Dining plans revamped in 2013

BY LAUREN GORLA and SARAH RYNIKER
The George-Anne contributors

Dining location options are set to change at the completion of Lakeside's and Landrum's reconstruction, which will exclude all other locations from students' meal plans.

The Student Government Association announced at last night's meeting that there will be two meal plans offered fall 2013 instead of a set number of meal plans to use per week.

   The plans will be called "The Eagle Unlimited Blue" and "The Eagle Unlimited Gold."

   Eagle Bucks will be added to the new dining plans, which students will use at the other dining locations.

   "The dining plan option is going to be totally different next year," Garrett Green, SGA vice president of Auxiliary Affairs, said.

The dining locations that will be excluded from the unlimited plans are: Market Street Deli, Einstein Bros. Bagels, Oasis, Starbucks, Talons Grille, Pickle Barrel, Wrapsody Grill, Zach's Brews, Cold Stone Creamery and Chick-fil-a.

   The new dining plan will offer unlimited access to the new Lakeside and Landrum.

Green said.

"You can use it as many times as you want to. Once students understand how great the new Landrum and Lakeside are going to be, they will want to eat there more often," Green said.

   The Eagle Unlimited Blue plan will cost $1,650 and will include $100 in Eagle Bucks and five guest passes per semester.

See MEAL PLAN, page 8

Eagle Alert never issued

BY TAYLOR COOPER
The George-Anne staff

The Georgia Southern University Department of Public Safety did not send out an Eagle Alert to students after an armed robbery between Kennedy Hall and Southern Courtyard on Sunday at 1:29 a.m.

Police issued a campus alert that was posted to students' MyGeorgiaSouthern account Tuesday morning 9:05 a.m.

   The victim was walking on the Lanier Drive sidewalk when the two suspects asked for his help in finding a lost cell phone, according to an incident report from the Office of Public Safety.

   While the victim was looking for the phone, one man pushed him down and held him while the other punched him several times.

   Some students thought an alert should have been sent sooner and that the situation was unsafe.

   "I don't like that at all. I'd rather we get alerts faster," Grant Sturgill, sophomore geology major, said.

   "They need to get alerts out earlier, but there needs to be some personal responsibility. You shouldn't walk through there at night," Michael Lord, freshman business major, said.

   "That's really unsafe," Patrick Witten, undeclared freshman, said. "I see cops around here a lot, but they just mess with people walking through."

   Other students did not even know about the robbery.

   "I had no idea (the crime) happened. That's terrifying," Michael Murphy, freshman political science major, said.

   "My mom checked MyGeorgiaSouthern and called me wondering what was going on. She was worried," Evan Turkowsky, freshman pre-nursing major, said.

   GSU PD continues to search for the suspects.

   The Department of Public Safety did not respond to requests for comment at press time.

See MEAL PLAN, page 8

PONG PAYS OFF

Shayla Frinks plays "Win a Goldfish" at the Kiwanis Ogeechee Fair on student night Wednesday, Oct. 17 2012. Participants win a goldfish after successfully sinking a ball into a colored fish bowl.

Shayla Frinks/The George-Anne

Tasha Lund/The George-Anne

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Social justice panel to debate national issues

BY SARAH RYNIKER
The George-Anne contributor

Tonight, students and faculty will gather in the Russell Union to discuss important issues ranging from foster care, to poverty, to human trafficking and immigration.

The event will be tonight at 6 p.m. in the RU, room 2044, where a social justice panel organized by the Office of Student Leadership and Civic Engagement will talk about the issues that affect the nation.

“We will give a brief explanation of our social justice issue—mine is about homelessness in a college community—and then each panelist will be asked a series of questions,” Alayna Baer, senior multimedia communication major and panelist for Habitat for Humanity, said.

The panel will be composed of four teachers and two student community liaisons that represent two nonprofit organizations in the Statesboro community, Joseph Home for Boys and Habitat for Humanity.

“I chose the members of the panel for all different reasons,” Beth Anne Mathis, graduate assistant in the OSLCE, said. “I sought out several of them personally because they were really passionate about their causes.”

“I started volunteering when I participated in BUILD the summer before my freshman year, and since then, I have wanted to spread awareness of issues and educate students,” Baer said.

The reasons behind holding a panel is related to how little society understands important these important issues, Mathis said.

“Some issues are misunderstood and misrepresented,” Mathis said. “Our goal is to educate students about how they affect us because they really do.”

“Volunteering is not just picking up trash and helping out in nursing homes. It can be anything—even just hanging out at the boys home—that makes a difference,” Joel Wituka, senior marketing and management major and community liaison for the Joseph Home for Boys, said.

“It’s very important to be part of an organization that you support. There aren’t a lot of males to begin with (in the OSLCE), and a lot of the boys need mentors or role models,” Wituka said.

“Students should volunteer because it not only benefits the people they are helping but can give the students insight into a way of life that’s not their own,” Carrie West, sophomore early childcare education and community volunteer, said.

Before a student volunteers, he or she should determine what area of service he is interested in.

“Students who want to volunteer should think about what they find important and what their interests are. Everyone has different interests, but there are hundreds of opportunities,” Wituka said.

The main goal of the panel is to bring awareness of these issues to students on a broader basis.

“We haven’t talked about this on an international level,” Mathis said.

At the end of the panel, Dr. Todd Deal, director of the OSLCE, will moderate a question and reflection period for students, Mathis said.

“We hope that students can find something to be passionate about and find out more ways to be involved,” Mathis said.

Perceived notions of volunteer organizations can be incorrect.

“A lot of people who need volunteers aren’t asking for your money or your donations. All they are asking for is a little bit of your time, and if you’re lucky, someone to listen to them,” West said.

Wituka said, “I have a strong belief that if you have opportunity, you have a responsibility and an obligation to serve.”
Police Beat

Sunday, Oct. 14

- Officers observed two subjects in a housing golf cart on Lanier Drive near Southern Courtyard. Officers attempted to make contact with the two subjects but they fled on foot. The two subjects in the golf cart were arrested and charged.

- Philip Kent Clements, 25, was charged with Obstruction – misdemeanor.

- Kiel S. Schultheiss, 24, was charged with Criminal Trespass two counts & Obstruction – misdemeanor.

