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The Inkwell

Armstrong State University’s news source since 1935

WEEK OF DECEMBER 1, 2016

THEINKWELLONLINE.COM

Armstrong considers Sanctuary Campus resolution

LUCY STONE
NEWS EDITOR

A “Sanctuary Campus” resolution was discussed at the most recent Faculty Senate meeting on Nov. 28. There has been a recent push across the United States for colleges and universities to become “sanctuaries” for undocumented or immigrant students who are in fear of the President-Elect Donald Trump’s claims that he will deport millions of undocumented immigrants. The meeting began with brief opening remarks from

President Bleicken alluding to the resolution: “Let’s pause before making statements that, crafted in haste, may contain inaccuracies, or that may respond or appear to respond to threats that have yet to materialize,” Bleicken said. One of the inaccuracies that Bleicken claimed is in the resolution is implementing de-escalation training with campus police, which is already occurring. “Let’s continue to work together in a spirit of congeniality and transparency to meet whatever comes [. . .]

with actions that are appropriate to the situation. Right now we don’t know what the situation will be,” Bleicken added. In regards to the “Sanctuary Campus” resolution, Senate President Dr. Clifford Padgett explained that “due to some lack of information, we’re not 100 percent sure how to move forward with this.” Padgett proposed getting the University System of Georgia (USG) Faculty Council on board and getting other institutions to come together to do a full resolution.

“I was going to suggest we hold off on this until January,” Padgett added. “We don’t know how much support there will be from all the other schools, but [. . .] I know we would like to put in a united front.” Senior Political Science major Marisol Estrada asked, “As an independent school, why can’t we support something like this? Why do we have to wait for all the other schools to agree?” Padgett answered that Armstrong could potentially try to push this resolution,

but that it would have more strength if it was recognized and pressured state-wide in the USG system. “If it were that Armstrong was of only one or two campuses that felt strongly about this, would we be willing to move forward with it anyway?” asked Senior Liberal Studies major Michelle Ramos. A member of the faculty reminded students that Armstrong is a state funded school and that the state legislature decides how much funding Armstrong receives.

He mentioned what happened at Georgia Tech this year when the university had an issue in its due process surrounding an expelled student. Tech was fined for millions of dollars “as a punishment for this due process discrepancy,” the faculty member said. “The state legislature set a precedent for the type of [punishment] that could happen if things caught that they don’t like. So we want to be strategic about how we approach this. Not that we are going to just forget about it, RESOLUTION | PG 6

Historic European Martial Arts comes to Armstrong

JAMES WATSON
STAFF WRITER

Though the Historic Fencing Club has been active in Savannah for two years, it has only been recognized as an official Armstrong student organization this semester. The Historic Fencing Club practices for and competes in events based on Historic European Martial Arts (HEMA) and adheres to Olympic-style fencing rules. “This is specifically not the Olympic sport,” Zachary Springer, president of the Historic Fencing Club, said. HEMA practitioners train with a variety of weapons including long sword, saber, spear, dagger and rapier, as well as practicing a type of wrestling called Ringen. Ringen is similar to regular wrestling but instead of taking an opponent to the ground, it focuses on “standing action,” according to Springer. Springer placed first in his weight class for Ringen at the 2016 South East Renaissance Fencing Open in Atlanta while club member Marshall Strong took second place in Ringen as well as the event’s invitational long-sword competition. The club recently hosted a Georgia regional on-campus training camp Saturday, Nov. 22. “It is heavy. You do get hit,” Springer explained. “I’d make the comparison that Olympic fencing is to two hand touch football, whereas long sword fencing is like rugby.” Though it is a contact sport, Springer explained that injuries are rare and protection is always worn during practice and competition. Protective gear includes a fencing mask with neck flaps to protect the back of the neck and head, padded jackets, heavy gloves, a protective collar and knee and shin pads. Though HEMA as a sport originated in the 80s, techniques used in competition are based off fighting manuals from the 1300s. “It’s gone from a few groups that are really exclusive [...] to national organizations,” Springer said. The lesser-known sport is on the rise. Springer FENCING | PG 6



The Historic Fencing club at regional training camp held Saturday, Nov. 22 (Zachary Springer)



Big Boi and Andre 3000 of OutKast (OutKast Facebook)

New course studies OutKast

KYARA MEJIA
STAFF WRITER

Hey Ya! Armstrong State University has added a new course to the Spring 2017 class list. “OutKast and the Rise of the Hip-Hop South” will be taught by Dr. Regina Bradley Tuesdays and Thursdays from 11–12:15 p.m. Dr. Regina Bradley is an Assistant Professor of African American Studies at ASU. Currently, she is teaching Literature and the Humanities, Survey of African American Literature and Black Women Writers. Bradley believes that educational institutions need more contemporary renderings of the South. “We’re stuck in outdated approaches and discussions

of what is and what isn’t southern. I think it is important for students, both native and non-native southerners, to understand and study how the South has changed in the last 50 years,” she said. Since OutKast was the first Southern group to be nationally recognized as a hip-hop group, Bradley believes that they are a great example for exploring Post-Civil Rights Southern Black aesthetics. Her objective is to engage students to think about how hip-hop has influenced society’s understanding of black culture, lives and identity in the South after the Civil Rights Movement. “I wanted to teach this class on OutKast and southern hip-hop. [. . .] It is a chance to test out my theories

in the classroom. Pedagogy is my favorite experimental space,” she explained. Along with teaching a class on Hip-Hop, Bradley is writing her first book titled “Chronicling Stankonia: OutKast and the Rise of the Hip-Hop South.” The course is currently full. However, if the course is well-received Dr. Bradley predicts the class will be offered again. Students can always add themselves to the waitlist for the class in case someone drops the course though their SHIP account.

