

IN THIS ISSUE: Genetically modified organisms provide economic benefits, health hazards

WEATHER: Partly Cloudy, High 77, Low 59

Thursday, March 10, 2016

SGA candidates debate campus issues

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Alexander Cooper Staff Reporter

The Student Government Association held debates Monday in the TMB auditorium for candidates running for SGA executive positions.

The debates were split into two sections. The first half involved candidates Dylan Jones, Hayden Clay, and Jesslan Sharp. Jones is running for vice president of organizational affairs, Clay is running for vice president of the Student Senate and Sharp is running for SGA president. All three candidates are running unop-

The moderator asked the candidates questions concerning a variety of different issues, including improving student voter turnout and encouraging diversity within the SGA. All three candidates expressed opinions that the SGA lacks diversity.

"Its the same group of people that apply for student senate," said Dylan Jones. "It's because we aren't going out and encouraging people who aren't involved already on campus."

Jesslan Sharp said the SGA should reach out to "the smaller organizations on campus that aren't being represented" on a personal level. Hayden Clay argued that his plan to email organization presidents directly would bring more diversity to the SGA weekly meetings.

All three candidates also provided plans to voice students' opinions.

"I think the most important thing is to go out, personally, and make students feel like they are wanted, like their opinions are wanted," Sharp said.

Clay pointed out that the student senate is "the most representative body of the SGA." He argued that the most effective way to project the thoughts and opinions of students is to draft resolutions that would be sent to administration.

Jones said that the executive officers, especially the SGA president, could be used more to make student concerns known to administration.

The second half of the debate concerned the three candidates running for vice president of student activities. The candidates are Emily Arledge, Morgan Burnett and Ranger Rumrill.

The moderator asked them if they would be for or against a flat, student activities fee that would be charged to all students in order to fund more campus events. Both Burnett and Rumrill argued against the fee, while Arledge supported

Burnett said that students already have several expenses, and an extra fee could be asking too much of students or their parents, depending on who is paying for everything. Rumrill offered another

See SGA page 2

The war within: PTSD brings battles home

Katelyn Schneider

Arts & Entertainment Editor

It's not uncommon to stay up for days or to hear the whistle of bullets fly by. It's part of the job. It becomes part of a soldier's everyday routine. The constant on-edge feeling leaves one able to react at any moment. Coming home should be different. Instead, it is a whole new set of battles.

When a soldier is overseas, certain behaviors become second nature. Things they see cannot be easily shaken. In the U.S., there are things that people see, feel, and hear everyday, but don't think twice about.

The trash that litters the streets on the drive home doesn't mean anything; the sounds of cracking thunder and fireworks exploding in the sky are just noises.

To civilians, these are just things. But to a war veteran, these are triggers; they pull them back to the trash that covered Improvised Explosive Devices (IEDs), and to the loud backfire of weapons and explosions; they pull them back to the terrible things they witnessed. And these triggers are part of Posttraumatic Stress Disorder (PTSD).

Dr. Amy Stevens has been a licensed professional counselor for 12 years. Stevens is also a veteran with 11 years of service with the active duty Navy and the Navy Reserve. Because of nerve damage in her arm, she was not able to continue her military career. This sudden change in careers was traumatic and left

her with mild PTSD. As complex as PTSD can be, and with her first hand knowledge, she says a simple way to define it is that "PTSD is basically when [someone has] difficulty dealing with a trauma in [his or her]

PTSD is a disorder that can arise in anyone who suffers from trauma. It is common in soldiers because of the traumatic events that take place in a war zone; that take place in a hot sandbox where death is daily and tomorrow doesn't always come. It is important to note that PTSD can vary in levels of severity, and with this in mind, Stevens acknowledges that "50 to 75% [of veterans] have some level of PTSD."

These side effects vary between veterans. They can range from nightmares and flashbacks to more fatal anxiety attacks and outlashes.

My dad, retired Staff Sgt. Pete Schneider, has suffered from these side effects and still suffers from some of them. After almost 24 years of service between the Army and Navy, Sgt. Schneider has seen things over the course of six deployments that have changed him.

He has always been the fearless leader of his household. He fixes leaky faucets, drives all 10 hours of the road trip and sits at the head of the table during every meal.

His wife and six children look to him and listen to his voice. He is the man to investigate scary noises, and the one who checked under the bed for monsters. He always seemed so

See PTSD page 2

Counselor lectures students on coping with perfectionism

Dustin Fox

Staff Reporter

Student Government Association guest speaker Counselor Caroline Allen-Ross spoke to students about perfectionism Tuesday in the TMB auditorium.

Allen-Ross said perfectionism is a personality disorder that can have drastic effects on everyone, especially college students. Her speech, 'When being perfect is stressing you out,' identified symptoms of perfectionism and provided tips on how to deal with it.

"It can be a terrible situation if you're a perfectionist and you're trying to pass tests and get through classes," Allen-Ross said as she began her speech. "Perfectionism is one of the greatest contributors to stress in our society."

She said perfectionism is not always a bad thing, but it becomes a problem when someone takes it too far. There are two types of perfectionism that affect 18-20% of people around the United States, according to Allen-Ross.

Normal perfectionism involves pursuing perfection and taking pride in accomplishments without compromising self-esteem; she said neurotic perfectionism, the second type, is taking that pursuit and putting it "on steroids."

Neurotic perfectionism can be related to disorders such as Obsessive-Compulsive Disorder, and both are categorized as General Anxiety Disorders. Allen-Ross said that perfectionism can actually prevent someone from accomplishing



Garret Counseling and Consulting

Counselor Caroline Allen-Ross spoke to students about coping with perfectionism Tuesday in the TMB auditorium.

their work.

After spending a great deal of time worrying about details and getting things just right, a perfectionist usually forgets why they began the job in the first place. She provided seven tips to deal with this problem.

Cutting yourself slack, learning that mistakes are not catastrophes and avoiding over-analyzing negative outcomes can help. However, Allen-Ross said finding a balance in life is the key to overcoming perfectionism.

