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GA

THE GEORGE-ANNE

#SOUTHERN NOTSTATE

*Eagles host
the Panthers
tonight at
6 p.m. on
ESPN2*

BRANDON WARNOCK



PAGE 15

**GSU
employee
shot at
Aspen
Heights**

PAGE 6



ZIKA VIRUS

IMPACTS STUDY
ABROAD TO THE
AMERICAS

PAGE 6

POPPIN' TAGS
101

FINDING THE THRIFTIEST
DEALS IN STATESBORO

PAGE 10



TAHIR DAUDIER

TAHIR DAUDIER

Tuesday



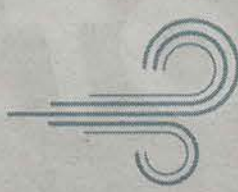
**High: 80°
Low: 62°**

Wednesday



**High: 79°
Low: 45°**

Thursday



**High: 62°
Low: 38°**

Friday



**High: 62°
Low: 35°**

For the next four days, the temperatures will be high, peaking at 80 degrees, with an even greater chance of rain. Instead of going outside, consider staying indoors and watching Netflix.

PERFORMING ARTS CENTER PRESENTS MOSCOW FESTIVAL BALLET

By Stephanie Matzelle

We've all heard of "Sleeping Beauty." It is one of the most well known romantic, classic, princess fairytales. You will now be able to watch it live right around the corner.

The fairytale is complete with kings, queens, fairies, princess, and of course the prince charming who will need to give Sleeping Beauty her true love's kiss to live happily ever after.

The Moscow Festival Ballet is a ballet troupe in Russia, founded in 1989 by a legendary dancer of the Bolshoi Ballet named Sergei Radchenko.

They have been touring internationally for years and will once again perform in Georgia on March 8 at 7:30 p.m. at the Performing Arts Center. The tickets will be sold between \$10.00, for students, and \$25.00, for patrons.

PHOTO COURTESY OF [GEORGIASOUTHERN.EDU](http://georgiasouthern.edu)



THIS DAY IN BLACK HISTORY

By Johnny Lu

Most active in the 1940s and 1950s during the Golden Age of comics, Clarence Matthew Baker was the first African American artist to find success in the comic book industry. Having worked for companies such as Atlas Comics, Jumbo Comics and Strange Tales, Baker left a legacy that was worth inducting into the Will Eisner Comic Book Hall of Fame in 2009.

Born in Forsyth County, North Carolina, Baker relocated multiple times before attending the art school Cooper Union.

Best known for his contribution of iconic female characters such as Phantom Lady, Canteen Kate and South Sea Girl, Baker brought to the table a readership based off of equality. His specialties included light humor, military, romance and suspense.

Baker passed away from a heart attack in August of 1989.

Baker's legacy has influenced the creation of modern day African American comic book characters such as Black Panther, Miles Morales and Luke Cage.



PHOTO COURTESY OF WIKIPEDIA

Weather Bar SPORTS SHORTS

-The softball team played 4 games Friday and Saturday. Falling to Tennessee Tech and the University of Houston, and defeating Alabama A&M.

-Both the Men's (76-80) and Women's (45-48) basketball team lost against South Alabama on Saturday.

-Men's Tennis won both matches Saturday (4-2 vs FAU) and Sunday (4-1 vs Stetson).

-Women's Tennis also won both matches Saturday (7-0 vs Jacksonville State) Sunday (6-1 vs Kennesaw State).

FAILURE TO PAY STUDENT LOANS LEADS TO ARREST OF TEXAS MAN

By Gabe Thomas

What happens when you don't pay your student loans? For a Texas man it lead to an arrest by U.S. Marshals.

According to CNNMoney, Paul Aker was arrested after failing to appear in court in December of 2012 for failure to pay back his federal student loan. U.S. Marshalls had made multiple attempts since 2012 to server Aker with a

summons to court, even checking several addresses.

The Marshal service said it talked to Aker by phone in 2012 requesting he appear in court, a claim that Aker denies.

According to CNNMoney, a student load is considered delinquent after 90 days go by without payment and is considered in default after 9 months without payment.

After a loan is defaulted on, a collection agency is involved in the process. It can garnish wages and the government can hold tax returns, but the agency cannot arrest the person in debt.

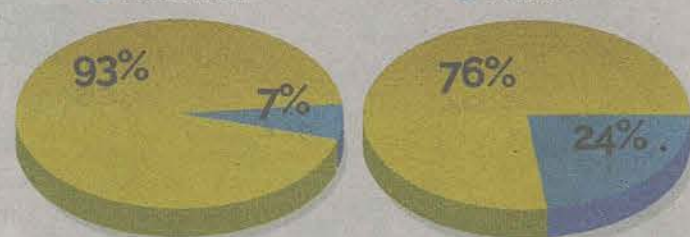
If a person fails to appear in court for failing to pay the loan, he or she can then be arrested.

REFLECTORGSU.COM by Julia Fechter

#OscarSoWhite: The GSU Community Discusses Discrimination at the Academy Awards

ACADEMY MEMBERS in 2013

● White ● Male
● Minorities ● Female



Actors, directors and movie fans alike are frustrated that for the second year in a row, there are no actors of color nominated in the best actor and best actress categories of the Academy Awards.

Read the rest of the story on reflectorgsu.com

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The purpose of Black History Month



SKYLER BLACK

Black is a senior writing and linguistics major from Warner Robins, Ga.

Our country has been a home for people of all races and creeds for centuries. From traveling distances in search of wealth to being taken

by force to an unknown land people have been arriving to the United States for as long as it has been inhabited. Black History Month is a time for people to reflect on the contributions and history of African-Americans in the U.S. There are few people that are aware of the actual origin of the celebration of the African-American community.

Black History Month has been a part of the U.S. culture for nearly a decade. We have been celebrating the contribution and lives of African-Americans during the month of February since it started as "Negro History Week" in 1926. According to PBS, Carter G. Woodson, a son of two slaves, established the week in an effort to include African-American history

in the nation's textbooks. While going through college, Woodson noticed that there was a large lack of information being taught. The month itself was officially recognized by the U.S. Government in 1976.

My view of the month has never changed as time has gone by. This is a time to educate the public about the expansive history of the black community. Without the creation of an actual month, the U.S. would not have expanded the public's wealth of information. The struggles of African-Americans are not the only sections of history that are important.

Thanks to their contributions, we have the process of inoculation brought to the country by Onesimus, an African slave, along with

George Washington Carver's method of crop rotation that revolutionized agriculture. The majority of people view Black History Month as a simple reminder of the struggles of the African-American people but it is meant as much more.

I believe that this month is critical for the nation so our citizens have the choice to educate themselves over the expansive history of the African-American community. While not everyone does in fact educate themselves, the opportunity is there for our community. Georgia Southern students have different opinions over why we celebrate this month as well as what it means to them.

STATEMENT OF OPERATIONS

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

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

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

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

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

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

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

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

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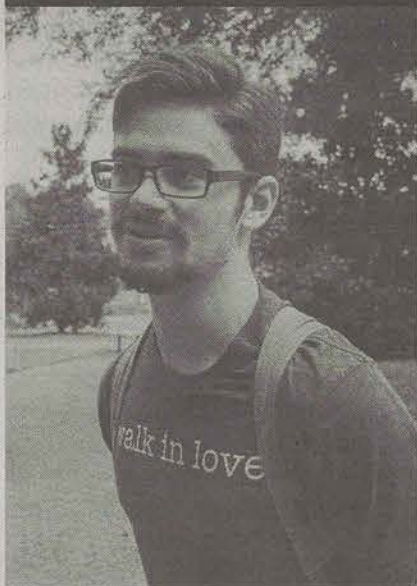
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The George-Anne welcomes letters to the editor and appropriate guest columns. All copy submitted should be 350 words or fewer, typed, and sent via email in Microsoft Word (.doc/.docx) format to letters@georgiasouthern.edu. All submissions must be signed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

Why do you think we celebrate black history month and what does the month mean to you?

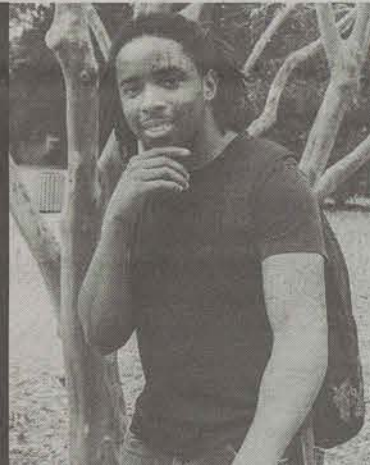
Joey Simon,
junior multimedia
film production major



“

The first thing that comes to mind is the civil rights movement and all that the African-American people did to try and get equal rights and stuff like that which is amazing and inspiring within itself. I think having a time of year to celebrate that and reflect that is super important. They definitely deserved equal rights because they are people too.”

Rontavius Washington,
senior multimedia
film production
major



“

Because of all the hardship and everything that happened in the past. It's something to grasp onto, something to look forward to. I can't really explain it. It's celebrating black lives I guess. Of course all lives matter but I guess since black people were slaves, it's just the way of saying, we were here and look at us now.”