SGA Town Hall Meeting: Reflecting on recent student engagement initiatives

EMILY SMITH
EDITOR-IN-CHIEF

Recent student engagement initiatives and campus safety were discussed by faculty and students at the Student Government Association town hall meeting Nov. 29. Student Government President Dustin Stewart led the discussion, allowing faculty panelists to recap com-

munication improvements made between students and faculty. The floor was then open for the sparse group of students in the audience to ask questions. “I think these kind of forums are really wonderful,” Armstrong President Linda Bleicken said. “Anything where we can have an opportunity to actually talk to one another is a good thing.”

Student engagement efforts made in the counseling center, police department, housing, IT services and other departments were briefed by representatives from each. Many departments have developed ways to engage with and receive more feedback from students. Armstrong Police Chief Wayne Willcox explained the success of the “Cops and Snow

cones” function. Officers tabled in Windward Commons, giving away over 200 snow cones while conversing with residents. The police department has also recently established a stronger presence in campus housing areas on Thursday, Friday and Saturday nights. Vice President of Student Affairs Georj Lewis noted changes made in the counsel-

ing center including the addition of a new counselor and expansion of the center itself. In addition, housing, dining services, and IT services have established regular meeting times and student committees in which students are able to voice concerns to faculty. Director of Housing and Residence Life Nick Shrad-

er reviewed efforts made by Housing and Residence Life, discussing new Resident Assistant training and the department’s objective to budget for more student activities. Advancements in IT services include the new Tech Hub in Memorial College Center as well as the addition of representatives on the tech fee committee.

Volleyball to play in NCAA Tournament Friday

CALEB BAILEY
SPORTS EDITOR

The Armstrong Pirates volleyball team had a successful run over the Thanksgiving break as they closed out the regular season on a six-game winning streak and advanced to the championship game of the Peach Belt Conference Tournament, which helped them earn their ninth straight NCAA Tournament appearance.

During their run to the conference championship game, the Pirates pulled a huge upset over regular season champions and rival USC Aiken in the semifinals. They eventually fell to Flagler 3-2 in the title game.

In that game, the Pirates took an early lead by winning the first set 25-17. They dropped the next two 25-19 and 25-13 but forced a fifth set with an exciting 26-24 win in what could have been the deciding set for Flagler.

Flagler ended up walking away with the conference title by winning the final set 15-13.

The Pirates were led by sophomores Raegan Grooms,



Photo courtesy of Armstrong Communications

who had 13 kills and 18 digs, and Carley Eiken, who nailed down 39 assists.

The Pirates will now face off against the Lincoln Memorial Railsplitters in the first round of the NCAA Southeast Regionals on Friday, Dec. 2 as a No. 4 seed. A win in the

game would mean a possible meeting with the Pacers in the second round of the tournament.

The Railsplitters finished their season 25-8 and fell in the championship game of the South Atlantic Conference tournament to the Wingate

Bulldogs, who landed the No. 2 seed in the Southeast Regionals and also eliminated the Pirates from the tournament in 2014.

Senior Rachel Thompson will look to lead the Pirates to victory in Friday's match-up as she leads the team with a

.317 hitting percentage. Junior Iva Scepavonic leads the team with 512 digs and will also play a big part in her team's efforts this weekend.

Women's basketball goes 3-1, men win three straight over break



Photo courtesy of Armstrong Communications

CALEB BAILEY
SPORTS EDITOR

The Armstrong Pirates men's and women's basketball team saw a ton of success over the Thanksgiving break as the former won all three

of their games to extend their win streak to four, while the latter won three of their four games to get to 3-4 on the year.

The men's team started their week of excitement with a thrilling 81-78 victory over

the Saint Leo Lions that saw senior Jamison Jeffers nail a last-second three pointer to pull out the victory. Junior Montrel Goldston had a big day off the bench with a game-high 28 points while also pulling down four re-

bounds.

The Pirates also went undefeated in the Horne Thanksgiving Classic with wins over Livingstone Friday, Nov. 25 and Fayetteville State Saturday, Nov. 26. In the latter game, a 75-64 victory, Arm-

strong got a boost from their starters with all five Pirates recording double-digit points, including junior KJ James's team-high 19 points.

The Pirates are now 4-2 on the year and look to keep their winning ways going as they open the month of December with a big road game against former in-state rival Valdosta State Thursday, Dec. 1.

The women's team saw their equal share of success over the break as they won three straight games after starting the year 0-3. Their three wins included a big overtime victory over Barton College Friday, Nov. 18 as part of the 3rd Annual BJ Ford Classic on the Armstrong campus.

