CAMPUS

Luau cookout welcomes students

Keely Tibbits
News Correspondent

The Jacksonville State University Student Government Association hosted a Luau Cookout at the Recreation and Fitness Center to welcome back students and ring in the new semester. The SGA organized the event with the help of Veronica Bjorkman, the assistant dean for student life.

“I just got here three or four months ago, and I’m excited to get to know the student body this semester,” said Bjorkman.

Hotdogs and canned sodas were offered to those who attended, and the first fifty students received a free t-shirt. As students celebrated one of the last events for Welcome Back week, many expressed their excitement for the new fall semester.

A frequent rock wall climber, Ben Junkins, spoke at the event about a possible rock wall team forming sometime in September.

“I’m really excited about the Marching Southerners show,” said Sadie Appleton, one of the section leaders for the flute line. “I think it’s going to be the best show.”

Katie Coe, who is also a section leader for the flutes, expressed her excitement for returning back to the Marching Southerners.

“I’m excited for marching band because that’s my life,” said Coe. “But also, I’m excited to see everyone back on campus.”

“I’m looking forward to playing against UTC and UNA in football and to getting Wesley Foundation events started again,” said Samantha Hastings.

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NEWS

Spirit on Mountain Street successful, wet

Brooklynn Wilkes
A&E Correspondent

Despite a heavy downpour, Jacksonville kept spirits high for the 14th annual Spirit on Mountain Street Festival. With the new school year beginning, a few F’s have been stumbled upon—friends, fun and food! Thankfully, these F’s were in abundance during the festival’s 14th annual celebration.

If you weren’t busy listening to music from the various groups that took part in Jamfest, you could easily have found yourself lost within all the vendors serving up food, drinks and good conversation. It’s easy to make friends and get to know the faces behind businesses we frequent every day in Jacksonville.

To pass time before Scotty McCreery, a widely known country music star, took the stage, one could find kids begging parents for “five more minutes” of playtime at the “kidzone”.

People also passed time by moving on to their second or third round of food from vendors like Taco Bell, Jack’s, Papa Johns and Bojangles. It is also important to note locally owned food options like Effina’s, Coop de Ville, Cooter Browns and LocoMex made an appearance as well.

Considering the loss of people to the rain, the ones who stayed kept their smiles wide and their energies high. The vendors started breaking down their booths and anticipation for McCreery was heavy in the air, much like the rain, unfortunately.

The concert began a little later than expected in order to allow the rain to clear out. Once the rain did clear, mountain street was filled with laughter, singing and music once again, thanks to a little help from McCreery.
Local rock group to release new music

Kaitlin Fleming  
Editor-in-Chief  

A local rock band is set to release new music on Friday, August 30.

The Sunsets, a band that can only be described as an alternative, new wave, post punk pop, rock group, will release “Space Love” on all major streaming platforms and the band members are excited for the public to hear what they have been working on.

The group, made up of two brothers and some friends, released their first full album, Heartbeat Massacre, in July of 2018 and released their first EP, Fatal Attraction, in 2016, just one year after the band began.

The two brothers are lead vocalist Torsten Dryden and drummer Brendan Dryden and the friends are bass guitarist Jack Vermuth and guitarist Trent Johnson, as well as saxophonist Quentin Chappell.

“This is the strongest incarnation of the band has ever had,” said Torsten Dryden. “We’re taking a more collaborative approach.”

Every member of the band has given some of themselves to the new wave, post punk pop, rock group, will release “Space Love” on all major streaming platforms. If you can’t wait for the new album, you can always stream the Heartbeat Massacre album on Spotify.

“We’re taking a more collaborative approach.”

Kaitlin Fleming  
Editor-in-Chief  

SouthernCare Hospice offers students volunteer opportunities

When you mention the word “hospice”, without fail, most people react with fear or sadness. However, hospice professionals feel that the same amount of love and care should go into playing for the end of life as for the birth of a child.

