play the American League champion Boston Americans, now known as the Red Sox.

These players help helped get a whole new generation to want to love baseball. It is one thing to stand in the outfield in little league, and it is another to stand at the plate and swing for the fences while pretending you were Barry Bonds.

In my opinion these players are a big reason baseball was able to comeback and survive.

Mike Piazza was one of the two voted in this year, surprisingly. Like Bonds, Clemens and McGwire, Piazza was suspected to have used PED's in his career. Could he have somehow slipped through the cracks? Could this be a change?

Could the old guard start excepting that without hard facts to support their claims, they do not have a reason to keep these players out? We will have to wait and see what happens.



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Women top the Racers, 74-71

MURRAY, Ky. – Jacksonville State's bench combined for 33 points to propel JSU to a key 74-71 Ohio Valley Conference road win over Murray State on Saturday afternoon at the CFSB Center.

The Jax State bench out-scored the Racers bench 33-6 as junior Briana Benson posted a season-high 18 points and freshman Rayven Pearson registered a career-high 15 points in the win and improve JSU's league mark to 2-2 and the seventh win of the season.

The three-point loss was MSU's first in conference play after starting OVC play with a pair of wins.

After just three previous wins over the Racers on their home floor, the Gamecocks have now won two in a row at the CFSB Center and three straight over MSU, dating back to a win in Murray, Kentucky during the 2013-14 campaign.

After a sluggish start in the open-

ing half for Jax State, shooting just 8-of-27 from the field and half of those baskets from three-point range, a strong second half shooting performance pushed JSU to the win. JSU was a sizzling 19-of-26 from the field in the second half and turned in a 42 percent shooting effort for the contest.

The Racers were balanced from the field in both halves as they connected above 40 percent in each session.

JSU held a slim 15-14 lead after the first 10 minutes, but the Racers produced a 16-point second quarter to take a 30-29 lead at the halftime break.

The contest stayed tightly contested the rest of the way as neither team held a lead no larger than four points. MSU maintained its one-point lead through three quarters with a 51-49 lead.

The Gamecocks drained 10 of

their 19 baskets in the final quarter to overcome the minimal MSU advantage.

With the game tied for the 11th time at 56-all with 7:54 left in the game, a three pointer by senior Courtney Strain gave JSU a lead it would not relinquish the rest of the way.

A layup by Pearson extended Jax State's lead out to the largest of the game at 63-56 before MSU trimmed the lead down to 63-61 with just under six minutes left to play.

The Racers got within a point at 72-71 with just 40 seconds left in the game, but a great response by JSU on its next possession as Tyler Phelion converted a layup to push the lead out to three at 74-71.

Phelion recorded her second double-double of the season and third of her career with 12 points and 12 rebounds.

Benson, who surpassed her previ-

ous season-best of 17 points in the season opener at Memphis, was 6-of-16 from the field, including four treys to her credit.

The Jonesboro, Georgia guard also had five rebounds in her 26 minutes of action. Pearson, from Hazel Green, Ala., nearly had her first double-double with 15 points on 6-of-9 from the field and eight rebounds.

Sophomore Gretchen Morrison pitched in 13 points in the win, including a pair of treys.

The Racers were led by Ke'Shunan James' game-high 26 points.

The Gamecocks close out their three-game OVC road trip on Wednesday, January 13 in Cape Girardeau, Missouri against the Redhawks of Southeast Missouri.

Tip off from the Show Me Center is slated for 5:30 p.m.

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TOP LEFT: Troymaine Pope breaks free from his opponent during the third round against Charleston Southern in the 2015 FCS playoffs. **BOTTOM LEFT:** Pope breaks a tackle during the semifinal game against Sam Houston State in the 2015 FCS playoffs. **RIGHT:** Pope stiff-arms a Chattanooga defender during the second round of the 2015 FCS playoffs.

Pope named top FCS running back

CHARLESTON, S.C. – Jacksonville State senior Troymaine Pope was named the top running back in FCS on Wednesday by the College Football Performance Awards (CFPA).

Pope, a native of Annis-ton, had an historic season as the Gamecocks' primary running back, breaking the school and Ohio Valley Conference record for rushing yards in a season with 1,788.

He averaged 8.2 yards per carry, which led all of FCS,

and was First Team All-OVC and named a Third Team All-American by STATS.

Pope and quarterback Eli Jenkins (1,161) became the first JSU tandem to rush for 1,000 yards in a single season and both turned it up a notch in the playoffs.

Pope opened the postseason with a career-best 234 yards and three touchdowns against Chattanooga in the second round before improving upon that high with 250 yards and three more scores

in JSU's Quarterfinals win over Charleston Southern. In the Gamecocks' semifinals rout of Sam Houston State, Pope had 181 yards and a pair of touchdowns to lead the Gamecocks.

Pope ran for over 100 yards eight times in 2015 and scored 19 touchdowns on the ground, tied for second-most in a season in school history.

He was the leader on an offense that destroyed the school's single season rush-

ing record with 4,511 yards, 654 more than three previous record set in 1991.

Pope's season total also broke DaMarcus James' school record from 2013 by 311 yards and dethroned Akron's Mike Clark as the OVC's single-season rushing king, a spot he'd held since 1986.

Pope wraps up his Gamecock career with 3,376 yards, third-most in JSU history, and with 13 100-yard games, also

third-most at JSU.

In its eight season of player and team performance recognition, the CFPA's goal is to provide the most scientifically rigorous conferments in college football. Recipients are selected exclusively based upon objective scientific rankings of the extent to which individual players increase the overall effectiveness of their teams.

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WHERE YOU'RE GOING.