In that game, senior Brigitta Barta had a big game with a 21-point, 12-rebound double-double. Junior Machala Raymonville had a big night for the Pirates as well, leading the team with 22 points off the bench.

BASKETBALL | PG 6

OFF THE BENCH WITH JOHN KEEN College Football Championship Week: The Pre-Playoff



Photo courtesy of USA TODAY

College football's regular season has come to its end, but this weekend's conference championship games

are still vitally import in determining who will reach the College Football Playoff.

Four of the five major

conferences, excluding the Big 12, participate in conference championship games with three of the Power Five conferences having teams in the top four of the rankings.

The ACC's championship game features a Saturday night clash between Clemson and Virginia Tech. Clemson comes into Saturday's action ranked fourth in the nation, while Virginia Tech, unranked, looks to upset the Tigers.

Clemson's high-powered offense, ranked top five nationally in passing offense, led by quarterback Deshaun Watson and offense coordinator Tony Elliot will try and overwhelm Virginia Tech's stingy secondary, ranked 17th nationally in total passing yards allowed.

If Clemson emerges victorious, they punch their

ticket to the College Football Playoff. However, a Virginia Tech upset opens the door for a two-loss Penn State, Wisconsin or Colorado.

While the conference's premier team, the Ohio State Buckeyes, is left at home watching due to their mid-season loss at Penn State, the Big Ten championship game between the Nittany Lions and Wisconsin Badgers still has major Playoff implications.

With two defenses ranked top 20 nationally, this game promises to be a low scoring affair with the winner having a shot at the final playoff spot.

Not only would a Clemson loss benefit the Big Ten Winner but a Colorado victory over Washington in the Pac-12 Championship would raise an interesting debate: Who is the more deserving team — the Big Ten winner

or Colorado?

Wisconsin, Penn State and Colorado all have losses to Michigan. Wisconsin also lost to Ohio State, a Playoff lock; Colorado lost to USC, a much-improved team during the season's second half; and Penn State also lost to instate rival Pittsburgh. Will a win for any of these three teams help them enough to slide into the top four?

With everything being equal and assuming all three teams only have two losses and are conference champions, Wisconsin would be the most deserving team, followed by Colorado then Penn State.

With that being said, Colorado still has to beat Washington for any of that to matter. Colorado comes into the Pac-12 championship with a slightly better defense than

Washington, while Washington sports a slightly better Offense. These two evenly matched teams square off this Friday with much more than Pac-12 Championship hopes on the line.

Finally, the SEC championship game features Alabama, consensus number one overall team and only undefeated team in a Power Five conference against Florida.

Even if Alabama happens to lose Saturday, their Playoff spot is still secured and at worst they would drop to second behind Ohio State for the number one overall seed.

With major Playoff implications still remaining, this year's college football championship week is shaping up to be one to remember.

Upcoming games

December 1

Men's Basketball
at Valdosta St. 8:00 PM

December 2

Women's Basketball
vs Shaw
@ Morrow, Ga. 3:30 PM
Women's Volleyball
vs Lincoln Memorial
@ Aiken, S.C. 5:00 PM

December 3

Women's Basketball
vs Chowan
@ Morrow, Ga. 1:30 PM

December 11

Men's Basketball
at Coastal Ga. 4:00 PM

December 17

Women's Basketball
at Georgia College 1:30 PM
Men's Basketball
at Georgia College 3:30 PM

December 19

Women's Basketball
at Montevallo 6:30 PM
Men's Basketball
at Montevallo 8:30 PM

December 29

Women's Basketball
at Troy 7:00 PM

December 30

Men's Basketball
Point 3:00 PM

CAMPUS VOICES:

What is your favorite holiday tradition?



My favorite holiday tradition is on Christmas Eve, my family always eats a huge Italian dinner together because we’re of Italian descent.

Katie Anne Fopiano



Eating, baking, and enjoying time with family.

Marisa Pierce



I like to open one present on Christmas Eve and then go to midnight mass.

Crystal Blum



Drinking too much egg nog on Christmas Eve.

Lila Miller



My favorite holiday tradition is my mom makes these mint chocolate meringue cookies that have to bake overnight, so she makes them on Christmas Eve and we wake up in the morning and have them.

Kat Scheuering

Elderberry: A Natural Alternative to Cold and Flu Medications

GENA COHEN

After being sick countless times, especially this year, I didn’t want to take anymore unnatural medications. Not only because the flavors are terrible, but because the medications I usually take only blanket over the ailments. I decided that instead of wallowing in the last stages of my cold I would look up natural medicines. Most medications like Dayquil or Nyquil don’t cure you of your ailments they only relieve them, unlike the elderberry.

Elderberry has shown up as a remedy in many alternative medical books and guides such as Rosemary Gladstar’s Medicinal Herbs book, where it gives instructions on how to make an immune boosting cold and flu remedy syrup.

After doing some research on the elderberry I found that it was native to North America and has been used by the Native Americans for centuries. According to the USDA’s plant guide, “The elderberry has been a valuable plant to the Native Americans and each piece has

its own purpose.”

It grows in mountainous regions, forests, canyons, streambanks and slopes. It tends to like sunlight and damp soil and is a shrub, so it can be found in a forests understory. Growing up to 13 feet tall you can find it easily in the summer and early autumn. The flowers bloom from May to October with white to cream petals while the berries grow from July to October. They are round in shape and look like little black pellets, but are really a dark blue or purple color.

