JSU’s International House held an event to teach students about the history of Labor Day.

CAMPUS

Some hard-earned time off:
JSU International House educates students about Labor Day

JP Wood
Staff Reporter

As students were returning home from their three day weekend, the International House students put on an event to demonstrate the significance of the holiday. JSU students were welcomed in to the International House with cookies, drinks and friendly house residents. Refreshments weren’t the only thing being served up though. House residents had prepared presentations about the labor day holiday that were out for visitors to read. According to returning resident Meg Bourths, “We’re showing basically what labor day is, the history behind it and how it is celebrated in different cultures.”

Usually celebrated on the first Monday of September, the holiday honors the importance of the nation’s workforce. Labor Day in the US also marks the end of the summer season, and the return of school for most of the country. In much of the rest of the world it is synonymous with International Workers Day, which falls on the first of May. The date was chosen by international socialist parties to commemorate Chicago’s Haymarket Square affair in 1886.

The labor day event is just one of many that the International House holds throughout the year. Most of these events, like this one, Students share their Study Abroad experience at reception
Scott Young
Staff Reporter

For many Jacksonville State University students, studying abroad provides the unique opportunity to personally experience a vast world filled with a variety of different cultures. As students travel the world, they’re immersed into an environment they’ve never been before—an uncharted territory. JSU’s Study Abroad Program prepares students for a globalized society.

On Wednesday afternoon, JSU Study Abroad Students attended a Welcome Back Reception for those that studied abroad this past year, where many shared their experiences and taught attendees about the country they visited. Dr. Rebecca Turner, the Provost and Vice President for Academic and Student Affairs, began by posing a question to the participants. “How many of you can truly say that your study abroad experience changed you in ways that nothing else could?”

Dr. Turner went on to recognize the improvement of the JSU’s Study Abroad Program, stating that it has improved because they’ve created “an infrastructure that supports faculty as they develop plans to study abroad.” Following this brief introduction by Dr. Turner, and then a recognition of the Study Abroad Committee, students were given fifteen minutes apiece to overview their visit to a foreign country and what they gathered from that experience.

“We went on a river boat ride...”

see LABOR page 2

see ABROAD page 2

in CAMPUS

Diversity Workforce Recruitment Fair Saturday, Sept. 8, 9 a.m.
TMB

Diversity Workforce Recruitment fair hosted by the Black Alumni Chapter of the JSU National Alumni Association. 15-20 companies will be in attendance looking for possible employees. Event is open to JSU students, alumni, and the community. Come dressed for success with resume in hand.

JSU vs Mississippi Valley State Saturday, Sept. 8, 6 p.m. Burgess-Snow Field

The Gamecocks take on Mississippi Valley State in the home opener for the 2018 Football season.

in ARTS & ENTERTAINMENT

Film review of Ant-Man and the Wasp

in SPORTS

JSU Ready to Bounce Back Against Mississippi Valley State
Students prepare to make presentations on their Study Abroad experience.

The overarching theme of the Study Abroad program that each student expressed during their presentation was that the Study Abroad experience was worth every penny and helped them to grow as a person. Reading words on paper or viewing images in a textbook do not compare to visiting these countries first-hand, and every student that participated said they gained memories that they will remember for years to come.

LACR from Page 1

promote the exchange of cultures on campus. “The thing that’s greatest about the International House is that they’re open to exchange” says house resident Sushand Chhetry. Living in the house and putting on these types of events really gives students a sense of cultural awareness. “It’s a lot like study abroad but in America” according to first-year resident Michael Canady. At the end of this month, the house will hold United Nations AT, which will be the biggest event held at the House. “It’s our way of showing the cultural exchange we have in the house” says Bourths. The event is an expo of sorts for international students to promote their culture, with dancing and singing performances as well as poetry readings.