Kierah Highsmith,
junior journalism major



“

To learn about it. It's important to know about our history and I think that they keep having it every year just because they want to remind people. As generations keep coming up, less and less people know about Black History Month. And a lot of racial stuff is still occurring today so it is important to have Black History Month to remind us of how far the black people have come and remind other races that minority races are important too. It's a reminder of how far we have come.”

Lauren Gray,
senior
psychology
major



“

I feel like we celebrate it because the whole country went through a lot so long ago. It was a very monumental time, the civil rights movement. It means that we will have a brighter future.”

A right not exercised is a right soon lost



DEVIN CONWAY

Conway is a sophomore journalism major from Manchester, N.H.

From the civil rights movement to the women's suffrage movement, many courageous individuals throughout our country's history have felt a moral obligation to stand up for what they believe in and to demand equal treatment for themselves and their fellow Americans.

"I have a lot of family members who were involved in wars overseas, so I figure the least I can do is go out and vote. I think most people our age have accepted this sort of defeatist mindset toward politics. When it comes to issues like marijuana regulation, our youth tend to get involved, so I think that if we can make people see more of the issues in the sense that it may directly affect their lives, we can increase voter turnout," Logan Lanier, senior

mathematics major, said.

Unfortunately, the American people are faced with a significant generational gap in understanding the voting and electoral processes, an increase in political apathy and a consistent decline in voter turnout rates.

According to the United States Census Bureau, the 2012 voter turnout rates for the 18-24 demographic fell to just 38 percent as opposed to 51 percent participation in 1964.

"A lot of us take our rights for granted, but at the same time, you can't force anyone to exercise them. I think the only thing you can do to increase voter turnout is to offer an incentive or to educate people further," Abby Wesselman, junior psychology major, said.

Young adults in America have a tendency to become overwhelmed when introduced to foreign concepts, so when they see political pundits, journalists and even their professors use words like 'primary', 'caucus' and 'delegate', they simply brush them aside without even attempting to understand these concepts.

A primary is a state-wide voting platform, usually financed and organized by state election officials, in which voters cast a secret ballot for their candidate of choice at regular polling stations.

There are two types of primaries, closed and open, the former of which is

restricted only to voters that are registered with the party holding the primary and the latter of which is not subject to that restriction.

On the other hand, a caucus is a state-wide voting platform, typically held in large public venues, in which registered Democrat and Republican party members come together to converse among one

“

Primaries and caucuses are important in the presidential campaign because in order for Republican or Democratic candidates to become their respective party's nominee, they must secure a percentage of delegates from their party."

another and to show support for their preferred candidate. As of 2016, only 14 states still use a caucus.

There are oftentimes variations in the caucuses held by Republicans and Democrats. For example, in the 2016 Iowa caucus, Democratic party members grouped themselves together based on their candidate of choice and

then gathered a tally.

While on the Republican side, party members grouped themselves together in discussion and support much like the Democrats but then cast secret individual ballots for their candidate of choice.

Prior to the 1970s, a majority of states chose their preferred candidates using the caucus voting platform, but after reforms were made in 1972 to make the nomination process more transparent, most states adopted the primary voting platform.

"Primaries were created as a response to the perception of political corruption," Dr. Patrick Novotny, political science professor, said.

Caucus voter turnout rates tend to be lower than those of their primary counterparts.

In 2012, only 6.5 percent of eligible voters in Iowa participated in the state's caucuses, although this number increased to 16 percent in 2016 as both major parties held more competitive campaigns, while the 2016 New Hampshire primary saw a turnout rate of 31 percent.

Primaries and caucuses are important in the presidential campaign because in order for Republican or Democratic candidates to become their respective party's nominee, they must secure a percentage of delegates from their party.

Delegates are representatives of political parties, often activists, local leaders or long-

time members of local party organizations.

The state of Georgia, which holds a primary, has a simple voter registration process that can be completed online, and the address which one chooses to register with will dictate what polling location will be assigned.

For those who choose to register in Bulloch county, the county website offers directions to polling locations.

"Georgians have no excuse not to go out and vote. It's the only state in the country where voting polls are open for two weeks," Novotny said.

As young adults in America look to grow into responsible and politically inclined citizens, they must first grasp the aforementioned terms that are, generally speaking, unfamiliar to their understanding of the the inner-workings of the democratic process.

In order for our society to function with a mutually beneficial relationship between elected officials and the general citizenry, the constituents of our democracy must remain informed on the various issues we face as a nation and be willing to hold those in positions of power accountable for their actions.

Delegates needed to become party nominee

Democrat

2,382

out of

4,763

Republican

1,237

out of

2,472

Puzzles

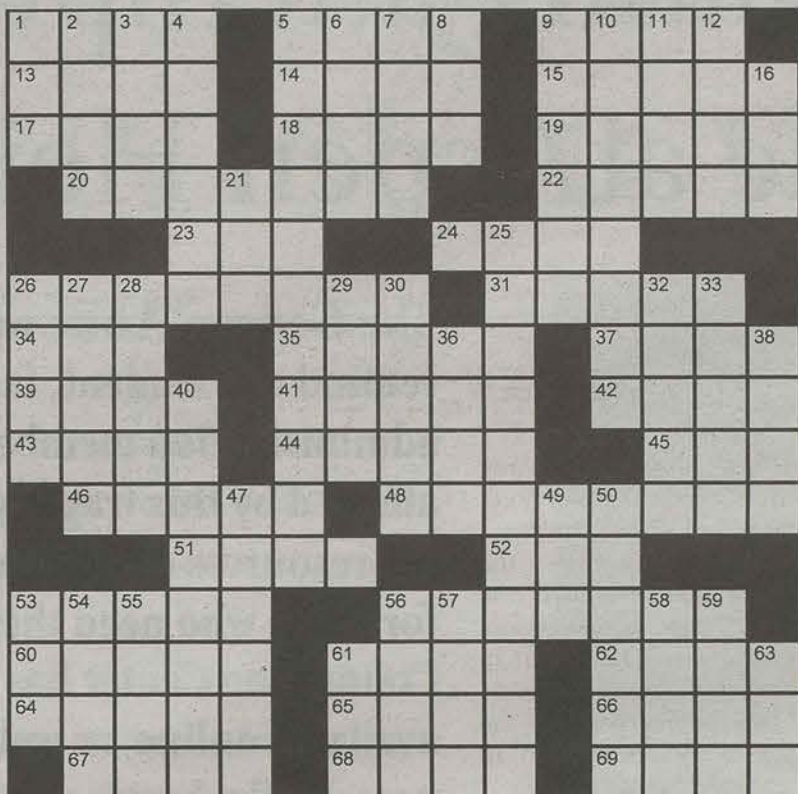
2-23-16

The George-Anne 2/23/16 Crossword

PuzzleJunction.com

Across

- 1 Diagnostic test
- 5 Danish toy company
- 9 Wood sorrels
- 13 Paella pot
- 14 Sensory input
- 15 Hollowed out
- 17 Flying mammals
- 18 Telegram
- 19 Extreme
- 20 Freedom from vanity
- 22 True-blue
- 23 Current unit
- 24 Ski lift
- 26 Blood-sucker
- 31 Tough tests
- 34 Deluge refuge
- 35 Bucolic
- 37 Pickle flavoring
- 39 Illegal block
- 41 Pakistani river
- 42 Miscellany
- 43 Financial



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- 65 Keats, for one
- 66 Sour fruit
- 67 Strike out
- 68 Holds
- 69 Circus sight

- 9 Visual
- 10 Pike's Peak locale
- 11 Bohemian
- 12 "Buona ____"
- (Italian greeting)
- 16 Metric unit of volume
- 21 Outback runner
- 25 Lenin followers
- 26 Speed word
- 27 Lowest deck on a ship
- 28 Expertise
- 29 Whistler's whistle
- 30 Harmony
- 32 Purple shade
- 33 Go furtively
- 36 Garage occupant

- 38 Oodles
- 40 Nonviolent
- 47 Red shade
- 49 ____ Paese cheese
- 50 Maximum
- 53 Blond shade
- 54 Gulf war missile
- 55 Proctor's call
- 56 Plaintive cry
- 57 "You said it, brother!"
- 58 Cutting the mustard
- 59 Kind of sign
- 61 Place for 56 Across
- 63 "Are we there ____?"

Down

- 1 Kind of story
- 2 Chowder morsel
- 3 Countertenor
- 4 OTC org
- 5 Down in the mouth
- 6 Tinker with, in a way
- 7 Bloody
- 8 Refinable rock

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	4						9

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

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To contact the creative manager, email prodmgr@georgiasouthern.com.

SPD investigating attempted murder-suicide at Aspen Heights

BY LAUREN GORLA
The George-Anne staff

A Georgia Southern University employee was shot last night in Aspen Heights and Statesboro Police Department is now investigating the incident as an attempted murder/suicide.