Fundamentally, hospice began as a volunteer institution in the middle ages with the care and treatment of lepers, sick pilgrims and travelers. The concept of hospice began as a place to provide shelter, care, comfort and food to those who were ill or in pain.

Now, our nation’s hospices continue to provide care in homes, nursing homes, long term care facilities and hospitals.

In fact, anyone who has seen a hospice nursing home, life review or helping care to travelers, has seen the hospice model in action.

“We need a huge number of people,” said Mike Stedham, the Director of Volunteer Services for Beacon Hospice. “We need over 1,500 volunteers each year to support our student volunteer program, which is a real struggle to do, not only for the hospice. We tell our patients that they need to call us in the loop with what opportunities are available, recognize that you have a volunteer program and announces upcoming events. For students who are interested, we can provide letters of recommendation and references for scholarships, internships and job applications.”

Consider donating your time to this very worthy cause. As a hospice volunteer, you will be able to do something you didn’t know you could do. It’s a real struggle to find time due to the stigma of the word hospice. We tell our students that there is no stigma, the only one of these individuals has the potential to teach you about the disease. Each of these individuals have a volunteer program to the person, not the disease.

At SouthernCare New Beacon Hospice, we value and appreciate our volun-

ers is great! Not only do we provide an invaluable service to our patients and their families, but one of the requirements of Medicare funding requires a volunteer program providing a certain number of hours per month.

Without our volunteers and funding, we could not continue to provide medical care to our patients that they so desperately need.

At SouthernCare New Beacon Hospice, we value and appreciate our volunteers. We always strive to give back to them as they are giving back to us. We offer all special training and as though we have a volunteer education program free of charge to the volunteer.

All volunteers are free of charge to the volunteer.

Last quarter our office provides a lunch for the volunteer staff appreciation evening prize, and each April we hold a volunteer appreciation banquet with prizes for everyone who attends. A monthly newsletter
testers keeps volunteers in the loop with what opportunities are available, recognizes that you have a volunteer program and announces upcoming events. For students who are interested, we can provide letters of recommendation and references for scholarships, internships and applications.

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Every month we hold a volunteer appreciation banquet with prizes for everyone who attends. A monthly newsletter

The Chanticleer  
8/29/2019  

Volunteer Coordination  

Mike Stedham  
jsustudentvolunteer@gmail.com  

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I had not yet taken my Communi
tory for the Chanticleer, I had ab
and temporarily closed.
Coop DeVille after it caught fire
story for the paper ended up be
in Chief Daniel Mayes. My first
ry about a candlelight vigil for a
duction around campus and had been
it started gaining a lot of atten
and making sure I had a story I
all night parsing over every word
The next day when it was posted,
I spent
and any news writing tips. I spent
height of the Industrial Revolu-
During this time, the average
American worked 12-hour days,
seven days a week, to earn a basic
living. Children as young as 5 years
old were put to work in mills, fac-
tries and mines across the country
and were paid a fraction of what
their adult counterparts earned.
Workers of all ages were fac-
ing unsafe working conditions
with insufficient access to fresh air,
sanitary facilities and breaks.
As employment numbers in-
creased in the manufacturing in-
dustry, labor unions began to grow
more prominent and vocal. Strikes
and rallies were organized to pro-
test poor working conditions and
to compel employers to renegotiate
hours and pay.
One of these events gave rise to
the longstanding tradition of Labor
Day. On September 5, 1882, ap-
proximately 10,000 workers took
unpaid time off to march from city
hall to Union Square in New York
City. This event was recognized as
the first Labor Day parade in U.S.
history.
The idea of a “workingmen’s
holiday,” celebrated on the first
Monday in September, caught on
in other industrial centers across
the country, and many states passed
legislation recognizing it.
Congress would not legalize the
holiday until 12 years later, after a
string of violent protests brought
workers’ rights squarely into the
public’s view.
Finally, in 1894, Congress de-
claried Labor Day a public holiday.
By June 28, 1894, President Grover
Cleveland officially signed it into
law.
Amidst the approaching Labor
Day holiday, AT&T workers across
nine Southeastern states have gone
on strike over unfair labor prac-
tices. This accusation comes after
the Communications Workers of
America union says that AT&T dis-
respected workers by sending labor
relations experts to negotiate con-
tacts that didn’t have any authority
to make contract decisions.
CWA has filed an unfair labor
practice charge with the National
Labor Relations Board against
AT&T for not bargaining in good
faith.
More than a century later, the
true founder of Labor Day has yet
to be identified.
Alabama gas tax to increase 6 cents on Sept. 1.

