

Georgia Southern University

Digital Commons@Georgia Southern

The George-Anne

Student Media

9-29-2016

The George-Anne

Georgia Southern University

Follow this and additional works at: <https://digitalcommons.georgiasouthern.edu/george-anne>



Part of the [Higher Education Commons](#)

Recommended Citation

Georgia Southern University, "The George-Anne" (2016). *The George-Anne*. 2244.
<https://digitalcommons.georgiasouthern.edu/george-anne/2244>

This newspaper is brought to you for free and open access by the Student Media at Digital Commons@Georgia Southern. It has been accepted for inclusion in The George-Anne by an authorized administrator of Digital Commons@Georgia Southern. For more information, please contact digitalcommons@georgiasouthern.edu.

GA

THE GEORGE-ANNE

Underground Music Scene

finds new home
in Statesboro

Pages 8-9

Paying your dues

How Greek organizations
use membership fees for
their benefit

Page 4

DYNAMIC DUO

GS quarterbacks
form a rare bond

Page 11

Thursday

High: 90°
Low: 59°
20 percent chance of rain

Friday

High: 85°
Low: 57°
0 percent chance of rain

Saturday

High: 87°
Low: 65°
0 percent chance of rain

Sunday

High: 87°
Low: 68°
0 percent chance of rain

Weather Bar

After an extended rainy season, we're finally looking forward to a week of sunshine.

PHOTO COURTESY OF THECIRCLEGSU.COM

Here's what you missed at the
First Amendment Free Food Festival!

Tips to Jumpstart

Fall

BY RASHIDA OTUNBA
The Reflector staff

Greetings, fellow Eagles. As you all know, fall is upon us. Now is the time to break out your Starbucks holiday mugs and your chunky sweaters in celebration of this auspicious season!

Pair UGGs and Riding Boots with Your shorts

You might look ridiculous, but hey, 'tis the season.

Not.

With Statesboro being hotter than Satan's armpit 98 percent of the time, fall might as well be called SummerLite. But don't let a little thing like temperature get you down! Here are a few surefire ways to get you ready for fall, even though Mother Nature is holding out on us:

Carry a Vial of Pumpkin Extract With You Everywhere

Coffee, tea, muffins, casseroles, you name it, any food item can be transformed into a fall favorite with a splash of pumpkin flavoring!

Turn Your AC Down to 60 Degrees

That's the coldest you're going to feel for a while . . . unless you love to hang out in the Biological Sciences Building.

Start Planning Your Annual Christmas Party

You only have four months, so you might want to get started.

Light Candles in Every Room

All different scents, of course. Is it really fall unless your home smells like MaplePumkinMochaSpice?

These are just a few hints and suggestions to get you started off. With that being said, I wrote this article while sipping a caramel spice latte. Live your best lives, Eagles. Don't let these haters break you down.



EAGLES IN D.C. AND GEORGIA LEGISLATIVE INTERNSHIPS

AN INTERNSHIP FOR EVERY MAJOR!

LEGISLATIVE INTERNSHIP PROGRAMS

"INTERN WITH POLITICAL OFFICIALS OR LOBBYIST GROUPS IN WASHINGTON, DC OR ATLANTA"

APPLY ONLINE:

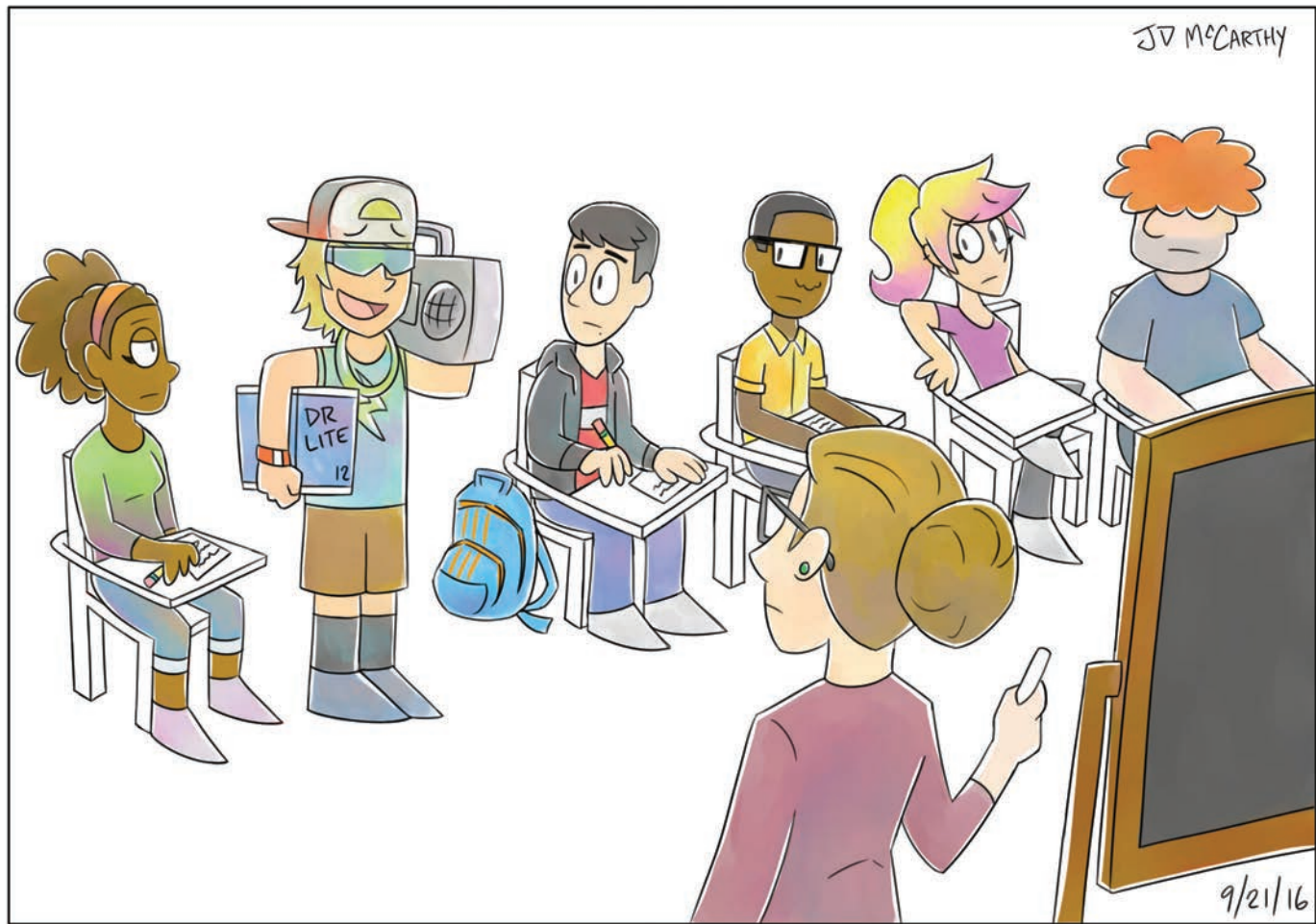
- At GeorgiaSouthern.edu/LegislativeInternships.
- Select the internship of your choice and click on the application tab.

