

President Trump's foreign policy adviser and former campaign manager were indicted on Monday. Page 4



inTHE NEWS

International House Presentation: Russia

Russian students will present on their home country and culture on Thursday, November 2 at 11 a.m. in the International House. All are invited to attend.

Cocky Queens Drag Show

The annual Cocky Queens Drag show will be Thursday, November 2 at 8 p.m. in the Leone Cole Auditorium. Tickets area \$3 for faculty, staff, students and the public, and all proceeds will benefit the Magic City Acceptance Center in Birmingham.

RESULTS brings UN speaker to campus

RESULTS Jacksonville, a non-profit organization that aims to combat poverty, presents "Talking Activism, Taking Action" with UN Representative Selmawit Adugna Bekele. The talk will be at 1 p.m. on Friday, November 3 on the 11th floor of the library. Admission is free to all.

Antigone Lecture:

Matthew Cuddeback of Providence College will present "Liberty in Medieval Culture" on Wednesday, November 8 at 5:30 p.m. in Merrill Hall Room 101. Admission is free to all.



A walk with royalty

Meet JSU's Homecoming King and Queen



Matt Reynolds and Katy Nowak/JSU

LEFT: President John Beehler, Homecoming Queen Shea O'Donnell, Homecoming King Paris Coleman and Dr. Pam Beehler after the Homecoming recognition ceremony at the football game on October 29. **RIGHT:** Shea O'Donnell and Paris Coleman at the Homecoming pep rally after being crowned.

Katie Cline
Editor-in-Chief

It may have literally rained on their parade, but the weather didn't dampen the spirits of JSU's 2017 Homecoming King and Queen, Paris Coleman and Shea O'Donnell. The pair qualified for candidacy at the annual Homecoming Showcase on October 11. After voting on October 24, Coleman and O'Donnell learned that they had made the top five, and they were crowned at the homecoming pep rally on October 26.

The King, Queen and their court were honored during halftime at the JSU vs. SEMO football game on Saturday, October 28.

A recent addition to JSU's Homecoming Court requirements is that each candidate must choose a philanthropy and that the King and Queen must conduct one or more events benefiting those two groups during their reign.

Coleman's philanthropy is Active Minds, a national non-profit mental health advocacy group.

See **HOMECOMING**, page 2

Library tailgate encourages students to explore Houston Cole

Cassidy Smith
Staff Writer

Music, food and balloons filled the scene of the Library Tailgate at the Houston Cole Library on Thursday, October 26. The event's purpose was to engage students with the priceless resource of librarians and the information that they can help students find. Each floor had a table set up with information regarding what exactly could be found there. Students were given "Tailgate Tickets," and as they visited each table, they got a hole punched in the ticket; when the ticket was filled, the students would be entered into a raffle to win door prizes from local businesses and vendors.

The goal was to create a comfortable and welcoming environment for both students and the Jacksonville community. "We want to send a message to the campus community that we are open and here for everyone," explained Kim Westbrook, the Business &

Social Sciences librarian, who directed the event. "We strive to decrease library anxiety; the media portrays libraries as uninviting places with dusty old librarians who won't even let you talk. But we are here to facilitate any and all research and to make lives easier."

According to Westbrook, the library is home to over 300 electronic databases (Westbrooks suggested libguides.jsu.edu) and 8000 books. The second-floor reference desk, which houses a librarian during all hours of operation, is available to help students navigate that overwhelming statistic.

For community members who are not JSU students (or for future alumni who plan to stick around Jacksonville), there is an option to become a "Friend of the Library," which allows any member of the community to check out books and use the library resources for \$30 a year.

See **TAILGATE**, page 2



TOP: A royal legacy: Carson Bruce (left), Homecoming King 2016; Ranger Rumrill (middle) Homecoming King 2015 and Paris Coleman (right) Homecoming King 2017 stand in the rain on Saturday, October 29. The annual Homecoming parade was cancelled due to weather. (photo via Carson Bruce/Facebook)

ABOVE: Abbie Beatty (left) and Destiny Allen (right) pose with Shea O'Donnell, Homecoming Queen 2017 (center) after the Homecoming pep rally on Thursday, October 26. Beatty, O'Donnell and Allen are all sisters of Alpha Xi Delta, the organization that sponsored O'Donnell in her campaign for Homecoming Court. (photo via Abbie Beatty/Facebook)

Library opens children's corner for JSU's littlest Gamecocks

Brittany Robertson
Staff Writer

On October 25, Jacksonville State University's Houston Cole Library hosted the grand opening of a new, colorful addition to its 5th floor.

The Children's Corner Reading Room is an energizing, colorful area designed to foster a love of literature and reading, and to promote literacy for children. Dean of the Library John-Bauer Graham hopes that the new space will open up the library and change the stereotype of the library being a quiet space.

"We want the library to be a place of gathering," Graham said. "Most students, they know about the lobby and the 12th floor. They grab their

coffee and then go up to study, but they don't interact with the other floors. So, we want this space to draw students in to explore our library, and become the hub of the campus. We want the library to be the heart of this institution."

The full project took a year and a few months to complete. Students volunteered to help finish the project. Project Coordinator and Education Librarian Laurie Heathcock started the project with the students and children of the community in mind. With shelves full of bright books, and puppets ready for a show, Heathcock's vision is now a reality.

"I wanted to provide a space for the children here on campus. We have the preschool here

so we think this will be a great space for them. We had a lot of volunteer help and I have great ideas for student involvement. We have sororities wanting to do read-alouds, and we are wanting to invite the international students to tell stories from their homes," Heathcock said.

The room is open to everyone, even students. What makes the space different from the author events held in the past is that those events are sponsored by the Friends of the Library. Students have eagerly embraced the new space.

"I think it's a great idea because it gives a sense of relief to the hard academics we face in college," sophomore Erin Snow said.

In addition to week-



photo courtesy of Jacksonville State Admissions/Facebook

The entrance to the new Children's Corner on the fifth floor of the Houston Cole Library. The new area will be home to future children's programs and activities such as story time and book signings.

ly read-alouds, the library facility will host book readings and signings by children's authors and illustrators, present community

speakers to share with children on a variety of topics and serve as a space for theater, arts and crafts, and many other types of creative

children's programs. "I want this space to be like a home away from home for students," Heathcock said.