LABOR from Page 1

• Jessica Ray, an Exercise Science and Wellness major from Clifton, Tennessee, is sponsored by Alpha Omicron Pi, and her platform is the Boys and Girls Clubs of America.
• Bivoke Beninette, a Special Education major from Rainbow City, Alabama, is sponsored by Zeta Tau Alpha, and her platform is Disabled Children’s Partnerships.
• Taylor Anne Beckham, a Pre-Health Biology major from Clifton, Tennessee, is sponsored by Alpha Omicron Pi, and her platform is Youth Health and Wellness.
• Madison Burell, a Family and Consumer Science major from Jacksonville, Alabama, is sponsored by Sigma Alpha Omicron, and her platform is Know Your Worth.
• Adhier Golf, a Psychology and Criminal Justice major from Dallas, Georgia, is sponsored by Pi Kappa Alpha, and his platform is American Cancer Society.
• Steven Alexander, a Pre-Health Biology major from Centre, Alabama, is sponsored by Pi Kappa Alpha, and his platform is Suicide Prevention and Awareness.
• Eric Cline, a Biology major from Jacksonville, Alabama, is sponsored by Zeta Tau Alpha, and his platform is the Nyle Davis Alzheimer’s Foundation.

The Top seven candidates for JSU’s 2018 Homecoming are:
• Brook Bennefield, a Special Education major from Clifton, Tennessee, is sponsored by Alpha Omicron Pi, and her platform is Free Children’s Partnership.
• Dayleigh Dorsett, a Nursing major from Centre, Alabama, is sponsored by Zeta Tau Alpha, and her platform is Disabled Children’s Partnerships.
• Antonio Dix, a Pre-Health and Emergency Management major from Newnan, Georgia, is sponsored by Phi Kappa Phi, and his platform is Alzheimer’s Association.

Now that the showcase is over, candidates shift to campaigning for votes for the upcoming elections. The Homecoming Court will be crowned Saturday, September 29, on Homecoming day.
The Horror of Sleep Deprivation:

By: Breauna Hill
News Editor

Irritability, fine lines, and dark circles are not the only haunting reminders of a terrible night’s sleep. Not sleeping well can affect your cardiovascular, endocrine, immune, digestive, and your respiratory systems—so, basically, your entire body. The problem is when your body takes time to heal and repair itself. Lack of sleep can make that difficult. Losing sleep is known to deter our cognitive thinking process. Doing this causes a decrease in things such as our attention span, mental alertness, concentration, communication, etc.

With the entire mental health aspect involving sleep deprivation aside, it has also harmed people on the roads. Statistics have shown that approximately 100,000 auto collisions a year have been caused due to a lack of sleep. The majority of people, a large percentage being college students, believe that trying to make up for lack of sleep by using stimulants such as caffeine is enough to override the need for sleep, and that is not true. For people in the age group of 18 to 25, the recommended number of hours of sleep per night is a total of 7 to 9 hours. Though this is recommended, most young adults try to only go on about 4 to 6 hours of sleep per night. Statistics have shown that 50-70 million U.S. adults are suffering from some sort of sleeping disorder. About 90% of people who suffer from a sleeping disorder called insomnia end up developing a health condition and risk worsening their overall well-being. Sleep deprivation has proven to affect people mentally, physically and emotionally. The seriousness of this subject often goes unnoticed, which in turn, often steals up on people and shock them.

Getting the recommended amount of sleep for your age group can improve your mood, your awareness, and your overall being as a whole. Sleep in every once in a while, it will do you some good.

Today’s College Students Aren’t Who You Think They Are...

By: Julie Depenbrock
NPR Team

Popular culture tells us that college “kids” are recent high school graduates, living on campus, taking art history, drinking too much on weekends, and (hopefully) graduating four years later.

But these days that narrative of the residential, collegiate experience is way off, says Alexandria Walton Radford, who heads up postsecondary education research at RTI International, a think tank in North Carolina. What we see on movie screens and news sites, she says, is skewed to match the perceptions of the elite: journalists, policymakers.

Today’s college student is decidedly nontraditional — and has been for a while. “This isn’t a new phenomenon,” Radford says. “We’ve been looking at this since 1996.”

So, what do we know about these “typical” college students of today?