She asked students what they should do when they feel overwhelmed after studying too long for a test, or spending too much time writing an essay. For a

See PERFECT page 2

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SGA, from page 1

perspective in his dissent.

"It would be unfair to students who don't go to events," he said.

Arledge said that if every student paid the fee, it would allow for the planning of both more events on campus, and better ones as well.

The candidates also proposed ways to get more of the student body involved in campus events. Rumrill said that more should be done to increase morale at the end of the year. He suggested the campus hold a "winterfest" a few weeks

before Christmas holidays.

Burnett said that more attention should be given to dual-enrollment students and students with families. He said that a music festival would be a good potential event.

Alrledge expressed a desire to see a big tailgate put together, as well as making campus events feel more inclusive to everyone involved.

The SGA will hold elections for offices today from 12:00 a.m. to 4 p.m. Students may vote online at www.jsu.edu/elections.

Headline correction: Last week's headline for the story on Dr. Raina Kostova said that she is from Bolivia. Kostova is in fact from Bulgaria as was stated in the story.

PERFECT, from page 1

perfectionist, it seems impossible to stop until the work is done, but Allen-Ross insisted it is important to step back and take a break.

Not only does taking breaks help reduce stress, it also can calm the mind, helping someone to think more clearly about a subject.

She concluded her speech with the message that perfectionism is an issue that affects a large number of young students, but that it can be overcome using simple, everyday steps.

"I identified with a lot of what she said," Student Casey Payne said after the speech. "I had always thought that with things like OCD and perfectionism, it was more severe and the problem was more noticeable. But she made it more relatable, and I've always had some of the thoughts she spoke about."

Payne said she was glad Allen-Ross gave tips on how to deal with perfectionism. She said she thought they would be helpful for college students.

Allen-Ross earned a master's degree in psychology with a concentration in clinical psychology from JSU. She currently works with children, youth, and families in crisis as a licensed professional counselor with Garrett Counseling and Consulting in Jacksonville. Allen-Ross said counselling has been a passion for her throughout her life.

PTSD, from page 1

invincible. He is still fearless, but he reacts to situations differently after his two most recent tours: one to Iraq and the other to Afghanistan.

Shortly after his homecoming, we were at the grocery store on a rainy day filling the shopping cart with food and plastic dishware needed for a birthday dinner.

Thunder cracked so loudly that I jumped and even heard a few startled shouts from nearby customers. Before I could even blink, I was being pulled to the ground. Sgt. Schneider had dropped to the cool tile floor and pulled me down behind him. His hands were wrapped around an imaginary gun.

I was careful not to grab him knowing he would think I was a threat, but in a soft, confident voice I kept saying, "We're home, Daddy. It was just thunder. You're okay."

As the customers walked slowly by, they passed curious and judgmental looks. He took long breaths to ease himself back to reality.

Driving also created the opportunity for PTSD triggers upon his homecomings. He explains that "any kind of trash at the side of the road is a trigger because [soldiers are] expecting an IED to be there."

Flashbacks are another common side effect of PTSD. They occur when a veteran has seen something so vivid that he or she cannot rid his or her mind of it.

The triggers such as loud noises, nightmares, and flashbacks all deal with a veteran's psychological well being. However, PTSD can also re-

sult in physical damages as well. It can affect veterans to the point where they begin to self-medicate in unhealthy ways, using substances such as drugs and/or alcohol. In severe cases, the side effects can lead to instances where a veteran resorts to suicide.

Eight veterans that Sgt. Schneider served with have died by their own hand. Wearing a shirt that bears the name of some of those men, he explains, "We have had several incidents where people have just disappeared.

They've resurfaced, but they've just gone off the deep end for weeks on end.

They dropped off the grid. We've had people who take their cars up to the city of Atlanta and go to the long term parking lot at the airport and blow their brains out."

The risk of PTSD is increased if the veteran was wounded in combat. This is the case for Sgt. Bryan Braud who was medically discharged from the Army after 12 years of service.

On his last tour, Sgt. Braud agreed to go on a mission at the last minute. Sgt. Schneider actually was told to sit out of the mission moments before they left to deal with a family emergency. These last minute decisions changed their lives forever.

It happened on a ten kilometer stretch of sand known as "no man's land." In this hot, dusty stretch of land, the Humvee went over a double stacked 155 high explosive. The sturdy vehicle became a pile of wreckage.

The IED was wired to a remote detonator. The explosion blew Sgt.

Braud halfway out of the vehicle.

He knew he couldn't stop. His adrenalin was pumping. He pulled himself out of the way and began to lay down fire with his pistol.

Generally, the enemy finishes with a small arms attack. But Sgt. Braud was prepared. He was firing and his men followed his lead, firing their rifles as well. Sgt. Braud admits he was nervous to go home because his ride home was a little different.

In a low voice, he says "I didn't come home like most people. I came home on a stretcher." His accident left him suffering from PTSD. Loud noises make him jump; he has the weight of anxiety from the things he has seen, and he relives it in his dreams.

"The nightmares just come at different times," he says almost nonchalantly, as though it's something as trivial as a package delivery. He cannot predict when the nightmares will come, but he knows they will.

Sgt. Schneider walked away from the mission, but he cannot walk away from the guilt he feels about that day.

He cannot ignore the feeling that he should have been there. The feeling that he was supposed to be there. And if he could change it, he would have been there.

When a soldier trains to go overseas, he or she learns a new way of life. Sgt. Schneider, who still writes in all caps, emphasizes that "the military in general spends a lot of time teaching people how to deal with war and how to deal with combat.

But they don't teach

you how to undo what you've seen; they don't teach you how to undo what you've been trained. There's no off switch."

The military changes soldiers' thinking and what they witness changes who they are. And the families at home change too.

Yvonne Stringfield has been married to Command Sgt. Major (CSM) Phillip Stringfield for 33 years. They have lost years of time together as he has been on eight deployments through the Army and Georgia Army National Guard.

In these times apart, Yvonne and her husband became slightly different people. While CSM Stringfield was away, Mrs. Stringfield explained her new role as being like a single mom.