- Officers responded to Southern Pines pavilion in reference to alcohol violations. Two persons were judicially referred and one subject was arrested.

- Eric Wesley Sikes, 18, was charged with Possession of Alcohol – Under 21 Years of Age & Giving False Information to an Officer.

- An officer took an incident report for a theft at the RAC. This case was turned over to criminal investigations.

- Officers responded to Freedom’s Landing in reference to a Community Leader advising that a firebox had activated. Maintenance was notified and responded. The activation was determined to be a malfunction.

- Officers responded to Eagle Village in reference to a criminal trespass. The victim did not desire to prosecute and completed/signed a Waiver of Prosecution.

- An officer took an incident report for found property at the College of Education.

- Officers responded to the Kappa Gamma House in reference to a motor vehicle accident. A motor vehicle accident report was completed.

- An officer responded to C Lot in reference to a motor vehicle accident. A motor vehicle accident report was completed.

- Officers responded to Olympic Boulevard and Chandler Road in reference to a motor vehicle accident. A motor vehicle accident report was completed.

- Officers responded to Southern Pines pavilion in reference to alcohol violations. Two persons were judicially referred and one subject was arrested.

- Officers issued three traffic citations, seven traffic warnings, assisted six motorists and investigated one accident.

- Officers and EMS responded to Southern Pines for a report of a sick person. The subject was transported to East Georgia Regional Medical Center (EGRMC).

- EMS and officers responded to Eagle Village for a report of a sick person. The subject was transported to EGRMC.

- A cell phone was taken from the RAC. The incident was turned over to Criminal Investigations.

- Officers and the fire department responded to a fire alarm at the Newton Building. It was determined that the alarm was triggered by dust caused by construction workers in the building.

- Clarence Jerome Davis Jr., 25, was charged with wanted person.

- Jeffery Neel Putman, 18, was charged with underage possession of alcohol and possession of a false I.D.

- Kevin Walsh Stowell, 60, was charged with theft by taking.

- A jump drive and a hard drive were taken from the Information Technology Building. Incident was turned over to Criminal Investigations.

Tuesday, Oct. 16

- Officers responded to Southern Pines for a report of a sick person. The subject was transported to East Georgia Regional Medical Center (EGRMC).

- A laptop computer was taken from a vehicle at the RAC. Incident was turned over to Criminal Investigations.

- A Southern Courtyard resident reported an unknown person was found in his room early Sunday morning. He also stated this person kicked the door, leaving scuffmarks and kicked a hole in the wall. Incident turned over to Criminal Investigations.

- A book bag was taken from the Russell Union. Incident was turned over to Criminal Investigations.

- A pair of Ray Ban sunglasses was taken from Southern Pines.

Corrections

Contact the editor at geeditor@georgiasouthern.edu for corrections and errors.
Our View

Statesboro’s poverty should concern students

The Shop for the Hungry event put on by Eagle Dining as well as the Poverty Simulation hosted by Georgia Southern University’s Office of Student Leadership and Civic Engagement are vital programs to both aid poverty relief in the area and to educate students on the issue. The Shop for the Hungry event provides many students with a simple, effective way to donate to the Statesboro Food Bank. This event happens once a year and lasts for three days. At a time when the poverty level in Statesboro stands near 50 percent, any contribution to the community is needed and greatly appreciated. We think that the events should look to expand their frequency and/or duration so that students can use this opportunity more often.

The Poverty Simulation is a way for many students to experience poverty in a way that can leave a lasting impression. This simulation exposes the challenges of being below the poverty line, an issue that is too common in our community. These programs do more than just expose students to the reality of poverty in our area. They show students the reality of the community that we call home. Whether students plan on transferring after a duration of time or plan on getting a Master’s degree at GSU, this city is home for their years here. More needs to be done to install a sense of community between the ever-changing student body and the permanent residents of Statesboro, and these programs are a great start.

We shouldn’t need fact checkers

How far have this nation’s political leaders fallen that we need special services to fact-check them every step of the way? The two presidential tickets have both gone all in during the last two debates, seemingly trying to discredit their opponents’ positions as much as they reinforce their own. The vice presidential and presidential debates at times have devolved to the point of “he’s lying,” “no, he’s lying!” This brutal degrading of political discourse makes me want to throw a couple of five year olds accused of breaking a vase on stage and see if it would sound any different.

Of course, this may just be the issue of having two of the worst candidates for president in recent memory. Barack Obama won the election in ’08 with hopes and ambitions that inspired much of the American public. Four years later, his failures on immigration reform, unemployment numbers and debt escalation have made him a vulnerable target for a voracious Republican Party. Of course, the GOP responds with a candidate whose inspiring moments to oh-my-god-he-actually-said-that moment’s ratio is around 2:1 – and that is being generous with my scoring.

Considering Romney doesn’t actually have a plan to show the U.S. people, and Obama doesn’t seem to have a different plan for his second term, we’re left with stupid finger pointing.

This finger pointing is where the fact checkers come in. I’ll be the first to admit that I enjoy political fact checking sites and I think that they play a key role in keeping our politicians accountable. But what happened to politicians telling us the truth and changing their tune when the people and the press proved what they said was false? The founding fathers thought the powers of the press, especially when acting as a watchdog to politics and politicians, were so important that they made journalism a job field that’s protected by law.

And how do journalists and consumers of news say thanks for that accountability? Private media conglomerates have taken over massive parts of our media and use them to promote their own agendas. Glenn Beck has a radio show that people take seriously. MSNBC is liberal, and Fox News is conservative. CNN has a lean to it as well.

Consumers must change this vicious cycle. Demand honesty and accountability from your politicians and impartiality from your news sources. It won’t happen this election cycle, but we can change things.

Farmer is a junior international studies and political science double major from Thomasville, Ga.
From the Left

Debates dumbed down

The second presidential debate revealed a pattern of monotonous, tangential responses continued from the first two debates. I suppose this is because the illusion persists that there still remains a crucial class of undecided voters who have, until recently, shielded themselves from all forms of media. Who are these people? Whoever they are, if they even exist, they possess an impressive unawareness that has wrought an exceptionally boring and unproductive debate series, packed with oversimplified appeals aimed to assuage their ill-informed perspectives.

