The George-Anne

February 9, 2016

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GSU makes its way to downtown Statesboro

Look Fab this Feb

Mental Health

Yoga Page 7
Group Therapy Page 8
Stress Relief Club Page 9

EAGLES SWEEP
Georgia Southern defeats UT-Arlington and Texas State in weekend series
It will be a mostly sunny week, with a slight chance of strong winds on Tuesday. However, Wednesday and Thursday will be perfect weather for studying or sleeping on Sweetheart Circle.

GEORGIA SOUTHERN’S
OFF-CAMPUS
HOUSING FAIR
FEBRUARY 16, 2016
MARCH 08, 2016
APRIL 05, 2016
FREE FOOD & GIVEAWAYS
11-2 AT THE RUSSELL UNION

TORNADO CAUSES DAMAGES TO FORT STEWART

Though there was no tornado in Statesboro Wednesday night, the same cannot be said for Fort Stewart and Hinesville.

According to the Savannah Morning News, a tornado passed through both places and touched down in Hinesville for about 10 minutes. The tornado left debris while also causing damage to houses and buildings. An elementary school in Fort Stewart was closed Thursday Feb. 4 due to damage it received in the storm.

About 40-50 people in Hinesville were forced to look for alternative housing as a result of the tornado.

Frank Alsheimer, a meteorologist for the National Weather Service in Charleston, South Carolina, told the Savannah Morning News this is not the normal season for tornados, but the warmer weather probably can be blamed for the tornado that developed Wednesday.

“This is pretty early,” Alsheimer said. “Usually when we get tornados our season is March, April, May and sometimes June. It can happen in February, but they’re not nearly as frequent.”

Free Food & Giveaways

Three Reasons to like Deadpool

Deadpool breaks the fourth wall.

Deadpool’s sense of humor is no joke.

He takes perseverance to the next level.

Spreads and cover designed by Alex Smith
New interdisciplinary building to replace temporary structures by 2018

BY BLAKELEY BARTEE
The George-Anne staff

Construction for a new interdisciplinary academic building will begin next winter between the Carroll and IT buildings in an attempt to get rid of temporary buildings at last.

Although it is being constructed in a different location, the new building is expected to hold some of the classes currently taking place at the Forest Drive and human ecology buildings, according to Sandra Wilkinson, the project superintendent.

"[The buildings] were temporary and really weren't intended to be permanent facilities in the first place, but we've ended up making them permanent facilities," David Faircloth, director of facilities said. "They are well beyond their useful life, and they're not adequate space to house the growth of those programs."

This new three story building will have a lobby, two large lecture halls, five large classrooms, two medium classrooms and ten small classrooms, according to Wilkinson. The current size estimation is 109,000 gross square feet.

The new facility will be built in place of the ROTC building and fashion merchandising, apparel design and interior design buildings currently stand, according to Faircloth and Wilkinson. Before construction can begin, those buildings will be torn down.

The Forest Drive Building, which houses mainly foreign language and history classes, has stood for over twenty years. The classes held in the building will slowly disperse when the construction of the interdisciplinary academic building is complete.

"Ultimately, [the Forest Drive Building] will go away, but it will not go away immediately," Faircloth said.

Eric Kartchner, chair of the department of foreign languages and associate professor of Spanish, is uncertain that all of the classes from the Forest Drive Building will be moved to the new building.

"I've been at all the meetings about the new building, so I know what the intentions are. And I've also worked in construction for a long time, and I've also worked in the university administration for a long time, so I know that what is said and what is done don't always match up," Kartchner said. "Whatever happens, it will be beautiful, and it will be useful, and we'll love it. It's just there's no guarantee who will go into that building. Statements can be made, but things can change."

While students in the future can enjoy the new building, some current interior design students dread their new classroom locations during the transition.

"I really wish that the interior design majors right now would get to see it, instead of being in the old health building," Alex Ennis, junior interior design major said.

Students hope the new building will help expand the interior design department's resources.

"I think it's definitely going to benefit other students in the future, just because we're going to have more resources for them. Because, honestly, if you think about the classrooms we have now, they're not really adequate for all the stuff we need to do," Jacob Lee, junior interior design major said.