Radford has done a lot of research on this and defines the nontraditional student as having one or more of the following characteristics:

- Financially independent from their parents
- Having a child or other dependent
- Being a single caregiver
- Lacking a traditional high school diploma
- Delaying postsecondary enrollment
- Attending school part time
- Being employed full time

Want To Finish College? Go Full Time, At Least Part Of The Time

NPR ED

Want To Finish College? Go Full Time, At Least Part Of The Time

Close to 74 percent of undergrads fall into one of these categories — and about a third have two or three. “I don’t think people have got their heads wrapped around that yet,” Radford says.

So here’s a snapshot of the 17 million Americans enrolled in undergraduate higher education, according to numbers culled by the National Center for Education Statistics.

1 in 5 is at least 30 years old
About half are financially independent from their parents
1 in 4 is caring for a child
47 percent go to school part time at some point
A quarter take a year off before starting school
2 out of 5 attend a two-year community college
44 percent have parents who never completed a bachelor’s degree
As demographics shift, Radford argues, policy should follow.

In The Weeks Before Freshman Year, Money Worries Aplenty

NPR ED

In The Weeks Before Freshman Year, Money Worries Aplenty

It’s vital that institutions look at the characteristics of their undergrad cohorts, she adds, to explore how to address their students’ unique concerns.

Perhaps that means offering services like financial aid, advising or tutoring after-hours (instead of the typical 9 to 5). Maybe it means offering child care for student-parents, or extra parking for commuters.

One thing for sure, says Radford, is that it’s probably time to coin a new phrase for nontraditional students, considering they are the new normal.
Ant-Man and the Wasp disappoints viewers: Stings audience, doesn’t fly quite high enough.

James A. King
A&E Writer

Marvel has been on a roll this year with their last two movies, Black Panther and Avengers: Infinity War, have made billions of dollars each. Black Panther being the first Marvel movie coming out this year had arguably one of the most compelling villains in the Marvel movie universe. Its unique Afro-futuristic style and highly political message against racism and isolationism really struck a chord with audiences.

Avengers: Infinity War on the other hand is the culmination of everything that the Marvel cinematic universe has been working for in its then 18 movie run. Thanos, played by Josh Brolin, may be the best villain that Marvel Studios has put to screen. The movie expertly juggles its massive cast of heroes, with a few light-hearted moments, and perhaps one of the darkest moments of the franchise.

Compared these movies, Ant-Man and the Wasp doesn’t measure up. It’s a much smaller movie in scope with our heroes on a rescue mission. Ant-Man and the Wasp is a lot of fun using the shrinking power from Marvel since Captain America: Civil War. The fights themselves lead to a lot of funny, involving the Burch character and Lang’s former criminal buddies isn’t completely freed. Rudd’s character takes on a smaller role and is mostly there for comedy relief, making him feel almost useless in his own movie. This reoccurs in a story about the Pym Family. The third act of the movie really hurts the plot. It just wraps things up with little or no explanation.

Beyond that, I really enjoyed the movie and felt that it was on par with the first Ant-Man movie yet it never rises above it. It feels like a classic Marvel movie and that is both its greatest strength and its weakness because after some game changing sequels this movie isn’t quite as original. I do recommend checking it out if you have a chance to see it. The movie is out in theatres and due for home release in October.

FilM REVIEW

The Jacksonville State University Art Department hosted an art exhibit for two artists last Thursday. Young Lee was one of the artists who was able to display his work. He was born in South Korea and earned two associate degrees from North Georgia in Business Administration and Studio Arts. During his speech, Lee explains how he started out as an artist who just wrote poetry, but as he got older and broadened his perspective on art he became more interested in photography and graphic design. The art gallery displayed eight strong pieces of art from Lee’s current collection, YLSST. The work that seemed the best received involves graphic design images of flowers, a lighthouse, and vibrant colors. When asked what inspired his artwork Lee says, “A lot of poetry.” Lee has made substantial progress with his artwork over the years and has a promising future as an artist.

