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Georgia Southern University

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5 Questions With: Women's Basketball Senior Alexis Foulks
One of the three seniors for the Eagles sits down and talks about cooking, volleyball and Regina King
Women's Basketball
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The Georgia Southern women's basketball team opens up the 2017-18 tonight with its first exhibition contest, hosting Fort Valley State at 6:30 p.m.

Senior guard Alexis Foulks is one of three seniors on this squad this season. We sat down with her to learn a little more about the Columbia, S.C., native with 5 Questions.

Question 1: Why did you choose Georgia Southern University to pursue both your collegiate basketball career and your degree?

"I didn't know anything about Georgia Southern at first. I didn't know there was a Georgia Southern because I'm from South Carolina, and there's Charleston Southern. Coach J originally contacted me, and I came in about three times. I came for my junior visit, my unofficial visit, and then my official visit. The junior visit is what sold me at first. I thought overall Georgia Southern was the best fit for me. Not too much, not too open of a campus, and not too closed of a campus. The people are very fun and they consider you family."
Question 2. If you weren't playing basketball, what other sport would you be playing collegiately?

“That's easy. Volleyball is my second sport. I played in high school and started playing in middle school. I didn't play club because it was way more expensive than AAU, but I was all-region, all-state for volleyball. I was an outside hitter. I wouldn't have minded playing in college also, but the seasons run too close together.”

3. What is your favorite home cooked meal?

“My mom cooks all the time. When my mom comes down here to cook, the team wants her plate, they want the banana pudding, they want the whole nine yards. You can ask anybody on the team, they're like 'Lex Foulks mom she can cook, she can throw down.' I don't have one special meal though.

"I had her over the summer write me out a cookbook so I could cook it here and experience some things, just to see if it could taste just like hers. I had to call her one time when I was in the Bi-Lo because I wanted some homemade gravy. I called her, she talked me through it, and it came out really well. I made baked chicken, marinated in the bag overnight, with vegetables on the side and gravy over rice. I thought I was at home. I called my mom and she said 'It might be as good as mine.' [Laughs] But I felt like home when I made it.”
4. In a movie about your life, what actress would play you?

"Maybe Regina King. I always wanted to be her when I was younger. I'd want her to play me for sure. She's pretty and all that. I'd want her to play me because I would feel honored."

Question 5: What is a song, phrase or saying that you use to get through a particularly tough day?

"I do have a song, it's a gospel song. Even in preseason when we ran ran ran, I would sing this song in my head. It's called 'Hang On' by a gospel group, GEI, featuring Kierra Sheard. It's very motivational. It's basically saying, 'Whatever you're going through, just hang on, because you'll push through. When your back is against the wall, just look up to God.' We used to have conditioning three times a week, I was singing that song at least two times a week."