"It was me having to do what I would usually do and what he would usually do. I had to take care of the house, the yard, the bills, raising the kids, football practice, band—you name it."

There was a constant fear that accompanied her husband's absence because of the possibility of PTSD, and the almost guarantee of him being different. She spent days "not knowing that he would be able to come back, and if he did, how he would come back."

Not only does the absence of the soldier affect families, but their return does as well. The fear of how soldiers may come home doesn't make the gaping hole of their absence any easier.

Families spend hours upon hours praying and hoping their soldiers come home on two feet and with beating hearts.

Likewise, the potential PTSD that affects veterans doesn't make the soldier miss his or her family any less. Things change and people change.

War changes veterans and PTSD changes veterans, but it doesn't mean that things cannot be okay. PTSD can be managed, but it can also be very difficult to handle, depending on the level of severity.

Sgt. Schneider and Sgt. Braud agree that one of the most effective ways to cope with PTSD is talking. Soldiers don't stop when bullets whizz by their heads.

They don't retreat when there is a man left behind. These are men and women who try to handle awful situations with grace and humor. Despite the IED explosion that left Sgt. Braud in a less than perfect physical and psychological condition, he can only think of one thing he would change. He says with a laugh, "I'd duck."

These men and women do not like to

appear incompetent. Sgt. Schneider, shifting around in his seat easily recites as if it is the alphabet, "You're taught as a soldier or as a military person that you're unstoppable, that you're invincible, that there's nothing you can't handle

And the biggest thing that any military person has to deal with, even when they're out of the military, is that to admit PTSD or to admit any sort of illness at all is a sign of weakness. The last thing any soldier wants to appear is weak."

Being in the military means becoming someone else. It means coming back to a familiar house but different people.

It means trying to fit into a world and lifestyle that once seemed so safe, but doesn't any-

Being in the military means dealing with the potential of PTSD. And that means fighting a whole new war. Coming back doesn't always mean coming home.

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The Chanticleer March 10, 2016

STUDY BREAK







By: L. A. Bonté For more comics and animations visit FilbertCartoons.com

Need Advice?

The Chauticleer staff is happy to help!

Email chantynewstips@gmail.com with your problems and look in the paper next week for our newest "Dear Chauty" section.

NOTE: All entries will remain anonymous, and Chanty will respond to all inquiries.

Campus crime report: 02/26 to 03/01

03/02/2016

Fire

Colonial Arms Apartments

03/02/2016

Duty Upon Striking an Unattended Vehicle Curtiss Hall Parking Lot

03/02/2016

Violation of Student Code of Conduct

Crow Hall

03/04/2016 Violation of Student Code of Conduct

A Street

Witness a crime?

For emergencies, dial 6000 from any campus phone.



03/04/2016 Violation of Student Code of Conduct The Reserve Apartments

> 03/04/2016 Burglary Crow Hall

03/04/2016 Information Report-Suspicious Person Martin Hall

> 03/08/2016 Burglary Logan Hall



When you realize it's only been 20 minutes into your hour and half class.

Two days ago: 80 degrees. Now: cold enough to snow again. Welcome to Alabama!

Ramen with bacon...Gamechanger!

When you're bored in class and you leave to walk around.

The worst feeling in the world is studying like crazy for a test and then failing it.

Romantically, I'm a puppy.

Attention: There is no 'x' in espresso, and the word is not supposed to sound like there is one in it. Please discontinue the butchering of this beautiful word. That is all.

Don't tell someone they look tired. It always translates to "you look terrible."

"Use the Force, Harry." -Gandalf

Missed my alarm so I rode to class on the wind.

Dear Chanty,

I saw this girl at a party the other night that I've had several classes with. I've had a crush on her for a long time, and when I finally got the nerve to go up to talk to her, it was obvious she was under the influence. I talked to her close to the entire night, and it was alright, but I honestly don't think she remembers talking to me. She seemed really interested despite her state of mind. When I got to the class we have together, things went back to the way they have always been. She looked at me a few times, like always, and smiled. When we were talking at the party, she said some things about her past that made me uncomfortable though, and I'm not sure if I should try to talk to her again.

Sincerely, Confused Crush

Confused Crush.

You know the saying 'can't judge a book by its cover'? Well, you also can't judge a book when it's drunk. Depending on what exactly made you uncomfortable, I would casually talk to this girl. If you decide you still like her, then try to go out with her. Considering she was so drunk that she forgot she spoke to you, what she said needs to be taken with a grain of salt. There is a possibility that she remembers, but doesn't want to bring it up. If you build a sturdy relationship, maybe you can bring it up then. For now though, decide if you still like her. If so, talk to her when she's sober. If you decide you don't really like her, just let it all go.

Yours truly, Chanty

7-day weather outlook



Partly Cloudy High: 77° Low: 59°

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

Partly Cloudy Partly Cloudy Rain Thunderstorm Thunderstorm Partly Cloudy High: 78° High: 76° High: 76° High: 81° High: 80° High: 81° Low: 52° Low: 57° Low: 58° Low: 58° Low: 55° Low: 54°

ARTS & ENTERTAINMENT

Guest artists visit, perform as duo

Brett Thornburg Staff Reporter

The Reflect Harp and Percussion Duo performed March 3 at Mason Hall's performance center. The duo included Dr. Brian Graiser and his wife, Dr. Alaina Graiser.

Brian Graiser was one of McCutchen's former students from the University of Georgia.

Dr. Thomas W. Mc-Cutchen, professor of percussion, helped organize the concert.

"Dr. Graiser got in touch with me to let me know he and his wife were organizing a tour, and it worked out for us to have them perform here," McCutchen said.

The concert included solo and duet pieces

for harp and percussion sets, all spanning music from the French Impressionistic The movements were pieces composed by Claude Debussy, Franco Donatoni. Carlos Salzedo and Maurice Ravel.

The couple met while they were both studying for their Master's in Toronto. They have performed together in recitals and larger ensembles since 2009.