Resultantly, the debate was host to an incessant display of nonsensical, unpractical and irrational claims and propositions, and I would enjoy expanding in detail each issue but remain restricted by space. One unreasonable position the candidates pontificated to the masses was to bring manufacturing jobs back to the United States because they are the backbone of our economy. Manufacturing makes up a total of 8.6 percent of all nonfarm jobs in the U.S. and have been declining in relevance in the U.S. economy since the 1970s, not to mention the fact that offshoring is in the American consumer’s best interest and a crucial component to any transnational corporation's business strategy in an era of globalization. It’s not going to happen with tax cuts or regulation reduction, nor would anyone want it to happen.

Another injudicious point highlighted in the debate was an insistence on investing in domestic oil, natural gas and coal production versus green energy and biotechnology when the demise of fossil fuel production is inevitable. This view discounts the actuality that economic expansion, according to Kondratieff’s theory, has occurred because of investment in new technology. Directing questions to presidential candidates aimed at current gas prices is a gross misunderstanding of the variety of factors at play, and pretending that low gas prices are for the greater good ignores the negative externalities in association. Cheap gas offers a disincentive for the development in alternative energy, fuel-efficient vehicles, carpooling and various other sustainable practices essential to the survival of the planet and of the economy.

The candidates dumbed down the issues to reach out to the undecided, uninformed voter at the expense of accurate portrayals of their policies and of fact, and it exposed the tragic shortcomings of the democratic process.

Markley is a senior geography major from Marietta, Ga.

From the Right

Romney standing firm

Tuesday night was the second of three debates between the president and Mitt Romney. After Romney's stellar performance in the first debate, this was a do or die moment for Obama and a chance for Romney to lock up the election.

The town hall format helped Romney because it gave him a chance to talk to actual voters and address their needs. Romney excelled at being charismatic and engaging with the audience. He also knocked the most pressing issues out of the park. According to the CNN poll after the debate, 68 percent of voters believed that Romney won on topics such as the economy, job creation and taxes.

Another key topic in this debate was women. After the first debate, Romney closed an 18-point gap between him and the president. This was huge as women were the demographic that put Obama over the top in 2008. The day after the second debate, Romney is keeping that gap close and even overtaking Obama in some swing states.

The most anticipated question of the night, however, was Libya. When the audience member finished the question, Obama reverted back to being the debater we saw in Denver. He squirmed and pivoted the question to his tired list of terror-related accomplishments that we've heard a million times. Then Romney got up to exploit the fact that it took the Obama administration over two weeks to tell the American people it was a terror attack. After this point was made, CNN anchor and that night's moderator Candy Crowley completely overstepped her bounds and not only defended the president but did so 100 percent incorrectly. This completely changed the dynamic of the debate and took the momentum out from Romney.

I could not believe how biased Mrs. Crowley was during this debate. According to the office timekeeper, Obama spoke for a full three minutes longer than Romney. This may not seem like much, but every minute counts when the race is this close. She would also constantly interrupt Romney and let Obama speak over time.

At the end of the day, Romney held his own in this debate like he did in the first one. There was no clear winner-loser on the debate as a whole, but Romney took care of business on the issues that mattered most to the country.

Chapin is a senior political science major from Roswell, Ga.

From Data to Discussions

Dodd-Frank deserves more discussion time

One of the reasons that I don't like the “town hall” debate format is that the questions end up being absolutely terrible. A good question to ask would have been about an important disagreement other than taxes, jobs and gas prices, like bank regulation.

Dodd-Frank was mentioned once on Tuesday, in negativity, by Mitt Romney with no reply from President Obama. The average citizen that may not know much about the situation was left with a bad taste in their mouth regarding regulation.

Dodd-Frank is an expansion of the current financial regulations that we have in place today. Signed in 2010, it includes more transparency in bank transactions and rules for the way banks can operate, among other things. The main goal of financial reform is to make sure that banks don’t fail, and if they do, the impact will not be big enough to affect the economy in a major way.

Although the bill does not explicitly call for the breaking up of the “too big to fail” banks, many prominent economists say that should be a key part of financial reform. On Tuesday, the United States filed a lawsuit against Wells Fargo for fraud related to mortgages. This comes just weeks after Bank of America paid $2.43 billion in a class action lawsuit for misleading investors. Opponents of Dodd-Frank say that over-regulation leads to over-litigation, while the other side says that the banks should be more responsible and pay if they are not.

We obviously need some new rules to keep these banks straight, but the two candidates have very different opinions on regulation. Mitt Romney wants to repeal and replace Dodd-Frank, which could be great if it turns out that Dodd-Frank is in fact too restrictive. The problem is that he has not outlined specifically what the bill he would replace it with looks like, which is pretty important. The line between regulation and overregulation is thin, so there certainly needs to be some discussion about this, especially for voters that are concerned about the economy and tired of the rhetoric.

Bryan is a senior economics major from Fayetteville, Ga.
Letters to the Editor

Column demeaning

Dear Editor,

I was appalled as I read Jackie Gutknecht's article, "Girly songs for men, too," in Tuesday's edition. This piece is problematic and offensive on so many levels that I feel the need to break it all down.

The thesis of this article seems to be that guys should appreciate "girly" songs because it makes it easier to prey on all those drunk, partying "sluts." Gutknecht engages in an astonishing amount of "slut shaming" which means shaming women for being in control of their bodies, lives and choices. Some examples in this piece include: "belligerently drunk girl," "easy ticket," and "how the girls are down here in Statesboro." Gutknecht assumes that 1) all women who enjoy going out for a dance and a drink are sluts and 2) that sluts are worthy of shame. Using the kind of language that Gutknecht uses silences and demeans women—all women.

This article is also problematic in its portrayal of men. Apparently, all men are predatory sleeved eyes only interested in sleeping with nameless, faceless women. I'm not a man, but that is clearly also highly offensive and simply inaccurate. Gutknecht is again assuming homogeneity of an entire gender. (Also, the men Gutknecht writes about all want sex,—it's in fact the only thing they want—but they aren't talked about with the same kind of demeaning language as women. I'm not advocating for slut shaming anyone regardless of gender, merely pointing out the hypocrisy inherent in slut shaming.)