TAILGATE from page 1

The Library Tailgate was a "non-traditional method to bring more people into the library," said Dean

of Library Services John-Bauer Graham. "We're trying something different that can appeal to every-

one." To showcase and celebrate the unique academic themes of each floor, the cor-

responding librarian set up a table containing books from their floors, educational pictures and informa-

tion, and their business cards to get in touch with them for help.

To get in touch

with Kim Westbrook, email kwestbrooks1@jsu.edu. For Dean Graham, jgraham@jsu.edu.



ABOVE LEFT: Seventh floor librarian Harry Nuttall and sixth floor librarian Carley Knight welcome guests to their table at the Houston Cole Library's second annual tailgate. ABOVE RIGHT: Kim Westbrook, who organized the tailgate party, stands at the third and fourth floor table.



Cassidy Smith/The Chanticleer

HOMECOMING from page 1

"I chose Active Minds because I know that, through the teachings and plethora of information, this organization is able to not only change lives but to save them," Coleman, a senior psychology major, said. "I've seen it happen firsthand. I helped a student through suicidal thoughts and actually stopped them from completing suicide. If I had not learned so much from my time with Active Minds, I don't believe I could confidently say I would have been able to save them."

Coleman hopes to raise money for Active Minds' Send Silence Packing program, where backpacks containing the names, pictures and stories of

people who have committed suicide are put on display in a public place. The goal is help visitors put faces and experiences together to combat the stigma behind depression and suicide.

O'Donnell's philanthropy is music education in elementary schools. As an elementary education major and a Marching Ballerina, the philanthropy unites her two passions.

"I know that Homecoming elections used to be just a popularity contest, but now with the philanthropy portion added in, it has become much more than that," O'Donnell, a sophomore, said. "Now we have an opportunity to make a difference in some-

one's life. I chose my philanthropy because I was personally affected by it. As a Jacksonville native, I attended the local elementary school, Kitty Stone Elementary. I grew up with a mom who played piano, and began taking lessons in the third grade. I joined Kitty Stone Singers—the choir—in the fourth grade, and then joined band in sixth grade. I grew up in a family that was blessed enough to be able to allow me to join these musical groups and to grow in music. However, I know some families are not as fortunate as mine. Therefore, with my service project, all the proceeds raised would go back to the Kitty Stone music pro-

gram to help buy instruments for students that might not have been able to have otherwise."

One of O'Donnell's plans for a fundraiser includes hosting a concert that brings back Kitty Stone alumni to show the community where how far music education can take a student.

For both Coleman and O'Donnell, the philanthropic element of their titles has been more important than the crown.

"I felt so ecstatic when I heard my name being called over the speaker in the Burgess-Snow Stadium," Coleman said. "I felt so relieved that my message of a better community experience, and hard work

paid off. My favorite part of the Homecoming experience was the 'hope' that came with the title. Students that I had never even met before came up to me stating that they supported who I was and what I stood for. They said that they were really happy that I could be a representative for them on this campus. They hoped that I could start a movement of mental health awareness and really bring light to the stigma that no one really wants to talk about. I'm just glad that I could be that hope for someone until they can be that hope for themselves."

"I think that overall, my absolute favorite part of Homecoming was meeting

everyone," O'Donnell added. "I am a people person, and I love getting to meet new people. Through the showcase and all of the campaigning, I have gotten the wonderful opportunity of meeting some of the most incredible people at JSU. Along with these people, I have heard their hearts about their philanthropies, and seen them work to promote awareness about something much bigger than they are."

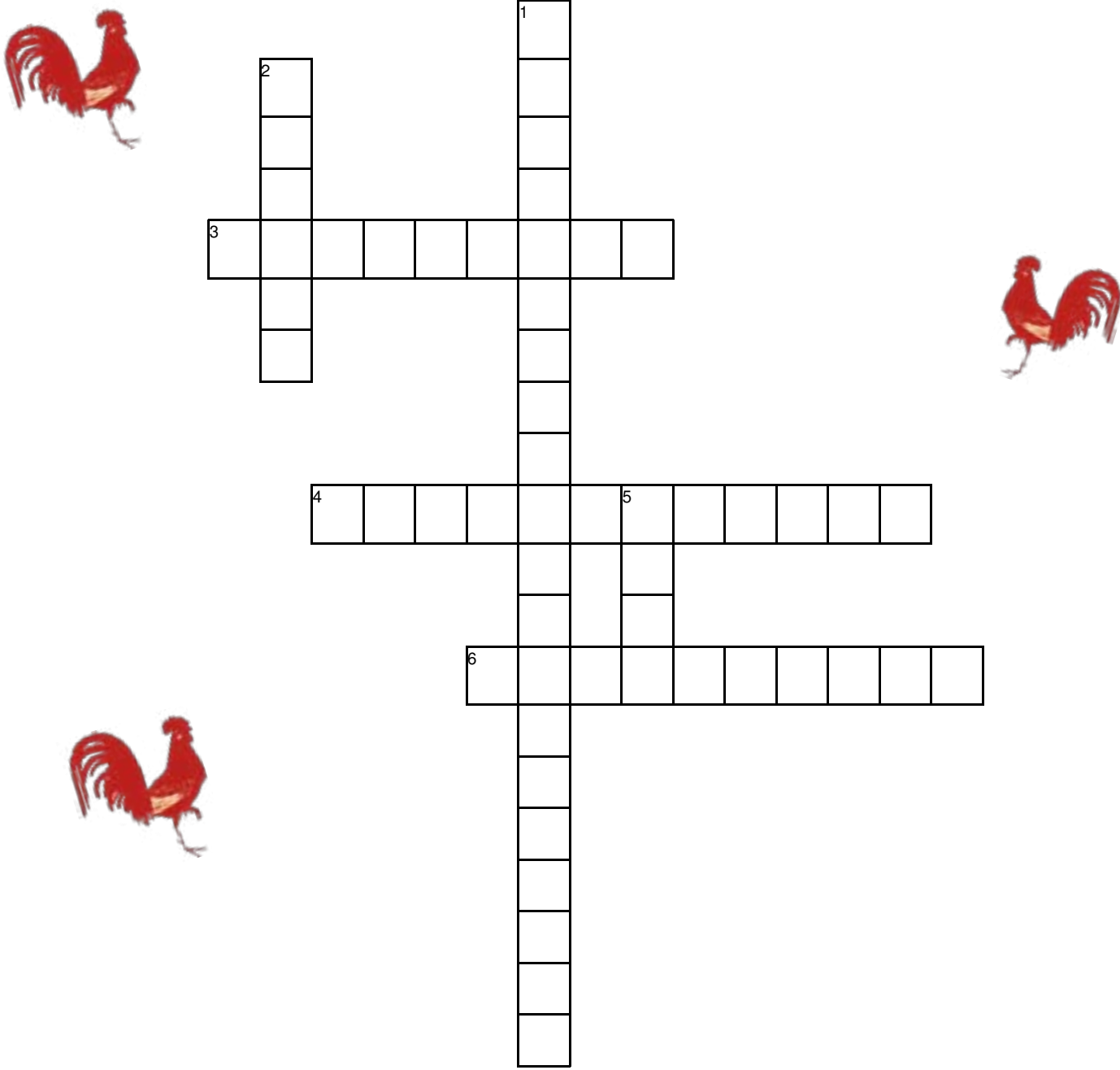
The other members of the 2017 Homecoming Court who were recognized at the homecoming game are DeLena Harris, Jalia Wilkins, Carlee Waits, Leah Strain, Patrick Hubbard, Cory Deerman, Skylar Fontaine and Kyle Burt.