"We don't have all the resources we need. We have to go outside of school to buy all of our stuff. Hopefully with this new building, we'll get more stuff." While the plain interior design building offers little space and few details, Kartchner praised the Forest Drive Building for its functionality and beauty.

"[The Forest Drive Building] is a very nice building. It's a functional building that provides all the services that we need, and they've made it look very attractive over the years. It has a nice appeal on the outside. So, I have no complaints about this particular building," Kartchner said.

While Kartchner emphasized his satisfaction with the Forest Drive Building, he trusts the architects and designers to create an attractive and beneficial building.

"I'm sure it's going to be beautiful. We have very talented architects, very talented designers. And so, whatever happens, it will be beautiful, it will be good for our university. It's nice in an era of economic downturn to be given a building," Kartchner said. "We were lucky to get this building. And so, I'll take whatever we can get."
Boro goes blue: How GSU is helping to revitalize downtown

BY TANDRA SMITH
The George-Anne staff

Georgia Southern University is currently working with the City of Statesboro on a revitalization project for the one-mile stretch between the university and downtown Statesboro, titled the "Blue Mile".

"[The Blue Mile] is a city initiative supported by the county and university to rejuvenate the South Main portion of Statesboro so we don’t have the sense of separation between what is campus and what is the downtown area," Wendy Denton, assistant director for service learning in the Office of Leadership and Community Engagement said. "This [project] is an effort to recapture our original town relationship."

Historically, the university had a huge presence in the downtown area, with students working, living, and spending time in the city. However, with the completion of the US 301 Bypass in 2008, less students travel downtown and opt to instead use the bypass to visit the more developed areas of Statesboro.

"I’m from Atlanta, so I’m not used to not having a lot to do. [The project] sounds good because I’d like to walk and be closer to downtown and attend some of those events," Devin Jones, senior biology major said.

Jones does not go downtown a lot and had not heard of the Blue Mile project before. He is just one of the many students that Denton tries to target.

"[My main role] has been to help encourage and introduce students to the idea of the Blue Mile," Denton said.

One particular event that she helped to create was Step Into Statesboro, an all-day field trip-esque event that was held in the fall of 2015, in which over 300 students traveled to the downtown area to learn about the history of Statesboro, visit the Farmer’s Market and the Averitt Center for the Arts and meet various Statesboro community leaders. "We had a number of students take an interest in the downtown organizations and the downtown revitalization effort," The Office of Leadership and Community Engagement functions as a front door to get students out into the community," Denton said.

Students feel that the Blue Mile will allow them to visit downtown more easily, however haven’t heard much about the project.

"[The project] sounds cool. It’s good to try to get more people into the town, but I think there should be better advertising. I would go [downtown] more often if I knew what was going on downtown," Rachel Borkowski, freshman engineering major said.

Funding a project like this is not cheap. Currently, Statesboro is in a competition titled "America’s Best Communities" sponsored by Frontier Communications, Dish Network, CoBank and the Weather Channel. According to the website, the goal of the competition is to invest in communities to help spur economic growth and community revitalization. Statesboro is a semi-finalist in the competition and is among fourteen other communities vying for a $3 million prize. The city has already won $60,000 and that money has been implemented in various engineering studies, focusing on adding sidewalks, bicycle paths, and tree planting.

In order to eventually win, Denton says the current focus is on social media.

"The most important thing [students] can do right now is go out and like us on Facebook and go out and look at our Twitter feeds. The way that we’re going to win this contest is if we can prove that we in Statesboro really want to win this contest and that we care about this project," Denton said.

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Page designed by Margarita Suarez
To contact the news editor, email ganews@georgiasouthern.edu
WHAT THE HELL IS A CAUCUS?

By the time the Georgia primary, the super Tuesday primary, rolls around people may have a sense of, okay, here are the candidates who are really starting to come into their own, here are the candidates that are just treading water and maybe that gives people the opportunity to reevaluate their choice.