Allison Fleet, 23, suffered gunshot wounds and was transported to Memorial Health in Savannah. Fleet works as a processing counselor in the financial aid office at GSU, as confirmed by Jan Bond, Associate Vice

President Office of Marketing & Communications. She graduated from GSU in May 2015 with a bachelor's of business administration and management.

Antonio Sanchez, 23, was pronounced dead on the scene. Sanchez is not on any record as a GSU student, past or present, Bond said.

Around 9:12 p.m. on Feb. 21, SPD officers responded to a welfare check at Aspen Heights where they found two bodies in the residence.

Both had sustained gunshot wounds, according to a press release from SPD.

Details regarding the shooting are still limited due to the open investigation. According to Jake Futch, Bulloch County coroner, the two bodies were at the residence for about 8 to 10 hours before police arrived.

This story will be updated as more information becomes available. Check back at thegeorgeanne.com or on Twitter at @TheGeorgeAnne.

The George-Anne wants to remind any student, faculty or administration member who was affected by this tragedy that there are resources on campus available for those who need them. The Counseling Center has resources available online, as well as in person. The hours are Monday through Friday from 8 a.m. to 5 p.m. They can also be reached by phone at (912) 478-5541.

Zika virus affects GSU's study abroad programs

BY TANDRA SMITH
The George-Anne staff

The Zika virus, a mosquito spread disease that causes fevers, rashes and muscle and joint pain, has been rapidly spreading across the Americas over the past few months.

The virus has the potential to scare off students interested in studying abroad to the affected areas, but some students believe that the virus will have no effect on participation.

"I do not think the Zika Virus will affect the study abroad trips at Georgia Southern because it is not a deadly virus," Amber Taylor, president of the Spanish club, said. "There is always the potential of unknown viruses to travel from other countries to our area."

Dolores Rangel, Ph.D., associate professor of Spanish and head of a study abroad trip going to Mexico, believes that all the hype behind the Zika virus is just making people afraid to travel abroad.

"I haven't even thought about it. [Students] haven't even asked me anything about [the virus]," Rangel said.

Currently, there are no reports of the Zika virus in the Statesboro area, in Bulloch County or the surrounding areas. However,

according to the Atlanta Journal Constitution, there has been a confirmed case in Georgia, in which the affected person had traveled to Colombia sometime between late December and early January.

The Zika virus is not a new virus and has been around since the 1950s. The virus recently became known worldwide because of the suspected link between the virus and pregnant women in Brazil, who have been giving birth to babies with microcephaly, a condition that causes infants to be born with unusually small heads.

According to the CDC, the virus can be transmitted through both sexual contact and through blood. Men who have traveled to an area with the Zika virus are encouraged to either abstain from sex or use condoms. In addition, the American Red Cross is urging individuals that have traveled to a country that has seen an outbreak of the virus to wait at least four weeks before donating blood.

Symptoms of the Zika virus include fever, joint pain, red eyes, muscle pain and headaches. They usually last anywhere from a few days to a week and people rarely die from the virus.

With the 2016 Rio Olympics rapidly approaching, the virus

could cause somebody to decide not to travel. Some professors at GSU believe that this is not the case.

"The hysteria far exceeds the science on the subject," Mark Welford, professor of geography, said. Welford is also one of two individuals overseeing a study abroad program heading to Ecuador, which is currently one of the many countries affected with the Zika virus.

Welford isn't personally concerned about the virus affecting himself, but is concerned that students are worried about the virus. One student had already dropped out of the study abroad trip and two others who initially had talked about going on the trip had decided not to. Despite that, Welford offered up some tips on how to stay safe in the Zika affected regions.

"You should follow the recommendations of the CDC. With mosquito borne diseases, when you're out and about during the day, you should have mosquito repellent on you. At night make sure that all your accommodations have screens on the windows and if not, mosquito nets. That's more than suffice," Welford said.

● The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes).

Other common symptoms include muscle pain and headache.

● The illness is usually mild with symptoms lasting for several days to a week.

● There is no vaccine to prevent Zika Virus or any specific medicine to treat it.

Source: Center for Disease Control (CDC)

Lifelong civil rights activist to visit GSU

BY ERIN MCGUINNESS
The George-Anne contributor

Civil rights activist, Joanne Bland, is visiting GSU Thursday, Feb. 25 at 7 p.m. in the Nessmith-Lane auditorium to present a lecture entitled "My Piece in the Puzzle of Social Change." The presentation is primarily focused on her lifelong activism in education and advocacy for the civil rights movement.

As a nine-year-old girl, Bland was already advocating for civil rights by marching across the Edmund Pettus Bridge during the "Bloody Sunday" conflict on March 7, 1965. By the time she was 11 years old, she had been arrested 13 times.

Her struggle with "Jim Crow Laws" serves as Bland's foundation and inspiration for her lifetime work with civil and human rights work.

David Dudley, an African-American literature professor and close friend of Bland, invited the civil rights activist for the benefit of the students and not specifically discuss racial problems at GSU.

"I did not invite her because I thought [GSU has] a problem that has to be solved. I invited her because I think she has a super important story to tell. And that I think she can inform, and challenge, and inspire students," Dudley said. "I am all for challenging students."

Some students feel that it's important for students to be exposed to civil rights, especially during Black History Month.

"I think it'll be a great opportunity for students to learn more about civil rights especially considering that it's Black History Month and to also know the importance of standing up for something you believe in," Allison Martinez, junior multimedia and Spanish major, said.

Students, faculty and visitors will have the opportunity to hear some of the history from a person who has actually lived and participated in the civil rights movement as well as Bland's personal battle with the movement. In addition, students will be given the chance to speak with Bland about her experiences in a Q&A following the lecture.

"She's never made a lot of money doing this, but I think she's made a big impact especially on the lives of young people and on college students," Dudley said. "She's very down to earth, plain spoken, she tells it like she sees it and she's likely to say some controversial things."

Netiah McClure, president of the Collegiate 100 Women, a mentoring organization devoted to providing opportunities to empower and improve the quality of life for women, believes Bland's visit will raise awareness about the people who have played an active role in the civil rights movement.

"I think it's very important for the moral of the minority population on this campus to hear from someone who has so passionately been fighting for their well being for so many years. I think it is necessary for people to see that someone so young sacrificed so much and realize that what we are trying to accomplish pales in comparison and we can't compromise on the principles we believe in," McClure said.

Bland has been an influential part of countless people's lives especially in Dudley's.

"It's one of those people that you run into and you meet for a while and somehow that person makes this impact and you have such respect for that person. She's not pretentious, she's not college educated, she's just Joanne doing her thing," Dudley said.

An important aspect to know about Bland is that she has never focused on making a lot of money advocating for the civil rights movement but instead, Dudley says Bland's focus is on making an impact especially on the lives of young people. McClure feels the talk will be a great opportunity for GSU students to become inspired.

"It is my hope that hearing Joanne speak they [students] will feel enlightened and inspired to take action. I hope that they understand what needs to be done differently in order to affect change on this campus," McClure said.



Joanne Bland has been a participant in the civil rights movement for most of her life. Her lecture will be on Feb. 25 and is free and open to the public.

SURVIVOR
SPRING BREAK EDITION

WHEN: March 1st 11am-2pm

WHERE: The Rotunda

Get ready for Spring Break with Student Media! We will have beach games, giveaways and great tips on how to have a safe spring break!

UNIVERSITY WELLNESS PROGRAM

STUDENT LED
STUDENT MEDIA
STUDENT MADE

First annual 'Empowering Women Series' to be hosted at Nessmith-Lane Conference Center

BY BAILEY ADCOCK AND ATIYA WILLIAMSON
The George-Anne staff and contributor

Spring semester is bringing many new events to the Georgia Southern University campus, including the first ever Empowering Women Series.

The three-part series will be held at the Nessmith-Lane Conference Center on-campus with each session priced at \$49.00 each.

The Empowering Women Series features three sessions focusing on the health and wellness of the mind, body and soul.

"We got together with a couple of speakers that said they had been to prior empowerment engagements that did not hit the mark. They wanted to bring to the community a better viewpoint, a life-coaching series to the women of our community," Mary Thaler, the Empowerment series coordinator, said.

The first session, Soul, is scheduled for Thursday, Feb. 25, 2016 starting at 6 p.m. It will feature a number of vendors that will contribute to theme of that evening along with special guest speaker Jill Johns, a breast cancer survivor, entrepreneur and laugh yoga teacher.

"All women can benefit from personal knowledge gained in our daily lives, in our business lives, in our life balance in general," Thaler said.

This series, open to all women and are welcomed to attend. GSU has not seen a program quite like this.

"This is the first annual program that we're doing to target women and we do plan on doing more in the future. Also this is a good opportunity to speak to more women and to find out the type of programs they want us to offer down the

line," Shandice Stallworth, marketing assistant for the Division of Continuing Education, said.

Thaler and Stallworth believe that this will be a great opportunity for other women-led organizations on

campus to attend together, as a sort of bonding experience, to strengthen their relationships and network with each other.

As an attempt to be more present on social media, and more oriented to the

modern woman, they have chosen to use #empowerme to represent the series.