DON'T FORGET! The Gamecocks take on the Murray State Racers at home this Saturday, November 4 at 1 p.m. Students living in Meehan Hall must move their cars. Cars not moved prior to Saturday morning will be towed.

STUDY BREAK

Campus Crossword Week 9

Chanty Newspaper Sections



Across

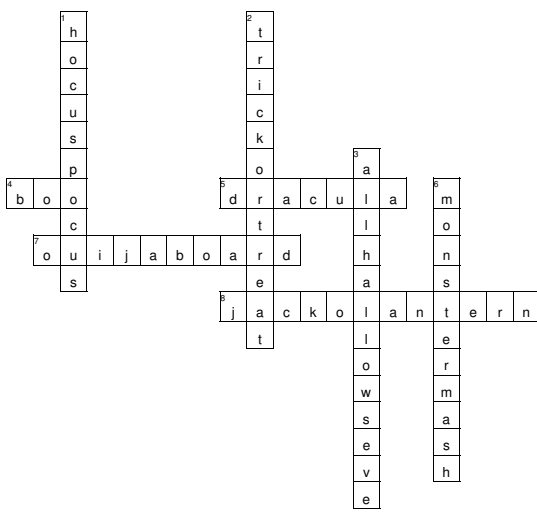
- 3. Where you find the flag, headlines, and main events
- 4. Where you find the latest from around the country
- 6. Where you can find the crossword and Daniel's puns

Down

- 1. Where you find all the latest in pop culture and campus events
- 2. Where you find all the latest in Gamecock athletic events
- 5. Where you find the opinions of people

Editor's Hint: Open the latest or back editions of the Chanticleer for help!

Happy Halloween!



Across

- 4. What a ghost might say if it scared you
- 5. The most famous vampire, made famous by Bram Stoker's classic novel
- 7. A game board that you can supposedly talk to spirits with
- 8. The name for a carved, festive pumpkin

Down

- 1. A famous Halloween movie made by Disney involving three witch sisters brought back to life
- 2. The phrase that people use when going door to door asking for candy
- 3. Another name for Halloween
- 6. A famous Halloween song that was a graveyard smash

Last Week's Solution!

WE WANT TO HEAR YOUR VOICE!

**Have an idea for a crossword puzzle?
Want Daniel to hear your puns?
Want to write for our Op-Ed section?**

**Send us an email at chantynewstips@gmail.com!
Tell us what you want to write in the subject line.**

THIS MAYES IS CORNY!

Corny Puns from the collection of:
Staff Writer Daniel Mayes #shootpunsnotguns

I know a lot about largemouth bass. I guess you could call me a-fish-ionado.

My friend offered me Altoids but I told him I only wanted some toids.

I was scared to sing by myself in front of the whole group. Eventually I decided to just du-et

What's the second day of the work week? Twosday

What is it called when you agree with you friend to place your two computers in a spatially efficient small area?
Com-pact

COAST-TO-COAST

Charges filed in Mueller investigation

JoAnna Mitchell
Staff Reporter

An investigation by special counsel Robert Mueller has produced its first charges against several individuals connected with the Trump campaign on Monday, October 30. This is the first official confirmation that someone involved with President Trump's 2016 presidential campaign turned to Russia to obtain damaging information on his oppo-

nent Hillary Clinton.

George Papadopoulos, foreign policy adviser to the Trump campaign, pleaded guilty to lying to the FBI about his meetings with an individual believed to have "had substantial connections to Russian government officials." The investigation unearthed that this individual, a professor, offered him thousands of emails by and about Clinton.

Paul Manafort,

former Trump campaign chairman, and his associate Rick Gates were also indicted on charges of money laundering and illegally working with pro-Russian factions in the Ukraine. Both supplied a not guilty plea and were placed under house arrest. The bond for Manafort was set at \$10 million and \$5 million for Gates.

Manafort has been charged with 9 counts of conspiracy, money laundering, fail-

ing to register as a foreign agent, making false statements and failing to disclose foreign banking activity. Gates received 8 counts on the same charges. They could spend up to 40 years in prison and face millions of dollars in fines.

Both individuals were revealed to have used their illegally earned income to live lavishly, without paying taxes. One report from the New York Times estimates that Manafort spent

over \$800,000 on luxury clothing over a 6-year period, while Gates is alleged to have spent a good portion of his money on redecorating his home and paying for his children's tuition.

Mueller has notified the White House that six more aides close to the president will be sought for questioning including former press secretary Sean Spicer and former chief of staff Reince Priebus.

President Trump tweeted about the indictments, in an apparent attempt to shift focus to his former opponent: "Sorry, but this is years ago, before Paul Manafort was part of the Trump campaign. But why aren't crooked Hillary and the Dems the focus?????"

In another tweet, Trump reiterated his denial of any connections between him and Moscow: "Also, there is NO COLLUSION!"