New Alabama road laws take effect Sept. 1.

Traffic travels down Highway 21 in Jacksonville, AL beside the campus of Jacksonville State University.

Alabama gas tax to increase 6 cents on Sept. 1.

Scott Young
News Editor

In March 2019, Governor Kay Ivey signed a bill that would implement a 10 cent gas tax increase over the next three years. The first increase, of six cents, is set to take effect Sept 1.

The Rebuild Alabama Act, introduced and signed by Ivey, was designed to fix the construction of new roads and bridges in Alabama. The funds are to be dispersed among state, county and local governments for “transportation infrastructure improvement, preservation and maintenance projects.”

“Africa 27 years of stagnation. Adequate funding is imperative to fixing our many roads and bridges in dire need of repair,” said Governor Ivey, announcing her plan. “By increasing our investment in infrastructure, we are also making a direct investment in public safety, economic development and the prosperity of our state.”

Ivey cites a University of Alabama Transportation Institute report to justify the gas tax increase, which says that 69 billion miles are driven on Alabama roads each year.

Of the entire gas tax increase, 66 percent goes to the state, 25 percent goes to the counties and eight percent goes to the cities. Another portion of the funds would be used to pay a bond that would be issued to finance improvements to the Mobile Bay shipping channel.

The Alabama Department of Transportation says it will generate $122 million in fiscal year 2020 from the gas tax.

Later incremental increases include two cents Oct. 1, 2020 and another two cents on Oct. 1, 2021.

New Alabama road laws take effect Sept. 1.

Several new laws that will affect Alabama drivers are set to take effect Sept. 1.

Earlier this year, the Alabama legislature passed HB 212 that places a limit on how many miles some drivers can travel in the left lane of a highway without passing a vehicle.

Rep. Phillip Pettus, the state legislator who sponsored the bill, coined it as the “Anti-Road Rage Act.”

Pettus argues that the law is designed to prevent drivers from becoming angry or violent when stuck behind slower left-lane drivers, something he says is the cause of numerous accidents.

“Our over the years, I noticed there’s a big problem with drivers who remain in the left lane,” said Pettus. “What it does is it impedes traffic and makes it unsafe for other drivers.”

The law limits drivers to one and a half miles in the left lane, with exceptions for inclement weather, left exits, traffic congestion and construction. A 60-day grace period will take place beginning Sept. 1. During the grace period, officers will issue warnings rather than tickets.

Concurrently, a new law regarding seat belts takes effect Sept. 1. Alabama’s current seat belt law only apply to front seat passengers and children riding in the back seat, but beginning Sept. 1, all back seat passengers will be required to buckle up.

According to the National Highway Traffic Safety Administration, an estimated 14,955 lives in the United States were saved due to seat belt use. Rob Schaffer, the Chief of Jacksonville State University Police Department, encourages students traveling around campus and beyond to fasten their seat belts.

“I applaud the passing of this law,” said Schaffer. “Wearing seat belts is one of the most important safety measures a driver or occupant of a vehicle can do. Seat belts can reduce serious injuries or fatalities in the event you’re involved in an accident. Air bags are designed to work with seat belts, not as a replacement. So please buckle up and stay alert.”

Interested in writing for JSU’s campus newspaper?

THE CHANTICLEER INTEREST MEETING

Friday, August 30 at 4 p.m. in the Self Hall Media Library

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Arts & Entertainment

August 29, 2019

Calhoun County art show begins at JSU

Eric Tauton

A&E Correspondent

A first-of-its-kind arts show painted its way to Jacksonville State University this past Tuesday. The JSU Art Department and the Jacksonville Arts Council opened the Calhoun County Community Arts Show this past Tuesday, Aug. 27, in Hammond Hall, the first ever art gallery to be held in Jacksonville.