Stallworth explained that this hashtag was chosen because the series aims to teach women how to embrace their inner power.

"As women, we usually have so much going on sometimes we forget the importance of taking care of ourselves. So in order to shine light on that, don't forget your mind, don't forget your body, don't forget yourself," Stallworth said. "You are able to operate better in your academic life. It makes you a much better you."

The following two sessions, Mind and Body, will be held in the Nessmith-Lane Conference Center on April 14, 2016 and June 23, 2016 from 6 p.m. to 8:30 p.m.

There is currently a discount available of \$124.95 for anyone who registers for all three sessions at the Empowering Women Series website.

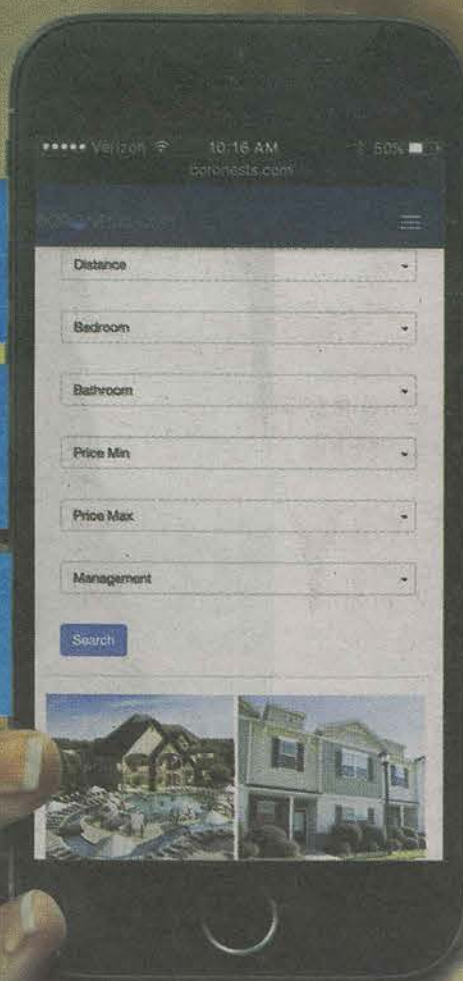


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Statesboro Goodwill offers a variety of cheap clothing and home goods options for college students. Students who show their Eagle IDs receive a 10 percent discount on their purchase.

Goodwill

Goodwill is known for its array of vintage items, unique smell and low prices; however, most people don't know that Goodwill has a custodian that tidies up the whole place herself.

Diane Hendrix, 51-years-old, is responsible for making Goodwill the clean place that it is today.

"People tell me I do a good job all the time," Hendrix said.

Hendrix originally became involved with Goodwill in Jesup, Georgia, but decided to transfer to the Goodwill in Statesboro.

"I wanted to move back here. I was born in Statesboro, but I moved to Jesup in 1971. I spent most of my life in Jesup which is about an hour and a half away," Hendrix said.

When she worked in Jesup, her job was to put clothes on the racks, but there wasn't a position for that here. Only a custodial position.

A typical day for Hendrix is waking up around 7:00 a.m. to get ready for work. She catches a taxi so she can get there early, usually around 8:00 a.m., heads to the closet

in the back to get her equipment and starts cleaning the bathroom.

"I clean, vacuum, sweep the floors, clean the bathrooms, pick up trash from the parking lot and wipe down the doors and windows," she said.

She cleans until it's time for her lunch break at 1:00 p.m. After her break, she continues to clean until it's time to get off at 3:00 p.m.

After work, she goes home to her 21-year-old daughter to be a mother and unwind from her day. Hendrix spends most of her free time in church. She hasn't quite found a church she wants to become a member of, but she's an active participant.

Hendrix works every day except Sunday, so the next time you're shopping in Goodwill, say thank you to the lady who makes the store spotless.

"I just like working. I'm just trying to make it," is something she will probably tell you.

Eagle Flea and Consignment

We've all heard the saying when one door closes another one opens. Well, when one door closes it's usually for a reason.

Eagle Flea and Consignment located in the plaza behind Wendy's & Zaxby's on Fair Road. They specialize in gently used furniture, home decor, name brand clothing, shoes, handbags, jewelry, linens and dishes. The store has participated in activities such as Boro Browse and Green Fest, with Georgia Southern University.

"I was hoping we could have gotten more students in here because that was my major focus. I provide good quality used furniture to restore their apartments or houses," Betty Murray, owner of Eagle Flea and Consignment, said.

Sadly, Murray is closing the store to take care of her mother, who is a dementia patient. Murray has been her mother's caregiver for two years now. Over the course of those two years, her mother has had two back surgeries.

"I started asking God to give me a direction on what I needed to do. When she had her surgeries I didn't know what was gonna happen. I wasn't sure if she would come through it or not or be the same mother," Murray said.

Over the months, customers started to come in less and less to the store. As much as he dreaded to accept it, Murray saw this as a sign that God was telling her to close.

"I want people to remember that my store was unique. It's not a Walmart. It's designed for you to come in, take your time to browse because you're going to find a lot of interesting things and some good deals," Murray said.

Everything is 50 percent off Eagle Flea and Consignment until it closes on Saturday, February 26.

"I'm gonna miss my customers more than anything, but I may be back," she said.

Waking up next to the White House

BY RACHEL KELSO
The George-Anne staff

Imagine waking up on a cold Monday morning, getting ready for the day and walking to work in the very heart of Washington D.C. Sophomore political science major, Antonio Santiago is living this reality for a semester, thanks to the "Eagles in D.C." legislative internship program.

This program is designed for all students, despite their area of study, to work closely with representatives and legislatures working in the Capitol.

"They offer anything for all majors," said Joyce Sanchez, Legislative Intern Recruiter. "A benefit of this program is seeing the side of your major that you wouldn't see on a day-to-day basis."

What's equally as appealing as the learning experience is the idea of living and working at the nation's capital.

"I get to wake up to a view of the Capitol, walk by the Supreme Court everyday, see congressmen, senators and other important people everywhere I go. And the museums and night life are a blast. I actually plan on moving here as soon as I get out of college," Santiago said. "I'm less than half a block from the Supreme Court and about half a block from the Library of Congress."

Santiago works under Democratic Congressman David Scott, who represents Georgia's 13th District. What exactly does an eagle intern for Congressman Scott do everyday? Santiago gave an insight to his daily tasks as a

student intern at the Capitol.

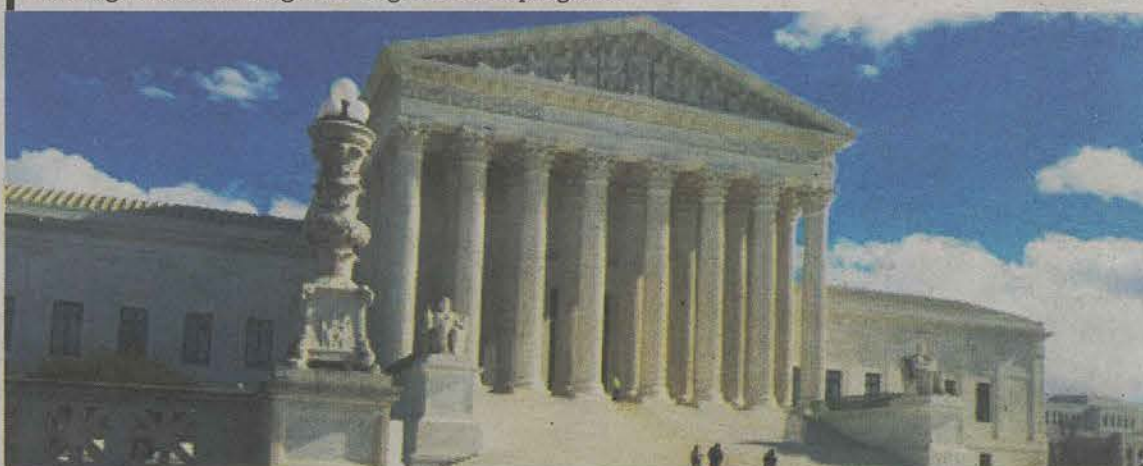
"[Today] I've written a blog post about Black History Month that is going on the Congressman's website, sorted mail, written letters to constituents and attended a briefing on behalf of the Congressman. This means that I went to an informative meeting, which happen frequently, wrote notes and put together memorandums for our legislative assistants who advise the Congressman," Santiago said. "In a regular day, I'd be giving a tour of the Capitol as well."

This highly competitive program is offered every semester, including both A and B summer terms. Students are put through an extensive interview process and are later matched with a legislator that best suits students' individual views. Students interested in applying must have at least a 2.8 GPA and 48 credit hours completed. Also under consideration are students' leadership skills and extracurricular activities.

You may find more information regarding the internship at Career Services.

"If you want to see how congress runs around and gets things done and how they even come up with the ideas for legislation you definitely want a legislative internship," said Sanchez. "That hands-on experience is priceless."

Santiago lives half a block away from the Supreme Court building. He is spending the semester in Washington, D.C. through the Eagles in D.C. program.