LEFT: Tweets from United States President Donald Trump were issued on Monday in response to Robert Mueller's indictments of George Papadopoulos and Paul Manafort. Trump and members of his campaign staff have been accused of consorting with Russian politicians since the 2016 election. (photo via Twitter.com)

BELOW: George Papadopoulos (left) speaks at an event in Astoria, N.Y. Papadopoulos, the foreign policy adviser to President Trump, pleaded guilty to lying to FBI agents about his contact with Russian officials during the 2016 presidential campaign. (photo via ABC News)

BOTTOM: Hand written ledgers show \$12.7 million in cash payments designated for Paul Manafort (pictured), the former campaign manager for Donald Trump, from the pro-Russian political party of Viktor F. Yanukovich. (photo via The New York Times)



ARTS & ENTERTAINMENT



Getty Images

The rented truck that was used to kill 8 pedestrians.

8 killed as truck plows into pedestrians in downtown NYC terror attack

Larry Celona
The New York Post
Special to the Chanticleer

A terrorist in a rental truck sped for nearly a mile down a popular bike-only path in lower Manhattan on Tuesday — killing eight people in the shadow of the World Trade Center and then shouting, “Allahu Akbar.”

“This was an act of terror,” Mayor Bill de Blasio declared at an evening press conference.

“A particularly cowardly act of terror aimed at innocent civilians, aimed at innocent people going about their lives.”

Sayfullo Saipov, a 29-year-old immigrant from Uzbekistan, was shot by a cop after getting out of his car at Chambers and West streets with two realistic-looking guns while screaming “Allahu Akbar” — Arabic for “God is great,” police sources said.

“He was running around Chambers and somebody started to chase him,” said a 14-year-old student at nearby Stuyvesant High School, which was just letting out for the day.

“Everybody starts running.”

Saipov’s bloody, 17-block trail of terror began at 3:05 p.m., when he turned onto the bike path at West Houston Street in a Home Depot flatbed pickup truck he’d rented in Passaic, NJ, police sources said.

The maniac, who was carrying a Florida ID, rammed his car into nearly two dozen innocent cyclists and pedestrians as he sped south on the typically serene path along the Hudson River.

“The Home Depot truck starting running people over,” said witness Nelson Arroyo, 58. “I heard a boom boom, a crushing noise from the bikes. People were sitting down

crying. I saw two areas of blood.”

Saipov collided with a school bus at Chambers Street, injuring two adults and two children inside.

He then got out with the pellet and paintball guns — sending panicked bystanders fleeing through the streets, sources said.

Tom Gay said he was walking near West Street and Warren Street when a woman came barreling around the corner shouting, “He has a gun! He has a gun!”

The school photographer spotted Saipov, whom he described as a slender man in a blue track suit, running his way.

The man giving chase was a cop, who fired at least five shots. Saipov fell to the ground, still raising his weapon in the air until the officer kicked it out of his hand.

“The uniformed police officer assigned to the 1st Precinct confronted the subject and shot him in the abdomen,” NYPD Commissioner James O’Neill said, adding that he “was wounded and transported to a local hospital.”

Meanwhile, bodies covered in white sheets were left scattered on the path amid the crumpled remains of their rental bicycles, which included Citibikes.

Buildings in the area were put on lockdown, and part of the FDR Drive was shut down as first responders rushed some victims to

Bellevue Hospital.

All told, the terror attack just blocks from the World Trade Center killed eight people and injured at least 11 others, including three children, who were rushed to local hospitals.

Six men were pro-

Yorkers who we lost today — it reminds us all how precious life is,” Gov. Andrew Cuomo said at the press conference.

“They left the house this morning — they were enjoying the beautiful West Side of Manhattan on a beautiful fall day and they are not going to be returning home. And that shock and that pain is going to be very real.”

Chilling NYPD audio recorded during the slaughter includes shaken cops describing the sight of the “mass casualty situation” before them. “There’s multiple people on the ground, Central. We need buses all the way up to Houston [Street], Central,” one officer says ur-

gently, according to a tape obtained by CBS. “I’ve got four or five people on the ground.”

Another cop says, “We got multiple casualties. This is a mass-casualty situation here.”

The NYPD and FBI have opened a terror investigation into the attack, and are looking for computers and phones belonging to Saipov, who has a criminal record for several traffic violations.

Police also were executing search warrants in New Jersey, Ohio, and Tampa, Fla. — all locations where Saipov has lived since arriving in the US in 2010, according to records and police sources.

Cuomo described the disturbing act of bloodshed as a lone-wolf attack, similar to others that have been perpetrated by terrorists using vehicles to mow victims down.

“The new terrorist tactic which they have called for publicly are these lone wolves who commit an act of terror,” the governor said.

“But at this point, there’s no evidence to suggest a wider plot or a wider scheme, but the actions of one individual who meant to cause pain and harm and probably death, and the resulting terror, and that was the purpose.”

President Trump tweeted his “condolences and prayers” to the victims of the attack.

Terror suspect was a ‘very friendly’ Uzbek immigrant who drove for Uber

Terror suspect was a ‘very friendly’ Uzbek immigrant who drove for Uber

“In NYC, looks like another attack by a very sick and deranged person. Law enforcement is following this closely. NOT IN THE U.S.A.!” he wrote.

“We must not allow ISIS to return, or enter, our country after defeating them in the Middle East and elsewhere. Enough!” Trump wrote in a subsequent tweet.

Despite the carnage, the Village Halloween Parade, which draws thousands of revelers every year, still went on.

“We know that this action was intended to break our spirit, but we also know New Yorkers are strong, New Yorkers are resilient,” de Blasio said.

“And our spirit will never be moved by an act of violence, an act meant to intimidate us.”



New York Daily News

Sayfullo Saipov, 29, of Florida, is accused of driving a truck through a crowd of bicyclists and pedestrians in Lower Manhattan. Saipov is seen here in a 2016 booking photo in Missouri after he failed to pay a traffic citation.

nounced dead at the scene, while another man and woman perished at the hospital, police said.

One of the dead victims was a Belgian national, Didier Reynders, an official from his country said on Twitter.

“I am deeply saddened to announce a Belgian victim in Manhattan — I express my condolences to the family and friends,” he tweeted.

At least two other fatalities were from Argentina.

Three victims remained in critical condition Tuesday evening, including the killer, who was undergoing surgery.