The second artist with artwork displayed is Justin Farmer. Justin Farmer graduated from Jacksonville State University with a bachelor’s degree in Fine Arts. The name of his collection is Homegrown. All of the art pieces displayed showed a correlation to nature. Farmer was inspired to create by the people he met at JSU, their cultures, and new ways of the world that he did not know about before. They all helped him create artwork about his culture and gave him an outlet to introduce it to people who are not familiar with it. Farmer also states how his surroundings, family, and friends helped stimulate his mind to create these beautiful pieces. Out of all artwork displayed, the oil painting titled, “My Damn Self” was the only one sold so far in the collection. It features lively colored peaches, exuberant green plants, and the peach picker presented in the middle. The depiction of southern landscapes throughout the art of Homegrown give a new appreciation to southern culture.

Above: “My Damn Self” by Justin Farmer
Below: Piece from YLSST by Young Lee

Sydney Spencer
A&E Reporter

CAMPUS NEWS

A&E Reporter
Sydney Spencer

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**GAME REVIEW**

Taylor Mitchell
A&E Editor

Vengeance is a fickle thing. I have always seen it as the intersection of revenge and justice, yet when does that stop? When you're wronged for something... When you're righted for doing so? Just the people who wronged you? The people who helped you? When does your quest to get back at someone turn into a quest to protect others from what happened to you?

The game is kicked off when Bayek of Siwa, an Egyptian Medjay, and his wife Aya are caught up in a conspiracy that end with their son’s death. Sweating revenge, they resolve to hunt their son’s killers across Egypt with Aya leaving for Alexandria and Bayek searching through the desert. Players join Bayek about a year after such begins, not long after he has already hunted down one of his targets. As the game goes on he becomes more and more into the mystery of the organization that killed his son, Egyptian politics, and the foundation of the Assassin Brotherhood.

Probably the best thing about the game it’s setting, when people think “Ancient Egypt” they think of what they think of instead. Of taking place in one of the three periods discussed in most western civ classes. The New Kingdom, the middle and even new kingdoms were all long ago by the events of the game. This is also the game’s downfall by its conquested by Alexander the Great, ruled by a pharaoh who is very much a greek not an egyptian. This is Egypt that is Egypt after its conquest by Alexander the Great, ruled by a pharaoh who is very much tied up in the mystery of the organization that killed his son’s killers across Egypt with Aya leaving for Alexandria and Bayek searching through the desert. Players join Bayek about a year after the search begins, not long after he has already hunted down one of his targets. As the game goes on he becomes more and more into the mystery of the organization that killed his son, Egyptian politics, and the foundation of the Assassin Brotherhood.

When asked about his favorite artists, Mike Portnoy says “I am blessed to have had countless in the rock/metal community. This brings us to combat. Combat in Origins is much more slow and methodical than Assassin’s Creed: Syndicate, which featured a fast brawling feel. In Origins, however, combat is much more about having a plan. A good shield will be your best friend but they’re also rather buddy buddy with your enemies. Doing well in an encounter will require good managing of strong attacks, which break down defences, attack combos and plenty of dodging. It is a system that rewards skill, but doesn’t take long to understand which makes it incredibly satisfying once it all clicks together. It feels incredibly different from any Assassin’s Creed game before it, you’re never going to fall into the endless repetition of just countering enemy attacks. In fact, it’s by far a better idea to dodge attacks over trying to counter.”

**Assassin’s Creed: Origins takes series to a new beginning**

Stepping into the Knight’s Den
Host: Keith Knight
Tuesdays 9-11pm

The Knight’s Den started in August of 2016 on WLJS 9.1 and quickly gained a following in the rock/metal community. Host Keith Knight states the mission is to focus not just on mainstream but independent and unsigned rock/metal acts who put out quality music that should be on your playlist. Keith has interviewed countless artists in the two years he has been on air ranging from older and new artists such as Lita Ford, Jack Russell’s Great White, Jeff Scott Soto, Butcher Babies and Bad Wolves to rock/local/region artists such as BrokenRail, Kickin Valentina, Artifas, Dead Reckoning, Apocalypse Lover, and Soulrapt to rock titans Mike Portnoy, Halestorm, Sevendust, Shinedown, and Five Finger Death Punch.