The couple has taken the stage across the world, performing at venues in places such as France, Italy, China, and Australia. The JSU concert was Reflect's performance as a duo, and the first performance of their upcoming inaugural spring tour.

Graiser also treated

the crowd to the world premiere of his originally composed piece, "We Measure in Victims "

He took four weeks to compose the piece, and took inspiration from the recent terrorist attacks in Paris, France.

The piece consisted of "instruments that were specifically rooted in exotic culture," Graiser said. "I wanted a sense of exoticism and orientalism as a possible source of xenophobia, but really as a source of adding to the collective sound," he added.

Reflect plans to begin their tour in their native city of Cincinnati, Ohio. The tour will continue through North Carolina, eventually ending in Atlanta, Ga.



Brett Thornburg/The Chanticleer

The reflect Harp and Percussion Duo performed in the performance center of Mason Hall on Thursday, March 3. This performance is just one stop on a tour that will end in Atlanta, Ga. The percussionist is Dr. Brian Graiser and the harpist is his wife, Dr. Alaina Graiser. The couple has performed together is several venues across the world for seven years.

JSU Music Department hosts a capella concert

Collins Maroa

Staff Reporter

The JSU A Cappella Choir and the Calhoun County Civic Chorale, in conjunction with the JSU Brass Choir, performed March 6 at the First United Methodist Church in Anniston.

Members of the local community, family friends of the performers attended the concert.

The concert included several classical pieces. Choir Director Patricia Corbin led the group as they performed.

Dressed in black and white regalia, the choir resembled a professional opera set. The men wore black tuxedos and the women wore black suits with white blouses.

The group used two platforms in the church to create a surround effect; one of the stages was situated behind and above the congregation with the bass singers creating vibrating waves around the building. The performances included choruses, quintets, quartets and recitatives among others. Solo performances by soprano singer Nova Levy, and quintets by Levy, David Dempsey, Christopher Ser-

rano, LaRue Bowman and Matthew Palmer, stole the show, receiving great applause.

The show lasted around two hours and ended with a standing ovation from the crowd.

"Jacksonville State University students and faculty alike need to attend these events. It is a way to improve student life," said Sebastian Mendez, a graphic designer at JSU.

"It was my first time attending such a function and it was as if the opera had been brought to me. I'll be attending more of the music department events for sure."

The Music Department will host several events this year. For more information, visit the JSU events calendar on the university website.





Photos by Collins Moroa

Photo Above: The JSU A Capella Choir, the Calhoun County Civic Chorale, and the JSU Brass Choir joined together to put on a concert on Sunday, March 6 in Anniston. The concert was held at the First United Methodist Church. JSU Choir Director, Dr. Patricia Corbin leads the ensemble as the play through a tune.

Photo Left: Corbin leads the choir in a rendition of "Adonai Adonai" during the A Capella concert on Sunday. Corbin led the group ensemble throughout the concert.



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The Chanticleer March 10, 2016

Unexpected sequel comes to big screen

Katelyn Schneider

Arts & Entertainment Editor

The unexpected sequel to *Olympus Has* Fallen hit the big screen Friday, March

action-packed The movie, London Has Fallen, picks up years later after the attack on the White House. As a result of the time that has passed, the characters have developed. For example, the main character Mike Banning is a couple weeks away from becoming a father, and is debating on whether or not he should resign from the Secret Service.

Schneider, Jordan who has seen both movies, said the characters have developed. "I think Banning has grown as a family man but also as an agent. I also think the president's character has grown a lot. I think he fought back more this time," she said, "He didn't give in like he did in the first movie where he made people tell their codes.'

Before Banning can make his decision, he must accompany President Asher to the funeral of a world leader that is in London at the last minute.

While in London, the president, much like in the first film, finds himself in trouble. Only this time, he is not the only one. All of the world leaders in attendance are killed.

President Asher initially escapes with the help of Banning, who is the head of his protective service detail. However, the enemy is holding a grudge for something and does not plan to give up easily. The fate of the president, and possibly the world, rests on the shoulders of Banning.

Actor Gerard Butler is excited about the film. In an interview on imdb.com, he said, "There's nothing better than sitting in a cinema being excited, being scared with your adrenalin going thinking 'I don't know what's going to happen next' or being entertained, and I think that's what this movie brings."

The cast is similar to the first film, but it also includes some new faces. Gerard Butler still plays the part of the main character, Mike Banning. Aaron Eckhart plays the role of President Benjamin Asher.

While the president is unable to make decisions, Vice President Trumbull has to call the shots from the safety of the White House. The vice president is played by the Academy Award winner Morgan Freeman. Some of the new characters are played by Charlotte Riley, Alon Aboutboul and Waleed Zuaiter.

According to imdb. com, the movie was filmed in several different places including Bulgaria and London. The company credits belong to three separate production companies. These are Millennium Films, Gerard Butler Alan Siegel Entertainment and LHF Film. The film was directed by Babak Najafi.

After only a couple days, the-numbers.com shows the movie bringing in \$7,591,000 into the Domestic Box Office

London Has Fallen is being shown in theaters in Oxford and Gadsden.



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Flute Studio group hosts festival, performs at Mason

Katelyn Schneider

Arts & Entertainment Editor

Mason Hall hosted a Flute Festival March 5-6 open to all students.

Marching Southerner Alana Ivey said the flutists came together as one ensemble. Ivey also played in the festival.

The flutes ranged in size from the piccolo to the double contrabass bassoon flute. The flutists joined together and sight read ensemble music.

Mason Hall has hosted the event a couple

of times in the past. The JSU Flute Studio uses the festival as a recruiting tool. Around 80 flutists participated in the festival. This included middle school students, high school students, Flute Studio students, and guest artists

She said guest artists Dr. Nora Lee Garcia, Paige Long, and Perimeter Flutes gave inspiring performances.

JSU Flute Professor Dr. Jeremy Benson led the festival. The Flute Studio members also worked to arrange the festival. Toward the end of the festival Saturday, the full flute ensemble joined together to put on a concert. Several of the guest artists were also involved in the concert.