Santiago works in the Cannon House Office Building. It is one of the oldest buildings in Washington, D.C.



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Legislative Intern Recruiter



GEE DA'S TABLE

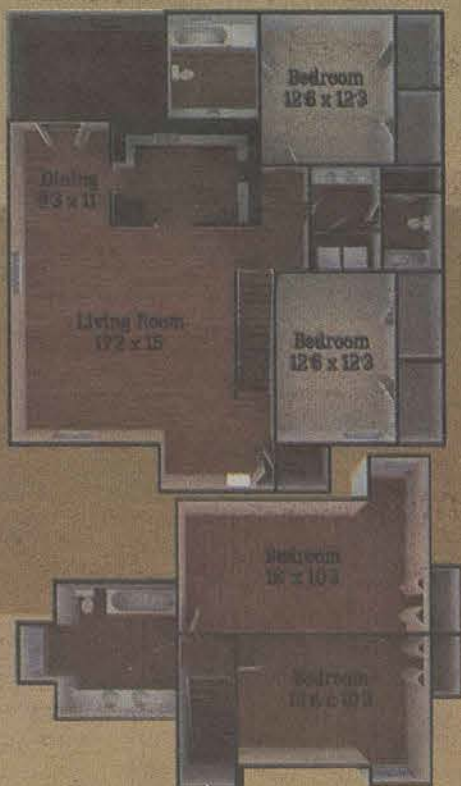
brings new American style cuisine to Statesboro

BY KAT SHUMAN AND ANNIE MOHR

TAHIR DAUDIER

Gee Da's Table has a fully stocked bar. The restaurant, featuring American style food, is a new high-end option for Statesboro.

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If there's one thing that Statesboro is full of, it's places to eat. It's time to spice up your pallet by spending an evening dining in downtown Statesboro. Rather than eating all of your meals at boring chain restaurants, of which Statesboro has plenty, why not spend the evening at Gee Da's Table?

Gee-Da's Table, a new restaurant in Downtown Statesboro, opened around four months ago; it took the place of "Chops" on Main St. Gee Da's Table is breaking the mold of typical Statesboro cuisine with high class dining that is one of a kind.

Gee Da's Table has an atmosphere of southern charm mixed with a more modern style. The building, owned by Statesboro local Andy Alred, has been in his family for 40 years. After a new face lift, it has become a swank date-night spot for Statesboro locals and students alike.

The cuisine at Gee Da's Table is a new American style. Executive Chef, Sebastian Alzate, tries his best to make Gee Da's Table's cuisine a fusion many cultures.

"America is the melting

pot," Alzate said, "so we try to have a little of everything."

The menu offers a variety of options including weekly vegetarian specials and dishes made with locally sourced produce. They also have created several affordable, original appetizers.

Gee Da's Front House Manager, Andrew Reddick, hopes to engage the students of Georgia Southern with a high quality atmosphere and affordable prices. He also wants to introduce student specific specials and affordable offers for date nights in the future. Reddick also mentioned that the restaurant caters and has a lovely room in the restaurant that would be an excellent spot to host a party.

Gee Da's also has a full bar including specials like everyday three-dollar wells. It is open Tuesday through Saturday with happy hour from 5-7 p.m.

It's easy to get into a routine when deciding where to eat in Statesboro, but with new dining establishments like Gee Da's Table, you may find a new and tasty way to spice up your dinners.

UPB TO HOST 80S SKATE NIGHT PARTY

BY CARLTON TAYLOR AND ASHLEE GILLEY

UPB will bring roller skates for students to use. The 80's skate party will take place on Wednesday in the Williams Center Multipurpose room.

No Migos, Lady Antebellum or Nick Jonas? Nope. There will be no spring concert this year.

The University Programming Board (UPB) is preparing to do something a bit different for the student body this semester, but don't get your underwear in a knot just yet. UPB has a plan.

"We definitely want to get people more involved," Aneshia Black, a member of the UPB public relations committee, said. "We want to get everyone from other organizations and majors to experience each other as Eagles."

Sounds great, but what happened to the spring concerts?

"Spring concerts aren't a given thing," Tierney Ridley, UPB President, said. Ridley continued by saying that the concert was not cancelled or replaced and that there were no original plans to have one this year.

"Keep your mind open to new things. We've got you guys," Imani Jordan, another member of the public relations committee, said. "We know what you like and we are going to spice it up."

So, what exactly does this mean for our campus? Well, have you stumbled across a UPB flyer that mentioned a skate party? (But George, there aren't any skating rinks in Statesboro. I'm from here so I know.) There are no skating rinks in the Boro but that doesn't mean we can't create one of our own.

UPB will be turning the Williams Student Center Multi-Purpose Room into a throwback roller skating wonderland on Thursday.

"The event is mirrored after a traditional roller skating rink so there will be skating, music,

fun lights, beaded curtains like your parents or grandparents used to have and concessions for sale," Memory Littles, advisor for UPB, said. "We'll even have throwback candy like candy necklaces and fun dip."

According to Ridley, there will be 450 skates available for the student body, but if you own a pair of skates, you are more than welcome to bring them as well. Though it is called an 80's skate night, it is meant to be more of a throwback night.

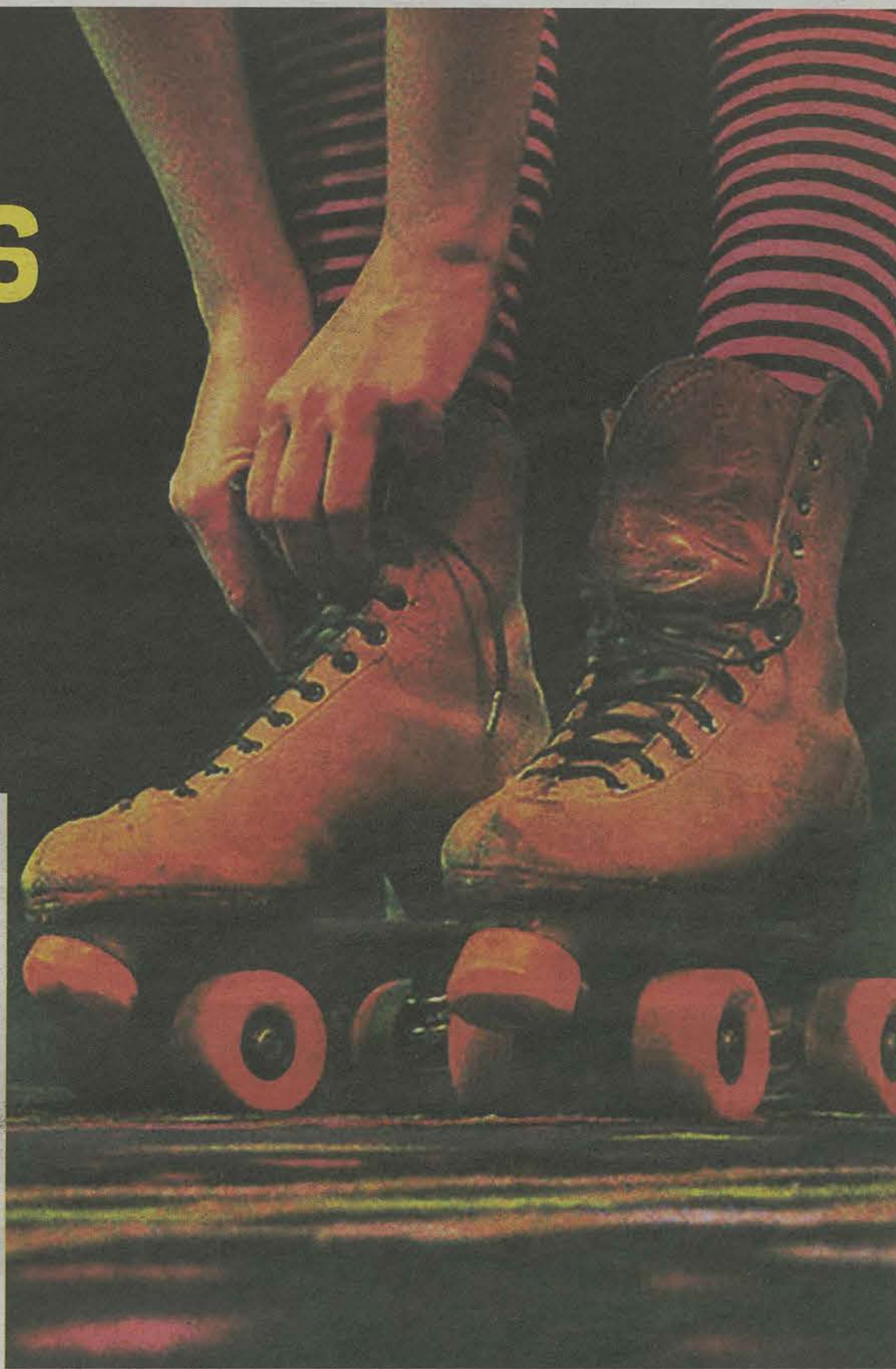
"DJ Nino will play a few of today's hits but the environment is supposed to be reminiscent of the 80s, 90s and early 2000s...you know when we were all young and life was good & easy...when your biggest decision in life was not about having homework and papers due but deciding what you were going to wear to the skating rink that Friday night," Littles said.