When I read the title of this article, I thought it could have been an interesting, informative critique of cultural expectations of gender roles. It could have talked about the fact that "girly songs" are not inherently gendered and that classifying them as such only further shows that women and things considered feminine are less worthy in our culture. It could have talked about the problems with telling boys that certain traits aren't "manly" like empathy and emotional vulnerability. Instead it further perpetuated harmful and offensive stereotypes.

I don't believe that Gutknecht wrote this piece intending to demean women and men. We live in a culture where slut shaming and heteronormative ideas of gender are fed to us constantly. It's only natural to internalize that to some extent. However, that does not mean we shouldn't confront these dangerous and wrong ways of thinking when we see them.

Kayla Whaley
Graduate student
Masters of Public Administration

To submit your letter to the editor, email gadaily@georgiasouthern.edu.

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Journalists have tough jobs

I very much enjoy journalism. There is a certain swagger one gains when they realize that they are responsible for informing the population at large. Almost every bit of knowledge you have on the election, the Middle-East conflicts, football games and entertainment is something you have because some journalist, somewhere, gave up his or her chance at a big paycheck and regular hours to go find something out.

Of course, sometimes we wonder exactly why it was that these journalists report on some of the news they do.

For example, thanks to the news source FRANCE 24 English, I got to read the headline, "German doctors warn against Internet trade in breast milk." This is a real headline. Apparently, German pediatricians have warned new parents against obtaining breast milk via social networking sites such as Facebook, cautioning the milk could be harmful.

Now, I am not exactly an expert on child-rearing, but I have to wonder if there are enough mothers buying breast milk off Craigslist—or I suppose Kreiglist—this being in Germany—to make this a newsworthy issue. On the other hand, I can hardly relate to a country that calls soccer "football." Journalists also like to keep us updated on the most recent scientific discoveries. Thanks to the brave reporters of the Denver Post, I know the results of a four-month study by a Colorado State University regarding the impact of different types of music on the nerves of shelter dogs.

The results? Classical music like Bach and Mozart help calm dogs, while heavy metal music like Iron Maiden or Anthrax make the dogs nervous.

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Rides and Rodeos

Kiwanis Ogeechee Fair attracts students and locals

Kiwanis Ogeechee Fair started on Tuesday, Oct. 16, and it will remain open until Saturday, Oct. 20. **Top Left:** The merry-go-round, an attraction for people of all ages, entertains fair attendees. **Bottom Left:** Sarah Purvis, junior and Georgia Southern University softball pitcher, uses her talent to try to win a prize at the ball toss game. **Right:** Statesboro resident Dalton Cook attempts the Extreme Bull-riding attraction but is unable to hold on for long.
MEAL PLAN, from page 1

The Eagle Unlimited Gold plan will cost $1,800 and will include $300 in Eagle Bucks and eight guest passes per semester.

"The guest pass is something that you can bring somebody who doesn't have a meal plan with you, to eat with you," Green said.

For students who don't want to purchase either of these plans, the Eagle Express package is the other option they can choose.

In order to receive the five percent discount that students are normally accustomed to with the current meal plans, they must put $350 on their Eagle Express card, Green said.

"The price of the three meal plan right now is somewhere around 400 to 500 dollars, so the price of this is very comparable to what the three dining plan is, it just has a different title," Green said.

The one-swipe-for-one-meal system that students use with the current meal plans won't work the same way anymore.

If a student wants a meal from Chick-fil-A, they can choose to use their Eagle Bucks or money on their Eagle Express account, not a meal plan.

Students can come and go to Landrum and Lakeside as many times per day as they want and the quality of the food is expected to be greatly improved, Green said.

"If you want to go at nine o'clock and get a banana and orange juice, you can do that. If you want to come back at 9:35 and get a serving of grits and leave, you have the option to go as many times as you want to with this plan," Green said.

"This is something (Eagle Dining Services) have been talking about for the past two years," Green said. "I can definitely see how a lot of older students who have experienced having Chick-fil-A and Einstein's on the meal plan and taking those away would think it's unfair."

Students have mixed feelings about the way the new dining plans will work.

"One-hundred dollars is not enough. I just spent eight-five on this Chick-Fil-A," Jebril Reeves, freshman political science major, said. "At the end of the semester, I'm going to stop and say, 'dang, I should have bought that brownie.'"

"That would be pretty cool, but with gaining something, you have to sacrifice something else," Joe Wells, freshman mechanical engineering major, said.

Peyton Barnett, freshman communications major, said, "I would be pissed off. That's not what I was told when I came here. The meal plans are what sold me to Georgia Southern."
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Farmer’s market to promote sustainability

BY JAKE HUNSBUSHER
The George-Anne contributor

Food, fun and sustainability will come together as Georgia Southern University's Center for Sustainability hosts the fifth annual Sustainability Fair at the downtown Statesboro Farmers Market.

"It's a lot of fun. Vendors bring in a lot of ideas on how to remain sustainable and get a lot of people interested. It's good because you have a lot of people who are similar. You have food, fun and a place for people to share ideas on how to make the world more sustainable," Teddy Gandy, a repeated visitor to the event, said.

The Center for Sustainability is holding many small events within the fair taking place on Oct. 20 from 9 a.m. to 12:30 p.m., which is also in coalition with the downtown Statesboro farmers market.

The fair is a way to reach out to the community and provide sustainable solutions for everyday problems and help them to lead a greener life, Lissa Legee, director of the Center for Sustainability, said.

"We will have a number of interactive displays at the event. Kids can get their faces painted and will also be able to make Halloween masks and trick-or-treat bags out of recyclable materials. You can also talk with our green architect, Martin Rule and Associates, about your building plans and collect a free compact fluorescent light bulb from Keep Bulloch Beautiful. You can also learn about gardening with native plants from the Garden of the Coastal Plain at Georgia Southern," Legee said.

"It's also great opportunity to see sustainable products that may not have been exposed to and to learn from the many sustainability vendors at the event," Legee said.

A lot of people are looking forward to the fair, including the co-planner of the Sustainability Fair, Christina Beslin.