The final performance aimed to display what the participants learned and to show all of their hard work.

"The event was awesome. Experiencing a full flute orchestra is a rare opportunity, and we are so lucky as a studio to be able to host such an awesome event," Ivey said.



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March 10, 2016 The Chanticleer

OPINION & EDITORIAL

Recent elections narrow presidential primary contenders

Kevin Spann

Political Columnist

Super Tuesday and the handful of subsequent contests seem to have provided some indication of how the Republican and Democratic primaries will play out.

Neurosurgeon Ben Carson's exit has narrowed the Republican field to four candidates. However, if things do not change quickly, only two of the four are viable

While Donald Trump has failed to live up to the hype that he would sweep the field with relative ease, he enjoys a solid lead, carrying 12 states and nearly 400 delegates. Meanwhile, Sen. Ted Cruz has outperformed a number of pundits' projections, winning six states and a little over 300 delegates.

Sen. Marco Rubio has dramatically underperformed, carrying only the state of Minnesota. Meanwhile, Gov. John Kasich has garnered more votes than expected, but has failed to win a single state.

As such, the field seems to be narrowing to a Trump versus Cruz matchup, with recent states like Kentucky being settled by a margin of only 10,000 votes. For the momentum to change, Rubio desperately needs to win a major state.

Kasich needs to hope that after watching the other three candidates pound away at each other, voters will warm up to his gentlemanly style of politics. If things continue on their current trajectory, Rubio and Kasich may soon finds themselves finished, and Trump may well pull out a modest victory over Cruz.

As for the Democrats, Hillary Clinton has done quite a bit to silence her doomsayers. Clinton has currently secured the most popular votes of any candidate of either party, and has also won 11

She has dominated the Southern states and Massachusetts, giving her a comfortable delegate lead. Clinton supporters, who hoped to end Sen. Bernie Sanders candidacy early in the cycle, have been severely disappointed as Sanders has carried eight states.

Although, these eight states have almost all voted via caucuses, which due to their often convoluted nature, ensure modest to extremely low turnouts. With the exception of Minnesota, Sanders has been left with relatively few delegates.

However, these victories have kept him very much in the race. Sanders' strength in the Midwest and the New England states gives him time to perhaps shift the field in his favor in states like Florida, which offer more significant prizes.

The Midwest-where Clinton tended to do poorly in the 2008 Democratic primary as well—is not a very viable path to the nomination, given the region's low share of delegates. Thus, if momentum does not shift elsewhere for the Sanders campaign, he is still likely to fall short of victory.

Is your campus club or organization hosting an event on campus? If so, send us the details at chantynewstips@gmail.com.

GMOs provide economic benefit, health hazard

Jade Rollins Staff Reporter

Health pioneers continue to intensify the debate between genetically modified organisms and non-GMOs. GMOs have had their genetic material artificially manipulated through genetic engineering.

Supporters of genetic modification state that the technology is a simple extension of plant breeding. However, others say that scientists break down nature's genetic barriers by transferring genes with unknown consequences.

The Global Politics of Food completed a study that found, "No one has substantiated a single human death, or even illness, as a result of consuming GM food."

Many farmers support the genetic mutation of crops and animals for economic reasons. When using genetically modified seeds, farmers are able to produce a better crop, or a larger cut of meat. This lowers the cost of produce and meat for the con-

"I have been farming for many years and I have seen the transition into GM seeds and the crops they produce. I feel as if the GMOs help people like me produce the product that customers want," Fred Williams said.

GMO foods are banned in 19 countries, excluding the United States. Some of the genetically modified crops allowed in the U.S. are corn, soybean, cotton, canola, potato and apple. Many large companies give their cows rBGH (Recombinant Bovine Growth Hormone) to boost their growth. Other animals, including chickens and pigs, are given hormones and antibiotics to protect them

from diseases they might encounter since they are often kept in small cages filled with their own feces. Those who support the non-GMO

movement claim that there is not

enough research concerning the health

effects of GM foods to have confidence in their safety. Researchers believe one of the most popular side effects is increased food allergies; others claim that GMOs cause cancer. A study in Canada showed that a Bt

toxin, found in GM corn, was found in the fetuses of pregnant women. The study showed that the Bt toxin does not properly break down in digestion, as GMO proponents claim.

Organic farmers stand by GMOfree seeds and animals to produce their final product. The farmers stray away from pesticides that can be harmful to the environment and human health.

Because of the lack of support from large production chains, organic farmers are burdened with extra work to keep their products GMO free. This drives the price of organic and non-GMO products to almost twice the cost of GM foods.

"About a year ago we began researching non-GMO's to become educated about the food we feed our children and ourselves. We were shocked to discover how unnatural the vast majority of the food we consumed was," Dustin and Jessica Hancock said.

"We decided to change to non-GMO and organic foods and it has made a huge difference in our daily lives and we know we are creating a healthy future for our children."

The health debate will continue, and the marketplace will decide who the winner is.

Century divide: Teaching with technology

Editor-in-Chief

A man walks into a classroom and takes off his coat. His slacks are tailored and his shirt tucked. His shoes are quiet against the cold floor as he takes his seat, prepared to learn. The room fills with others wearing the same sort of clothing. There are idle murmurs of civil rights and chatter about the Vietnam War, along silent sorrow in remembrance for an assassinated president. The professor, dressed as professionally as the students, enters and immediately begins to lecture in his low and muddled tone. Scrambled scratches of pen against paper are heard in the empty hall outside as the students struggle to keep up with the professor's voice.

Within only a few decades, students began to dress more casually and clicks replaced pen scratches. Dr. George Lauderbaugh, professor of history at Jacksonville State University, still values those pen scratches he heard in 1963 as a freshman at Davis and Elkins College in West Virginia. "People teach the way they were taught," he shrugs at his office desk. Lauderbaugh is going through a slower adjustment period compared to other professors when it comes to

using technology as an aid

in the classroom. He used an overhead projector until spring 2013, while many were already implementing Apple TV in their classrooms. It was at that semester he began using his own PowerPoint presentations on a screen projector.