The Georgia primary is less than a month away and many college students will be able to vote for the first time. According to The Guardian, this is the first Iowa caucus in over a decade that took place while colleges were in session. A large amount of the student population has the option of paying attention to how the race is turning out as time goes on. Our population makes up two-thirds of Statesboro and according to the University System of Georgia, in 2014 the enrollment in colleges and universities totaled in over a decade that took place while colleges were in session. Voters in college can drastically change the course of the political race. To make an educated decision about which candidate to cast your ballot for it is imperative to pay attention to the state caucuses and primaries.

Finally, the minor detail of Hillary Clinton winning the last two delegates by six coin flips. The fact of the matter is the democratic decision to use a caucus has a correlation on the type of voting that was used. The argument can be made that if the democratic voting was done in the same format that the republican was, there would not have been any reason for a coin flip. There is a chance that it would make no difference at all but either way a coin flip is an interesting way to decide a winner rather than a representative for the nation.

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The George-Anne 2/9/16 Crossword

Across
1 Deli request
4 Shell game
8 Itinerary
13 Lip balm ingredient
14 Hamster’s home
15 Garbage
16 Real estate mogul
18 Tempest
19 More abstruse
20 Monopoly equipment
22 Soak
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34 Courier
37 European peak
38 Wins
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40 Gulf of Mexico feeder
42 Central position
43 Passport endorsements
46 Land on the Red Sea
48 Tickled pink
50 Idler
51 Family group
52 Taking the place (of)
54 Land on the Red Sea
63 Get out of bed
65 Surrender
66 Beguile
67 Declare untrue

Down
1 Lose blood
2 Romeo, for one
3 Collapsible shelters (Var.)
4 Burns
5 Spending limit (cf)
6 Get gray
7 Kind of raise
8 Dusty purplish pink color
9 Frequently, in poetry
10 ET’s ride
11 La Brea goo
12 "Slippery" tree
13 Contributed
14 Slowly, on a score
15 Kind of board
16 Macho guys
17 Wimple wearer
18 Abated
19 Looks like
20 Primed
21 Place for a screwdriver
22 Still in the game
23 Turn sour
24 Symbol of strength
25 Furrow
26 Swiss city on the Rhine
27 Tribal social group
28 Impose, as pain
29 Pass
30 Pillow stuffing
31 Portly plus
32 nebulous
33 Symbol of strength
34 Furrow
35 Symbol of strength
36 Furrow
37 Swiss city on the Rhine
38 Impose, as pain
39 Pass
40 Pillow stuffing
41 Fed. property manager
42 Mechanical device
43 Wherewithal
44 Impose, as pain
45 Tribes
46 Tribal social group
47 Pillow stuffing
48 Impose, as pain
49 Pass
50 Pillow stuffing
51 Portly plus
52 High-pitched
53 Pillow stuffing
54 Christen
55 Don’t waste
56 Don’t waste
57 Portly plus
58 Roiling blood
59 Canyon feature
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62 Relations

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A healthy way to combat mental illness

BY BLAKELEY BARTEE
The George-Anne staff

Anxiety, depression and other mental illnesses affect many college students, who already face the constant pressure to succeed in a fast-paced academic environment. Yoga, along with other forms of exercise, can offer a healthy way to cope with stress and mental illness.

Michele Martin, the university wellness program director, struggled with depression in the past. She found relief in exercise, especially yoga.

"Exercise is considered a coping mechanism for mental illness... Whether it's anxiety or depression or simple stress-management, exercise is a mode of release," Martin said. "I have had some struggle with depression in the past, but I found yoga to be very beneficial." Exercise increases blood flow and sends endorphins—the brain chemicals that help relieve stress and create feelings of euphoria—through the body, according to Martin.

For Martin, yoga was the calming, low-intensity exercise that helped lift her from the oppressiveness of depression.

"Yoga is a form of exercise that does not have to be very intense and at the same time, it's very purposeful and mind-body. It has a connection for your mind and your body and, in that regard, it could be the starting point for somebody," Martin said.

In addition to the steady, calming movements of yoga, people often practice meditation during and after the exercise.