The exhibit showed works from artists across Jacksonville and Calhoun County including pieces from Jake Wolven, JSU student and President of Kappa Pi Arts Honor Society at JSU, and local artistic legend Rita Springer, a 91 year-old artist who has been a painter since she was a child and still paints to this day.

“We wanted to up our game of shows here in Hammond Hall,” said Mary Springer, an Arts History professor at JSU and board member of the Jacksonville Arts Council.

Springer, with the help of Morgan Worsham, Arts Gallery Coordinator for JSU, sketched out and curated the event with the goal of recognizing and appreciating the artistic talent of Jacksonville’s local artists that are underrepresented.

“There wasn’t space in Jacksonville for artists to be heard and seen,” said Springer.

Art styles of all kinds were put on display in Hammond Hall including paintings, glass art, jewelry and photography. One of Rita Springer’s pieces “Hidden Dancer,” is an abstract oil painting that shows a captivating dancer. Her face hidden, barely seen through a hue of dark blue. Her hand and her stomach pink, with a palm tree-like skirt.

TJ Campbell, a graduate of the University of Wisconsin-Milwaukee with a bachelor’s degree in Film and Video, used his love for film and technology to create two unique pieces.

One of his pieces “Interactive Portrait” shows pictures of his face with different emotions with white circles next to them which, if the audience puts their Android device on it, will open a video of a past project he’s done based on the emotion he expresses in each picture.

“I’m interested in getting in touch with the logical and creative part of myself,” Campbell said.

The work of Dr. Karen Henricks, former chairman of the Art Department and photographer who passed away in May, was also on display.

“We felt that part of this was to honor her,” Mary Springer said.

Works from the Arts Show will be on display from August 27 to Sept. 17 in Hammond Hall.

Photo courtesy of Eric Tauton.

Scotty McCreery takes JSU by storm

Breanna Hill

A&E Editor

This past Thursday, August 22, as a part of welcome week, Jacksonville State University hosted their fall semester concert, this time with country music star Scotty McCreery. McCreery won the tenth season of American Idol in 2011 and has since become a well-known name in the country music industry.

Uncertainty was taking over just a couple of hours before the concert was to take place. Just above the massive stage set up in the Meehan Hall parking lot, adjacent to Mountain Street, clouds threatened to release a treacherous downpour. The approaching storm was not enough to send the hundreds of audience members from crowding the stage in anticipation.

After concert-goers having to take shelter in various campus locations while the thunderstorm passed over Jacksonville, the concert was finally able to start. The entire parking lot was buzzing with concert-goers ready to catch a glimpse of McCreery and listen to his catchy, country hits.

He emerged on stage, filled with energy and ready to play some of his most well-known songs.

The country music star kicked off the concert with “Buzzin”, which was released in 2013. He created a fun, electric atmosphere for all the fans watching the concert by singing various chart-toppers of his such as “Boys From Back Home”, “Feelin’ It”, “This is It”, “Five More Minutes” and “Seasons Change”.

McCreery took a break between some of his hits to honor early 2000s country artists by covering their songs. He performed George Strait’s number one hit “Check Yes or No”.

The close call with the weather was not enough to discourage or disrupt welcome week festivities. McCreery delivered an incredible, energized performance that the audience was able to enjoy with ease, and will surely remember for quite some time.

Photos courtesy of Ashley Stephens.

Photo courtesy of Eric Tauton.

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CAMPUS

Photos courtesy of Ashley Stephens.