DEADLINES:
Spring Internships: OCTOBER 1
Summer Internships: DECEMBER 15
Fall Internships: APRIL 15

OFFICE OF CAREER SERVICES

CONTACT THE OFFICE OF CAREER SERVICES AT
GeorgiaSouthern.edu/career • 912-478-5197

@gsucareers



"SORRY, I THOUGHT THIS WAS A 'LIT' CLASS"

STATEMENT OF OPERATIONS

The George-Anne is the official student newspaper of Georgia Southern University, operated by GSU students using facilities provided by the university. The newspaper is the oldest continuously published newspaper in Bulloch County.

The newspaper is published twice weekly, on Tuesdays and Thursdays, during most of the academic year. Any questions regarding content should be directed to the student editor by phone at 912.478.5246 or at gaeditor@georgiasouthern.edu.

ADVERTISING: The newspaper accepts advertising. Inquiries may be made by calling 912.478.5418 or 912.478.0566. For questions e-mail ads1@georgiasouthern.edu.

The George-Anne receives additional support, in part, from the Student Activities Budget Committee. For more information, rate cards, or sample publications, contact the advertising manager or student media director. The advertiser is responsible for any errors in advertisements and its liability for adjustments is limited to the amount of space the error occupied in the ad. Further, the newspaper is not responsible for any damages caused due to an ad's omission from a particular edition and its responsibility solely is to reschedule the ad in the next regular edition at the regular advertising rates.

STUDENTS BEWARE: The George-Anne screens all advertisements prior to publication. The newspaper strives to accept ads for legitimate products and services only. Students are urged to exercise caution when replying to ads-- particularly those that require personal information. Students are also urged to report to the newspaper any suspicious offers which they might see in an ad.

PUBLICATION INFORMATION: The newspaper is printed by The Brunswick News in Brunswick, Ga.

NOTICE: Unauthorized removal of multiple copies from a distribution site constitutes theft under Georgia law, a misdemeanor offense punishable by a fine and/or jail time.

CORRECTIONS: Contact the editor at gaeditor@georgiasouthern.edu for corrections and errors.

STAFF LIST

Print Editor-in-Chief Ian Leonard
Digital Editor-in-Chief Casey Cargle
Print Managing Editor Jozsef Papp
Digital Managing Editor Meg Elwood
Print News Editor Tandra Smith
Digital News Editor Blakeley Bartee
Features Editor Julia Fechter
Digital Sports Editor Stephanie Matzelle
Opinions Editor Devin Conway

Creative Manager Lauren Grizzell
Photo Editor Kiara Griffin
Design Editor Erin Fortenberry
Features Designer Stevey Mann
News Designer Jasmine Davis
Sports Designer Dionna Williams

Marketing Manager Haley Clark
Business Manager Austin Hinkley

The George-Anne welcomes letters to the editor and appropriate guest columns. All copy submitted should be 350 words or fewer, typed, and sent via email in Microsoft Word (.doc/.docx) format to letters@georgiasouthern.edu. All submissions must be signed and include phone number for verification. GSU students should include their academic major, year and hometown. The editors reserve the right to reject any submission and edit submissions for length. Opinions expressed herein are those of the Board of Opinions, or columnists themselves and DO NOT necessarily reflect those of the faculty, staff, or administration of GSU, the Student Media Advisory, Student Media or the University System of Georgia.

KATIE SINGLETON

Singleton is a senior business management and hospitality major. This is a guest column.

You choose to be this way. Just be happy. Try being positive. These are words that most of us have heard at some point in our life, but for some of us, just being happy is a lot harder than it sounds.

I am a senior here at Georgia Southern who in the past year has been diagnosed with major depressive and anxiety disorder, and has also survived three suicide attempts.

I have learned a lot through my experiences, and I hope to help others have a better understanding of what it means to deal with mental illness and why seeking help is important.

Depression. The stigma

surrounding it brings images of someone dressed in all black hiding in the shadows, crying in the rain, or some crazy Stephen King story.

The media has romanticized the idea of mental illnesses or showcased the extremities, but when you look at me, I am none of these things.

I'm a small blonde that loves to go out, go to the gym and typically has a hard time keeping quiet.

Just one of the typical girls you would find walking around campus. Not what you expected huh? My illness is real, not some picturesque idea.

Last year, my symptoms truly became noticeable. I struggled to get myself out of bed, was crying every day, my chest was heavy and I felt as though I was lost in a jungle with no way out.

My friends would all tell me to just be happy and positive. But I couldn't. I was exhausted

and it felt like I was fighting a battle that wasn't winnable.

Others had said I was being dramatic or was just doing this as a desperate plea for attention. I was alone and scared and felt like an outcast. I didn't understand how I went from loving life to hating it. I had thought I had come to the point of no return, but I was wrong.

All the thoughts of not being able to recover, and thinking it was my own fault for not being happy were false.

Recovery and coping is possible, it just takes time to rediscover yourself and what methods work, but it most definitely is worth it.

I'm lucky to be here to know that living happily with mental illness is actually possible. My experiences exposed the negative impact of the stigma that surrounds mental illness can have on someone.

You are not alone. You should not be ashamed of

your disease. You are not your illness, you are you.

Seeking help is important and is done more commonly than you think. Don't let the false belief of what mental illness really is keep you from living your life. Just remember not everyone understands and the lack of knowledge is what brings this negativity.

Eagle nation, we need to start the conversation. Reach out to those who may be suffering. A simple 'How are you?' can make all the difference. Make a conscious effort to stop talking about mental illnesses in such a negative manner. Be willing to lend an ear, or direct a fellow student to someone who can. Let's spread the facts and embrace the importance of mental health.

If you ever feel as though no one cares, know that I do. I've been there, and it's a bumpy road, but it's well worth traveling.

The cost of going Greek at Georgia Southern



MADISON REYNOLDS

Greek organizations often require over hundreds of dollars a year for membership. Many students believe it is worth the cost.

BY TAISHA WHITE
The George-Anne staff

Most of Georgia Southern's fraternities and sororities require either monthly or yearly fees that often range up to \$1000.

According to a study by USA Today College, in 2014, the average new sorority member paid \$1,280 per semester and the average new fraternity member paid \$605 per semester, not including room and board at the chapter.

Fransisco Lugo, director of Fraternity and Sorority Life, explains where all the money is going and why some Greek organizations have higher due requirements than others.

"It all depends on the structure of the Greek organizations and the chapter level. The requirements for the Greek organizations are different based off needs of the organizations, whether it is payment for events or other things, such as insurance policies and coverage of membership events and/or Greek apparel," Lugo said. "Some dues stay

with the chapter and others go to the national level of the organizations."

Lugo believes that although most Greek life have dues to pay, it's not much different than having to pay dues from non-Greek organizations and groups.

"If you are part of any group or organization, most likely there is some sort of application fee or membership fee that is required," Lugo said. "So there are some similarities in a sense, but for Greek organizations, it will be different because of the national level requirements."

The requirement of dues is determined by the national level of each organizations. In some cases, some Greeks are paying for the full-time staff and traveling consultants which require them to work on the needs of the fraternities or sororities.

In most cases, there are discounted rates given by some Greek organizations depending on GPA or if they happen to be a council member.

Rukayat Popoola, senior

middle grades education major, believes the benefits of being part of a Greek organization is bigger than paying dues.

"It's not what they require with the dues. It's more about what they plan on doing in that organization. Some of them are used to bring out scholarships and work on projects in the community," Popoola said. "Although there are a lot of benefits to being in a Greek organization, it's beneficial to others as well."