“Our thoughts and prayers with those New

OPINION & EDITORIAL

Not Sugar-Coating It: A Q&A about Diabetes

****Editor's Note**:** November is Diabetes Awareness Month. One in 10 Americans have diabetes while another 84 million adults in the U.S are at risk of developing type two diabetes. The Chanticleer sat down with two people that have diabetes and asked them a series of questions about life as a diabetic, when they were diagnosed and how it has changed their lives. One is in their twenties, one is in their sixties, one has type 1 diabetes and the other has type 2. While their stories and lives are different, in the end they must do a lot of the same things in order to keep themselves healthy and well.

Rebekah Hawkins
Associate Editor

Name: Katie

Age: 21

What type do you have?

Type 1

What exactly does that mean?

Type 1 Diabetes (or T1D) means that my pancreas' beta cells do not produce any insulin at all. They shut down for no discernable reason.

How long have you had it?

I was diagnosed on April 18, 2012. I was 16 and a sophomore in high school, which is pretty old for T1D. T1D used to be called Juvenile Diabetes, because it almost always appeared exclusively in young children. People still use the term Juvenile Diabetes (it's not "wrong"), but we're finding out that older teens and young adults can be diagnosed with T1D, too, and that it's not so much an age factor as a "what's going on with my pancreas" factor.

With your type, what are you supposed to do as far as regulating?

I check my blood sugar 3-4 times a day and inject myself with two types of insulin (the stuff my pancreas *should* be making, but isn't). Novalog is the insulin I take when I eat. It's fast-acting and breaks down the carbs in the food I eat so that my body can process it. The amount of Novalog varies by what I'm eating at that meal as well as what my blood sugar level is. Before I eat, I check my blood sugar. A "good" blood sugar level is generally between 80 and 120, but that number varies for every diabetic. The insulin I take for the carb content of my food. As far as

that goes, I my ratio (ratios vary for everyone!) is one unit of insulin per every five grams of carbs. If my blood sugar is low (below 80), I take less insulin or I only do insulin for the food I'm eating, and then I eat or drink something extra like a small candy bar or apple juice. Then, every night I take Lantus, another insulin. I take the same amount of Lantus every night. It's a long-lasting insulin that keeps my blood sugar stable throughout the day.

Sometimes, despite all my efforts to "regulate" it, my blood sugar still doesn't cooperate. So, sometimes, you just accept the number and correct for it.

With diabetes is it strictly about controlling sugar or is it other levels as well that need regulating?

Well, yes and no. But, to put it simply, if I'm sick, my blood sugar will probably be high. When I'm on my period, my blood sugar will probably be high. If I'm really stressed, my blood sugar will be high. (It's kind of like blood pressure in that sense.) For some people, exercising brings their blood sugar down. For me, it tends to send it up...and then down some. Alcohol, too, does weird things. So all those things are things that I need to understand about my body before I do something. It doesn't mean I *can't* do those things. It just means that I have to prepare a little in advance.

Is it difficult to go without things that you know you shouldn't have?

At first, yes. For about six weeks after my diagnosis, I refused to eat any carbohydrates. (I'm talking no bread or pasta or potatoes or candy or cake or ice

cream or anything!) I was so afraid of the needles and so afraid of ending up in the hospital again that my solution was to ignore my diabetes. And it was miserable. I was so tired all the time. But after a while, I decided that I loved bread and pasta and potatoes and candy and cake and ice cream more too much to give it up. And, honestly, it's not healthy to *not* eat carbs. They literally give you energy. So that adjustment period was really hard, but my parents never told me I *couldn't* have any of those things. They never "deprived me" of being a normal teenager. Anything like that was self-imposed because I needed to figure some things out for myself.

Do you sometimes cheat?

Sometimes? Ha, depending on who you ask, I cheat every day! I love food, so I do tend to eat whatever I want. I've come to the point now that I eat whatever and do insulin for it. I will say that I'm very bad about checking my blood sugar. I usually just eat food, guess-timate my carbs and do insulin for that. And I'll admit that that's not normal. I'm very "stable" as far as diabetes goes. I've known diabetics who have to know exactly how many carbs they're eating, and they have to eat at the same time every day. I'm not like that, thank God. I'm very, very lucky.

What advice would you give to other young diabetics?

Don't let anyone else dictate what you do or eat. Everyone will think they understand diabetes because they vaguely know someone who is diabetic. And they all mean well, but the fact of the matter is that you know your body the best.

You know when you're feeling low. And you are not just "a diabetic." Diabetes is as unique as every person it affects, so no one else can really say they "understand you." Don't let wannabe-know-it-all put you in a bad mood. You can have your chips and salsa and margaritas or your cake and ice cream or your bowl of spaghetti. Or you don't have to. The point is, it's up to you. And, just a personal thing, go listen to "A Little Bit Longer" by the Jonas Brothers. Nick Jonas wrote it about being diagnosed with T1D, and even though I loved the song long before I was diagnosed, it had a completely new meaning for me after 2012.

Any diabetes myths you want to dispel?

How many pages are in this paper again? Yes. So many myths. First, it's not just sugar that affects your blood sugar. It's carbs. Carbs are just complex sugars. To your body, a dinner roll and a candy bar break down into the same substances. Secondly, I did not get diabetes for being overweight or for eating too much candy as a kid. This is probably the most hurtful comment I've heard. T1D is an autoimmune disease. With T1D, my body attacked itself and stopped producing insulin for reasons still unknown to science. It is not my fault for "being overweight," and it is not my parents' fault for "giving me too much candy," so please don't say things that imply that it is.

And, just for fun (because I can still have fun in-between counting carbs), I'll give you a fun fact: my pancreas' name is Barbara, and I jokingly say that she quit working to focus on her career as a world dictator.

Name: Steve

Age: 64

What type do you have?

Type 2

What exactly does that mean?

Type 1 is the one where you take the shots. Type 2 is where you take pills.

How long have you had it?

I would say 25 years.

With your type, what are you supposed to do as far as regulating?

I'm supposed to watch what I eat. It's not just about sweets. It's about what you eat. Fried foods, carbs, stuff like that. You have to eat certain things, and there's lots of things you're not supposed to eat because it will raise your sugar level.

With diabetes is it strictly about controlling sugar or is it other levels as well that need regulating?

It's really about maintaining your sugar level that can come from many sources. Not necessarily just sugar and candy and sweet tea. You have to eliminate carbohydrates and lots of fried stuff and naturally it doesn't help to eat a lot of sweets and stuff like that. To be honest with you, even though I don't do it like I'm supposed to, your diet totally changes when you become a diabetic.