Images courtesy of Ashley Stephens.
Delicious local food choices on a college budget

Miranda Prescott
A&E Correspondent

Coming into the college world for the first time, many freshmen are searching for the best and most meaningful ways to spend their small stash of dollars. While this may include decorations for their dorm room or clothing, it also includes necessities, such as food. Since most of the dorms on campus do not have fully operational kitchens that students have free access to, home-cooked meals are almost impossible to come by. Also, let’s be honest here for a minute, the food on campus is good, but after a while, you’re bored of it. Luckily, I am here to tell you the best places to get food quickly and at the best price point. Here are three of my favorite places to eat in Jacksonville that have same on-campus locations. But after a while, you’re bored of it. Luckily, I am here to tell you the best places to get food quickly and at the best price point. Here are three of my favorite places to eat in Jacksonville that have the best quality food for the best prices.

1. Cookout

This one is a given. Here, you can grab an entrée, two sides and a beverage for less than five dollars before tax, as well as choose from over 40 milkshake options. One of my favorites on their menu is the bacon cheddar hotdog. It is exactly what it sounds like: a hotdog with bacon cheddar. It is exactly what it sounds like: a hotdog with bacon and cheddar. It is exactly what it sounds like: a hotdog with bacon, cheddar and mayonnaise. It can be messy, but doesn’t any food that’s delicious have that problem? Cookout is also open until 2 a.m., meaning that you are pretty much out of the food scene in Jacksonville. I really hope this helps with your quest to have food that is dorm-friendly, does not require you to actually cook the meal, and, most importantly, not from the same on-campus locations.

2. Waffle House

Waffle House is always a viable option for anything. Saturday morning breakfast? Waffle House. 3 a.m. post study session meal? Waffle House. You just had your car break down and really need a pick-me-up? That’s right, Waffle House. You name the scenario, and you also do good in the world. That is a win-win scenario if I have ever heard of one. You now have three of my favorite deals around the college budget. Now, it’s a little confusing for this choice to be on the list but hear me out. Domino’s has a deal on their website that allows you to order two pizzas, a bread side, a dessert and a two-liter soda for less than twenty dollars. So not only do you have lunch or dinner for one day, you have lunch and dinner for however long you can make those pizzas last. Now, not only do you get pizza that will last you a while, but you also do good in the world. That is a win-win scenario if I have ever heard of one.

3. Domino’s

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I urge every horror/thriller movie-enthusiast to make the trip to the theater to see this movie. I find it to be a fresh take on the thriller genre.
Gamecocks set to play first game of season

Josie Howell
Sports

Gamecocks have been anxiously waiting all year and the time has finally arrived. Football season is here. Thursday, August 29, the JSU football team will travel to Hammond, Louisiana, to play Southeastern Louisiana University in their play their first game of the season at the Lion’s Strawberry Stadium. The Gamecocks have been working hard and practicing in some of the hottest conditions Jacksonville, Alabama has seen in order to prepare for this moment.

“The atmosphere should be great and they (Southeastern Louisiana) have a great program and we are excited about that coming game. They changed coaches last year and Coach Scaife did a really good job there. We are excited about UNA. They have some weapons and some good running backs and play multiple guys in that position. Another strength for them is having quarterbacks back up on the offensive line. They are a complete team.”

According to the Southeastern Louisiana athletics page, the Gamecocks faced uncanny adversity while playing games last year. In 2018, the Gamecocks had a 5-6 season. They had three interim head coaches for the season and had an impressive 293 points for the year. The Lions also had a 5-6 season, having lost to UNA first and second rounds of the playoffs.

Defensively, the players that will seemingly make a great impact for the Lions are defensive end Fred Brown and Isaac Adeyemi-Berglund. Brown started 11 of 11 games for the Lion, making 33 solo tackles and 27 tackles for loss. He also was able to rush a total of 21.5 yards in the 2018 season, scoring five touchdowns. Adeyemi-Berglund earned awards last year such as 2018 All-Southland Conference honorable mention, 2018 first team CoSIDA Academic All-District, and All-Louisiana. He started in all 11 games and led third on the team for the season.