When the elderberry flowers are in bloom they can be used to make medicines in teas, washes, and poultices. In the USDA’s online Plant Guide the benefits of elderberry tea can be used to help, “fevers, colds, headaches, TB, bladder or kidney infections and eye twitching. It can also be used for the complexion or beauty products. As a wash, it can help with sprains and bruises and in poultices its leaves can be used as a relief to inflammation, soreness, joint pains, and bee stings.”

Even the branches of this plant have a purpose and within the culture of Native Americans the USDA’s Plant Guide says that, “they were used to make the shafts of arrows, flutes, whistles, and tinder for fires.”

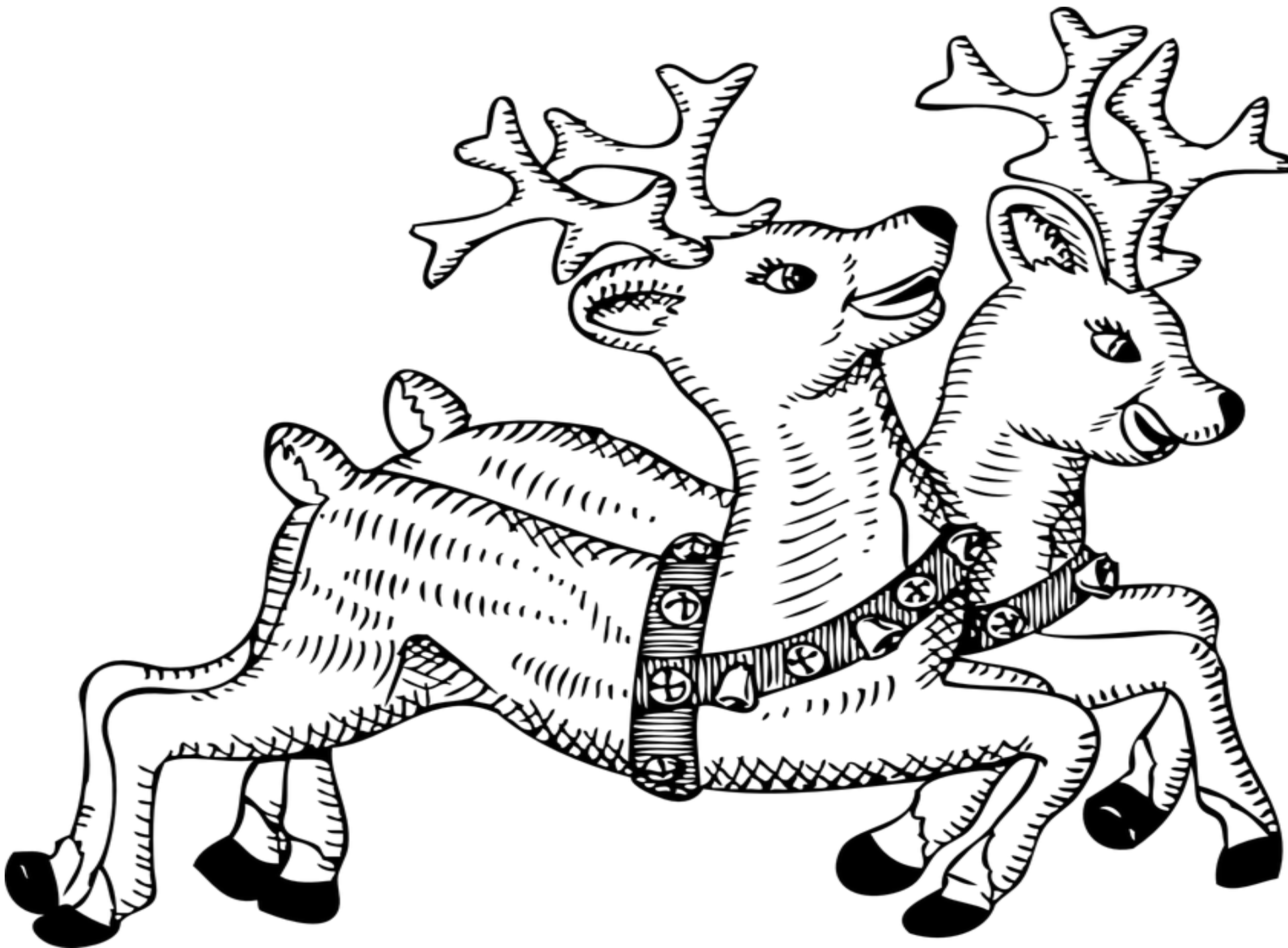
The berries are one of the strongest parts of the plant in aiding with illnesses. It should not be consumed raw, but when cooked down it can be made into syrups, teas and tonics. In Miriam Gladstar’s Medicinal Herbs book, “The berry can be used to cure or speed up the effects of colds

and flus, improve heart health and help with urinary or bladder infections.”

It would be great to go foraging for elderberries myself and make my own syrup, but it typically doesn’t grow in Savannah. Instead, I found that pre-made medicines can be purchased online or at health food stores such as Whole Foods. So, next time you get sick go buy some elderberry products because they’re all natural, the way medicine was intended to be.