Is it difficult to go without things that you know you shouldn't have?

It's hard to do without them that's why I still do it. But you pay for it when your sugar's up because you're tired all the time, you'll go to the bathroom every couple of hours. You rarely ever feel good when your sugar is up. Not to mention

the health issues that can shut your kidneys down, it can be bring bad things on your heart. Can cause heart disease quicker, it's just a totally different lifestyle that I need to be on and that I'm really not doing.

Do you sometimes cheat?

Oh yes I admit that I don't do well at all. That's why the doctor gets onto me because my sugar is out of whack. But I need to learn to do better.

What advice would you give to other young diabetics?

Don't do like I do. Don't continue for 15 or 20 years not paying attention to what you eat but get it under control. The younger you are that you get it under control, the less worse it will get and chances are you can control it. If you don't get it under control and it gets out of hand then the next thing is that you have to take shots. Get it under control while you're young.

Any diabetes myths you want to dispel?

Diabetics can live a normal life. There's lots of people, many great athletes that are diabetics that live a normal life. But you have to pay attention to it. You can't take it for granted that you pig out and eat what you want and not take care of your body. You have to get t under control. Diabetes isn't going to heal itself I can tell you that. If you don't eat the proper foods and you're diagnosed as a diabetic it's only going to get worse.

I regret not taking care of myself. By not taking care of myself it only gets worse. I regret that I didn't catch it when I was younger.

SPORTS

Gamecock Side Bar Upcoming Jacksonville State Gamecock Action

11/2
-Men's Basketball
vs. Delta State (Exhibition)
"The Pete" 7 p.m.
WLJS, WVOK

11/3
-Men's Tennis
at ITF Futures USA
Niceville, Fla.

-Volleyball
vs. Eastern Kentucky*
"The Pete"

11/4
-Football vs. Murray State*
Burgess-Snow Field 1 p.m.
TV24, OVC Digital Network
JSU Radio Network

-Volleyball
vs. Morehead State*
"The Pete"

11/5
-Women's Basketball
vs. Alabama-Huntsville
(Exhibition)
"The Pete" 3:30 p.m.

BOLD = Home Event * = OVC Event

OVC Football Standings

| School | OVC | O/R |
|---------------------------|------------|------------|
| Jacksonville State | 5-0 | 7-1 |
| Austin Peay | 4-1 | 5-4 |
| Eastern Illinois | 4-2 | 5-4 |
| Eastern Kentucky | 3-3 | 3-5 |
| UT Martin | 2-3 | 4-4 |
| SEMO | 2-3 | 2-6 |
| Murray State | 1-3 | 2-6 |
| Tennessee State | 1-4 | 4-4 |
| Tennessee Tech | 1-4 | 1-7 |

OVC Volleyball Standings

| School | OVC | O/R |
|---------------------------|------------|--------------|
| Austin Peay | 11-1 | 23-4 |
| SIUE | 9-3 | 19-5 |
| Eastern Kentucky | 9-3 | 11-15 |
| Murray State | 8-4 | 16-8 |
| Belmont | 7-4 | 12-13 |
| Jacksonville State | 6-6 | 20-11 |
| Eastern Illinois | 6-6 | 12-12 |
| UT Martin | 5-7 | 11-14 |
| SEMO | 5-7 | 10-16 |
| Morehead State | 3-9 | 12-13 |
| Tennessee State | 3-10 | 7-20 |
| Tennessee Tech | 1-11 | 3-21 |

OVC Soccer Tournament

Quarterfinals Results
 SIUE 1, Eastern Kentucky 2
 SEMO* 0, Belmont 0
 *SEMO advances after shootout

Simifinals - Nov. 3, Murray, Ky.
 ECU vs. TTU 11 a.m.
 SEMO vs. Murray St. 2 p.m.

The FCS Playoff Committee is scheduled to release their first poll of the 2017 season tonight (Nov. 2,) during halftime of Idaho at Troy (8:15 p.m. C.T.) matchup on ESPNU.

Standings and Polls do not reflect changes made on or after Wednesday

Women's tennis blanks UNA

The Jacksonville State women's tennis team closed out its fall season with a convincing 7-0 win over North Alabama Tuesday evening at the JSU Tennis Courts.

The Gamecocks swept the Lions in singles and dropped just one frame in doubles en route to

the shutout.

"This is a great way to wrap up our fall schedule," head coach Andres Amores said.

"Everyone played very well, and I think this will really give us momentum going into the break. We are really optimistic about the spring."

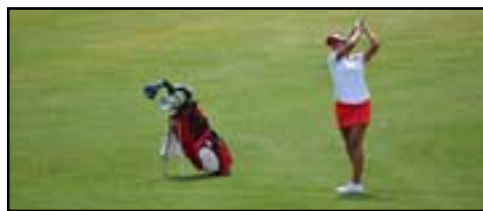
The Gamecocks end the fall season 3-0, winning all home matches.

JSU won its only other head-to-head matches in the first tournament of the season over Huntsville and West Alabama to claim the JSU Invitational title.

-JSU Sportswire



JSU Sportswire



JSU Sportswire

Giraldo leads JSU to sixth place

HOT SPRINGS VILLAGE, Ark. - Led by junior Valentina Giraldo's five-over 221, the Jacksonville State women's golf team scored a sixth-place finish in the field of 15 at the Little Rock Golf Classic held at the Diamante Country Club.

Giraldo pieced together rounds of

72-76-73 to finish runner-up among the 81 competitors.

She entered the final 18 holes tied for fourth, and surpassed the three individuals ahead of her, but was bested by Missouri State's Verena Gimmy who's round-low 71 earned her the individual title by a single stroke.

-JSU Sportswire

Gamecock men finish runner-up

KIAWAH ISLAND, S.C. - The Jacksonville State men's golf team continued its climb up the leaderboard on the final day of the East Bay Deli Classic with a five-under 283 as a unit on Tuesday to jump to second in the final 18 holes at the Turtle Point Golf Course.

JSU's 283 team score was the second-lowest round carded on Tuesday behind Coastal Carolina's 281.

The strong round propelled JSU up

another spot to finish runner-up after entering the day tied for third with Rutgers.

JSU improved its position after each day after finishing the opening round in fifth place.

The Gamecocks came home just behind Tennessee who sat atop the team leaderboard after each round.