Nykendra Smith, senior multimedia film and production major, thinks that being part of a sorority or fraternity creates a life-long friendships.

Smith said, "If you become a part of a Greek organization, it basically becomes like a brotherhood or a sisterhood. With that, being part of a Greek organization can be beneficial to you in the future. Those people in your Greek organization might be able to help you in the long run and that is worth more than dues."

“Those people in your Greek organization might be able to help you in the long run and that is worth more than dues.”

NYKENDRA SMITH

Senior multimedia film and production major





KELLY LOWERY

Fall semester is typically the most active time for bike thefts. Students can decrease theft chances by using U-locks.

BY CHRIS CARTER
The George-Anne staff

Reported bicycle thefts increased in frequency at Georgia Southern University this semester, continuing the annual spike in bike thefts on campus. “Usually, the first couple months of fall semester is our largest amount of bicycles that are stolen,” said Lt. Chris McBride of the GS Public Safety Department’s criminal investigations division.

Public Safety recommends students improve their bicycle security by using U-locks. They advise students to never leave bikes without any kind of lock. According to McBride, Public Safety asks for descriptions of stolen bikes, including make, model, serial number, and color. Cases of bicycle thefts are taken seriously by the Department of Public Safety, and some of the perpetrators have been caught.

Active shooter training exercises by GS police this week



KIARA GRIFFIN

The area around the ETS Warehouse will be the site of active shooter training this week. Signs will be up around the warehouse when training is going on.

BY CHYNA JONES
The George-Anne staff

Georgia Southern University police and other law enforcement agencies will conduct active shooter training exercises around the ETS Warehouse on Plant Drive on Wednesday and Thursday this week. The law enforcement officers will wear tactical clothing and have simulated firearms, according to an announcement

by Capt. Terry Briley of the GS Police Department. The training is to ensure proper protocol in case of an active shooter threat on campus. There will be signs around the area to show when training is in progress. For questions and concerns, call the GS Police Department at 912-478-5234.

The Counseling Center Presents

EMOTIONAL WISDOM


If you are dealing with stress, anxiety, or depression, or just need a mental break, check out Emotional Wisdom at the Counseling Center! Learn relaxation, mindfulness and many other skills to help manage stress.

- Do not have to be a current client of the Counseling Center
- No appointment necessary
- Located in the Counseling Center
- Choose to attend on Wednesdays @ 5PM OR Thursdays @ 10AM

Visit georgiasouthern.edu/counseling/ for specific topics & dates!

What are you doing to #UpYourGPA?

There are some great reasons to go to University Housing Residence Hall Tutoring. **First off, it's FREE!** We offer free tutoring in the halls four nights a week in four locations! Tutoring in **Eagle Village, Freedoms Landing, Centennial Place, and Southern Pines** is open to all students. Plus, our tutors (to the left) give you individualized attention at your own pace that may improve your academic confidence and reduce your test anxiety.



#UpYourGPA

Posters with full schedule are hanging in each residence hall. For more information visit: <http://studentsupport.georgiasouthern.edu/asc/>

GS students and organizations contribute through community service

BY BAILEY ADCOCK
The George-Anne staff

Many of Georgia Southern’s student organizations make community service a top priority during each school year and students are constantly encouraged to take advantage of service opportunities. “Your community depends on service to run,” Lindsey Ivy, junior political science and anthropology major and market chair for Southern S.T.A.T, a student philanthropy organization, said. Most student organizations

on campus have a community service component involved, including the Honors Program and many sororities and fraternities. “Our organization takes part in community service because we are trying to give back and educate individuals on such a great cause,” Katie McKnight, president of Zeta Tau Alpha said, referencing their philanthropy, breast cancer awareness. There are many benefits that come from partaking in community service. When students take part in

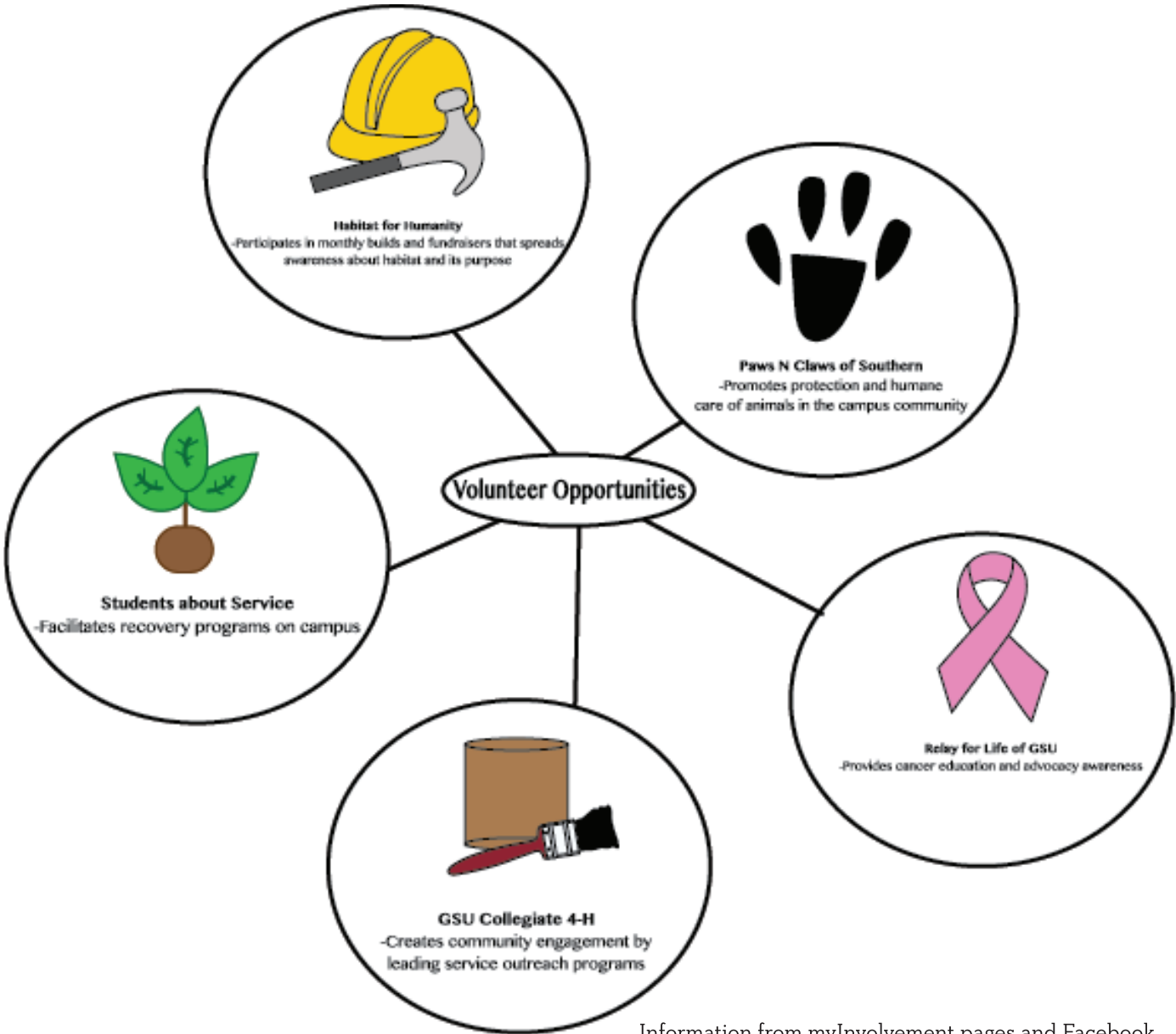
community service they not only help to strengthen the community and develop leadership skills, they also help to relieve their personal stress and meet new people from varying walks of life. Aside from the potential benefits, some students say that community service just made them feel like good people. “In high school there was a girl whose family was a part of our community and her house got struck by lightning and it pretty much burned down,” Ivy said. “We put in so many hours, it was