For some, yoga and meditation can alleviate anxiety. Andrew Easterwood, sophomore interior design major and yoga instructor at the RAC, discovered his passion for yoga and meditation as a freshman in high school after struggling with anxiety.

"I had a lot of anxiety problems growing up and I tried a bunch of coping methods and nothing really fit for me except when I started doing yoga and meditation," Easterwood said. "I was learning how to remove myself from all of the stuff going on in my life and I could just be me for an hour or two and not worry about anything."

Meditation can help alleviate symptoms for those who suffer from anxiety and it can also help people with typical stress-management.

"Meditation definitely helps with stress, because it helps to clear your mind for a while. And that helps to bring out creativity, so that helps with classes, which is the biggest cause of stress for college students today," Easterwood said. "It also helps you realize that the biggest problems in life aren't as big as they seem. You can just let go.

"Flurry, sophomore English major and yoga instructor at the RAC, believes the breathing techniques used during yoga can relieve stress.

"Yoga makes you focus on your breath and as we know, breathing techniques really help to calm us down, which is why breathing techniques are often prescribed to patients with anxiety and depression," Flurry said. "It really helps to sort of bring you down from that heightened, scared place and puts you back in your mind and your body.

Kathy Carrico, sophomore mechanical engineering major, is a regular at the RAC's yoga classes, where she can take a refreshing break from the stresses of school.

"Exercise is considered a coping mechanism for mental illness... Whether it's anxiety or depression or simple stress-management, exercise is a mode of release."

Michele Martin
wellness program director

"I really think [yoga] helps me to clear my head. To not think about anything really helps to take away a lot of anxiety and worry that I carry through the day. So many things build up and then I just let it go," Carrico said.

For those who suffer from mental illness, finding motivation to exercise can be difficult. Martin, the university wellness program director, recommends taking small steps, rather than immediately doing challenging workouts.

"It could be as easy as taking a fifteen-minute walk. I think people generally think they need to exercise for a half-hour of an hour to see a benefit, but that's not accurate," Martin said. "If somebody could muster up the ability or energy to do ten minutes, then the next week, they might be able to do twenty minutes.

Exercising with a friend can raise someone with depression, anxiety or stress out of a mode of isolation and friends can hold each other accountable and raise motivation, said Martin.

For beginners, Easterwood and Flurry offer a few tips for easing into yoga and meditation.

"I would recommend the Yin or Restorative Yoga, which I teach on Sunday nights at 7 pm, because it will really get you into the flow of it and the understanding of it without it being a super-intense workout at first," Flurry said. "Most beginners really enjoy that, because you get really stretched-out and people realize how tense and tight they are.

Easterwood teaches the Yoga and Meditation class, which he recommends for beginners. He noted the importance of taking small steps with meditation.

"You want to start with five minutes or four minutes and see how you'd feel. And do you that a couple of times a week until you want to start building up from there," Easterwood said. "You definitely want to do guided [meditation] for a while. It definitely helps to have someone speaking or telling you what to do... Try different things and feel what works for you, and then start building up the time."

While yoga and meditation can help many people alleviate anxiety, stress and depression, all forms of exercise can improve physical and mental health.

"It doesn't matter what the mode of exercise is," Martin said. "If it's walking, if it's yoga, if it's aerobics, if it's Zumba, if it's CrossFit, whatever it is, all exercise does the same thing to the brain. There's not any one way to go. I would encourage people to do what they enjoy. Do what's easy. Do what's helpful to them and their situation."
GROUP THERAPY
OFFERS SUPPORT IN NUMBERS

BY RASHIDA OTUNBA

When it comes to seeking professional treatment, oftentimes the first thing that comes to mind is one-on-one sessions between a patient and a therapist. However, group therapy is another beneficial method of treatment that often goes overlooked.

"Actually, I don't think people normally come here with the expectation of choosing group therapy, which is unfortunate because I think that group therapy might actually have more of a bad reputation than individual therapy when you see it on TV and movies," Dr. Amanda Rickard, Psy. D., Group Therapy Coordinator at the Counseling Center, said at Georgia Southern University. "But it is important because it is held due to the fact that it is held weekly."