"I've been helping Lissa with this event for a long time, and I'm really excited for it. It's a great opportunity for students as well as for people in the town to learn to be more environmentally friendly and around just more environmentally conscious," Beslin said.

Having the chance to connect with people from around Statesboro and educate them about their effects on the environment is a pivotal aspect of the fair, Beslin said.

"I'd like to see people becoming more environmentally conscious and environmentally aware. The people of Statesboro already do a beautiful job of being green, but I think we can always take it to the next level," Beslin said.

The Center for Sustainability wishes to spread their message of green education to students and all the businesses around Statesboro.

Beslin said, "I hope everyone enjoys the event and takes the time to learn about some of the great environmentally friendly businesses around Statesboro. It should be a great day and a wonderful turn out, so I encourage people to come."

Ditch Ramen, eat fresh

BY PEYTON CALLANAN
The George-Anne contributor

When busy schedules and tight budgets come first on priority lists, a college student's diet may end up at the bottom.

Dr. Amy Jo Riggs, professor of nutrition and food science, has dedicated much of her time to helping Georgia Southern University students learn how to eat well on a college budget.

"There are a lot of complications with this population because they can be a little bit more limited when it comes to finances and time," Riggs said.

College students also run into issues with portion control and overconsumption of empty calories, Riggs said.

"I recommend the Farmer's Market to my students all the time," Riggs said. "Any time we can support local grown produce from our local farmers, not only are they going to be more nutritious they are going to be more affordable."

"You can pay the organic farmer today or pay the doctor tomorrow," Kathy Smith, an employee at Walker Farms in Newington, Ga., said. "If you can't read the words on the label don't buy it."

Walker Farms is one of the many local farms that participate at the Statesboro Farmer's Market. They provide organic vegetables that have no genetic modification or chemicals in them.

"Local farms are able to provide produce at lower prices than large chains because they do not have to pay for shipping and packaging," Riggs said.

"Local is more honest," Brooks Turner, owner of Sugar Magnolia Bakery, said.

Sugar Magnolia aims to be the healthiest bakery in town, using as many local or organic ingredients as possible.

Choosing local restaurants cuts down the risk of eating processed food full of unhealthy chemicals, Turner said.

Local, fresh and handmade are the best ways to make great food. All the ingredients used to make food at South & Vine Public House restaurant are locally grown, and all dishes are made in house from pastas to baked goods and sauces, Seni Alabi-Isama, owner of the downtown Statesboro restaurant, said.

"When you go to places and they say things are fresh or made from scratch, it can be a misnomer. If we put it on a plate we made it," Alabi-Isama said.

Cooking at home is also an option for staying healthy in college.

"You don't have to be a chef to learn how to eat well on a budget," Alabi-Isama said.

The best food doesn't have to be expensive. It depends on how many expensive products you feel you need. Proteins are the most expensive products, but if you can have a complete and filling meal without them you will spend less money, Alabi-Isama said.

Having a few staple items in your kitchen that aren't very costly, such as dried beans and canned tomatoes, and pairing them with fresh vegetables that are in season can help build healthy and affordable meals, Alabi-Isama said.

Looking for sales and making a grocery list prior to shopping can help college students manage their shopping budget better. When buying local produce is not an option, low sodium canned goods and frozen vegetables are a good alternative, Riggs said.

Alabi-Isama said, "For people who are really interested in eating better it just takes a little time and fore thought."
GSU Idol to hold auditions

BY KIMEKO MCCOY
The George-Anne staff

Georgia Southern University students will have the opportunity to show off their vocal talents tonight in the Russell Union.

Students are invited to audition for the annual GSU Idol competition hosted by Student Government Association.

“We just want to showcase talent,” Diandra White, senior biology major, said. White is directing this year’s show.

Students should have a piece ready with or without accompaniment, White said.

Those who audition will be judged on their song presentation, creativity and vocal ability, White said.

The GSU Idol show will be during Homecoming week, but auditions will be held tonight in the Russell Union room 2052 from 6 to 7:30 p.m.

Students can come by anytime during those times to audition. They are open auditions, White said.

GSU Idol will take place on Nov. 5 at 7 p.m.
## Thursday

<table>
<thead>
<tr>
<th>Location</th>
<th>Specials</th>
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<tr>
<td><strong>Applebee's</strong></td>
<td><strong>$3.50</strong> Heineken, <strong>$4.50</strong> Bud, <strong>$5.50</strong> Coors Light</td>
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<td></td>
<td><strong>$6.99</strong> Football Pitcher and 12 Wings, <strong>$9.99</strong> 2 medium 1 topping</td>
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<td>pizzas, <strong>$12.99</strong> 2 medium 2 topping pizzas, <strong>$14.99</strong> 2 medium 3</td>
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<td>topping pizzas</td>
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<tr>
<td><strong>Dingus Magee's</strong></td>
<td><strong>$5.00</strong> 2 oz. draft beer</td>
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<tr>
<td><strong>El Sombrero</strong></td>
<td><strong>$5.00</strong> 2 oz. draft beer</td>
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<tr>
<td><strong>GATA's Sports Bar and Grill</strong></td>
<td><strong>$1.99</strong> drinks all day, <strong>$1.99</strong> Gatorade, <strong>$1.99</strong> Miller Lite</td>
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<td></td>
<td><strong>$2.50</strong> Miller Lite pitchers all day, <strong>$2.50</strong> 2 Margaritas, <strong>$2.50</strong> Newcastle Werewolf all day</td>
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YOUR OFF CAMPUS GUIDE

MONDAY

Applebee’s
$5 Mucho margarita
$5 Top Shelf Long Island
$5 Mojitos
$5 Pina Coladas

Dingus Magee’s
Happy Hour 5 to 7 p.m. and 9 to 11 p.m.
-2 for 1 bombs
-2 for 1 wells

El Sombbrero
$2 Lime Margaritas

Gnat’s Landing
Happy Hour all day

Holiday’s Greek and Italian
$9.97 Pitcher and 12 wings
$9.99 2 medium 1 topping pizzas
$12.99 2 medium 2 topping pizzas
$14.99 2 medium 3 topping pizzas

Loco’s Grill and Pub
$5 Bud Lite pitcher
Coach’s Show 7 p.m.