JSU renews old time rivalry with University of North Alabama

Josie Howell
Sports

In 2018, it was announced that old time rivals, Jacksonville State University and the University of North Alabama, would once again play each other in football. This is a rivalry that dates back to 1949 and has often times been compared to the longstanding Alabama-Auburn rivalry. After not playing for two years, both teams came to a four-year agreement that both players and fans are excited about. This is a game that has always seen a 20,000 plus crowd and the same can be expected for the 2019 season as JSU hosts UNA.

This new contract between the two teams comes after UNA switched from playing in the Division II Gulf South Conference to the Division I Football Championship Subdivision, the same conference that Jacksonville State is a part of.

The two times we’ve played them, was the largest crowds that we have ever had. So we need to play them it’s the old south rivalry. You bring those back and people pack it out,” said John Grass, JSU head football coach. “They have a great historical program and you’ll have a 20,000 plus crowd there, so that game will be a lot of fun.”

North Alabama’s last game against an FCS opponent was, in-fact, Jack- sonville State. The State Gamecocks’ last win over an FCS school was also at Jacksonville State. The Lions won that game 26-16 at Jack- sonville State and went on to a 1-1 season that ended with a loss in the semifinals of the Division II play- offs. JSU, on the other hand, went on to win the Ohio Valley Conference Championship. The first matchup between the two teams will be at Jacksonville State’s Burgess Snow Stadium on Sept. 21, 2019. The Gamecocks will then travel to Florence to take on the Li- ons at Braly Stadium on September 12, 2020. The two schools will meet again in Jacksonville in 2021 and then once again in Florence in 2022. The 2020 Matchup will be JSU’s first game in Florence since winning the 1992 Division II National Champi- onship at Braly Stadium.

The Lions have returning start- ers from last year that will have an impact on the match-up between the two teams. One of those players is starting quarterback Christian Lopez. According to the UNA athletics web- site, Lopez threw for 2,184 yards and 14 touchdowns for the 2018 season. He also was able to rush a total of five touchdowns.

UNA’s running back, Terence Humphrey, also played an integral role in last year’s season and is also expected to make a huge impact for the Lions this season. According to UNA’s athletics page, Humphrey is one of UNA’s leading rushers, who carried the ball 67 times and ac- counted for 290 yards in the 2018 season and with a career total of 467 yards, with an average of 4.5 yards per carry.

For the Lion’s defense, K.J. Smith will play a major role. Smith played in all 16 games in 2018. He finished third on his team in tackles with 49 total tackles. Smith also accounted for three tackles for loss of six yards, three interceptions that he returned 79 yards and five pass break-ups.

Defensive back Yul Gowdy, Line-Backer Jalen Choice, and defensive back Traci Wil- liams will be key players when it comes to JSU’s defense. JSU’s running backs are also key players, with a 20,000 plus crowd expected. The Jaguars will be at “JSUGamecocks” and on Facebook at Jack- sonville State Gamecocks.

JSU renews old time rivalry with University of North Alabama

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The Lions have returning start- ers from last year that will have an impact on the match-up between the two teams. One of those players is starting quarterback Christian Lopez. According to the UNA athletics web- site, Lopez threw for 2,184 yards and 14 touchdowns for the 2018 season. He also was able to rush a total of five touchdowns.

UNA’s running back, Terence Humphrey, also played an integral role in last year’s season and is also expected to make a huge impact for the Lions this season. According to UNA’s athletics page, Humphrey is one of UNA’s leading rushers, who carried the ball 67 times and ac- counted for 290 yards in the 2018 season and with a career total of 467 yards, with an average of 4.5 yards per carry.

For the Lion’s defense, K.J. Smith will play a major role. Smith played in all 16 games in 2018. He finished third on his team in tackles with 49 total tackles. Smith also accounted for three tackles for loss of six yards, three interceptions that he returned 79 yards and five pass break-ups.

Defensive back Yul Gowdy, Line-Backer Jalen Choice, and defensive back Traci Wil- liams will be key players when it comes to JSU’s defense. JSU’s running backs are also key players, with a 20,000 plus crowd expected. The Jaguars will be at “JSUGamecocks” and on Facebook at Jack- sonville State Gamecocks.