"We've had a lot of success lately with getting students to decide that group is the best option or a good option because they can get a weekly hour and a half of therapy," Rickard said. "When our staff schedules get booked out, they may only see their counselor once every two, three, four weeks, maybe and that's not really enough sometimes for them to really see the progress that they want to make, so we're able to kind of encourage people to try group therapy and once they try group therapy the majority of them stay and enjoy it and it works very well."

In order to start group therapy, students must schedule an intake appointment in order to determine what method of therapy would best suit their individual needs.

"If you make an intake appointment and you come in for an intake, I'm going to talk to you about group because I'm going to know that in a few weeks your sessions are going to be really spread out and I'm going to explain that to you upfront. Then I'm going to talk to you about the group I think would fit your presenting concerns the best," Rickard said. During this intake, depending on the student's presenting concern, the type of group therapy may be recommended. After the group is determined, Rickard then matches the group to the therapy schedule with that of the student's to see if their schedules are compatible, which is then followed by a group screening.

"When I do a group screening I like to talk to them about the group rules and the expectations and give them more in-depth information about group and then I talk a lot about that particular group then I talk about their goals and why they are interested in that group. Then we see if it's a good fit," Rickard said. The Counseling Center staff consists of psychologists, counselors and trainees, all of whom are eligible to be facilitators of groups therapy sessions.

"Right now we have a mix of staff members co-leading, with interns, who are the predoctoral interns finishing their doctorate or practicum students who are getting their master's or doctorate and are doing practicum, they can co-facilitate or process observe," Rickard said. Group therapy does not include the 12 sessions each student is guaranteed throughout the year, meaning regular attendance will not count towards a student's individual therapy number. Regular attendance is key to getting the most out of the group therapy experience, Rickard said.

"Attendance is really important because that's how you get bonded and feel comfortable trusting the other members. The longer and the better your attendance is, the more comfortable you become and the closer you become to people, so not only do you feel more comfortable sharing stuff you might need help with but people feel more comfortable sharing with you, so attendance is the most important thing," Rickard said.

In addition to group therapy, the Counseling Center offers an array of other resources for students to access. Their website, students.georgiasouthern.edu/counseling/resources/, contains information on coping, relaxation and stress management skills, as well as to many other online resources. The Counseling Center is located on Forest Drive between the old Health Center building and the Forest Drive Building.

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All events are open to the public, and admission is free, except where otherwise noted. For more information, please visit georgiasouthern.edu/gaspecs.
The SRC is a fairly new campus organization that utilizes fun activities to aid students with stress relief. The club meets every two weeks and is open to students of all majors.

Combat stress with the Stress Relief Club

BY ERINN WILLIAMS
The George-Anne staff

In room 0108 of the Hollis Building, students of differing majors sort through Netflix and Amazon Prime until they stumble upon the perfect TV show. Though this may seem like an ordinary night in the lives of undergraduates, there is something more serious going on behind the scenes. These students are fighting a battle against one of colleges most lethal foes: stress.

80 percent of college students say they frequently or sometimes experience daily stress according to a survey done by the Associated Press and mtvU. The Georgia Southern University Stress Relief Club aims to chip away at that burden.

"We started in the fall. As far as we knew there wasn't anything like this on campus. I think stress affects everyone so I thought it would be good to have a club where everyone could just come and relax," Becky Burchett, president and junior psychology major, said.

Every other Wednesday night at 7 p.m. the SRC provides students with snacks and stress relief methods like watching TV shows, coloring, Play-Doh, blocks, arts and crafts, aromatherapy and games. "Some of the things we do might seem a little childish, but everything that we do has been proven by research to help manage stress," Julia Barns, vice president and sophomore anthropology major, said.

The SRC has already made its way through numerous episodes of "Parks and Recreation" but also makes room for animated shows like "Disney Shorts" and "We Bare Bears."

Many students use the club as a break from mentally draining schedules or coursework. "It's really fun! It's a break from homework so I like that," Molly Mayne, sophomore psychology major said.

Though the Stress Relief Club is composed of a close knit group of friends at the moment, they have high hopes of attracting many more students into their organization and helping them to cope with university life.