hot outside and it was gross and it was really easy to get discouraged, but after we were done fixing her house so they could have a safe place to live, seeing how grateful her family was, was so worth it.” A list of local service opportunities can be found on Georgia Southern’s Leadership and Community Engagement page by clicking on the Community Engagement tab and selecting “Want to Volunteer?”. Many organizations have local chapters in Georgia

and right here in Statesboro. Some of these include The Humane Society, Habitat for Humanity and Big Brothers Big Sisters. While some students complain about this, many agree with the idea of volunteering being a college requirement. McKnight said, “I think that community service should be required for students because it is a great way to give back to the community. You can learn so many life lessons through service.”

“Community service should be required for students because it is a great way to give back to the community. You can learn so many life lessons through service.”

KATIE MCKNIGHT
President of Zeta Tau Alpha



Information from myInvolvement pages and Facebook.

CLASSIFIEDS
If you would like to purchase a ad, go to thegeorgeanne.com click "Buy

JOBS:
Switchboard Operator
We are currently seeking a Switchboard Operator to join our team in Statesboro, GA. The Switchboard Operator provides initial customer contact while offering guidance and information to prospective patients, business clients, medical provider partners and vendors. The Switchboard Operator portrays professional and compassionate customer service in all daily interactions which support the Georgia Emergency Associates' (GEA) Immediate Care Center clinics. (getIMMEDIATEcare.com)

- High school graduate or equivalent. Previous receptionist experience preferred
 - Must be willing to work 6 hour shifts, weekends and holidays.
 - Processes telephone calls and -ciently, accurately, politely and calmly.
 - Release information, faxes and mailings as directed by GEAIACC and HIPPA policy
 - Research patient information in electronic medical record system
 - Performing a Can-Do Spirit while other duties may be assigned.
 - Attend department and/or staff meetings as required.
- Special Skills and Aptitudes:
- Ability to handle a high volume, fast-paced work environment
 - Effective interpersonal relationship skills including good listening and communication skills.
 - Ability to communicate effectively in variety of settings and with a variety of people at different organization levels.
 - Ability to handle information discreetly and appropriately.
 - Ability to adapt resources to meet the needs of the situation.
 - Exercises good judgment, creativity, and insight to problem solving.
 - Adjusts to stressful situations with con-

GEA offers competitive compensation, excellent and rewarding work environment.

TO APPLY, SUBMIT RESUME AND COVER LETTER TO APPLY@GEAM-BA.COM. No phone calls, please.

SGA launches Vision 20/20 to address campus concerns

BY ERIN MCGUINNESS
The George-Anne staff

The Student Government Association (SGA) launched Vision 20/20 last week, a statewide program intended to gather concerns of college students via survey in order to create a best practices guide for all of the collegiate SGA's in the state of Georgia.

As a part of the SGA's incentive program, Vision 20/20 was set in place to build a larger community for SGA to engage with students, according to Dylan John, SGA president.

"We're gathering data and information from students and putting together a document that will serve as a best practices guide that will cater to each campus across the state.

That way, when situations or certain circumstances arise in that category, they will know how to best handle it on their campus with their students," Anu Morton, SGA CLASS senator, said.

The program aims to address areas where students have concerns, including sexual assault, campus safety and college affordability. Morton said that students are participating due to the fact that it is allowing their voices to be heard.

"It sounds awesome and a great way to get actual student opinions on issues," Emilie Jones, sophomore marketing major, said. "Leaders are looking down on issues and don't actually know what's going on, but students do."

“
It sounds awesome
and a great way to
get actual student
opinions on issues.”

EMILIE JONES
Sophomore marketing major



PHOTO COURTESY OF STUDENT GOVERNMENT ASSOCIATION TWITTER

SGA's Vision 20/20 program will gather opinions from college students all across the state of Georgia. The survey will available via email.

Apply Now For

STUDENT
SUPPORT
SERVICES

Student Support Services (SSS) provides comprehensive services to students who are first-generation college students, income eligible, or students with disabilities. The primary goal of SSS is to help students transition to college, stay in college, and graduate. Through ours services we provide opportunities for academic development, assist students with college requirements, and serve to motivate students toward the successful completion of a bachelor degree.

@GASouthernSSS
GeorgiaSouthern.edu/SSS
912-478-2387

TRIO TALKS
"Start strong and FINISH STRONGER!"
New topics every Monday!

Mondays | Russell Union 2084 | 4 p.m. & 5:30 p.m.

JOIN OUR STREET TEAM NOW!

IMMEDIATE JOB OPENINGS!

Email SMmarketing@georgiasouthern.edu to apply.

Street Marketing

Logistics and Distribution



THE HOUSE

BY JULIA FECHTER
The George-Anne staff

A PLACE FOR LOCAL DIY & UNDERGROUND MUSIC

One might think that the house located at 1407 Chandler Road is like any other house. However, it is home to more than college students.

Members of the local emo and pop rock band Birdperson have hosted concerts at their house, nicknamed the BiRDHAUS, since May 2016.

Bigshow's Burgers and Bar, located on Lanier Drive, closed in February, leaving Statesboro's alternative music scene without a consistent venue to host shows.

Many of the people and bands that used to play at Bigshow's now come to the house shows that Birdperson hosts.

A do-it-yourself venue

Originally, the house shows started out as practice sessions Birdperson was already doing.

"We practice on the other side of that wall and we thought 'well there's more room out there' and we can just invite our friends," Trey Wilson, Birdperon's guitarist and a senior music education major, said.

Practices turned into open rehearsals, where people could come by and visit the band during these times. The band members thought that since they let people visit during their practice sessions, they could improve those experiences, Aaron Cooler, Birdperson's singer and senior music education major, said.

Cooler, Wilson and Anthony McCloud, the band's bassist and senior international studies major, all live in the show house. Luckily, their two other roommates were okay with their idea of hosting house shows.

"One of our roommates used to be in Birdperson, and the other one has been with us every step of the way, helping out...doing everything it takes besides playing music," Cooler said. "All five of us are equally invested in these goals that these house shows try to accomplish. Even if we're not all actively members of Birdperson, we believe in it."

Birdperson works to bring in bands of various genres, like blues, acoustic and emo, to their house shows. They do this because, in the past, they have been turned away from venues for their genre.

"It's not even a specific genre, just the whole underground/DIY scene. We want to give those artists a place to play shows in Statesboro, and we want to give the people who want to hear it a place to hear it," Cooler said.

The band looks to book other artists for concerts from outside of Statesboro and Georgia.

"We like giving local bands and local artists a platform to do some of their stuff and bring in the bigger names on the road to bring in a good crowd," Cooler said.

What makes concerts special

According to Cooler, one of the main goals of these house shows is to give music enthusiasts a place to enjoy music where alcohol is not the main focus.

