12-1-2016

The Inkwell

Armstrong State University

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I was going to suggest we hold off on this until Jan-
uary. But since you really don’t know how much sup-
port there is for the other schools, but I . . . I know we would like to put it in a united front.

Senior Political Science major Mishaela Estrada asked, “As an independent school, why do we not want to do some thing 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 by all the other schools, and the USG system. Armstrong was of only one or two cam-
puses that felt strongly about this, would we be willing to move forward with it any-
way?”

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 to-
gether to do a full resolution.

Historic European Martial Arts comes to Armstrong

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.

“Is this specifically not the Olympic sport,” Zacha-

Springer, president of the Historic Fencing Club, said. HEMA practitioners train with a variety of weapons including long sword, saber, rapier, dagger and rapier. Springer said they also train with fencing as a practice of sword fighting.

The club recently hosted the Georgia region on-cam-
pus training camp Saturday, Nov. 22.

“It’s heavy. You do get hit,” Springer explained. “I’d make the comparison to Olympic fencing as two hand touch football, whereas long sword fencing is like
rugby.”

Though it is a contact sport, Springer explained that injuries are rare and protec-
tive equipment has also recently been established a stronger presence in campus housing areas on the rise. Springer 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.

He mentioned what happened at Georgia Tech previously in two years. It has an issue in its due process sur-
rounding an expelled student. Tech was fined for millions of dollars “as a punishment for this due process discrep-
ancy,” the faculty member said.

“The state legislature is united for the purpose of [punishment] that could hap-
pen if something changes that we don’t like. So we want to be strategic about how we ap-
proach this. Not that we are going to just forget about it,”

Armstrong considers Sanctuary Campus resolution

President Dustin Stewart led a historic Student Government Association

SG Town Hall Meeting: Reflecting on recent student engagement initiatives

STAFF WRITER

KVARA MEIJA
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 Thurs-
days from 11-12:15 p.m.

Dr. Regina Bradley is an Assistant Professor of African American Studies at ASU. Currently, she is teaching Lit-
erature and the Monroe County Survey of African American Literature and African American Writers.

Bradley believes that edu-
cational institutions need more contemporary render-
ings of the South.

“We’re stuck in outdated approaches and discussions of what is and what isn’t southern. I think it is import-
ant 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 na-

tionally recognized as a hip-hop group, Bradley believes that they are a great exam-
ple for exploring Post-Civil Rights Southern Black aes-
thetic. Her objective is to en-
courage students to think about how hip-hop has influenced African American culture, black lives, and the

South after the Civil Rights Movement.

“I wanted to teach this class on OutKast and south

ern 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 Staniaakia: 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 of-
fered again. Students can al-
ways add themselves to the waitlist for the class in case they someone drops the course through their SHIP account.

New course studies OutKast

Emily Smith

Recent student engagement ini-
tiatives and campus safety were discussed by fac-
ulty and students at the Stu-
dent Government Association town hall meeting Nov. 29.

President Dustin Stewart led the discussion, allowing fac-
ulty and students to recap com-
munication improvements made between students and faculty. The floor was then open for the open group of students in the audience to ask questions.

“I think these kinds of fo-
rums are really wonderful,” Armstrong President Linda Bleicken noted. “Anything where we can have an oppor-
tunity to actually talk to one another is a good thing.”

President Bleicken alluding to the resolution:

“There is no way to make state-
ments that, crafted in com-
mittee, or that may respond or appear to respond to threats that have yet to materialize,” Bleicken said. One of the inaccuracies that Bleicken claimed in the resolution is implementing de-escalation training on campus police, which is already occurring.

“It’s gone from a few to a few dozen that are really exclu-
sive [. . .] to national organiza-
tions,” Springer said.

The Historic Fencing Club in regional training camp held Saturday, Nov. 22 (Zachary Springer)
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 now go up to Flagler 3-2 in the title game.

In that game, the Pirates took an early lead by winning the first set 25-23. 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, 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 Ravens 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 Big East or Atlantic 10 Tournament title with the Pacers in the second round of the tournament.

The Ravens finished their season 25-8 and 6-2 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 the leads the team with a 127 hitting percentage. Junior Iva Scepavonic leads the defense 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

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 former in-state rival Memorial Railsplitters in the first round of the tournament. The Pirates will now face the winner of the Ohio University Bobcats and Old Dominion Monarchs in the second round of the tournament.