"I got rid of the overhead projector and now all my lectures are on PowerPoint, but I don't see much difference between it except it's easier to use than a slide projector," he says. "It allows for brighter colors too."

This reluctance is not present only the 21st Century, however. When Lauderbaugh attended college as an undergraduate it seems his professors enjoyed a strict lecture method. "We had overheads since the late 50s, but very few of my professors used them in college," he says.

The Quality Enhancement Plan (QEP) is a 5-year plan designed to enhance student learning by using more technology in the classroom. The plan depends on faculty mentors to teach students of the 21st century. Spearheaded by Director of Faculty Commons Gena Christopher, JSU's Office of Faculty Commons houses the plan, and is required to train certain instructors of specific 100-200 level courses across the cam-

pus to teach these students

with the tools they already

To see full-length article, visit isu.edu/chanticleer

know how to use best.

These instructors, as well as students in their "QEP class," get in-demand products. The instructors receive a Macbook and an iPad, while students in the classes receive an iPad, says Christopher. Students use these iPads "to develop active learning strategies in that class and they have to emphasize critical thinking because that is what our QEP is about," Christopher says.

Another professor at JSU, Dr. Jeremiah Russell, an assistant professor in the department of political science and public administration, holds a similar view as Lauderbaugh. "I am fully aware that the current trend in education, not just higher education, is to increase the use of technology. I think technology should be kept to a minimum in the classroom," he says in an email interview. Russell was an undergraduate from 1996-2001 and completed his second masters degree by 2006

and his doctorate in 2010. "In most of my courses, I use just three things—a

book, a white board, and a dry-erase marker." Russell is like Lauder-

baugh in that the use of tech-

nology in his classroom is

Any other time, phones are not permitted. Unlike Lauderbaugh, Russell owns a smartphone - a Nokia Windows phone. Outside the classroom, he uses technology often. He has a Twitter account, and iPad and Roku. "I wouldn't say technology has changed me personally. It has, however, helped me in my profession."

While some are excited about what opportunities the QEP will bring, others are a little more skeptical. Russell commends JSU's administration for trying to focus on critical thinking, but "I simply think that faculty should pause to consider the negatives related to the use of technology in the classroom, which have been demonstrated in several recent studies, not only its benefits," he says.

When asked about the QEP, Lauderbaugh chuckled and shook his head, "In some respects, it didn't get off to a good start in some areas."

His grin faded and his eyebrows raised over his glasses, "There is a perception, and it may not be accurate, but a big mistake made was to infer, probably unintentionally, that I am not a 'real professor.' One of their invitations was for me to go listen to a 'real professor,'

which infers I'm not a real

only on an as-needed basis. professor." Lauderbaugh suggests that the invitation should have used the word "virtual" instead of "real."

> "So I think that has clouded some enthusiasm for technology," says Lauderbaugh.

> These scenarios could feed an us-against-them ideology among some of JSU's faculty. In one corner, there are the pro-pen scratch professors that don't have adequate training in technology, or just don't care to use it. In another corner, there is the QEP, a plan whose goal is to promote critical thinking through technology.

Lauderbaugh is not opposed to using more technology, but he wants training. "Our people in technology try hard to train us, but I think they don't have enough people. They're spread pretty thin, too," he says. "I would want stateof-the-art equipment, and I wouldn't allow it to replace the lecture completely."

Russell believes that technology makes the human race less connected.

Christopher says, "Technology isn't always the answer for every teacher. Some teachers are good lecturers. The problem is when teaching isn't happening. I heard someone say 'teaching without learning is just talking,' and I think that is a powerful quote."

SPORTS

Gamecocks Side Bar

JSU Upcoming Action

3/11

-Softball vs. Illinois State 9 a.m. at Louisville 1:30 p.m.

- Baseball at SIUE 6 p.m.

3/12

-Track and Field vs. Gamecock Quad

-Men's Tennis vs. Chattanooga 2 p.m.

-Baseball at SIUE 3 p.m.

-Softball vs. Dayton 6:30 p.m.

3/13

-Baseball at SIUE

3/15

-Baseball vs. Oral Roberts 6 p.m.

3/16

-Softball vs. UAB 5 p.m.

OVC Baseball Standings

| School (|)VC | O/R |
|--------------------|-----|------|
| Morehead State | 0-0 | 8-3 |
| Jacksonville State | 0-0 | 6-4 |
| Eastern Kentucky | 0-0 | 7-5 |
| Tennessee Tech | 0-0 | 6-5 |
| Belmont | 0-0 | 6-6 |
| SEMO | 0-0 | 6-6 |
| Murray State | 0-0 | 6-7 |
| Austin Peay | 0-0 | 5-6 |
| UT Martin | 0-0 | 4-9 |
| Eastern Illinois | 0-0 | 1-11 |
| SIUE | 0-0 | 0-9 |

OVC Softball Standings

| School | OVC | O/R |
|--------------------|-------|------|
| Eastern Kentucky | 0-0 | 14-5 |
| UT Martin | 0-0 | 11-7 |
| Morehead State | 0-0 | 8-7 |
| Jacksonville State | e 0-0 | 9-10 |
| Murray State | 0-0 | 6-7 |
| SIUE | 0-0 | 5-9 |
| SEMO | 0-0 | 4-9 |
| Tennessee State | 0-0 | 5-12 |
| Tennessee Tech | 0-0 | 5-13 |
| Eastern Illinois | 0-0 | 4-15 |
| Belmont | 0-0 | 3-15 |
| Austin Peay | 0-0 | 2-12 |



JSU Sportswire

Gamecocks' spring practice season starts

JACKSONVILLE

The 2015 Jacksonville State football team hung its cleats up less than two months ago.

However, the 2016 Gamecocks started spring practice on a cool morning Wednesday at Burgess-Snow Field.

The two-time defending Ohio Valley Conference Champion and the 2015 FCS National Runners Up, the Gamecocks started their quest for another title on Wednesday March 2.