"We want people to de-stress for a little while and walk away with skills that will help them for the rest of their lives," said Burchett.
FEATURES

FEBRUARY FASHION GUIDE

BY RACHEL KELSO
The George-Anne Staff

CARA LAINE SIMS
junior fashion merchandising major

Q. What runs through your mind when you’re picking your outfit for the day?

A. If I’m going to be in my fashion classes, I want to dress to impress. If I want to go to the gym or run some errands, it’s all about what I’m doing that day.

Q. What’s unique about your closet?

A. I’m a big fan of textures. I love fur and I love fringe. I also like soft, loose things (rather than) tight clothes.

Q. Any tips for being fashionable on a college budget?

A. Bargain shop. Around here Ross, TJ Maxx and even local boutiques want to help a college kid on a budget.

Q. What are your favorite accessories?

A. I like statement jewelry, so I like to keep what I’m wearing underneath it very simple so the focus is on my jewelry.

Q. What are your favorite pieces in your closet?

A. I love my Uggs, little black dress and my picos. They are things I think will always be around.
James' solid vest breaks up the pattern of his shirt and creates a fashionable yet appropriate outfit for the recent cold weather.

Kick it up a notch! Adding a pair of sunglasses can make any outfit look fresh and fabulous for those sunny days.

The neutral tones in the shoes and plaid shirt complement each other well and tie the outfit together.

The watch that James is wearing gives his outfit a hint of upscale style while still looking casual enough for class.

A pair of Cole Haans creates a business casual look. Perfect for a night on the town or a day on campus.

James Brewer
junior biology and chemistry major

Q: What runs through your mind when you're picking your outfit for the day?
A: How late I'm about to be to class.

Q: What's unique about your closet?
A: Plaids are my pattern.

Q: Any tips for being fashionable on a college budget?
A: The best sales I find are after major holidays. That's an opportune time to save some money.

Q: What are your favorite accessories?
A: My watch and sunglasses are my favorite pieces. I have both casual and formal.

Q: What are your favorite pieces in your closet?
A: I think my favorite pieces are Oxfords and quarter-zip pullovers.

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1. FRIENDS AND FEELS

If you and a few of your single friends are bummed out about not having a date this Valentine's Day, try having a night in filled with your choice of snacks and a marathon of your favorite romantic comedies. It's simple, yet perfect. This way you won't feel down about being alone, you get to spend some quality time with your friends, and you can live vicariously through the movie romances until the next love interest enters your life.

2. HEY, I JUST MET YOU AND... I DON'T WANT TO SCARE YOU OFF

If any of you're in that honeymoon phase, and it's a little too soon for a grand gesture, try something simple like going to the Wildlife Center on campus, or going for a walk around the lakes and a picnic on Sweetheart Circle. It's simple, thoughtful, and says 'I care' but not 'I just met you and I'm ready to propose.'

3. LOVE AND LAUGHTER

If you and your date just want to have a good time and forget all of the pressure, go somewhere like the Clubhouse. Whether it be a gutter ball, you losing a race or them getting more tickets in the arcade, this is bound to be an active, laughter-filled date. You and your date can laugh the night away without having to worry whether or not the date was 'perfect' or 'good enough.'

4. TRULY, MADLY, DEEPLY... BROKE

Being a college student often falls in line with being broke, or at least on a tight budget. So that can make holidays a little stressful, especially Valentine's Day. Start the night off with making your favorite meal together at home and spend the evening doing whatever activity you both love (video games, movies, etc.). Here's the kicker, try doing it all without your phones. This will show your honey that they have your undivided attention.

5. YOU BETTER SHAPE UP 'CAUSE I NEED A PLAN

If your date is more of the traditional type, you can impress them by having the whole night planned out. Pick them up at a set time, greet them at the door with flowers of course and take them to dinner at an unexpected spot in town such as El Rinconcito or Coconut Thai. After dinner, gain extra points for taking a romantic walk around campus with ice cream. End the night with whatever activity the two of you want, and your date will be sure to stick around for more amazing Valentine's Day dates to come.
EAGLES HEAD WEST FOR NEXT CONTEST

There are eight games remaining in the regular season. The Eagles sit at seventh in the Sun Belt.