OFF THE BENCH WITH
John Keen

College Football Championship Week: The Pre-Playoff games

With major Playoff implications still remaining, this week's college football championship games are still vitally important in determining which teams will make 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 Elliott will try and pull out the victory. Junior Montril Goldston had a big day off the bench with a game-high 28 points while also pulling down four rebounds. The Pirates also went undefeated this season, recording double-digit points, including junior KJ James’ 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 USC Aiken on 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 VCU College Friday, Nov. 11 as part of the 3rd Annual Blue Ribbon 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 Watson got a boost from their starters with all five Pirates recording double-digit points, including junior KJ James’ team-high 19 points.

The Pirates now go up to Flagler 3-2 in the title game. The Pirates will now face off against the Lincoln Memorial Ravens 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 Big East or Atlantic 10 Tournament title with the Pacers in the second round of the tournament.
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.
Marias 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 Scheunering

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 nutrient rich soil and damp soil, 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 flu, 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 chatting over poppies, 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, facials 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 Rebecca Austin loves the idea of Stress Free Day.

“It 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 balcony.

“Providing students maximum relaxation and peace. With the unseasonably nice weather, students had the ultimate 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.

About the Show:

“Reach: Trees, Small Works by Various Artists”

December 1st to December 23rd

Location Gallery presents:

Jenkins Hall Theatre
7:30 PM

Location Gallery presents:

Armstrong Masquers presents Taming of The Shrew 7:30 PM Jenkins Hall Theatre

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

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December 1, 2016
THE INKWELL
ARTS
& ENTERTAINMENT

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ARTS
& ENTERTAINMENT

For the spring semester and many share the sentiment of a fulfilling and tumultuous semester, holiday break. After a stress-filled semester, many students may be won over by the warmth and comfort of the upcoming winter. One way to enjoy the holidays while staying active is through film. Holiday films can provide a nostalgic and comforting experience, with many classic films that are sure to get anyone into the holiday spirit.

HOLIDAY FILMS

As the cold weather sets in, many people turn to films to get them through the long days and nights. Whether it be a classic Christmas film or a more contemporary holiday film, there is something for everyone.

For the classic lover of all things merry and festive, Christmas 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 tongue stuck to the flagpole. Another classic film that is sure to bring joy is "Home Alone". It appeals to adults and children alike, making it a great film for the entire family.

In addition to the classic films, there are also many more contemporary holiday films to choose from. Some of these films include: "The Grinch", "Bad Santa", "The Nightmare Before Christmas", and "The Muppet Christmas Carol".


The most Brady Bunch families can find the holiday films to watch 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 mid-life crisis from time to time. Some creepy Christmas favorites include: "The Grinch", "Bad Santa", "The Nightmare Before Christmas", "Garlands", "Battman Returns", "Die Hard", and even "Shining". "Home Alone" is a great film for the whole family, as it is a fun film that everyone can enjoy.

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 engagement and activate your senses by creating with art from different materials.

Opening Program Saturday, December 10 2pm / Jepson Center Nevis Auditorium Marks will open with an audience 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 partners and local writer, Robert Cohen.

Holiday Films: Get Cheery but Stay Sedentary

Holiday Films: Get Cheery but Stay Sedentary

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, Christmas 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.

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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, everyone.

Weekly Playlist: Fa La La Fall

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HIV: a local problem with solutions

December 1, 2016

THE INKWELL Backpage

BASKETBALL | PG 2

The Pirates also competed in the 2016 Nova South- eastern Thanksgiving Classic over the weekend and opened

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

at least one event per semester that offers free HIV screening. The events are often

touted with the local health department. These events will be communicated via all forms of standard stu
dent 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 HIV. This does not always show symp
toms 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 part
ners without their knowledge. Therefore, people should have screenings that include the entire STD panel so those
affected with HIV can get medical care and be certain not to infect their partners.

According to CDC, Latinos make up a larger per
centage 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 cul
tural "social stigma and dis


tinction"; and some shopping malls. No

According to Taiwo, "...Latinos are known as "Longpoint," because they are dispropor
tionately affected with the

sexually transmitted virus primarily bisexual or gay

Latino men and only half of them diagnosed are treated.

The largest U.S. competition, growing in the United States. It is more popular in Europe but is not widely known as "Longpoint," had

The Pirates look to get

over 150 competitors this year. The largest U.S. competition, growing in the United States. It is more popular in Europe but is not

He explained that many screenings are free and available at CVL 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, screening

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 Arm-

strong occasionally offers free screenings on campus.

"Armstrong usually has

no HIV screening services on

campus," Taiwo assured the crowd. "...Students need to be equipped with the right

information to "be that change" in their lives. To view a copy of the "Sanctuary Campus" resolution, visit thinskewlifeline.com.

"Right information re

serves," Taiwo said.

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

The Historic Fencing club practices Monday and

numbers could only be reset if

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