HOLIDAY COLORING CONTEST

Send a picture of your completed masterpiece to chief.inkwell@gmail.com for a chance to win pirate cash!



Students Relax at Stress Free Day

BREE MCDONALD
STAFF WRITER

The Ballroom was full of students chattering over puppies, adult coloring pages and games spread across the tables Tuesday, Nov. 29. Armstrong’s Fitness and Wellness Center hosted Stress Free Day, an event held each semester before finals. The team provided free pizza to attending students and even invited outside schools to promote relaxation and lowered stress before finals take over.

Therapy dogs were on the scene to help relieve students from stress. Massage Therapy students from Virginia College were also on site providing students with back massages and facials.

Leigh Fout, Armstrong’s Fitness and Wellness coordinator, organized the event for the first time this semester. “I think this is one of the best turnouts we’ve had. My favorite thing about Stress Free Day is seeing all of the students happy. With so much going on, it’s nice to see students taking care of themselves,” Fout explained.

There were tables for students to get manicures, fa-

cials and their hair styled by students from Empire Beauty School. Junior History major Kennedy Davis enjoyed having her hair straightened by the Beauty School students. With dreams of one day becoming a History professor, a stress-free day was just what she needed.

Empire Beauty School student Rebeccah Austin loves the idea of Stress Free Day.

“I love how it’s giving back to the students. It’s a great way for us to network with other students, de-stress and relax.

Junior Psychology major Kush Joshi occupied time waiting for a massage by coloring. Being a psychology major, Joshi knows how important it is to relax the mind when finals are around the corner.

“It’s a good time to unwind and enjoy free pizza,” he added.

Junior Secondary Education major Courtney Hanes also enjoyed the coloring pages while waiting for a manicure and pizza.

In addition to the stress-free events in the Student Union Ballroom, a yoga class was also held on the balco-



Kush Joshi and Courtney Hanes sit at a table and color during Stress-Free Day. Bree McDonald. Nov. 29, 2016.

ny, providing students maximum relaxation and peace. With the unseasonably nice weather, students had the ul-

timate opportunity to practice breathing exercises and release tensions from their bodies before finals.

Stress Free Days are held around final exam week toward the end of every semester. Contact Leigh.Fout@

armstrong.edu for more information on the Stress Free Day coming in Spring 2017.

“Reach: Trees, Small Works by Various Artists” December 1st to December 23rd

PRESS RELEASE

Location Gallery presents:

Opening night Reception is December 1st , 5-8 pm and part of the Downtown Design District’s Hol-

iday Walk. As artwork is sold, it leaves with the purchaser for their gift-giving!

Gallery profits from show benefit **Savannah Tree Foundation** in their work to help Live Oak Public Libraries replant trees this winter.

About the Show: Wheth-

er the tree is wooden by nature, organizational or mathematical, the small works in this show by local Savannah artists will show a wide breadth of style, applications and narrative. Artists include Laura Adams, Stacie Jean Albano,Lyn Bonham, Lennie

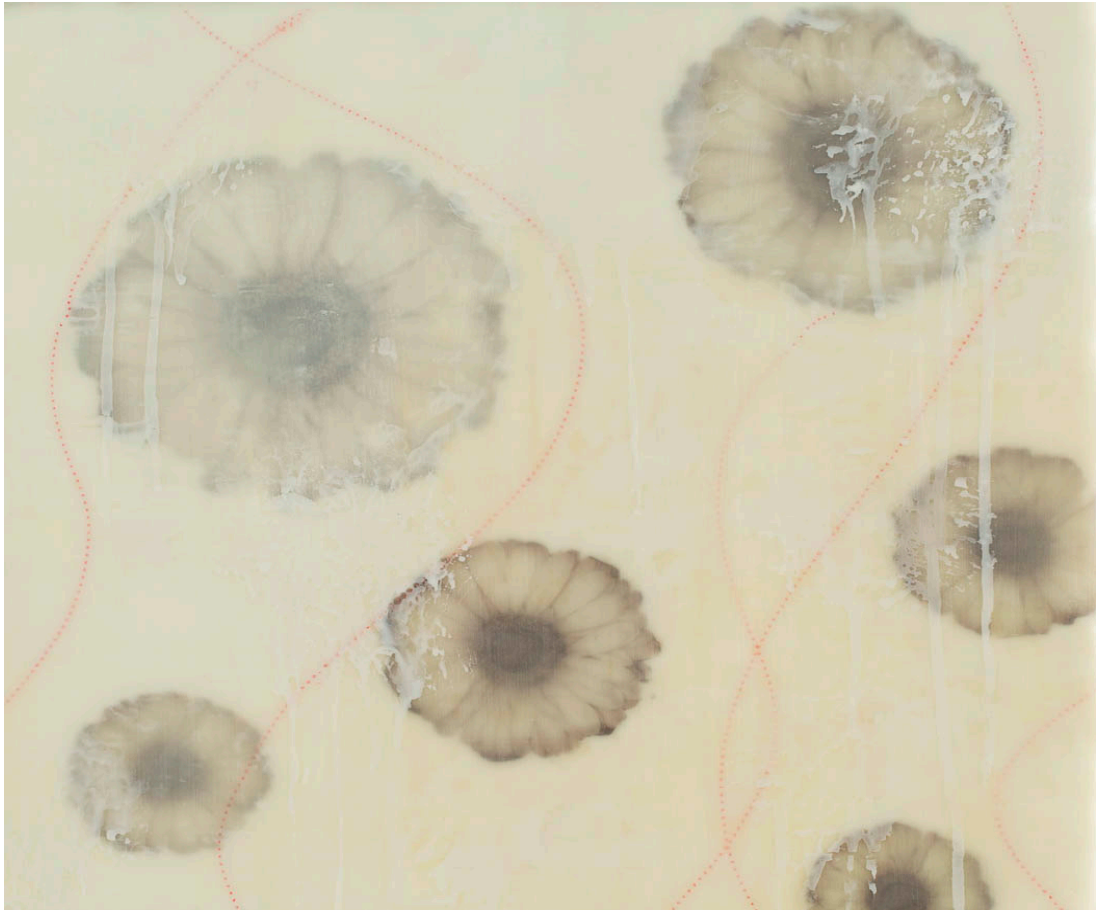
Ciliento, Christina Edwards, Nea Hanna, Deborah Llewellyn, Tobia Makover, Scarlett Manning, Rubi McGrory, Lara Neece, Preston Orr, Jennylyn Pawelski, Juliana Peloso, Peter E. Roberts, Daniel E. Smith, Shelley Smith, Bryan Stovall and Lisa D. Watson.