Mellow Mushroom
Happy Hour 5 to 7 p.m.
$2.75 draft
$2 Margaritas
$3 wells
$2 Newcastle Werewolf all day

Millhouse
$1.99 drinks all day

TUESDAY

Applebee’s
$3 Tequila Shots: Jose Cuervo, Sauza Gold
$4 Tequila shots: Sauza Hornitos
$4 1800
$5.50 Patron Silver
$8 Double Shot Paton Silver
$4 Tequila Sunrise

Mellow Mushroom
Happy Hour 5 to 7 p.m.
$2.75 draft
$2 Margaritas
$3 wells
$2 Newcastle Werewolf all day

El Sombbrero
$2 daquiris

Gnat’s Landing
Trivia 7 p.m.

Holiday’s Greek and Italian
$9.97 Pitcher and 12 wings
$9.99 2 medium 1 topping pizzas
$12.99 2 medium 2 topping pizzas
$14.99 2 medium 3 topping pizzas

Loco’s Grill and Pub
$3 Absolut

Millhouse
$1.99 drinks all day

Dingus Magee’s
Happy Hour 5 to 7 p.m. and 9 to 11 p.m.
-2 for 1 bombs
-2 for 1 wells

WEDNESDAY

Applebee’s
Lady’s night
$3 Vodka
$3 Mixed drinks
$3 Shots
$5 Martinis
$5 Bombs

Dingus Magee’s
Happy Hour 5 to 7 p.m.
$2.75 draft
$2 Margaritas
$3 wells
$2 Newcastle Werewolf all day

Gnat’s Landing
Happy Hour 5 to 7 p.m.

Holiday’s Greek and Italian
$9.97 Pitcher and 12 wings
$9.99 2 medium 1 topping pizzas
$12.99 2 medium 2 topping pizzas
$14.99 2 medium 3 topping pizzas

Mellow Mushroom
Happy Hour 5 to 7 p.m.
$2.75 draft
$2 Margaritas
$3 wells
$2 Newcastle Werewolf all day

El Sombbrero
$9.50 Long Island Ice Tea pitcher

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5. 1 Slice of Pizza up to 2 Toppings

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THURSDAY 10.18.2012

NEW YORK CITY TRIP ON SALE
The University Programming Board is hosting their Annual Winter Break Trip to New York City. Join us for an exciting week in the Big Apple. Experience the New York City with 100 other Georgia Southern students! The trip will take place during Dec. 15 - 21 and will cost $395, which covers transportation and hotel. Pay online at bit.ly/nyctrip2012. Trip is limited to first 100 students. Paying for the trip will remain open till Nov. 9. If you have any questions please contact the University Programming Board at 912-478-7270 or upb@georgiasouthern.edu.


IRON EAGLE CHALLENGE
THE RAC
The Iron Eagle Challenge is an adventure race that travels through Georgia Southern University’s scenic campus. The course requires two person race teams to off-road/urban cycle, run/walk, canoe and conquer many mystery challenges along the way. The IEC totals around 4 - 5 miles, starting and ending at GSU’s Recreational Activity Center, with the majority of the mileage taking place on bike. Sponsored by Campus Recreation and Intramurals.

SATURDAY 10.20.2012

CLUB SPORTS ULTIMATE FRISBEE TOURNAMENT
THE RAC
Support Club Ultimate Frisbee at the Multiplex.

SUNDAY 10.21.2012

VOLLEYBALL SCRIMMAGES
THE RAC
This is another chance to play in a scrimmage before the real deal begins Monday.


OPEN HIGH CHALLENGE COURSE (ACCESSORIES)
THE RAC
This course offers a high challenge course experience that doesn’t require as much time as the full static course. Don’t miss out on our fun accessories like the zip line and more.

SESSION II SWIM LESSONS
THE RAC
Don’t miss out on an opportunity to improve your swimming skills offered for five different levels, only for $10! Choose to attend the second session at either 6:30 or 7:30 p.m. Learn more about what Aquatics at www.georgiasouthern.edu/cr.

TUESDAY 10.22.2012

UNPLUGGED STARBUCKS
The University Programming Board invites you to our weekly Unplugged Series. Looking for something fun to do on campus? Want to watch some live performers? Maybe even want to try out that new song of yours? Georgia Southern Unplugged is a coffeehouse series and Open Mic Night brought to you by the University Programming Board. Come and see the talented students of the Georgia Southern community display their skills. Also, free Starbucks is produced for attendees so please bring your student ID.

WEDNESDAY 10.23.2012

REGISTRATION CLOSES: FALL CLASSIC BASKETBALL
THE RAC
Don’t miss out on the chance to play in fall classic basketball. Registration closes on this date at 8 p.m. Double check other Intramural Sports deadlines at www.georgiasouthern.edu/cr.
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We are looking for a female student renter at 502 Pitt Moore Road (walking distance to campus). Its a large room with private bathroom and can come with a bed if needed. Its only $425/month and utilities are all included in that price (water, electric, basic cable, and wireless internet). There are currently two females and one male living here. No lease signing required.

**Vote No!**

**Amendment One**

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**Should I go to Graduate School?**

By: Taylor D. Terrell
Public Relations/Events Intern

Consider what motivates you in school, and what topic drives you to learn and research them in depth. What is your passion, and why? Once you’re honest with yourself, you can answer the question: “should I go to graduate school?”

“Graduate school constitutes an advanced program of study focused on a particular academic discipline or profession. Traditionally, graduate school has been “academic” (centered on generating original research in a particular discipline), but it may be “professional” (centered on developing skills and knowledge for a specific profession), or a combination of both,” according to the University of Berkeley of California.

Making the commitment to go to graduate school is a big decision. Professors will tell you that graduate school requires more time management and more research than your undergraduate years in school did.

Talking to professors and academic counselors, as well as making an appointment with one of the Career Development Specialist can help you sort out your inquiries and concerns about applying for graduate school. Being able to have a professional relationship with professors and counselors can give you more insight into what graduate school is like, and having that mentorship will guide you into the graduate program of your choice. You need recommendation letters!

Also, keep in mind that in Cone Hall the Academic Success Center offers tutoring for the GRE Exam—the widely accepted exam for most graduate programs. Kaplan also offers free online testing as well as a series of GRE practice books.