"At the house show, we have a no-tolerance alcohol policy. We're not about making a place for people to come party or get wasted. We want people to come here, have a good time, and listen to music together," Cooler said.

"We're trying to teach people that it can be about the music, not necessarily how trashed you are when you're watching the music," Wilson added.



McCloud plays his bass guitar at the house show on Sept. 23. McCloud is one of Birdperson's founding members, along with Cooler and the original drummer, Wheeler Lovett.



Birdperson's new drummer is Jarrett Thompson, a sophomore music education major. Thompson met the other band members and joined the band in July, Cooler said.



Trey Wilson plays his guitar at the house show on Sept. 23. Wilson joined Birdperson two years ago after spending a lot of time at the BiRDHAUS with Cooler and McCloud.

you're watching the music," Wilson added.

Birdperson wants to bring more people into the shows that may have been active in their hometown music scenes. The band also seeks to give people a place to meet others.

"I really like meeting new bands and meeting new friends. It's always the people who come up and say 'Hey man, I really appreciate what you guys do here'. If somebody comes up and says that to me, I've won for the night," Cooler said.

The band also wants to share the unique environment of house shows with others in Statesboro.

"It [house shows] is more intimate. It's like practicing, but for a bunch of people. It's really fun to watch bands play in our house, because we live in that living room every day, and it's fun to watch people tear it up," Wilson said.

The challenges of house shows

Birdperson's members have to do several things in order to ensure that each show starts, happens and ends smoothly.

"Getting the house ready for the show is the most stressful part. We basically flip these two rooms, our practice space and the living room. Everything in the living room goes disperses throughout the house," Cooler said.

Cooler, Wilson and McCloud have also had to make structural changes to the BiRDHAUS so it can accommodate a more sound-proof environment.

"We put stuff up on the windows so it absorbs the sound, and you don't really hear it outside. We didn't used to have this [addition]. This used to be a patio. It used to be way open," McCloud said.

The band also had to work to get people to attend concerts

over the summer, and the people attending the shows every month ended up being very helpful to Birdperson.

"Now that we've built this community of people who are invested in listening to music together and having this once-a-month night, the word's spread like wildfire ever since school started back," Cooler said.

"It is possible. It was a pretty stressful thing when we first started, but now it's second nature at this point," McCloud added.

After the encore

House shows can be an interesting venture for someone who has not attended one before.

"Somebody who hasn't been to a house show or underground music scene in their time might a little bit uncomfortable with it," Cooler said. "If you see somebody who came here by themselves and they're standing around by themselves, just go say 'hi' to them and let them know that this is a place where everyone's cool and you can be yourself."

The band members have high hopes for future Statesboro DIY and underground venues.

"Who knows, maybe this will lead to something like that [a bigger venue]. Hopefully, we'll have something like the Masquerade here, just something for people to do in Statesboro like they have in Atlanta or Savannah," McCloud said.

Birdperson is currently working on dates for future house shows. You can keep up with concert dates and more on their Facebook and Twitter pages.

“

I really like meeting new bands and meeting new friends. It's always the people who come up and say 'Hey man, I really appreciate what you guys do here'. If somebody comes up and says that to me, I've won for the night.."

AARON COOLER

Lead singer of Birdperson

OSA

STUDENT ORGANIZATION

ESSENTIALS

WORKSHOP SERIES

OCTOBER 7

FINANCES, BUDGETING, & FUNDRAISING

3:30 PM - RUSSELL UNION 2054

NOVEMBER 4

EVENT PLANNING & RISK MANAGEMENT

3:30 PM - RUSSELL UNION 2054



THE WINGS INCENTIVE PROGRAM

Your Student Activity Fees At Work



GEORGIA SOUTHERN UNIVERSITY
OFFICE OF STUDENT ACTIVITIES

Celebrate National Coffee Day


BY ARAYA JACKSON
The George-Anne staff


It should not be a surprise that there is a whole day completely dedicated to the warm, soul-reviving dark brown liquid which many of us rely on to get us through our day to day lives.


A 2013 University of New Hampshire scholar's report on college students' caffeine consumption habits states the number of Starbucks that exist in the United States alone (11,563 as of May 2014).


If that is any indication, we Americans love our caffeine.

According to a 2013 University of New Hampshire scholar's report, 54 percent of Americans over the age of 18 drink coffee every day. If you're not a part of that 54 percent, here are some reasons you may want to start.

- 

Getting antioxidants: According to huffingtonpost.com's article "11 Reasons You Should Drink Coffee Every Day", we absorb the most antioxidants from coffee, even over fruits and vegetables.
- 

Helps you burn fat: We're always looking for ways to lose weight. According to authoritynutrition.com's article, coffee boots metabolism by 3-11 percent and can increase fat burning 10 percent in obese people and 29 percent in lean people.
- 

Makes you more intelligent: We don't only drink coffee to keep us awake during those late hours. According to authoritynutrition.com's article, coffee allows your brain to work in a more efficient way. Your attention, logical reasoning and attention all improve.
- 

Lowers risk of suicide: According to authoritynutrition.com's article, drinking two to four cups a day can reduce the risk of suicide in men and women by 50 percent. Coffee acts as a mild antidepressant.

How does coffee do it? According to hancockandabberton.com, one serving of coffee contains the Recommended Dietary Amounts of these essential nutrients.

Pantothenic Acid (Vitamin B5):
6 percent of the RDA.

Manganese and Potassium:
3 percent of the RDA.

Riboflavin (Vitamin B2):
11 percent of the RDA.

Magnesium and Niacin (B3):
2 percent of the RDA.



OCTOBER 1ST | 10AM-2PM
SHOOTING SPORTS FEST
Shooting Sports Education Center

Live Firing with Daniel Defense • Food • Miss Georgia Southern • Bounce House
Giveaways • 3D Archery • Activity For All Ages - Air Rifles & Archery • Vendors
Free T-Shirts to the first 250 attendees

ANNUAL WEEK KICKOFF

Educational Sessions

- Know Your Bow 11:00
- Handgun Fundamentals 11:30
- The 411 on Hunter Ed 12:30
- Dispel the 'AR' Myth 1:00

1 YEAR ANNIVERSARY WEEK 2016
October 1st - 8th

October 1st Shooting Sports Fest	October 2nd Free Youth Lane Rental	October 3rd Free Equipment Rental ammo not included	October 4th 20% Off Merchandise Free Time with Firearm Experts 6:30-7:30pm
October 5th Free Target Face Free Time with Archery Experts 6:30-7:30pm	October 6th \$6 Lane Rental	October 7th Split A Lane for Free	October 8th Free Lane Pass with Renewal

All Week
Each person that completes their Approved User application or renewal application will receive a raffle ticket. We have multiple prizes and one grand prize winner will receive an Annual Combo Pass to the SSEC.

GeorgiaSouthern.edu/ssec 3271 Old Register Rd. Statesboro, GA 30458 912-GSU-SSEC (478-7732)

((upb)) Presents
THE DIVE-IN MOVIE
GH0STBUSTERS

RAC AQUATICS CENTER
SEPTEMBER 30TH
DOORS OPEN AT 9 PM | MOVIE STARTS AT 9:30 PM

CAMPUS RECREATION & INTRAMURALS

Get Connected!