The Savannah Tree Foundation promotes, through direct action and education, an awareness of trees as vital environmental resources and an important part of our cultural heritage.

The Savannah Tree



Original Artwork "Shine" by Lisa Watson. Accessed Nov. 29, 2016.



Original Encaustic Photograph by Deborah Llewellyn. Accessed Nov. 29, 2016.

Events, December 1-6					
1 Armstrong Masquers presents Taming of The Shrew 7:30 PM Jenkins Hall Theatre	2 Annual Holiday Gathering And Tree Planting Ceremony 2PM Pirate Athletic Center Lobby	3 Starland Holiday Party 10PM The Wormhole	4 Taming of The Shrew Last Showing 4:30PM Jenkins Theatre	5 Late Night Breakfast 8PM The Galley	6 Dog Day 2PM Learning Commons

Telfair Museums Community Exhibit highlights Art Therapy

PRESS RELEASE

Savannah GA... *I Have Marks to Make*, a community exhibition focused on art therapy, will open on Dec. 10 at Telfair Museums’ Jepson Center. Celebrating the power of art to transform lives, the exhibition features artwork by individuals of all ages with disabilities or in rehabilitation from injury or illness. The exhibition includes work from Telfair’s community outreach classes, art produced by more than 10 organizations and rehabilitation centers, and work from local schools.

Now in its 22nd year as one of the museum’s longest running programs, *I Have Marks to Make* began as an exhibition of art from the city’s Therapeutics Department. Later, it grew to include art from rehabilitation programs at local hospitals, students from Savannah-Chatham Public Schools, and in particular, Telfair Museums’ outreach programs to agencies that serve individuals with special needs.

Over half of the works



The Jepson Center for the Arts at night. Accessed Nov. 29, 2016.

featured in the exhibition are created in Telfair’s outreach programs to local health and wellness organizations. The artworks are inclusive, uncensored and illustrates the artistic capabilities of those in our

community. *“I Have Marks to Make”* demonstrates that the process of art making can be meaningful and healing activity for anyone,” said Harry DeLorme, Senior Curator of Edu-

cation for Telfair Museums. The name of the exhibit originated with one of the early participants in the program, Katharine Hartwig Dahl. In a poem about her struggle to overcome trau-

matic injury and return to her practice of making art, she included the sentence “I have marks to make,” describing how art supported her rehabilitation. The director and education staff were taken with her words, embracing it as the theme for the exhibition.

The exhibition will be on display in the community galleries until Jan. 1, 2017.

Related programs:

Free Family Day

Saturday, December 10 1-4 pm / Jepson Center / Free and open to public

Join us for our annual exhibition, and enjoy hands-on activities at this opening celebration and festival. Learn about artistic empowerment and activate your senses by creating art with different materials.

Opening Program

Saturday, December 10 2pm / Jepson Center Neises Auditorium

Marks will open with an auditorium program of readings presented by participants

in the museum’s outreach programs from organizations including the Savannah Center for Blind and Low Vision, the Department of Veterans Affairs Primary Care Clinic, as well as longtime participant and local writer, Robert Cohen.

Community partners include the Rehabilitation Hospital of Savannah; Coastal Center for Developmental Services, Inc.; St. Joseph’s/Candler Rehabilitation; LIFE, Inc.; Savannah-Chatham County Public Schools Department for Exceptional Children; the City of Savannah’s Therapeutics Program; Savannah Speech and Hearing Center Stroke Survivors’ Group; the Savannah Center for Blind and Low Vision, Inc.; Department of Veterans Affairs—Savannah Primary Care Clinic; Goodwill’s ADVANCE Acquired Brain Injury Rehabilitation Program; and Ruth Byck Adult Daytime Care.