Graduate school can also be a financial burden but with careful planning it is possible for everyone. Seek out scholarship opportunities through the school’s financial aid office, ask about assistantships or fellowships or explore loans. With some assistantships your graduate school experience could be free!

Talk with a variety of graduate and professional schools at the Eagle Expo: Career & Graduate School Fair on Wednesday, October 31 at the Recreation Activity Center from noon to 4:00 p.m.

The Office of Career Services assists students searching to learn more about graduate school programs. If you would like more information, be sure to visit the Career Services, located on the first floor in the Williams Center, during the walk-in hours (noon-4 p.m.) or meet with your Career Development Specialist to discuss your plan for graduate school.
GSU snaps 10-game losing streak

The Georgia Southern University men's soccer team ended its 10 game losing streak with a win against the back-to-back defending Southern Conference regular season Champion University of North Carolina at Greensboro Tuesday night.

The upset was due in large part to junior midfielder Hunter Norton's two goals, both of which came in the first half. The UNCG offense was unable get anything past junior goalkeeper Neal Bates, who had a first half shutout.

The stingy Eagle defense held UNCG to just five shots, three of which were on goal attempts. Norton's header in the 33rd minute sent the Eagles to the locker room with a 2-0 halftime lead.

UNCG came out energized and determined to start the second half and fired five shots, but Bates didn’t seem phased, as he allowed no goals for a whopping 85 minutes. Bates ended his clutch performance with six saves on seven shots.

The Eagle offense kept rolling as they had two players score their first career goals.

Freshman forward Eric Dinka scored in dramatic fashion just before the hour mark with an unassisted strike across his body as he tore through the Spartan defense all the way down to the penalty box.

Sophomore midfielder Rocco Bagley decided to get in on the scoring frenzy 20 minutes later with his first career goal.

A through ball from junior forward Witt Carlisle set Bagley up to take full advantage of the rare opportunity with a six-yard kick that found the back of the net.

The Eagles had not won in 10 games and had not beat UNCG since 2008 with a 1-21 record against the Spartans over their last meetings going into the match.

The Eagles seemed unaware of their less-than-stellar record against the powerhouse as they had a 4-0 lead with just 10 minutes left.

The Spartans would later end the shutout with a corner kick header from sophomore midfielder Preston Ford in the 85th minute. It would seem too little, too late as the final whistle blew, and the Eagles celebrated a 4-1 victory on Eagle Field, snapping their losing streak of 10 straight losses.

The Eagles dominated on both sides of the ball and played a near flawless game. They beat the Spartans 3-0 in yellow cards, 18-15 in shot attempts and 10-7 in shots on goal.

After an upcoming Saturday night visit to Wofford College, the Eagles are will be back on Eagle Field Tuesday to face Furman University at 7 p.m.
Eagles to face SU and UTC in road games

Volleyball (16-6)

BY KATIE TOLBERT
The George-Anne contributor

The Georgia Southern University volleyball team (16-6) will be facing Samford University (15-7) on Saturday and The University of Tennessee at Chattanooga (9-14) on Sunday away.

GSU has four straight wins going up against the defending Southern Conference champion and the North Division leader, SU. SU has only lost one match in its past 11 matches, and is 7-1 in conference.

SU has a 7-0 record home, and GSU has a 4-3 record away. Both teams have even conference records at 7-1.

The Eagles’ senior setter Kate Van Dyke does not exceed the Bulldogs setter by much with 907 assists, and 11.34 per set. SU’s setter Casey Garvey has 827 assists, 11.18 per set.

GSU has more than one strong outside hitter, but two hitters that stand out this weekend are senior outside hitter Meredith Paskert with 275 kills this season, and senior outside hitter Moriah Bellissimo with 218 kills this season.

SU’s two strongest outside hitters are sophomore outside hitter Michaela Reesor with 261 kills this season and senior middle blocker Lauren Hutchinson with 229 kills this season.

GSU will then be playing UTC who has a 7-2 record at home but a 3-5 record in conference. UTC has a 9-14 record overall which is not as strong as the Eagles’ overall record of 16-6.

UTC’s lead players fall below the Eagles’ lead players, especially in the hitting department. The team’s lead senior outside hitter Christina Teter has 199 kills. This also can be seen with junior setter Bridget Camacho with 796 assists.

The team will continue to two more away matches in the next weekend to come to complete a four match away swing.
Eagles look to improve on SoCon record at home

Freshman defender Renee Nance (2) keeps the ball away from a Citadel player to gain Eagle control. GSU is currently 2-5-1 in the SoCon.

Women's Soccer (6-6-4)

BY RANDALL HAMPTON
The George-Anne contributor

The Georgia Southern University women's soccer teams will gear up for battle at home this weekend against the Furman University Paladins and the Wofford College Terriers.

GSU will be looking to put an end to its three game skid as they battle Furman tomorrow. A win would halt Furman's two-game winning streak and give the Eagles a much-needed boost in the Southern Conference standings.

The net was unkind to the Eagles in North Carolina last weekend as the team was shut out twice. Sophomore forward Sydnie Van Curen's five goals are the most for GSU this season.

Furman freshman forward Stephanie Devita has terrorized the SoCon with a division-I leading 16 goals. GSU will have its hands full as she has scored in all but three games.

Furman sits fourth in the SoCon with a 4-2-2 record (11-3-2 overall) while the Eagles are perched in the ninth spot at 2-5-1 (6-6-4 overall).

GSU has gone 0-3 the last three times it has locked horns with Furman, and the team can't afford to look ahead to Sunday's game against WC.

WC hasn't notched a win in its last five games, but could be looking to exact some revenge as the Terriers football team fell to the Eagles 17-9 last Saturday.

WC has managed a 1-5-2 record in the SoCon and a 6-7-2 record overall. Junior forward Emily Bougas leads the offensively challenged Terriers with three goals this season.

WC is struggling offensively with two goals in its last five games, but GSU hasn't fared much better with three goals in its last four contests.