Show up and show out in your best 80s get-up, but don't forget to dress comfortably. As long as they are appropriate, costumes are highly encouraged.

"We want people to break out their sweatbands, off the shoulder shirts and leg warmers," Littles said.

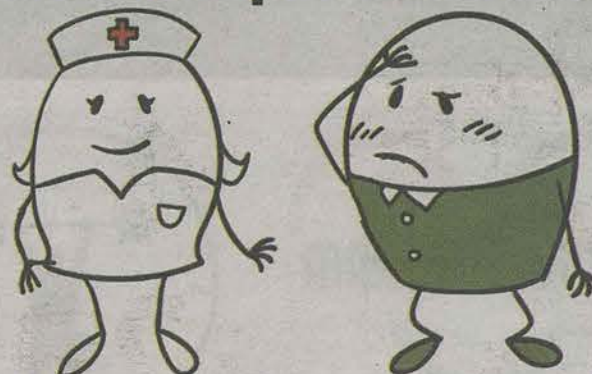
UPB will not be providing socks, so be sure to bring your own if you plan on grabbing some skates. You should also be prepared for some random trivia if you want to be able to win some prizes.

Be on the lookout for other UPB events, including the Mr. GSU Pageant, Finals Fest, and an all-new collaborative spring event that will bring music to our ears! Other events such as this one are in the works and will be disclosed at another given time.



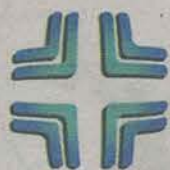
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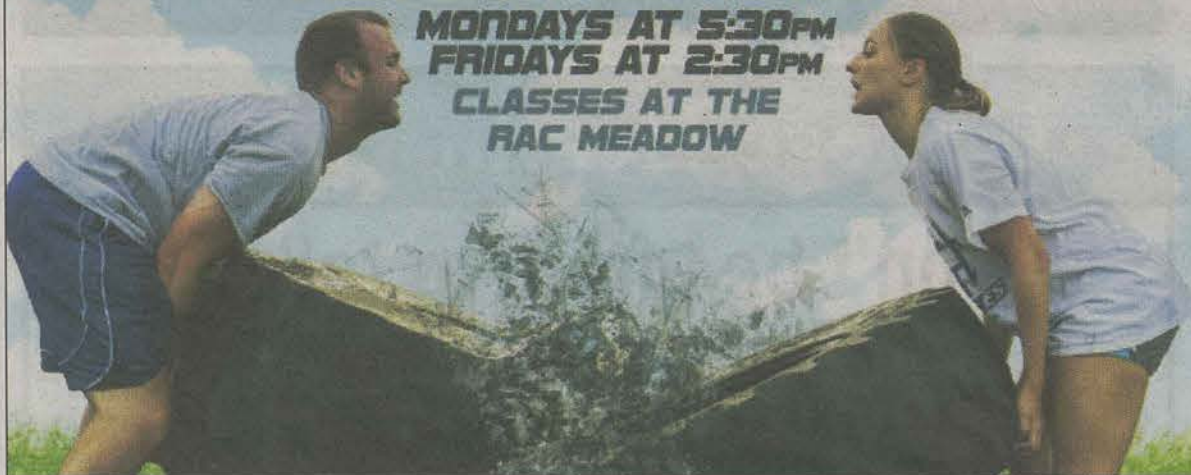
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GEORGIA SOUTHERN LOOKS TO EXACT REVENGE ON GEORGIA STATE

The Panthers defeated the Eagles 69-66 in overtime in the rival's last meeting. Tip-off for tonight's game is at 6 p.m.

BY MARQUS WILLIAMS
The George-Anne staff

The Georgia Southern Eagles went 1-1 to start their four game home stand last weekend. They beat Arkansas State on Thursday 90-59 but fell to the Arkansas Little-Rock Trojans 75-61 on Saturday. Those games put the Eagles in fifth place in the Sun Belt, one game behind Texas-Arlington for a first round bye in the conference tournament.

This week could be labeled "rivalry week" for the Eagles as Georgia State and Appalachian State come to Hanner on Tuesday and Thursday.

The Eagles will face off against Ga. State tonight in a battle for bragging rights as well as fifth place in the conference. The Eagles are 8-8 and the Panthers are 7-9 in the conference.

Both teams have been battling since the first ever Sun Belt matchup of these

teams, which the Eagles won 58-54 at Hanner Fieldhouse in a sold out arena. The Panthers have owned the rivalry as of late, taking three of the last four meetings.

The Eagles lost in overtime earlier in the season 69-66 in Atlanta, but both teams have been trending opposite directions as of late. The Eagles have won five of their last seven games and the Panthers have lost four of their last six.

Key players to look out for in this game will be Tookie Brown, Ike Smith and Devonte Boykins. Brown leads the Eagles in scoring, with 18 points per game and will have to be a leader on the court. Smith has been a player that shows high potential this season and needs to play lights out and produce the way he's shown he can. Boykins hasn't had his name mentioned much all season but due to the injury to Mike Hughes, his number will be

called upon to deliver some quality, consistent basketball to help the Eagles prevail over the Panthers.

For Georgia State, key players to watch are Jeremy Hollowell and Kevin Ware. Hollowell is the Panthers leading scorer, averaging 14.8 points per game. Ware averages 12.2 points per game and has been a consistent player for the Panthers since he transferred from the University of Louisville.

Ga. State is one of GSU's most hated rivals as they battle it out for the title of the "Real GSU." It might not be one of college's biggest rivalries, but if the schools continue to get better in the coming years as they have done recently, it won't go unnoticed much longer.

The game will be played at Hanner Fieldhouse at 6 p.m. Their next game will also be at Hanner against App State Thursday night at 7:30 p.m.



© TAHIR DAUDIER

Mike Hughes drives the baseline against the Panthers in last season's 58-54 win. Tonight's game will be broadcasted on ESPN2.

Q & A WITH GEORGIA STATE'S SPORTS EDITOR



RASHAD MILLIAGAN

Miliagan is the sports editor for The Signal.

This time last year, this matchup was a battle between No. 1 and No. 2 in the Sun Belt. This year, it's a battle between No. 5 and No. 6. We caught up with The Signal's sports editor and talked about the big game tonight

Q: WHAT WERE THE EXPECTATIONS COMING INTO THE SEASON FOLLOWING THE PANTHERS WINNING THE SUN BELT CHAMPIONSHIP IN 2015?

Ha, well overall expectation was a minimal drop off from last year, losing three professional players (Curtis Washington, Ryan Harrow, R.J. Hunter). They were either picked to finish first or second in most preseason polls and I personally expected them to repeat for a third consecutive year. I certainly didn't see the year turning out as it has for us so far.

Q: WHAT'S THE OUTLOOK FOR THE PANTHERS IN THE SUN BELT TOURNAMENT?

First goal in the Sun Belt Tournament is to actually make the tournament. If they do make it, it'll be due to us ending the regular year with some monumental, in-conference wins that should have us ready to play spoiler come tourney time. If you ask the team, they'll tell you they're just looking at Southern and one opponent at a time, but really this season has turned into us playing the underdog and spoiler.

Q: WHO'S BEEN THAT "GO-TO-GUY" FOR THE PANTHERS THIS SEASON?

That's one of the problems with this team. Last season, Kevin Ware really stepped up when Harrow and R.J. struggled, but this year he hasn't shown he can constantly be that guy for us in clutch moments. Jeremy Hollowell has shown flashes of being a big time scorer, he also struggles with consistency.

Q: WHAT'S YOUR BIG MATCHUP TO WATCH TONIGHT?

Mike Hughes vs. Kevin Ware. Hughes had a decent showing in Atlanta, he hit four 3's, which felt like they all came at the biggest moments for the Eagles. Hughes' also coming into this game after missing the final shot for Southern in regulation of that Jan. 19 match up. In order for State to win on the road down south, Ware has to show with at least 17 points.

Q: WHICH PLAYER ON THE EAGLES POSES THE BIGGEST THREAT TONIGHT?

Other than Hughes, Jake Allsmiller's shooting gives us problems, not necessarily statistically, but the spacing he provides for the Eagles offense and when he knocks down his jumpers, they've come in big moments.

Q: FILL IN THE BLANK. THE PANTHERS WILL WIN TONIGHT IF _____.

Someone scores 20 points.

Q: FILL IN THE BLANK. THE PANTHERS WILL LOSE TONIGHT IF _____.

They get off to a slow start and underestimate Georgia Southern because of the three game winning streak we have against them now.



BRANDON WARNOCK

Chase Cohen gave up one hit in five innings in his collegiate debut. First pitch on Wednesday is at 7 p.m.

Georgia Southern drops opening series to UGA

The Eagles picked up their first win of the season off of a 10th inning home run from Ryan Cleveland on Saturday. They will host Georgia Tech on Wednesday at 7 p.m. in the home opener.