 GSUCampusRec

 @GSUCampusRec

 GSUCampusRec

 crigasouthern

FIELD GENERALS

ELLISON AND UPSHAW REMAIN FRIENDS WHILE SHARING FOOTBALL'S MOST IMPORTANT POSITION

BY ROBERT GEORGE
The George-Anne staff

Thousands of screaming fans drenched in rain filled Ladd-Peebles Stadium when Eagle quarterbacks Kevin Ellison and Favian Upshaw led their team to its first bowl win at the 2015 GoDaddyBowl.

For Ellison and Upshaw, their friendship remains strong throughout their time at GS.

Because both players are extremely talented and capable in GS's offensive scheme, they've split time at the position for the majority of their careers. Typically this could lead to a rivalry, but instead, the two have become best friends.

"Between us, it will never be a quarterback controversy," Ellison said. "Never. We help each other out each and every day. I'm his biggest fan when he's in the game. It's good to have that type of chemistry."

Before the bowl game, both players were amped. Upshaw was mentioning to Ellison that something big was going to happen. Ellison was the main quarterback in all three GS touchdown drives in the first half, including a 31-yard touchdown pass.

But after Upshaw ran for two scores on back-to-back drives, Ellison knew he had to take a backseat to his friend and let him take the reins.

"I was like 'Coach, let Favian go.' Because he had his mojo. He did a great job, he stepped up and led our team to the victory," Ellison said.

Upshaw went on to score two more touchdowns in route to 199 rushing yards in the GS victory. Ellison was one of the most animated players on the sidelines whenever Upshaw scored.

For the rest of the team, it's

much easier playing with two quarterbacks when they're great friends and have a strong bond on and off the field, and when both are as talented as the duo is.

"I'd say we have a swagger about us this year," Upshaw said, referring to him and Ellison as well as the rest of the offense this season.

It's a close enough battle that the head coach flipped a coin to decide who would start the first possession of the season.

"Their relationship helps every piece of it," Tyson Summers, GS head coach, said. "To be honest, I don't think our football team has an issue with it. I don't think either one of them have an issue with it."

It's a not an issue for the offense when they change quarterbacks mid-drive or multiple times a game, something that has happened often the past few seasons.

"My job is to block people and

move them out of the way so that they can go on and score," GS center, Andy Kwon, said. "Those are my brothers and I have to take care of them."

In the Ted Smith Family Football Center, a dozen or so reporters and athletics staff wandered around for a routine press conference. Upshaw is talking with a reporter off to the side. While Upshaw is answering questions, Ellison is behind the reporter with his cell phone out, making funny faces and videoing it, trying to get Upshaw to crack. Upshaw finishes and the two leave, laughing and joking about it.

Whatever happens on the field for the rest of the season, one thing is certain. These two seniors will enjoy every minute of it as friends and teammates.

Ellison said, "We're going to go out with a bang."

KEVIN ELLISON

2013-PRESENT

RUSHING YARDS-2917

PASSING YARDS-2506

AVERAGE YARDS
PER GAME-142.7

TOTAL
TOUCHDOWNS-43

FAVIAN UPSHAW

2014-PRESENT

RUSHING YARDS-1222

PASSING YARDS-921

AVERAGE YARDS
PER GAME-76.5

TOTAL
TOUCHDOWNS-16

All stats compiled from GS Athletics.

REMAINING 2016 FOOTBALL SCHEDULE

**OCT.
5** @ Arkansas State
Jonesboro, AR - 8 P.M.

The Eagles will get a chance for revenge at Bobby Dodd Stadium in a couple of weeks. The last time these two teams played, the Eagles trailed 35-10 at half, but rattled off 28 straight points to take the lead before GT scored in the final minute to rob the Eagles of victory.

**OCT.
15**  @ Georgia Tech
Atlanta, GA - TBA

There are a lot of players on the roster this year that played in that game. It'll be another chance for the Eagles to prove that they belong with the Power 5 conferences, and will aim to notch another historic victory for the program.

**OCT.
22** @ New Mexico State
Las Cruces, NM - 8 P.M.

With defending champs Arkansas State floundering off to an 0-4 start, this game could decide who is the frontrunner in the Sun Belt for the latter half of the season. The Eagles will look to avenge the loss to the Mountaineers last season when they got thumped 31-13 in Boone.

**OCT.
27**  Appalachian State
Statesboro, GA - 7:30 P.M.

They'll face off again on a Thursday night on ESPNU with Eagle Nation in Paulson. All the ingredients are right for a bounce-back win, but it won't be easy against arguably one of the top teams in the conference.

**NOV.
5**  @ Ole Miss
Oxford, MS - TBA

The Eagles get another big opportunity for an upset when they travel to Oxford to take on the Rebels. As of this writing, Ole Miss looks like the best two-loss team in the nation, with close losses coming from Alabama and Florida State.

**NOV.
10** UL Lafayette (Homecoming)
Statesboro, GA - 7:30 P.M.

The Eagles will get an extra couple of days' rest via the Thursday night matchup the week before, and that'll help make sure everyone is rested and prepared for the challenge. Ole Miss is probably the most talented team the Eagles will face all season.

**NOV.
19**  @ Georgia State
Atlanta, GA - TBA

This is the game a lot of GS players have circled on their calendars. The Panthers invaded Paulson last season and shocked the Eagles in a 34-7 win. It was the final game of the season and the final one of Willie Fritz's tenure as head coach.

**DEC.
3** Troy
Statesboro, GA - 1 P.M.

GS is certainly the better football team, and is capable of repeating their 2014 performance when they drubbed the Panthers 69-31. They'll have show it though, against a Panther team that has the confidence and belief that they can defend their home turf.

MEN’S SOCCER FALLS TO CAMPBELL



MICK MILLER

Two Eagle players dispute a ball against North Florida on Saturday. The Eagles next game is against in-state rival Georgia State on Oct. 8.

**BY EMILEE SAIGH
and DONALD COE**
The George-Anne contributors

The Georgia Southern men’s soccer team played the Campbell Camels last night in a rough match. The Eagles lost 2-4 against the Camels as they sealed their win with goal number four in the last minute.

There were a total of 42 fouls called and seven yellow cards given by the end of the mostly GS dominated match.

Throughout the first and second half, the Eagles took control of the ball maintaining much of the possession. They had a total of 21 shots on goal, but were only able to sink two, one a penalty kick placed in the left corner of the net by junior striker, Adam Abdellaoui, and the other from the foot of Rasmus Juul, freshman defender, the equalizer.

“The second goal I felt was a really tough one for us, but we responded decently and got the goal right before the end of the half. That gave us some momentum that carried over into the second half and we were able to equalize and we felt like we then had a grip of the game. But the goals we gave away, especially at the end there, were too easy and successful teams just don’t do that,” John Murphy, head soccer coach, said.

Their efforts came up short as Campbell went on to win the game 4-2. The team plans on using the time before their next game to plan. GS Eagles will look to rebound Saturday, Oct. 8 when they travel to Atlanta to face off with rival, Georgia State.

INTRAMURAL SPORTS
INDOOR SOCCER & VOLLEYBALL



ONLINE REGISTRATION:
SEPTEMBER 19 - OCTOBER 4

PLAY BEGINS:
OCTOBER 9

REGISTER AT IMLEAGUES.COM/GEORGIASOUTHERN

Find your #RAClife

#TEAMUP


GeorgiaSouthern.edu/cr

Get Connected!