Funding and other support for the *I Have Marks to Make* exhibit illustrates the sense of community created by art and rehabilitation.

Holiday Films: Get Cheery but Stay Sedentary



Still from “Rudolph, The Red-Nosed Reindeer”. Accessed Nov. 29, 2016.

LILA MILLER
A & E EDITOR

As the fall semester at Armstrong comes to a close, many students may be wondering what to do during the holiday break. After a stressful and tumultuous semester, many share the sentiment of wanting to kick back, relax and enjoy some downtime before the spring semester and

the new year come around. What better way to do that than with a comprehensive breakdown of favorite holiday films? While there’s no accounting for taste, this jolly list boasts something for everyone.

For the classic lover of all things merry and festive, Christmases past might suggest giving “A Christmas Story”, “Dr. Seuss’ How the

Grinch Stole Christmas”, “Miracle on 34th Street”, or even “White Christmas” a try. The writer specifically enjoys the iconic scene in “A Christmas Story” where Ralphie’s sidekick and friend gets his tongue stuck to the flagpole. Another classic film is certainly the claymation flick, “Rudolph The Red-Nosed Reindeer”. Worth mentioning, though this one falls dead

last because the only moral in the story is that people won’t like you if you’re different, unless you can be useful to them.

The most Brady Bunch of families can find the holidays fraught with stress and tension. Thankfully, with the holidays also comes amusing films everyone can enjoy. “Home Alone” appeals to both the underdog, as well as the paranoid. Will Ferrell’s acting skills in “Elf” punctuate a child-like wonder and silliness that a lot of people

find nostalgic, particularly around the holidays. Other funny films include “8 Crazy Nights”, “Frosty The Snowman”, “The Polar Express”, and “The Muppet Christmas Carol”.

Even the cheeriest of elves could use a little mischief from time to time. Some creepy Christmas favorites include: “The Grinch”, “Bad Santa”, “The Nightmare Before Christmas”, “Gremlins”, “Batman Returns”, “Die Hard”, and even perhaps, “The Shining.” All work and

no play makes Jack a dull boy.

If the thought of being around family for three very long weeks isn’t enough of a tearjerker, films like “Love Actually”, “It’s A Wonderful Life”, and “Bridget Jones’ Diary” might be enough to start the waterworks.

No matter the cinematic preference, the holiday break is really just that, a break. So, relax, grab some eggnog, turn on the TV, and enjoy the break. Happy Holidays, Pirates.



Still from “The Nightmare Before Christmas”. Accessed Nov. 29, 2016.

Weekly Playlist: Fa La La Fall Semester is Over!



Created by: Lila Miller • 12 songs, 32 min				
	SONG	ARTIST	ALBUM	
+	All I Want for Christmas Is You	Mariah Carey	Christmas Hits	04:01
+	Jingle Bell Rock	Daryl Hall & John O...	Christmas Hits	02:03
+	Alone This Holiday - Recorded ...	The Used	Merry Xmas	02:54
+	Merry Christmas (I Don't Wanna...	Ramones	Merry Xmas	02:03
+	Blue Christmas	Elvis Presley	Elvis' Christmas Alb...	02:09
+	Winter Wonderland	She & Him	Christmas Party	02:37
+	Rockin' Around The Christmas ...	Brenda Lee	Rockin' Around The ...	02:06
+	You're a Mean One, Mr. Grinch	Misfits	Horror Xmas	02:12
+	The Christmas Song	Weezer	Christmas EP	03:07
+	My Only Wish (This Year)	Britney Spears	My Pop Christmas	04:14
+	White Christmas	Bing Crosby	Christmas Music 10...	03:02
+	Have Yourself A Merry Little Ch...	Cat Power	Have Yourself A Me...	02:13

HIV: a local problem with solutions

CRYSTAL BLUM
STAFF WRITER

The Brothers of the Alpha Pi Chapter of Phi Iota Alpha presented “1 in 5: A Latino HIV Seminar” Nov. 16 in the Ogeechee Theater.

Armstrong guest speakers Dr. Sarah Plaspohl, a Public Health Coordinator interested in community health promotion and primary prevention measures and Dr. Femi Taiwo, a graduate research assistant, focused on helping people living with HIV.

Georgia ranks number 5 in the country for number of people living with HIV and Savannah is second in the state after Atlanta.

According to Taiwo, “. . . probable causes include Savannah being a historical city with lots of tourists, presence of military bases, Georgia ports, plus the fact that Savannah has high LGBTQ

populations at a rate higher than national average.”

During the seminar, guests learned about the statistics of Latino and other populations living with HIV, preventative measures, resources and what life can be like for people living with this virus. Education was aimed at Latinos specifically because they are disproportionately affected with the sexually transmitted virus primarily bisexual or gay Latino men and only half of them diagnosed are retained in HIV care.

According to the CDC, Latinos make up a larger percentage of the people living with HIV for many reasons: they tend to have intercourse with people of the same race/ethnicity; they may not seek help or testing due to a cultural “social stigma and discrimination;” a limited access

to healthcare; language barriers and they may be afraid to seek help due to their immigration status.