BY MARCUS WILLIAMS

The Georgia Southern Eagles ended their home stand with a 66-62 win against the Texas State Bobcats on Saturday. The win brought them to a 13-12 overall record and a .500 record in conference play at 6-6. Their three game winning streak is the longest of the season.

The Eagles have now jumped to seventh in the Sun Belt, and are just one game behind multiple teams for third place in the conference. They have been led by sophomore Mike Hughes, as well as freshmen Tookie Brown and Ike Smith, putting together a string of great performances to ignite the team.

Hughes, Brown and Smith have averaged 20.6, 22.6 and 12 points per game in their three game winning streaks, respectively. One stat that has been consistent in the Eagles success has been their second half scoring differential. The Eagles have outscored their opponents 124-103 in the second half, with Texas State being the only team to outscore them in the second half by two points.

"I tell them we can't use being young as an excuse anymore for not winning games. I'm really proud of our guys and the way they've been playing," Coach Byington said after the team's win on Thursday against Texas-Arlington. Being the youngest team in college basketball, their inexperience was an obstacle they have tried to overcome all season and now they seem to have finally gotten over the hump.

The Eagles upcoming game against Troy on the road Thursday might will test the Eagles once again, though they won the last matchup at home in overtime 92-88. That game showed one of the Eagles' most resilient moments of the season, as they led by 15 at halftime but let the Trojans battle back to send the game into overtime where the Eagles ultimately won.

The Eagles play eight more games this season and each game will be crucial as they contend for a strong finish and a high seeding in the Sun Belt tournament.

Above: Tookie Brown goes for a layup against UTA. He scored a team-high 26 points.

Left: The Eagles dig in on defense. They held Texas State to 62 points on Saturday.

TEAM | OVERALL STANDINGS | SUN BELT STANDINGS
---|---|---
Arkansas Little-Rock | 21-2 | 11-1
Louisiana-Lafayette | 13-8 | 6-3
Louisiana-Monroe | 11-12 | 7-5
Arkansas State | 11-12 | 7-5
UT Arlington | 15-7 | 6-5
Georgia State | 13-8 | 6-6
Georgia Southern | 10-12 | 6-6
South Alabama | 9-14 | 4-8
Appalachian State | 6-17 | 4-8
Texas State | 9-11 | 3-9
Troy | 7-16 | 2-10

Page designed by Erin Fortenberry

To contact the sports editor, email gasports@georgiasouthern.edu
Alexis Sams has been a rock for the Eagles this season. The redshirt junior is the only player to start every game.

BY CHRIS SMITH
The Georgia-Anne staff

Standing at 5’5”, Alexis Sams is usually one of the smallest players on the court. Her heart and dedication to the game of basketball is what makes her a serious threat that other teams can’t take lightly.

“I really forget that I’m 5’5,” Sams said. Forgetting about her size might be a great thing because she uses her small frame to her advantage. Sams is quick, explosive and tough to guard. Defenders have to get lower in order to stay in front of her.

Sams has been in the gym ever since she was young because both of her parents were coaches. Her mother played basketball in college for Robert Morris University and helped Sams realize her love for the game.

“I actually did gymnastics for eight years and once I quit gymnastics just being around basketball a lot and being in the gym got the love of the game going for me,” Sams said.

Around the time Sams was in middle school she realized that she wanted to play basketball at the collegiate level. This road for Sams has not been a smooth one. She was bitten by the injury bug during her senior year of high school and the early part of her time at Georgia Southern. She has had to deal with recovering from two ACL injuries.

“My knees are doing great. I have to get extra treatment, shout out to our trainer. They are doing well, and they are hanging in there. Two ACL tears, it’s tough but I’m doing alright,” Sams said about her health this season.

Sams averages the second most minutes played per game in the Sun Belt conference. You would think that would affect her play down the stretch of this long basketball season, but it really hasn’t. She has worked tirelessly in the offseason preparing her body for the season and getting in great shape. Her effort on the court every game has started moving her into a leadership role for her team.