 GSUCampusRec

 @GSUCampusRec

 crigasouthern

CAMPUS RECREATION & INTRAMURALS

INTRAMURAL SPORTS
CRI GOLF CHAMPIONSHIP
18-HOLE INDIVIDUAL STROKE PLAY

WHERE CHAMPIONS ARE CROWNED



ONLINE REGISTRATION:
SEPTEMBER 19 - OCTOBER 4

EVENT DATE:
OCTOBER 7

ENTRY FEE:
\$25 PER PLAYER
INCLUDES GREEN FEE, CART,
RANGE BALLS, AND LUNCH

REGISTER AT IMLEAGUES.COM/GEORGIASOUTHERN

Find your #RAClife

#TEAMUP


GeorgiaSouthern.edu/cr

EAGLES PREPARE FOR FIRST HOME CONFERENCE MATCHES OF 2016

BY DAKOTA FLAKE
The George-Anne contributor

After opening up Sun Belt Conference play on the road last weekend in Louisiana, the Georgia Southern Eagles 8-9 overall (1-1 Sun Belt) look to keep pace with Coastal Carolina in the East division with conference matchups against conference foes South Alabama 9-6 overall (0-2 Sun Belt) and Troy 6-11 overall (0-2 Sun Belt).

LAST WEEKEND

The Eagles fell to Louisiana Monroe 7-12 overall (2-0 Sun Belt) on Friday night in a three set match that saw the Eagles commit seven hitting errors. The Eagles were led by junior outside-hitter Cathrine Murray who had eight kills, one block and one dig. Redshirt senior Katie Bange once-again provided valuable production posting seven kills, 13 assists and one ace.

Saturday night the Eagles bounced back from Friday night against Louisiana Lafayette in a 5-set thriller that saw the Eagles even their conference record. After going up 2-0, the Eagles dropped sets three and four by a combined five points. In the deciding set the Eagles were down 13-11 and after being faced with three match points, they fought off Lafayette to earn the 23-21 win. Katie Bange led the Eagles with a career-high 23 kills, six blocks, 31 assists and 25 digs. Sophomore Lauren Reichard posted 14 kills and seven blocks against the Cajuns while redshirt junior Megan Chevalier had 16 kills.

Bange, who has clearly been on a hot stretch of games offensively lately, said that she could still do some work to improve her defense while crediting her recent offensive performances to the rest of the team for creating good looks for her and Kendra Koetter for setting her.

Head Coach Dustin Wood said that he was proud of the way the team bounced back from the loss Friday night and found a way to win a close, hard-fought on both sides match. Wood also looks forward to being back in Hanner Fieldhouse, where the Eagles are 6-2.


“We are looking forward to getting home and playing our first two conference matches next weekend in Hanner. We are hoping our crowd is back and loud, which really helps the team,” Wood said.

Murray is also looking forward to being back in Hanner.

“It’s always tough to play on the road, so we’re really excited to be back home. It’s great having our fans right there and we live when they heckle the other team,” Murray said.

COMING UP

The Eagles are back in Hanner Fieldhouse for the first time in 17 days Friday night as they face off against South Alabama at 6:30 p.m. and will be back it again the next night against Troy Saturday night at 6:30 p.m. Both programs fell to UT Arlington and Texas State last weekend and seek to gain ground in the Sun Belt Conference against the Eagles and Georgia State. With no Georgia Southern football this weekend, supporting the Eagles in Hanner looks to be a great way to spend the weekend.



9/29WEEKLY BUZZ10/05

- Academic Success Center - GRE Test Preparation Review Sessions**
GRE Math Review Sessions-6:00 – 8:00 pm
M & W, October 3, 5
M & W, October 10, 12, 2016
6:00 – 8:00 pm
Instructor: Mr. Jeff Taylor-Instructor of Mathematics, Georgia Southern University
GRE English Review Sessions – 6:00pm – 8:00pm
Tues & Thurs, October 4, 6
Tues & Thurs, October 11, 13, 2016
Instructor: Ms. Laura Chambers - Instructor of Writing and Linguistics, Ogeechee Technical College
All sessions will meet in the Henderson Library, Room 1302
Required Book:
Barron's NEW GRE Study Guide (21st Edition) by Green and Wolf (2015)—University Store has copies
Registration Fee: Registration Fee due by 5:00 pm on Friday, September 30, 2016
GRE Math: \$80
GRE Verbal: \$80
GRE Math & Verbal: \$100
Registration Deadline: Friday, September 30, 2016, by 5:00 pm
Please use this link to register for these GRE Review Sessions - Refunds: No refunds
- OSA: New York Annual Winter Break Trip- Registration open now!**
The Office of Student Activities is gearing up for their Annual Winter Break Trip in December! Join us for an informational session to find out how you can experience New York City with 88 other Georgia Southern students! Information Sessions
•Dates of Trip: Saturday, December 10th - Friday, December 16th
•Cost: \$475 (covers transportation and hotel)
•Optional \$100 deposit secures a seat.
The payment deadline is October 17th! Trip is limited to the first 88 students! Don't miss out!
Contact Information: OSA@GeorgiaSouthern.edu
- UPB Dive-In Movie: Ghostbusters - Friday, September 30th@ 9:30 pm (Doors open at 9pm)**
Recreation Activities Center (RAC) Aquatics Center (Indoor Pool)
This event is open to GSU students only. Students must bring your Eagle IDs. Concessions will not be provided or permitted at this movie. If you need assistance, related to access for this event, please email UPB@GeorgiaSouthern.edu prior to the event. Contact Information: UPB@GeorgiaSouthern.edu
- UPB: 69th Annual Miss GSU Scholarship Pageant- Info Session**
Tuesday, October 4th and Wednesday, October 12th from 5:00 - 6:00 pm
Russell Union 2073
•Wednesday, October 5th, & Thursday, October 13th from 6:30 - 7:30 pm
Russell Union 2073
Miss Georgia Southern University is a preliminary pageant for Miss Georgia. Anyone that is interested in participating, must attend at least one information session (no exceptions) and submit an application.
Application Timeline
Open: Tuesday, October 4th at 7:30pm (via MyInvolvement)
Close: Wednesday, October 19th at 5:00pm
Contestant Requirements
-Must be currently enrolled at Georgia Southern University for 12 or more hours.
-Must have at least a 2.5 GPA
-Must have completed at least one semester at Georgia Southern University by date of pageant.
-Must be in good academic and disciplinary standing with the university.
-Complete application, contract, etc. and submit to the Office of Student Activities.
-Must not turn 25 years old during the year of service.
-Must attend Miss Georgia Forum Weekend, if crowned Miss GSU.
-Must be a U.S. citizen (as required by the Miss America Organization).
***Contestants must meet all requirements to be eligible. Note: In the event of there being more than 18 applicants that meet the above criteria, there will be an additional interview to determine 18 contestants.

YOUR STUDENT ACTIVITY FEES AT WORK

The Weekly Buzz is sponsored by the Office of the Vice President for Student Affairs and Enrollment Management.



TAHIR DAUDIER

Two Eagle volleyball players go up to block a shot. The volleyball team plays against South Alabama on Friday.