One of JSU’s main players that the team and fans hope to see a lot of for not just this game, but for the entire season, is Chason Virgil. Virgil is starting quarterback and is expected to bring in a total of 88 tackles and 12 tackles for loss. All three will make for a strong defense in JSU’s first upcoming game.

“We are excited to see where the Gamecocks are. I think we have more of a veteran team than we did this time last year. We have a lot of ques- tion marks that were answered, but we still have some question marks out there. We have some guys that haven’t been in a game that will play and they will only get better,” says Grass.

This matchup at Strawberry Stadium will happen at 7 p.m. Thursday evening. For upcom- ing dates, events, and news about JSU foot- ball and athletics, follow JSU athletics on twitter at “JSUGamecocksFB” and at Facebook at Jackson- ville State Gamecocks.
In the first set, Jacksonville State led for the majority of the set to the team. She started in all 32 games as an offensive both bringing in a total of 183 kills, 129 digs and 18 blocks. In the second set, KSU came in last and the gamecocks led for the majority of the set to the team. Sadie Anderson also brought in 21 kills with 21 digs, 56 assists and 21 aces. The JSU volleyball season will open with a season invitational August 30 and 31 where Jacksonville State is set to play East Tennessee State, Troy University and South Alabama. In 2018 Steele became an OVC and accounted for 293 kills due to injuries, she still proved her due in the 2017 season due to injuries, she still proved her 2018 season. Milton is someone to be on the lookout for this season, as she has already proven in the KSU match-up. Anderson played in 80 sets during last year’s season and was able to bring in a total of 183 kills, 129 digs and 18 blocks. In the KSU game, Anderson continued to show why she is considered an asset to the team. "I don't think the heat makes it harder to practice, because we have to endure the heat on game days, so I feel like we are in good spirits every day we take the field because we know it’s something we can’t change,” said Choice. "I don’t feel like the heat has ever slowed us down! We embrace the heat! We don’t let the temperature define how we are going to play. We are always going to play gamecocks volleyball no matter the condition!” Choice also said that even though the gamecocks embrace the heat, they still take extra steps to prevent heat related illnesses such as having treatment during the day and taking more water breaks than they would on a less hot day. Emma Meadows, JSU soccer player, has also had to endure the heat during preseason practices. She emphasized that while it can be hard no matter how long you have played the game, it is something that she has gotten used to. Meadows also says the team makes sure that they have very frequent water breaks because in such extreme heat, you can’t run for more than 10 minutes. "Our athletic trainers are also really good about making sure we’re hydrated and they make us take these salt pills or packages that help us too,” said Meadows. “The heat has for sure slowed me down, really makes you feel it in your legs and sometimes they feel like concrete. Also, it’s harder to break, the air just feels really thick and heavy.”

The main concern that athletes often face when practicing in such extreme conditions are the following: heat rash, sunburn, heat cramps, heat exhaustion and heat stroke. Heat stroke, the most serious of the possible heat related illnesses, is important to be on the lookout for. According to the center for disease control, the possible symptoms of heat stroke are the following: a body temperature of 103 or higher, hot, dry, or damp skin, a fast, strong pulse, headache, dizziness, nausea, confusion, and loss of consciousness. While these are mostly apparent symptoms, it is important to take them seriously when they do occur.

Since the team and staff hope to avoid such conditions, preventative measures are taken to protect the athletes. Some of these measures include drinking more water than usual, wearing light and loose clothing, pacing activity, and reapplying sunscreen as often as needed. The Tennessee Secondary School Athletic Association recommends a maximum heat index of 95 degrees. More importantly, the TSSAA recommends that all outside activity stop at heat indexes higher than 105 degrees, which have been seen multiple times this summer.

"I don’t feel like the heat has ever slowed me down, it really makes you feel it in your legs and sometimes they feel like concrete. Also, it’s harder to break, the air just feels really thick and heavy.” said Meadows. “The heat has for sure slowed me down, really makes you feel it in your legs and sometimes they feel like concrete. Also, it’s harder to break, the air just feels really thick and heavy.”