“Being a point guard it is kind of an assumed role. It’s nice when you have people that are willing to follow you,” Sams said.

Sams leads the Eagles in assists averaging 2.4 per game and she is third on the team with points averaging 6.0 points per game. As a leader you are supposed to step up in game defining moments and that is exactly what Sams does. She plays the role of a facilitator and a floor general well, but when the top two scorers struggle Sams can step up and take on the role of a scorer also.

As of right now the Georgia Southern women’s basketball team is on the outside looking in for the Sun Belt conference tournament. The top eight teams in the conference go to the playoffs and currently the Eagles are tied for ninth with Appalachian State.

“Our first goal is to be in the top eight, and to do that we are going to have to compete hard and win games against other teams in that area,” Sams said about their playoff hopes.

Sams takes her defender to the rim. She averages 36 minutes per game, the most on the team.
Georgia Southern Installs Turf at Paulson Stadium

GSU's football field is going through massive changes this offseason. The Eagles will play on turf beginning next season.

By Hayden Boudreaux

Paulson Stadium is currently undergoing construction to install new turf. It is expected to be completed sometime in April.

By Ethan Flynn

The Georgia-Anne staff

Since Paulson Stadium's Glen Bryant Field was first dedicated on Sept. 29, 1984, there hasn't been a significant change. Glenn Bryant Field is currently undergoing its latest revision, the installation of turf. This new alteration includes the removal of the currently natural grass field and its eventual replacement with an artificial turf field. According to Georgia Southern University Director of Athletics, Tom Kleinlein, the company that won the bid to start the transition was Shaw, out of Calhoun, Ga. Shaw Sports Turf has proven their product in over 2,000 fields across the U.S. including but not limited to fields for Furman University, Vanderbilt University, University of Arkansas, the Baltimore Ravens and the New York Jets.

What are the start and finish dates for Shaw Sports Turf?

The removal of the natural grass field is currently underway. Shaw Sports Turf will begin installation of the new field on Feb. 8 with an estimated completion date of mid-April.

What is Shaw Sports Turf installing?

GSU and the Georgia Southern Football Program have elected to install Shaw Sports Turf's Legion 41 System. It's described as a two-inch, dual fiber system, that combines slit film with the most durable synthetic fiber turf and monofilament film.

One of the more sophisticated aspects of Shaw Sports Turf's Legion 41 System is the HydroChill. HydroChill is an evaporating cooling system installed underneath the field to help cool the turf the same way the human body cools itself through sweating. This technology is the only patented technology of its kind and is guaranteed to cool the field to at least 30 degrees lower than a standard synthetic turf field.

What are the reasons for installing Shaw Sports Turf's Legion 41 System?

"Shaw is a company that really does a great job when it comes to synthetic turf fields," Kleinlein said in a release from the GS Athletics Department. "We did a pretty extensive investigation of a number of companies and really felt comfortable with the leadership at Shaw. Synthetic turf gives us an option and a flexibility to not only have a great stadium environment, but a practice field that can be utilized when needed. It also gives us the flexibility to bring outside events into Paulson Stadium and makes our stadium more accessible to the community without wear and tear on our field."
Dining Commons will be closed from 3pm-5pm to prepare for this event.

A CELEBRATION OF THE CHINESE NEW YEAR

FEBRUARY 10 FROM 5PM-9PM
DINING COMMONS

菜单 MENU

- Braised Bok Choy & Shiitake Soup
- Green Tea Smoked Duckling
- Xiao Jiangning Spare Ribs
- Spicy Lo Mein
- Kung Pao Cabbage
- Fried Rice
- Coca-Cola Pork Fritter
- Stir-Fry Vegetables
- Hunan Chicken
- Mandarin Ham
- Beijing Scallops
- Potstickers
- Dragon Wings
- Egg Rolls (Pork & Veg.)
- Siracha Shrimp
- White Rice
- General Tso’s Chicken
- Miso Salmon with Plum Sauce
- Beef Dumpling Soup
- Edamame & Lotus Root Sauteé
- Squid Ink & Soba Noodles
- Chinese Long Beans

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