Goals have been hard to come by for both teams, but one well-placed shot could shake up the SoCon standings. With a win and a College of Charleston loss GSU could find itself tied for seventh in the SoCon with its final two games coming at home.
Eagles prepare to face SoCon foe

Football (5-1)
BY JANNAH BOLDS
The George-Anne staff

Still not reflecting on the upsetting loss against The Citadel in the early season, The Eagles of Georgia Southern University prepare to continue their winning streak against Furman University Paladins Saturday.

The Eagles reclaimed the No. 1 seat in the Southern Conference after their 17-9 triumph over the Wofford College Terriers last weekend. On the other hand, the Paladins failed to overcome their opponents, losing 8-20 against the University of Tennessee at Chattanooga. Their loss dropped them down to the No. 7 spot in the SoCon.

Last season, the Eagles had no trouble with dragging the Paladins through Allen E. Paulson Stadium turf, winning 50-20. The Eagles triumphed because of their advantage of leg power over Furman's. The Eagles managed to out rush their opponent 361-115. The majority of that leg power came from junior slot-back Johnathan Bryant who led the team with ten carries for 95 yards.

So far this season, Bryant has accumulated a total of 178 rushing yards placing him fifth on the team in rushing yardage. The leader of the Eagle pack in rushing is sophomore fullback Dominique Swope with 667 total yards and touchdowns. Swope will look to have his ninth straight game with a touchdown against the Terriers on Saturday.

Although the Eagles had star quarterback Jaybo Shaw behind the offensive line last season, the Paladins still had the upper hand in passing yardage. Furman's quarterbacks passed for 293 yards against the GSU defense, and the Paladins left the Eagles in the dust, passing 122 more yards than Shaw. This is an advantage that the Paladins have over GSU because the Eagles are not strong with their passing game.

Junior quarterback Jerick McKinnon has been settling nicely into his position and is becoming more and more comfortable with going to the air. Although McKinnon chose not to go the air at all last week against the Terriers, he has still tallied up 84 total passing yards and two touchdowns this season.

However, an advantage that the Eagles had on the Paladins last season was their ability to score inside the red-zone. GSU was able to score points offensively six of the six times Shaw and his offense progressed inside the 20-yard line. That showed that the Furman defense was unable to hold their opponents in crucial moments.

The Eagles, however, had the strength to hold the Paladins to only one score inside the red-zone out of three attempts. This Saturday, the Eagles will look to run the ball effectively against the Paladins while the defense looks to stop the Paladin rushing game.
Senior defensive tackle Brent Russell (66) is half of a sack away from meeting the GSU career sack record. Russell and the Eagles look to continue their win streak at Furman this Saturday, Oct. 20, 2012.

BY KEVIN GREGAN
The George-Anne staff

All-American senior defensive tackle Brent Russell is close to breaking a milestone that few have reached in Georgia Southern University football history.

Russell has 23.5 sacks and is half a sack away from tying the GSU career sacks record held by Edward Thomas, who played from 1993-1996. Russell was not too focused on the record though.

"I'd be something that's great to have. I'm not really focused on it. I didn't even know I was close to it," Russell said.

So far in his career, Russell has 85 tackles that resulted in a loss of yardage, 23.5 sacks, four blocked kicks, one interception, three forced fumbles and one fumble recovery. His favorite stat to get is a sack, he said.

"Sacks are every d-lineman's goal. As a defense though, we like to stop the run so tackles for loss are important too," Russell said.

During the home games in Statesboro, fans can often see Russell waving his arms up on third down. Usually, the crowd responds by getting as loud as a stadium can with 100,000 people in it.

"It feels good. (The fans) change the game so much. Just having them respond helps us so much, it really changes the game," Russell said.

The biggest Brent Russell fan of all is his son Nolan, who turns six on Saturday when GSU travels to Furman to play their third road game of the season.

"He comes almost every game, and he's always out there yelling. It's great," Russell said.

According to the numbers, Russell has been a better pass rusher than anyone GSU has had within the last 15 years. He doesn't have any special tricks or advanced techniques, he said.

"We're just getting after the ball and swarming as a defense. It just happens," Russell said.

Football has been Russell's life since he was 12 years old, when he and his twin brother often played in the backyard, he said.

Russell's favorite football memory is certainly playing with his brother, who always pushed him to be the best that he could be, he said.

Eventually, the two would go on to play high school football together. Russell and his brother played both sides of the ball. On defense they played tackle or guard, and on defense they played nose tackle or defensive tackle.

During their career at Madison County High School, the Russell brothers led the school to two consecutive state playoffs for the first time in 20 years.

Before coming to GSU and striking fear into opposing quarterbacks, Russell also had a wrestling career. After going 56-1 in his senior year, he won the Class AAAAA Heavyweight wrestling title.

Russell's career here at GSU started off rough due to a knee injury in the season opener his freshman year against the University of Georgia. To have the chance to break the career sack's record is even more impressive considering he has only played three and a half years.

"Any football player likes to think they're invincible, especially out on the field," Russell said.

The injury ultimately helped him be a stronger player, he said.

"Not being around the guys, it gets you down. Coming back from that I think it gave me a stronger mental toughness, just to work through it and get back out there with the guys," Russell said.

Russell's favorite memory as an Eagle was when he and his teammates beat Appalachian State University in 2010. ASU came in ranked number one and jumped to an early 14-point lead. The Eagles battled back and won in overtime.

"It was a great rush, great feeling," Russell said.

Head football coach Jeff Monken has been able to rely on Russell to anchor the defensive line ever since he came to GSU three years ago, Monken said.

"Brent is an outstanding player, and he makes our entire football team better because of the disruption he causes on defense. Beyond that, he does a terrific job in leadership. He's one of the most competitive people I've ever been around," Monken said.

"That makes such a difference with the way he plays with passion and effort. He's great for our team and great for our football program," Monken said.

When Monken came to GSU, he changed the policy so that all of the football players live within the same dorm. Russell believes that had a positive effect on the team as a whole.

"It really brought us close, living together. I think you can see a change when we take the field as far as mental toughness, and we really trust each other," Russell said.

In his free time, Brent likes to hang out with the guys from the team to play Call of Duty and watch movies.

When he graduates in December, Russell will look to work out for the NFL Combine assuming he stays healthy. If that does not work out then Brent will work for his father in Athens, Ga.