When asked about his favorite interviews, Keith says “I am blessed to have had some great interviews with some of my favorite artists. Mike Portnoy was a great interview because he really is a great person and very funny guy. He is open to discuss almost anything and has a great sense of humor. The impromptu interview with Tyler Minogue from Soulrapt on the banks of a lake in the middle of Florida was very fun even though the fan boats whizzing by were interrupting us every two minutes. The Bad Wolves and Shinedown are an absolute pleasure to work with especially the management and crew who were very welcoming. Top notch professionally in every way.”

Getting into concert photography in early 2017, he says “The great thing about concert photography is the tunnel vision you get while engaging with the artist on stage. For that brief moment in time it’s just you, the camera, and the subject you are shooting.”

When asked in 2017, theknightsdens.com became the place to view his photos and think that difference is one of the great things about the game, it gives you a unique feel. The Assassin’s Creed series’ new tendency to make trilogies of games that have connected stories and similar game mechanics. This makes the series have very distinct eras that are connected but each have a different feel. Yet Origins feels like more than that, it feels like a shift that won’t go away. It’s a turning point for the series, and it feels like a great one. If you have ever been interested in Assassin’s Creed now is the time to jump in, and if you’ve been here since the beginning, keep enjoying the ride. It may just get better from here.
Word Scramble! Sea Animals Edition:

ESAHRESO
ETOSLBR
HSFTSAIR
SRTYOE
HSKRA
MCLA
HPLIDON
IUDSQ
RCAB
HAWLE

Did YOU know? 

Human thigh bones are stronger than concrete.

On average a person laughs 10 times a day.

On average you blink 25,000 times a day.

Americans spend $10 million a day on potato chips.

Punz...

How many tickles does it take to make an octopus laugh?...
10-tickles!

How do you invite a dinosaurs for lunch?
Tea, Rex?

What do you call a turtle who takes up photography?
A snapping turtle!

Riddle me this...

The more you take, the more you leave behind. What am I?

I am full of holes but I still hold water. What am I?

What kind of coat can you only put on when it's wet?

What pulls you down and never lets go?

I am dark, no one can see me. I am very far, but nothing can escape me. What am I?

What gets bigger the more you take away from it?
JSU FOOTBALL

JSU Ready to Bounce Back Against Mississippi Valley State

Head Coach John Grass
Opening Comments:

"I wish we could have been on the field and played this last weekend and it’s an unusual start to the season with playing just twice in the opening month with the two byes in the first four weeks. We wanted to get the bitter taste out of our mouth, but I think we handled last week really good and we get better and you learn a lot about yourself in that first game. We had a lot of self-inflicting wounds that we have to get correct with the penalties and turnovers. Those are things that we can get better at doing and I feel good about this team. If we don’t self-inflict, we can line up with anybody. This team has a chance to be really good and we went back to the practice field last week to get that stuff corrected. We weren’t the only ones around the country that had self-inflicting issues in the first game of the season, so hopefully we will improve and the saying in football is that you get better between your first and second game of the season. I am anxious to see how much better we can play in the second game.”

"We have been looking forward to this game regardless of what happened in that first game, because it is at home. It is big for our school and community to get in that stadium game, because it is at home. It is big for our game regardless of what happened in that first game. We can play in the second game.”

"I needed this week to get better and I have also liked to have one later in the year. We had a lot of guys that were playing for their lives last week. This week to have a bye week this early, but we would like to have one later in the year. To have a bye week this early, but we would have also liked to have one later in the year. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game."

"I love this defense and everyone is working together and we got better during the bye week. I am looking to get better and prepare each week.”

On fixing the penalty problems:

“We had a lot of guys that were playing for their lives last week. We will do our best and I think you will see a lot of growth as the year goes along. Some of the stuff is very correctable and the procedure penalties are things that you can clean up. We have to play smarter football and we have talked about that and there will be some punishable for penalties and we got our attention last week with that kind of stuff. We have to focus and work on all of that stuff.”