A day after seeing temperatures in the 70s, the weather took a turn overnight and brought cold temps in for the first work out.

Head coach John Grass, one he was pleased with what he saw.

"It was a little cool, but other than that it was a good day," he said.

"Our guys got out there and bumped around.

They were ready to start spring practice.

It's less than two months since we quit playing, and we really got some extra training throughout the playoffs with that prep time and practice that we got in there, but our guys were eager to get out here.

You can't tell a whole lot just in headgear, but as far as the pace of practice and working on fundamentals, I thought we did a really good job."

The Gamecocks worked out in helmets on Wednesday and put on full pads for the first time on Saturday March 5.

The reigning AFCA National Coach of the Year says he and his staff is able to see a little more out of his team when wearing pads.

The spring practice pe-



JSU Sportswire

Grass hopes he and his staff can instill great fundamentals on the 2016 football team, and make another run at the FCS championship.

riod features 15 practices.

They will conclude with the annual J-Day Spring Game on Saturday, April 9.

Grass and his staff aim work on fundamentals, and to get a look at new faces that weren't in the mix in the 2015 championship run.

"We want to try and get better every day, fundamentally," Grass said.

"Our goal is to be a great fundamental football team.

The game never gets away from blocking and tackling so that's a big part of it.

Like I said, you can't tell a lot in headgear, but we will be able to tell more when we get those pads on.

We want to be physical, so that will toughen us up a little bit.

"It goes back to fundamentals," Grass said.

"We have a lot of guys that have an opportunity that were redshirted and not in the mix last year.

They want an opportunity to play, and you want to see what those guys can do, and how well they can block and tackle.

We got some new guys

in at the break that we want to see what they are about and see their skill sets."

Those new faces in-

Those new faces include several players that were redshirted in 2015 and some that joined the Gamecocks in January.

Those January enrollees include four FBS transfers in tight end Jonathan Curry (Purdue), tight end B.J. Hammond (Mississippi State), cornerback Pat Porter (Washington State) and athlete Tramel Terry (Georgia), as well as junior college safety Al'Dreecous Wilson (Jones County JC).

Grass was excited to see all of his new faces on the field together.

He also noted how much of an advantage it is for them to enroll early and get ahead of the other newcomers.

"All of them are excited about the opportunity that they have," he added.

"To see them out here running around and to get to see their skill set is an advantage for them in spring.

Also, it gives them a chance to learn the system.

It is totally different than where they have come from.

To catch on to the terminology and how we do things is good for them."

The Gamecocks will practiced again on Thursday and went full pads for the first time last Saturday

They will practice for two more weeks before taking a week off during Spring Break.

They will then close the spring with two weeks that lead up to the annual J-Day Game.

-JSU Sportswire

Bajo Geijo lead Women's Golf at Lady Eagle Invite

HATTIESBURG,

Miss. – Senior Melania Bajo Geijo had her best round of the Lady Eagle Invitational on Tuesday.

She Shot a 73 to climb six spots, finish fourth and lead the Jacksonville State women's golf team to a fifth-place finish.

Bajo Geijo carded the 1-over 73 on the par 72, 6,228 yard Hattiesburg Country Club.

That polished off a 54-hole 226, and jump from outside the top 10 to inside the top five in the final round.

She paced Jackson-ville State to a 54-hole score of 939 after a Tuesday score of 312 and, to the fifth-place finish in the 11-team event.

Barry won the tournament by 15 shots with a 905

Host USM was second.

Bajo Geijo used three

Bajo Geijo used three birdies on Tuesday, doubling her total over the first two rounds, to climb the leaderboard.

Barry's Tilda Larsson, currently the No. 1 ranked player in the country by Golfstat, and 38th-ranked Maria Paola Fiorio, tied for medalist honors with scores of 3-over 219.

Freshman Karina Kukkonen tied for 19th after a final-round 77 put the finishing touches on her 54-hole score of 234.

Freshman Valentina Giraldo tied for 24th with a 235 that was finished by a 78 on Tuesday

Sophomore Natalia Azcue finished 52nd with a 248.

Junior Angie Varona rounded out the Game-cock lineup with a 250 that placed her 53rd.

The Gamecocks will return to the links on March 20-22 at the Morehead State Spring Citrus Challenge in Sorrento, Fla.

-JSU Sportswire



JSU Sportswire

Jamie Mist leads Jacksonville State to 16th at the Auburn Tiger Invitational

AUBURN – The Jacksonville State men's golf team finished off the Auburn Tiger Invitational on Tuesday with a 16th place finish.

The Gamecocks capped the three-day event with a final round 299, their best score by six shots, to move up a spot on the leaderboard and finish just five shots behind Notre Dame. Troy won the 18-team event with a 2-under 862 on the par 72, 7,149-yard Lakes Course at Grand National on the Robert Trent Jones Golf Trail.

Junior Jamie Mist led the Gamecocks in the event, finishing tied for 26th in the 96-player field. His final round 74 finished off a 54-hole score of 222.

Junior Pablo Torres tied for

68th after a three-day score of 232 that was capped by a final-round 74 on Tuesday, while freshman Benediky Thalmayr tied for 71st. He had JSU's low score of the day with a 73 that finished off a three-day total of 233.

Junior Camilo Aguado tied for 78th with a 234 that was finished by an 80 on Tuesday, and sophomore Daniel Pico rounded out the Gamecock lineup tied for 81st with a 235 after a Tuesday 78.

-JSU Sportswire









Josh Gilbert/ The Chanticleer

Baseball gets first sweep

Timothy Cash Sports Editor

The Gamecocks swept the Western Kentucky Hilltoppers (7-4) over the weekend to improve to 6-4 on the season.

No lead was safe over the weekend, but the series would be defined by walk off hits.

Tyler Gamble was the x-factor for the Gamecocks on Friday.

Gamble's walk-off hit allowed JSU to come out on top 5-4.

On Saturday, it was Taylor Hawthorne who hit the game winner for Jacksonville State, 8-7.

Sunday's honors went to Paschal Petrongolo who managed to hit a three-run home run in the sixth to secure the Gamecock victory.