Taiwo provided information on how Latinos can access help and get tested without fear. He explained that many screenings are free and available at CVS, Walgreens and some shopping malls. No questions about citizenship or language are asked.

Taiwo assured the crowd that everything about screenings is confidential. In special confidentiality cases, screenings can sometimes be done in the security of the person’s home. Taiwo stressed the fact that resources are available to “anybody, regardless of gender, culture, language or sexual orientation.”

Plaspohl added that Armstrong occasionally offers free screenings on campus. “Armstrong usually has

at least one event per semester that offers free HIV screening. The events are often coordinated with the local health department. These events will be communicated via all forms of standard student communications, such as emails, flyers and other forms of campus announcements,” she explained.

It is important to be tested because many people are not aware that they have it. HIV does not always show symptoms immediately and it can sometimes take up to 10 years for any sign of the virus to appear.

In that time span, people can release it to their partners without their knowledge. Therefore, people should have screenings that include the entire STD panel so those afflicted with HIV can get medical care and be certain not to infect their partners.

HIV can be treated now, but only if you know you have it. It no longer has to be a “death sentence.” Modern medicine can help people living with the virus to have healthy lives. With proper medical care and assistance, people with HIV can also give birth to babies without HIV.

Taiwo provided tips on how to prevent an STD: “The surest way to avoid STDs is to not have sex. This means not having vaginal, oral or anal sex. STDs are preventable. There are steps you can take to keep yourself and your partner(s) healthy: using a condom correctly every time you have sex can help you avoid STDs; agree to only have sex with one person who agrees to only have sex with you; make sure you both get tested to know for sure that neither of you has an STD [. . .]

] if anyone tests positive, getting an STD is not the end. Many STDs are curable and all are treatable – just go to the nearest health department for free treatment.”

“Right information reforms, lack of it deforms,” Taiwo added. “Students need to be equipped with the right information and statistics so they can be that change agent.”

“I have passion for public health. I believe with the right public health policies, we can protect and save more people from infectious and chronic diseases via prevention measures,” Taiwo said.

As a conclusion to the seminar, Taiwo calls on us all to be ambassadors to our family and friends and give them information on HIV and STDs that can save their lives.

RESOLUTION | PG 1
but we need to be strategic and consider all of the factors,” he added.

He stressed the same action Padgett suggested in getting more Georgia schools on board as allies with this resolution, particularly the Uni-

FENCING | PG 1
explained that HEMA is more popular in Europe but is growing in the United States. The largest U.S. competition, known as “Longpoint,” had over 150 competitors this year and ESPN Online has

versity of Georgia.

Padgett stated that some of what the resolution is asking for Armstrong to do is not within the school’s power, such as telling Armstrong PD “to refrain from collaborating with ICE (U.S. Immigration and Customs Enforcement)

featured the finals of HEMA events at an international martial arts competition.

The club currently has around ten members, though Springer is hopeful more people will want to participate in the future.

for the purposes of immigration enforcement.”

Padgett suggested that what concerned students can do in the meantime is visit the Registrar’s office and have themselves listed as confidential on the Armstrong directory. The confidential infor-

“We are always looking to grow,” Springer said, adding that though Olympic style fencing is not currently part of the club’s activities, that may change in the future if people are interested.

Springer also hopes to in-

mation would include name, address, major, enrollment status, activities, weight, height and hometown. However, if students chose to do this, their name would not appear in the graduation bullet list until they are added back into the directory. Also, pinject academia into the sport. Having completed a heart rate study at Longpoint, Springer hopes to be able to use academic research to build a highly competitive team.

The Historic Fencing club practices Monday and

numbers could only be reset in person if need be.

Dr. Elizabeth Desnoyers-Colas, representative from Armstrong in the USG Faculty Council, will contact the Faculty Council at its next meeting about the “Sanctuary Campus” resolution. Padgett

Wednesday from 6–9 p.m. upstairs in the Alumni Arena. They also meet for group exercises Friday from 6–8 p.m. at the Student Rec Center. Practices are open to the public and gear and experience are not required

will update the Faculty Senate on the resolution in the next meeting on Jan. 23, 2017.

To view a copy of the “Sanctuary Campus” resolution, visit theinkwellonline.com.

For more information, contact Zachary Springer at zs3987@stu.armstrong.edu or 912-704-7248.

BASKETBALL | PG 2

The Pirates also competed in the 2016 Nova Southeastern Thanksgiving Classic over the weekend and opened

it up with a dominant 84-73 win over Palm Beach Atlantic. Their three-game win streak came to an end when

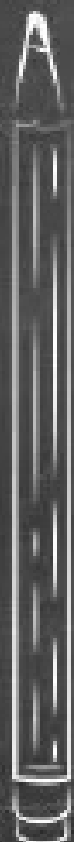
they dropped a game to tournament host Nova Southeastern Saturday, Nov. 26.

The Pirates look to get

back on track this week when they take part in the 2016 Heritage Bank Classic in Morrow, Georgia with a

match-up with Shaw Friday, Dec. 2 and another Saturday, Dec. 3 against Chowan.

CALLING ALL WRITERS AND PHOTOGRAPHERS



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EVERY WED. 12:30 P.M.
MCC 202