Marlon Bridges
R-Jr. Free Safety

On his health:

“Throughout the week we get better and I have been running around this week. It was good to have a bye week this early, but we would have also liked to have one later in the year. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game. We learned a lot last week and fixed a lot of the mental errors that we had in the first game.”

On watching other games during the bye week:

“Like to watch the defenses and I try to call out the coverages and I think that will help me be a better player.”

Josh Pearson
R-Jr. Wide Receiver

On the big game against North Carolina A&T:

“All of those things could not have been possible without a great quarterback and the offensive line giving him the protection to get the ball to me. I am looking to get better and prepare each week.”

JSU SOCCER

Jax State Hosts Troy In Rare Tuesday Day Tilt

The Jacksonville State soccer team will host in-state nemesis Troy in a rare Tuesday evening match up at the JSU Soccer Field.

The Gamecocks and Trojans tilt will get underway at 7 p.m. Admission to all JSU soccer matches is free. The match will also be streamed live on the OVC Digital Network.

JSU (2-2-1) will be playing its second of three home matches in a seven-day span as it dropped a 1-0 decision to North Alabama last Friday night and will face Samford on Friday, September 7 at the JSU Soccer Field.

In the UNA contest, the Lions were able to sneak past the Gamecocks with a late goal in the 81st minute. Troy will also be looking to bounce back from a loss as it fell to the Rebels of Mississippi State in the last outing on the pitch last Thursday. The Trojans enter the contest at 1-4 on the season and will be looking to snap a four-match losing skid.

Tuesday’s tilt will be the 17th all-time between the two programs with Gamecocks holding a 10-5-1 advantage. The two have faced off against each other in six of the last eight seasons, dating back to the 2010 campaign.

The Trojans have claimed four of those six matches with JSU posting a win in 2013 in double overtime. Last season, the two clubs traveled to Mobile, Alabama to face each other and came away with the first scoreless draw between the two in series.

Jax State remains in the top-15 in NCAA Division I Soccer in shots on goal, ranking 13th after two weekends of action. JSU enters the week aver- averaging 11.25 shots on goal.
The Todd Garvey era has begun for JSU volleyball. The Gamecocks opened their season last weekend at home in the Jax State Invitational, in which they went 3-1 with wins over North Alabama, Lamar, and Mercer. The sole loss came to Little Rock, who finished the tournament 4-6.

Aside from new head coach Todd Garvey, JSU’s 2018 head coach Todd Frear, Lena Kindermann, Sadie Anderson and Addie Halverson will see the back row for the Gamecocks.

Coach Garvey moved his new lineup around quite a lot in the opening tournament, allowing multiple individuals to shine at different parts of the court. Sadie Anderson had a strong return to the court, leading the team with 37 kills. Addie Halverson and Lena Kindermann also collected 29 and 36 kills respectively. Lexie Libs led the offense with 128 assists. Kaylee Frear and Mackenzie Rombach combined for 22 blocks and 52 kills up front. The entire Gamecocks roster saw action over the course of the tournament.

JSU took their strong start to the Grand Canyon Invitational this weekend in Phoenix. The Gamecocks opened the weekend with a tough close loss to undefeated Boston College. Kaylee Frear, Lena Kindermann, Sadie Anderson and Addie Halverson racked up double digits kills. Lexie Libs collected 52 of the teams 62 assists. JSU suffered 2 losses to round out the tournament, at the hands of Grand Canyon University and Southern Utah. JSU hit only .083 worth 30 errors but kept it close with GCU, who took the Gamecocks down to the wire and stole victory at the end. The second verse was the same as the first against Southern Utah with JSU dropping another close match. Sadie Anderson, who is from Phoenix finished with 24 kills and 31 digs. Frear, Rombach and Halverson also showed strong for the Gamecocks in the defeats. The Gamecocks return home to the tournament Classic next weekend in Gadsden.

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