JSU managed to take a early lead in the first when Elliot Mc-Cummings was able to score Gamble and Petrongolo off of a doubled to center field.

WKU wasted no time in tying the game back up in the second inning.

The Hilltoppers' Paul doubled Murray center field that would have allowed Kaleb Duckworth to advance third base.

However, Duckworth was able to score unearned on a throwing error by Jacksonville

Murray tied the game at two runs apiece with help form a Hunter Wood sacrifice.

The Holltoppers' kept their momentum going into the third.

An RBI double by Danny Hudzina allowed WKU to take their first lead of the day.

Hudzina was able to bring the score to four-runs to two thanks to a sacrifice fly by Murray.

The Gamecocks were not out of contention, though.

Gavin Golsan was able to cross home plate on a throwing error by the WKU shortstop, bringing Jax State within one run of the Hilltoppers.

A quiet forth inning lead into a productive fifth inning for Jacksonville State.

Clayton Daniel sacrificed himself to right field, allowing Nicholas Gaddis to cross the plate, and advancing Golsan to

Golsan then made the 90foot journey to home plate thanks to a single by Petrongolo, giving the Gamecocks the lead once again.

The sixth inning was the deciding factor for both teams.

WKU used their half inning to give JSU more trouble.

Steven DiPuglia tied the game at five, thanks to a throwing error by Jacksonville State. Brandon Pollock was able to

retake the lead for the Hilltoppers, thanks to a Thomas Peter sacrifice.

Duckworth batted in Zach Janes for an insurance run for WKU.

The Gamecocks stepped into their half inning down two runs.

Luckily, Daniel managed to single to left field. This allowed Josh Bobo to

score, and move Gaddis into scoring position. Petrongolo's three-run home

run secured the 9-7 victory, and the first sweep of the season for

The Gamecocks travel to Edwardsville, Ill. to start conference play against SIUE.

Jax State will play a Friday, Saturday and Sunday series against the Cougars before returning home to play the Oral Roberts Golden Eagles on March 15.

Strain selected for coaching program

ATLANTA - Jacksonville State's Courtney Strain has been selected as a member of the 2016 class for the 14th annual Women's Basketball Coaches Association's (WBCA) "So You Want To Be A Coach" program to be held in April in conjunction with the organization's annual convention.

This year's convention will be held on April 1-3 in Indianapolis, Ind., which is the site of the 2016 NCAA Division I Final Four.

The objectives of the "So" program are to increase the understanding and application of skills necessary secure coaching positions in women's basketball, increase the understanding and awareness of competencies necessary for success in coaching, introduce female basketball players to coaches and administrators, and raise awareness of the existing talent pool of female basketball players who have a passion and interest in coaching the game of women's basketball.

"So" participants will learn about recruiting, the administrative side to coaching, how to get hired, skill development, the importance of knowing the rules, and how to balance work and life.

Each participant is selected based on her academics, contributions to women's basketball on and off the court, professional resume and a written recommendation from her head coach.

Sponsors for the "So" program are the WBCA and a grant provided by

the NCAA.

"I'm really happy for Courtney having this opportunity," said head coach Rick Pietri. "To get to go behind the scenes so to speak and get the kind of exposure and instruction that comes from this program will be a great and well deserved experience."

Strain recently wrapped up her collegiate career as the Gamecocks concluded the 2015-16. She joined the program prior to the 2014-15 season and received a waiver from the NCAA to play her final season in 2015-16 after three seasons at Auburn. Strain, from Woodland, Alabama, brought many credentials to the program. She turned in a careerhigh 18 points four times in her two-year stint as a Gamecock, the most recent being an 18-point outing against UT Martin. Strain pulled down a careerhigh eight rebounds against Tennessee in January. She earned OVC Newcomer of the Week honors in December of 2014 and named to the 2014-15 OVC Commissioner's Honor Roll along with earning OVC Medal of Honor accolades for posting a 4.0 grade point average. Strain has already completed her Master's degree in Sports Management at JSU.

-JSU Sportswire



JSU Sportswire

Softball falls to Samford in Birmingham, beats Kennesaw State at home

Rebekah Hawkins Sports Reporter

The JSU softball team ended its three-game series against Samford with a loss on Sunday, but returned home for a victory.

The Gamecocks split the first two home games against the Bulldogs with a win and a loss. Samford defeated the

Gamecocks 7-4 in the finial game in Birmingham. The Gamecocks moved

to 8-10 after their series.

The first inning was empty for the Gamecocks.

A quick half-inning was handed over to the Bulldogs.

Samford managed to score their first two runs of the game before a strikeout gave it back over to JSU.

Jamie McGuire scored on a throwing error in second to give JSU their first run of the game.

In the bottom of the second, the Bulldogs scored their third run to stretch their lead to two.

The third inning was empty for both teams, allowing Samford to keep the

lead 3-1.

The Bulldogs managed two more runs in the bottom of the fourth

The Gamecocks were finally brought more runs in the fifth.

Emily Woodruff homered for their second run of the game.

Taylor Sloan and Ella Danes were able to score off a single, hit by Emily Church

Jax State handed the ball back to Samford, having cut their lead down to a single run.

Samford managed to score another two runs,

stretching their lead back to until the bottom of the three runs.

The Gamecocks had a chance to score in the top of the seventh, but came up

The Bulldogs took the final game of their series 7-4. Gamecocks returned home on Tuesday and de-

feated Kennesaw State 3-1. KSU scored the first run of the game.

It would be their only run of the game. The Gamecocks' Sloan

scored the teams first run off of a Church single.

The score remained tied

sixth.

Woodruff and Jordan Bullock were able to score off of a double by Denes, and a fielding error.

Jacksonville State won 3-1, bringing their overall record to 9-10.

The Gamecocks next stop is the Louisville Tournament in Louisville, Ky.

Beginning on March 11, they will face Illinois State, host Louisville and Dayton. The Gamecocks return

home to host the UAB Blazers on March 16.



WHERE YOU'RE GOING.