The George-Anne 9/29/16 Crossword

PuzzleJunction.com

Across

- 1 Farrier’s tool
- 5 Action words
- 10 Tire holders
- 14 Turkish honorific
- 15 Steel girder
- 16 Blue-pencil
- 17 Roulette bet
- 18 Sonata section
- 19 Seafood selection
- 20 Nescient
- 22 Feral feline
- 24 Chat room chuckle
- 25 Put on board
- 26 Floor it
- 29 Heightened
- 33 Directory contents
- 34 Driving hazard
- 35 Bruin legend Bobby
- 36 Schools of thought
- 37 Promise
- 38 Kind of table
- 39 Doctor’s charge
- 40 Motion picture
- 41 Charter
- 42 Small industrial vehicle
- 44 Conger catcher
- 45 Enthralled
- 46 Night spot
- 47 Gym wear
- 50 Tabasco
- 55 Metered vehicle
- 56 Throw
- 58 Rum drink
- 59 Military group
- 60 Hatred
- 61 Old Icelandic literary work

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21				22	23				
			24					25						
26	27	28					29					30	31	32
33						34						35		
36					37						38			
39				40						41				
42			43							44				
			45					46						
47	48	49					50	51				52	53	54
55						56	57				58			
59						60					61			
62						63					64			

Copyright ©2016 PuzzleJunction.com

- 62 “All ___ are off!”
- 63 Student residences
- 64 Felt bad about
- 10 Stitched again
- 11 Object of devotion
- 12 Venus de ___
- 13 “Let it stand”
- 21 Fishing gear
- 23 Jacket
- 25 Underhanded sort
- 26 Smell
- 27 Promenade
- 28 Hard red wheat
- 29 Bumper sticker word
- 30 Reef material
- 31 Delete
- 32 Clothesline alternative
- 34 Fleet
- 37 Sloppy
- 38 Adolescent
- 40 Fizzless
- 41 Lorgnette part
- 43 Banded adders
- 46 Twos in the news
- 47 Ticket part
- 48 Wind down
- 49 Leave the stage
- 50 “Aquarius” musical
- 51 Egg cell
- 52 Pakistani tongue
- 53 Secret message
- 54 “Holy Toledo!”
- 57 Tokyo, formerly

Down

- 1 Sari-clad royal
- 2 Popeyed
- 3 Kicker’s target
- 4 After-jail cons
- 5 Like the flu
- 6 Like some piano keys
- 7 Split
- 8 Defective
- 9 More fine-textured

	9					8	
		4			3		
3	7	2					4
	5		2		1		6
2							9
1			9		6		4
5				2			3 1
			3			5	
	4						9

		4	6		1	8	3
1			2	5		4	
	4	6					5
				7			
7						3	2
		8		1			4
		1	8		7	2	
2							

Full Plate +



Here’s a look at a beloved spot here in Statesboro:

Sugar Magnolia Bakery & Cafe
Bearing a casual atmosphere, Sugar Magnolia Bakery & Cafe serves a brunch menu on both Saturday and Sunday. While the menus differ respectively, some of the constants are classics such biscuits and gravy, waffles and French toast. The Saturday menu also includes quiche, housemade granola and assorted biscuits while the Sunday menu offers more eclectically-named dishes. Pulled pork hash is a plate of hash brown topped with a fried egg and toast. The mozzarella scramble includes eggs scrambled with cheese with a side of toast, pesto and fresh tomatoes. The peasant’s platter serves a toasted baguette with pecans, seasonal fruit and a selection of cheeses. Overall Sugar Magnolia’s is a very relaxed restaurant to grab some great breakfast or brunch.

- Assorted pastries served everyday include apple turnovers, bear claws, croissants and lemon bars.
- Brunch is served Saturday from 9 am – 11:30 am and Sundays 10 am – 2 pm.
- Yelp rating is 4 ½ stars.



Southern Palace Restaurant

The Best Chinese Cuisine in Statesboro Tel. 912-489-8813

224 S. Main St. Statesboro, 30458 - Online Menu: www.southernpalace.net

Dine-in
Carry out
Catering

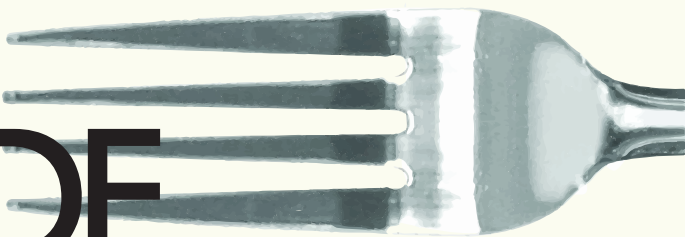
10% off for any
dinner entrées
with Student ID

Waitress / Waiter
Wanted
(Full- & Part-time)

Serving Statesboro
Community
For 20 Years

Located between Quality Inn and Statesboro/Bulloch Visitor’s Center on S. Main Street

Full Plate GUIDE



Check out these local restaurant deals!

American: Bites 1212 Brampton Ave, Statesboro, GA 30458 Shane's Rib Shack 1100 Brampton Ave, Suite J, Statesboro, GA 30458 Fordhamss FarmHouse 23657 U.S. 80, Brooklet, GA 30415 40 East Grill 40 East Main Street, Statesboro, GA 30458 Dingus MaGees' 3 GA AVE, Statesboro, GA 30458 Lee's Restruante 458 W Jones Ave, Statesboro, GA 30458 RJ's Grill 434 S Main St, Statesboro, GA 30458 Subway 1550 Chandler Rd, Statesboro, GA Wild Wings 52 Aspen Heights Dr., Statesboro, GA 30458	Deli: Baldinos Giant Jersey Subs 1204 Brampton Ave, Statesboro, GA 30458 McAlister's Deli 1100 Brampton Ave, Statesboro, GA 30458 Fast Food: Jimmy John's 100 Brampton Ave, Statesboro, GA 30458 Japanese: Tokyo 100 Brampton Ave, Statesboro, GA 30458 Barbecue: Bourbon Grill & More 718 Northside Dr E #10, Statesboro, GA 30458 Vandy's BBQ 725 Northside Dr. East Suite, Statesboro GA 30458 Boyd's BBQ & Country Buffet 302 Northside Dr W, Statesboro, GA 30458	Chinese: Southern Palace 224 S Main St, Statesboro, GA 30458 Mexican: Barberitos 1100 Brampton Ave, Statesboro, GA 30458 El Jalapeno 711 South Main Street, Statesboro, GA El Riconcito 2 College Plaza, Statesboro, GA 30458 Moe's Southwestern Grill 608 Brannen St, Statesboro, GA 30458 Pizza: Mellow Mushroom 1098 Suite 1, Bermuda Run, Statesboro, GA 30458 Primos Italian Pizza Kitchen 609-9 Brannen St, Statesboro, GA 30458 Your Pie 701 Piedmont Loop #200, Statesboro, GA 30458	Seafood: The Boiling Shrimp 12218 US-301, Statesboro, GA 30458 Sweet & Treats: Bruster's Real Ice Cream Statesboro Mall, 995 Lovett Rd, Statesboro, GA 30458 Daylight Donuts 455 S Main St, Statesboro, GA 30458 Dunkin' Donuts 606 fair Rd, Statesboro, GA 30458 La' Berry 1100 Brampton Ave, Statesboro, GA 30458 Simply Sweet Cakery 609 Brannen St, Statesboro, GA Sugar Magnolia 106C Savannah Ave, Statesboro, GA 30458 Pita: Pita Pit 609 Brannen St, Statesboro, GA 30458
---	---	---	--

To advertise in the Full Plate Guide or to have your restaurant listed above for free, email ads1@georgiasouthern.edu.