UT finished nine-over with a 873, eight shots ahead of JSU's three-day 881.

-JSU Sportswire

Thomas, Stinnett garner OVC weekly honors

Gamecocks' running back Roc Thomas and kicker Cade Stinnett were named Ohio Valley Conference Players of the Week Sunday, as announced by the league office.

The announce-

ment gave Thomas his fourth Offensive Player of the Week honor of the year, while Stinnett was named the conference's Co-Specialist of the Week for the second time in his career.

-JSU Sportswire



JSU Sportswire

Lea names to NFF National Scholar-Athlete Class

IRVING, Texas - Jacksonville State senior offensive lineman Justin Lea has been named to the National Football Foundation's National Scholar-Athlete Class and a finalist for the Wil-

liam V. Campbell Trophy, presented by Fidelity Investments.

The announcement of the 13-person team composed of players from all divisions came from the NFF and

College Hall of Fame on Wednesday morning.

All 13 members of the class become finalists for the William V. Campbell Trophy and will be honored at the 60th NFF Awards Din-

ner on Dec. 5 in New York City.

He is the first Gamecock and the first Ohio Valley Conference student-athlete to be named a finalist for the award.

-JSU Sportswire

Gamecocks win on 40th anniversary celebration

On the night the Jacksonville State volleyball team celebrated its 40th anniversary, the Gamecocks reeled off a comeback to remember overcoming a 0-2 deficit to down UT Martin 15-11 in the fifth.

Jax State (20-11, 6-6 Ohio Valley) went five sets for the sixth time in 12 conference matches with its comeback over UTM.

The Skyhawks fell to 5-7 in OVC play, and remain winless at Pete Mathews Coliseum

since 2011.

Entering the day, only 14 Division I schools had amassed 20 wins in 2017, but that club grew by at least one on Friday as JSU notched its first 20-win campaign since the NCAA tournament team in 2009.

Defense highlighted both sides as JSU won despite a .097 overall hitting mark.

However, JSU limited UTM to just a .103 clip.

Junior Mackenzie Rombach matched a career-high with

nine blocks, followed by Kim Krutsinger and Kaylee Frear with five apiece to lead JSU to 15 team stops.

Senior Hannah Kirk led a defensive back row that collected 79 total digs during the five-set affair.

Kirk finished with 19, just ahead of senior Jennifer Hart's 15.

season offensive surge, tying Allyson Zuhlke with 13 kills while Charis Ludtke put away 11 attacks of her own.

Sophomore Rachel Perucki dished 27 assists, her second 25-assist match in the last three outings, while Hart setip 17 successful swings.

JSU continues play in the friendly confines of 'The Pete' next week-end, hosting Eastern Kentucky and Morehead State.

-JSU Sportswire

Gamecocks ranked in national polls

STATS FCS Poll

1. James Madison
2. North Dakota State
- 3. Jacksonville State**
4. Central Arkansas
5. Sam Houston State
6. South Dakota
7. Elon
8. Wofford
9. North Carolina A&T
10. South Dakota State
11. Eastern Washington
12. Illinois State
13. Grambling State
14. Stony Brook
15. Western Illinois
16. Samford
17. Southern Utah
18. Northern Arizona
19. Weber State
20. Villanova
21. New Hampshire
22. McNeese
23. Furman
24. Western Carolina
25. Kennesaw State

FCS Coaches Poll

1. James Madison
2. North Dakota State
- 3. Jacksonville State**
4. Central Arkansas
5. Sam Houston State
6. South Dakota
7. North Carolina A&T
8. South Dakota State
9. Wofford
10. Elon
11. Eastern Washington
12. Grambling State
13. Illinois State
14. Weber State
15. Samford
16. Northern Arizona
17. Nicholls
18. Western Illinois
19. New Hampshire
20. Villanova
21. Stony Brook
22. McNeese
23. Southern Utah
24. Monmouth
25. Kennesaw State

NCAA Rifle Poll (CRCA)

1. West Virginia
2. Kentucky
3. TCU
4. Murray State
5. Alaska
6. Ohio State
7. Nebraska
8. Memphis
9. North Carolina State
10. Ole Miss
11. Nevada
12. Air Force
13. Navy
- 14. Jacksonville State**
15. Akron
16. Army
17. UTEP
18. Morehead State
19. UT Martin
20. Georgia Southern
21. The Citadel
22. North Georgia
23. Coast Guard
24. UAB
25. Virginia Military

The STATS FCS Poll, FCS Coaches Poll are updated every Monday during the regular season. The NCAA Rifle Poll is updated every Tuesdays during the regular season.



JSU Sportswire

Marlon Bridges tackles Southeast Missouri's Marquis Terry in the Gamecocks' 23-7 win over the Redhawks.

Gamecocks winning despite slow starts

Daniel Mayes

Chanty Sports Writer

In both of Jacksonville State football's last two games, the team has struggled to a sluggish start.

It took the Gamecocks until their third drive in Saturday's 23-7 homecoming win against Southeast Missouri State to put up their first points, a 65-yard catch-and-run from Kendrick Doss to Trae Barry, and even then that was their only points in the first quarter and only touchdown before late in the fourth quarter.

The week before, JSU even trailed at halftime of an Ohio Valley Conference matchup for the first time in nearly four years when Eastern Illinois led the Gamecocks 14-9 at the break.

According to Coach John Grass, this is due to a combination of several factors.

"When you say we get off to a slow start, that has to do with the other team some too," Grass

said.

"We put ourselves in the hole some, but they made some plays"

Those plays range from key turnovers, like the Roc Thomas fumble early in the game against EIU, to sacks, which SEMO tallied eight of on Saturday, including one that derailed the Gamecocks' first drive.

The sluggish start on Homecoming Saturday led to a defensive battle, which Grass says is fitting given the Gamecocks' uniforms that day.

"You're paying tribute to the 1992 team and wearing throw-back uniforms," Grass said.

"Why not win one in Coach Bill Burgess style?"

The JSU offense eventually found their stride enough in both games – 24 unanswered points against EIU and 16 against SEMO – to pick up wins in both.

The offense had a margin for error in these games largely thanks to the dominant Jacksonville State defense.

After allowing 14 first-half

points against EIU, the defense locked down. Each second half possession for the Panthers ended either in a punt or turnover.

The defense stepped up in a big way again against SEMO.