BY KEVIN KENEELY
The George-Anne staff

The baseball team traveled to Athens this past weekend to take on the University of Georgia, but came up short in the opening series, dropping two games to one to the Bulldogs.

Ace pitcher, Evan Challenger took the mound Friday night, while freshmen pitchers Chase Cohen and Brian Eichhorn picked up the final two starts for the team.

The team picked up their first win Saturday while Cohen was on the mound. Cohen wasn't awarded the

win in his first collegiate start. Instead, closer Chris Brown picked up the team's first win in relief.

Cohen pitched five shutout innings, allowing only one hit while striking out seven batters. However, the team had to go into extra innings against the Bulldogs before they could pick up their first win.

First basemen Ryan Cleveland hit a two-run home run in the top of the 10th inning to give the Eagles the lead, and Brown pitched a near perfect bottom of the inning, leading to the team's first win.

The Eagles are now 1-2 after their first series and are preparing for their home opener this Wednesday at 6:00 p.m. against the Yellow Jackets of Georgia Tech. The game can be watched live on ESPN 3.

GT is ranked 21st overall and has started the season

3-0 after blowing out Purdue, Western Michigan and VCU all at home.

GT is returning all four of their starting pitchers from last season; Brandon Gold, Jonathan King, Ben Parr and Zac Ryan. Gold was their top pitcher from last season, going 7-3 with a 3.26 ERA.

GT will also be bringing back seven of their positional starters, including their top four hitters from last season; Ryan Peurifoy, Keenan Innis, Kel Johnson and Matt

Gonzalez. Peurifoy led the team in hitting with a .324 batting average. Tech went 32-23 and finished 5th in the ACC last season.

Up until last season, the Yellow Jackets had made seven straight NCAA Tournament appearances.

The Eagles will be looking for a strong outing from their fans this Wednesday as they try to get up to .500 on the season and defeat one of the nations top teams this Wednesday.

TRUE BLUE WEEK

continues with home events every day this week

- FEB 23** Men's Basketball vs Georgia State 6 p.m.
- FEB 24** Baseball Home Opener vs Georgia Tech 6 p.m.
- FEB 25** Women's Basketball vs Appalachian State 5 p.m.
Men's Basketball vs Appalachian State 7:30 p.m.
- FEB 26** Women's Tennis vs Nicholls State 12 p.m.
Men's Tennis vs Nicholls State 2:30 p.m.
Baseball vs Radford University 7 p.m.
- FEB 27** Baseball doubleheader vs Radford University 3 p.m. and 7 p.m.
- FEB 28** Men's Tennis vs Jacksonville 9 a.m.
Men's Tennis vs SCAD 1 p.m.
Baseball vs Radford University 1 p.m.



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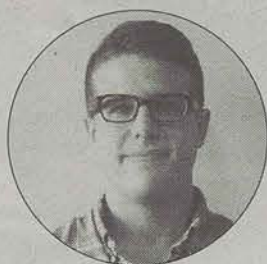
DETERMINATION AT ITS FINEST

Wounded Warriors from Fort Stewart teach Wheelchair Basketball to the members of STRA for a first-time event at Georgia Southern.



© ETHAN FLYNN

The Wounded Warriors teach members of the STRA how to play wheelchair basketball at the RAC. They compete every Thursday at 7 p.m.



ETHAN FLYNN

Flynn is a senior public relations major from Alpharetta, Ga.

The game of life is continual learning process from the moment we're born until the moment we die. The game of life doesn't always make sense. Some of the most vivid moments of the game of life stem from the moments we're least expecting. For example, how would running around the track of the RAC, while witnessing a wheelchair basketball game, make an ever-lasting impact on my life?

I felt compelled to stop running and I did so. I couldn't tell whether the wheelchair basketball game was a one-time ordeal or a weekly occurrence, so my curiosity told me to determine what was taking place. When I made it onto the basketball court, I was greeted by smiling faces of a group of men and women in wheelchairs.

To be honest, I wasn't sure if these individuals were disabled or whether they were simply playing the sport of wheelchair basketball. However, I could see some of the individuals wearing U.S. Military attire, so my inclination prior to talking to any of the individuals was that they were disabled veterans.

When I spoke with someone

working for the university, I found out that the individuals were composed of Wounded Warriors from Fort Stewart and students STRA. STRA's mission statement states: The purpose of STRA is to encourage participation in career programs offered by STRA, to promote professionalism and social interaction among students, to provide opportunities for professional development, and to create an awareness of Therapeutic Recreation.

The STRA President, Kady Crump, spoke with me while taking a break from helping her organization's members keep pace with the Wounded Warriors of Fort Stewart.

"We're playing wheelchair basketball with the Wounded Warriors of Fort Stewart who are veterans in recovery from mental or physical injuries," Crump said. "This is showing that even if you're disabled you can get back out there and enjoy life. You've got to have a team mentality to get through life because when somebody is down you should pick them up. Life goes on. I can't fathom what some of these individuals have been through. Wheelchair basketball may seem like a simple sport, but to some of these individuals, it's getting them on their feet again."

"We've got a first-time event with Wounded Warriors from Fort Stewart who are visiting and teaching Georgia Southern students how to play wheelchair basketball," Dr. Brent Wolf, STRA's faculty adviser, said. "It's great for these guys who come from Fort Stewart. It's a chance for them to come show off their

skills and a chance for our students to really see how tough it is to compete at their level. We try every semester to have a disability demo like this. The Wounded Warriors from Fort Stewart play across the country in leagues that are highly, highly competitive."

As I watched the event unfold, one thing was clear to me. The individuals playing appeared to be having a really enjoyable time. While watching, I witnessed lots of smiles, high-fives and laughing going on. The Wounded Warriors from Fort Stewart could be seen coaching the STRA members on the rules and techniques to become the best wheelchair basketball players possible.

"We're here working with the Georgia Southern wheelchair basketball team by helping them through and teaching them some new techniques they need to learn. I'm excited to be here. Getting out there enjoying

the camaraderie with the vets and students is the best part," William Redfield, Master Sergeant and participant, said.

Becoming a member of the U.S. Military is a momentous decision for many men and women in our country. It's a decision that's not always easily made or understood but there's one thing that's most certainly true; the men and women of the U.S. Military sacrifice to serve our country in hopes of continual freedom for those home and abroad.

One of my favorite quotes regarding our U.S. Military comes from the legendary U.S. WWII General, Douglas MacArthur, who once said, "A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent."

I never expected to witness

something so humbling while simply running on the track at the RAC. Simply put, it made me appreciate the ability to move freely more than I ever could've imagined. I'll never forget the impact the Wounded Warriors of Fort Stewart had on me and the members of STRA. Sometimes it's the simplest of gestures or the simplest of games that bring about the best in humanity. The undeniable determination to channel what's been lost by these veterans clearly resonates in the game of wheelchair basketball.

STRA's intramural wheelchair basketball team meets at the RAC on Thursdays at 7 p.m. Another event to look forward to is STRA's Laughter Yoga session scheduled for March 2. To find out more about STRA, you can find them on MyInvolvement, find them on Facebook and email their President Kady Crump @kc06413@georgiasouthern.edu.

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Men's tennis competes in home opener this week

The Eagles will host their first match of the spring season this Friday against Nicholls State. The opening match will begin at 2:30 p.m.

BY DERIK WUCHTE
The George-Anne staff

After a split 1-1 in Conway, SC this past weekend, men's tennis finds themselves 5-3 on the season. So far, they have played all eight of their matches away. This coming Friday will be their first home match of the season. It will lead into a six home game stretch until the team finally plays away in mid-March.

At the number two spot for men's tennis is sophomore Joan Carles Alcala. His record in singles for this season is 5-2. After recovering from an injury-ridden last season, he has been able to play healthy for this year and contribute to the team's overall success.

With the team finally getting to play at home for the first time, Alcala and the other Eagles are ready.

"We are really excited," said Alcala. "We are looking forward to playing here at home. As it's going to be the first home match here, we want the people to come. We've been doing stuff to try to make people come. We're excited to play here."

GSU will get to play a 1-3 Nicholls State on Friday. With Alcala getting to play at full health, the Eagles will be ready to show what they got at the home opener.

"For me, I'm really happy because it's my first season that I can play injury-free," Alcala said. "Last season, I couldn't play. The whole season, I was injured and I was able to only play maybe two months and half, maybe three. The fact of playing, for me, is already a success. Plus, if you add that we are winning, it makes me even more happy."

When the Eagles play at home, their spirits are normally high. All the players find themselves cheering for one another and they balance each other's momentum. Since it's at home, the players are comfortable with the crowd and the courts.

"For me, what I really like is when you have the people that you know cheering you up. That atmosphere: I really love it," Alcala said.

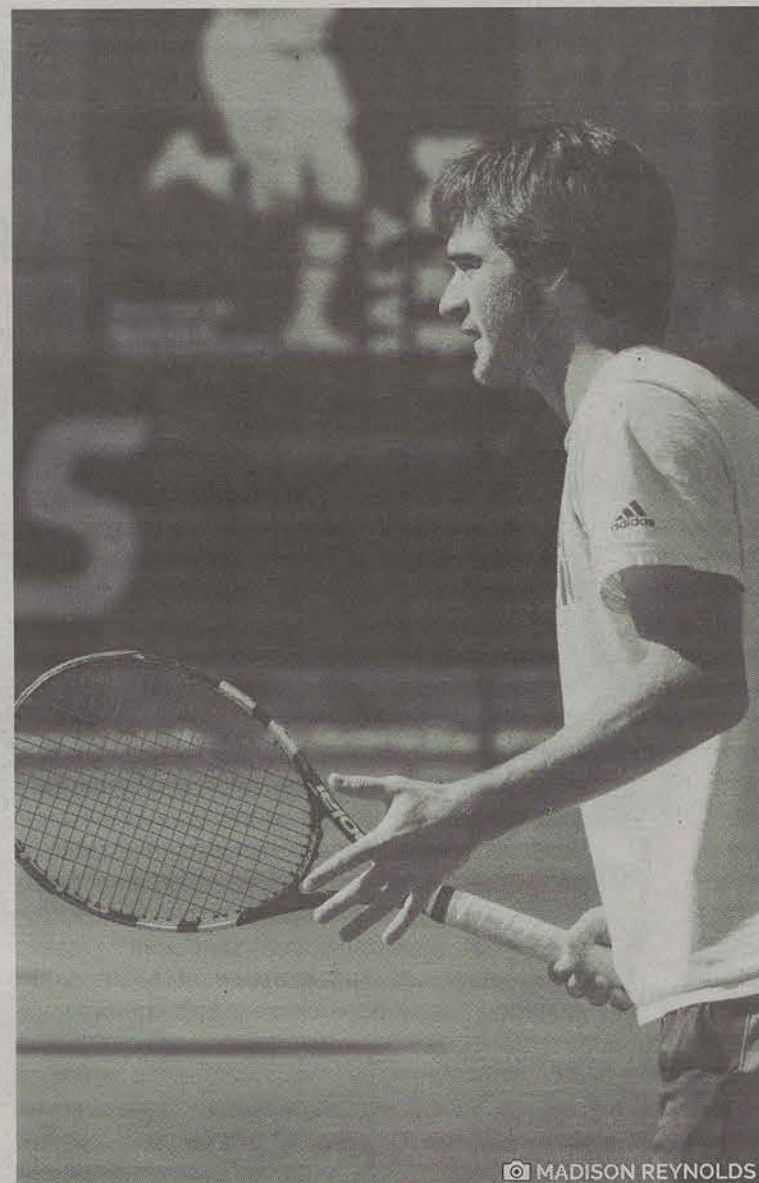
The team's schedule has been a bit disjointed. It is split between a long series of away matches followed by a long

series of home matches. After that, the schedule normalizes before the season ends at home.

GSU plays a majority of their matches in North Carolina and South Carolina. Some take place in Florida, as well. Most of their matches are out of conference.

"I think that the teams we play are really tough," Alcala said. "Every single game is going to be tough to win. If we want to win, we have to put our 100% in, and we have already seen that in our previous matches. If we don't put our best in then we're not willing to win. If we're not ready to fight until the end, we're not going to win. Every single team that we play is really tough."

Nicholls State will be the Eagle's opponent on Friday, Feb. 26 at 2:30 p.m. The match will be at home in the Wallis Tennis Center. Following that will be a doubleheader on Sunday, Feb. 28. The Eagles will play Jacksonville State at 9 a.m. and then the Savannah College of Art and Design at 1 p.m.



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The Eagles are 5-3 on the season. They will look to rebound after a 4-3 loss to Coastal Carolina

Georgia Southern finishes third at CCSA Championships

BY KEVIN KENEELY
The George-Anne staff

Georgia Southern's swimming & diving team traveled to Athens this past week to compete in the CCSA Swimming & Diving Championships.

The team ended the season on a high-note finishing the season with a third place finish at the CCSA Swimming & Diving Championships.

On top of that, Head Coach Nate Kellogg won Co-Swimming Coach of the Year, Dive Coach David Giambra won Diving Coach of the Year, and diver Emma Weisel won CCSA Diver of the Year.

GSU swimmers and divers broke five school records during this meet; Emma Weisel scored a 294.90 in the 3M Diving, Kylee Parsons,

Kaylyn Thomas, Athena Cimino and Mykala Arnold finished the 200 Free Relay with a time of 3:24.67, Mykala Arnold recorded a time of 2:04.94 in the 200 IM, Kaylyn Thomas recorded a time of 54.96 in the 100 Fly, Arnold recorded a time of 54.81 in the 100 Back.

Arnold also broke her own record for the 200 Back with a time of 1:58.52.

Weisel will be competing in the NCAA Diving Zone meet in Atlanta March 7-9, while this previous meet marks the end of the season for the rest of the team.

The team concluded a phenomenal season while going 5-2 during the regular season, 4-0 in conference and finishing in 3rd place in the CCSA Swimming & Diving Championships.

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Inside the mind of Francisca Norregaard

Most players usually have a pre-match routine. We talked to Norredaard about how she carries herself in a match.

BY DERIK WUCHTE
The George-Anne staff

When two competitors step onto the court, there are no more excuses. The sport of tennis is a highly competitive one, especially when the outcome of a match is determinant on your skills, alone. Senior Francisca Norregaard has been playing the sport for around 16 to 17 years. Her college experience has been a journey and her approach on the game is from a veteran's process.



Preparation

The match has not started yet. Before it begins, each player routinely prepares herself. Norregaard has found expressing herself to be one of her best ways to prepare.

"I usually talk to my teammates and my coaches," Norregaard said. "I like to be verbal about my feelings and my thoughts before a match. I think talking can help boost my confidence. That's what given me the most effective influence on my game: When I talk to people and express how I feel; what I'm thinking. It makes me feel more loose and makes me feel more comfortable on the court."



Before

"Right when we start, I'm a little nervous," Norregaard said. "I want to have a good start, but that's not usually how it turns out for me. I am kind of a slow starter. I like to get into a rhythm and feel the pulse in my heart going."

When Norregaard takes to the court to face off against her opponent, her preemptive thoughts start going. She has her mind moving and her routine actively paced out.

"I focus more on the physical aspect of tennis rather than the technical and strategic," Norredaard said. "That makes me relax a lot more. I try to stay calm and confident when I go out on court. Tennis is so mental. It's about keeping your mind straight and having focus points that can keep you focused on what you're doing rather than focusing on all the intangible things you can't control."



During

The flow of a match varies, especially when the tempo shifts from one player's favor to the other. This is Norregaard's fourth and final season as an Eagle. She is used to feeling pressure during a match. Whether it's playing away or being the clincher, Norregaard's seniority gives her an edge.

"I feel like it's more of a decision and a maturity level," Norregaard said. "I don't get as nervous and don't think about as many things as I did as I was younger. It's still just tennis. If I win or lose, I'm still going to be alive after my match. I think when you're younger, you take things a lot more seriously. I still want to do my best, and be the best for the team, but I don't feel like it weighs as much on my shoulders as it did when I was younger."



Execution

Norregaard came back in her match against Presbyterian's Claire-Mitchell Andrews to defeat her 4-6, 6-4, 6-1 a few weeks ago. Her last win a week ago against Kennesaw State's Ashleigh de Wet came by a score of 6-0, 6-1. In tennis, positivity and having a stronger mindset can be enough to beat your opponent.

"It's about staying confident and believing in yourself," Norregaard said. "If you start doubting yourself, you really don't stand a chance in tennis. You're all alone out there on the court. I guess it's about using those golden moments to keep riding on and use them to your advantage. Stay pumped up. Keep fighting throughout the match. Use your experience and past moments to get your wins."

Women's tennis is 5-3 on the season. They will be playing Nicholls State at home on Friday, Feb. 26 at 12 p.m.

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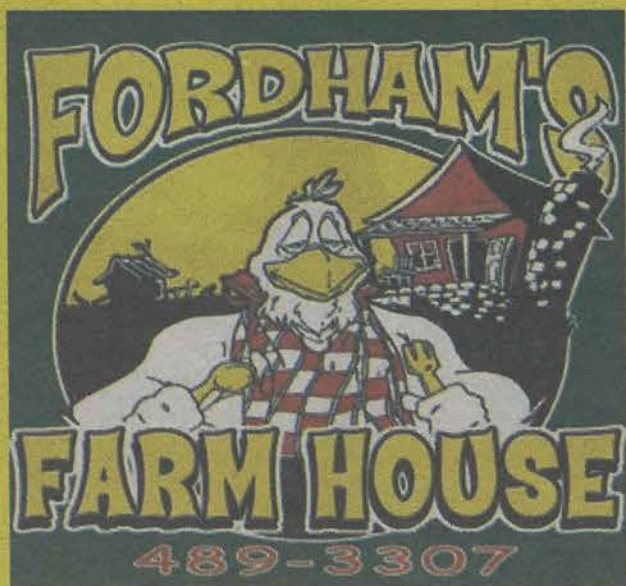
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