A Darius Jackson sack on the Redhawks' first possession forced SEMO into a much more difficult field goal attempt, which was no good.

After giving up a long touchdown pass for SEMO's only points, the defense shut down the remaining Redhawk drives, including forcing two field goal attempts with SEMO in scoring position.

The Gamecocks blocked both. Marlon Bridges got the first and Randy Robinson the second, an attempt that would have cut the margin to 13-10 with just 8:04 remaining.

The dominant defense is fueling the JSU march to what looks like yet another OVC title, but the Gamecocks will need to be firing on all cylinders by the time the playoffs roll around to avoid another early exit.



JSU Sportswire

Jacksonville State's men's basketball program celebrates after winning their first Ohio Valley Conference Championship in Nashville, Tenn. The Gamecocks look to replicate last season when they host Delta State tonight at 7 p.m. at Pete Mathews Coliseum in exhibition.

Gamecocks look to build on historic season in 2017

Grant Benefield

Chanty Sports Reporter

Coming off their first ever NCAA Men's Basketball Tournament appearance last season, the Gamecocks are set for another successful season in 2017.

To start, the Gamecocks are returning three starters in senior center Norbertas Giga, senior guard Malcolm Drumwright, and junior forward Christian Cunningham.

Giga put up some great numbers in 33 games under the rim last season.

The seven-footer from Lithuania grabbed 8.1 rebounds a game with 267 to-

tal boards, recorded 33 blocks and 24 steals, and averaged 11 points a game with a .500-plus field goal percentage.

Drumwright was the Gamecock's leading scorer in 2016-17, and he will be looking to do even more damage this year.

In 35 games, the Cali-born guard averaged 12.5 points with a .41 field goal percentage, and boasted a .36 shooting percentage from beyond the arc.

Drumwright also led the Gamecocks in assists last season, with 135 total dimes.

Cunningham, the 6-foot-7 forward from Albuquerque, N.M., was a stopper for the Gamecocks last year,

posting 59 blocks and 20 steals and leading the team in rebounds, with 8.1 per game and 275 total—a JSU record.

Cunningham also was not too shabby on the offensive end, scoring 8.2 points per game on an efficient .61 field goal percentage.

The coming season will be coach Ray Harper's second with the Gamecocks.

His first was impressive, to say the least, leading JSU to a 20-15 (9-7 OVC) record and JSU's first OVC tournament championship since the team's move to D-I in 1993.

Harper became just the second Gamecock head coach to reach 20

wins in a season at the D-I level, and it was the team's first time reaching that plateau since the 2002-03 season.

He also led JSU to their first ever D-I NCAA Men's Basketball Tournament appearance, where the Gamecocks lost in the first round to second-seeded Louisville, 78-63.

With the stage set for an even better season in 2017-18, the Gamecocks will host Delta State in an exhibition match on November 2, at 7:00 p.m.

The JSU men will kick off their regular season schedule on November 10, at 7:00 p.m. as they host Tennessee Wesleyan.

JSU concludes cross country season at OVC Championships

CHARLESTON, III – The Jacksonville State men and women's cross country teams capped their 2017 season on Saturday, with both teams finishing 11th at the 2017 Ohio Valley Conference championship run at the Panther Trail Course on the campus of Eastern Illinois University.

The Jax State men were led once again by sophomore Corey Champion's time of 27:21.2 across the 8K course.

Junior Kole Pettit, who missed the second half of the regular season, returned to post the second-best JSU mark at 27:42.5, followed by freshman Riley Slone just seven seconds back.

Sophomore Like Thomas and newcomer Seth Emmenegger rounded out JSU's scoring runners.

For the ladies, freshman Jasmin Ortega turned in a career best 20:42.3 to lead JSU for the first time this season.

She was followed by Emily Sorrell (20:52.1) and senior Dayja Simon with a 21:17.8.

Aubree Cole and Alyssa Hudgins scored fourth and fifth for the Gamecocks.

Eastern Kentucky continued its league dominance running to victories in both the men and women's conference cross-country championships, marking their 12th-straight championship (and 26th overall) for the EKU men and the sixth-straight and 31st overall title for the women.

In the women's race, Eastern Kentucky, who entered the meet ranked No. 21 nationally, completed a perfect score by sweeping the top five places.

It marked the first time since 2004 (Samford) that an OVC women's team had swept the team competition.

Belmont was second, followed by host Eastern Illinois in third.

For the men's event, EKU placed its top five finishers in the Top-13 to finish with 36 points and claim the team title.

Morehead State had three runners in the Top 10 to finish second, while Belmont came home third followed by the host Panthers of EIU in fourth.

-JSU Sportswire



JSU Sportswire

OVC Cross Country Championship Results

Men's 8K

1. Eastern Kentucky
2. Morehead State
3. Belmont
4. E. Illinois
5. UT Martin
6. Tennessee Tech
7. Austin Peay
8. Murray State
9. SIUE
10. SEMO
11. Jacksonville State
12. Tennessee State

Women's 5K

1. Eastern Kentucky
2. Belmont
3. E. Illinois
4. SEMO
5. UT Martin
6. Murray State
7. SIUE
8. Tennessee Tech
9. Morehead State
10. Austin Peay
11. Jacksonville State
12. Tennessee State

OVC Cross Country Individual results

1. Edwin Kurgat, UTM
2. Jamaine Coleman, EKU
3. Addison Monroe, EKU
4. Justin Moakler, MSU
5. Chris Orlow, EIU
6. Gilbert Boit, TTU
7. Jamie Romo, EKU
8. Farah Abdulkarim, MSU
9. Dustin Hatfield, EIU
10. Aaron Wier, Morehead St.
11. Erick Rotich, EKU
12. Kaleb McLeod, BU
13. Jakob Abrahamsen, EKU
14. Declan McManus, BU
15. Fredrick Kanda, EKU

1. Charlotte Imer, EKU
2. Luisa Boschan, EKU
3. Lillian Kiborus, EKU
4. Ciara Scot, EKU
5. Haley Yost, EKU
6. Purity Sanga, TTU
7. Meggan Grams, EKU
8. Gladys Cheruiyot, EKU
9. Maria Baldwin, EIU
10. Meagan Smith, Murray St.
11. Jessica King, BU
12. Kaitlyn Shea, SEMO
13. Kortney Schardt, BU
14. Haley Miller, SIUE
15. Halie Hausman, BU