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The Inkwell

Armstrong State University’s news source since 1935

WEEK OF OCTOBER 5, 2017

THEINKWELLONLINE.COM

Suicide Awareness Week

Armstrong’s effort to shed light on a dark topic



Lanterns lit up the front of the Student Union to honor those affected by suicide. Photo by: Mitchell McDuffie

Active Minds Presents “Lanterns & Lyrics”

ETHAN SMITH
STAFF WRITER

Active Minds, a non-profit organization centered around mental awareness for people at the collegiate level, hosted the event “Lanterns & Lyrics” on Friday, Sept. 29 to show awareness for those who are victims of suicide. Poems were read, songs were sung and a few people from Active Minds shared their stories about their experiences with suicide, as well as how they believe suicide can be prevented.

Personalized lanterns were made by students earlier in the day, and each lantern lit up the night to recognize a victim of suicide. Some of the lanterns had beautifully

drawn pictures, while other had positive quotes or sayings that touched everyone in attendance.

Suicide is the second leading cause of death among people ages 20-24. One in 12 college students in the United States plans suicide. The American Foundation for Suicide Prevention claims that every day, approximately 80 American college students take their lives and 1,500 American college students attempt to do so, which may not sound like a lot but 80 people a day piles up very quickly, and especially so considering that the statistic only applies to college students in America.

I asked the Active Minds

group questions about how suicide awareness can become a more important topic among college students.

“Definitely some more lectures would be great. More events on it, maybe more groups could get together with us, we could do a play about it, etc. Any organization that is willing to work with us to bring these type of events to [Armstrong] because it’s definitely a very silent thing, and it definitely needs to be spread out and talked about.... We definitely need more help from the campus.”

I then asked how Active Minds could be more active on the Armstrong campus. To which they responded, “Spreading the awareness.

Get involved with us. We have resources from a national point of view because we are a national organization, so we get resources from those who know how to advocate for it. So get involved with us as well as PEP (Pirates Educating Pirates.) Always check your emails because we are always sending something, whether it’s just a smiley face or anything like that. We’re bringing one of our themes forward, Expressing Yourself, to allow people to come out of their comfort zone and speak about suicide and their personal experiences with it. Being apart of something like this is powerful.”

Pirates Educating Pirates
LANTERNS | PG 6

A Pill That’s Hard to Swallow

HARLEIGH BASS
STAFF WRITER

On Monday, Sept. 25 at 5:30 p.m., students gathered in the Student Union Ballroom for the third annual “Engaging the Patient Experience” event hosted by Armstrong’s student chapter of The Institute of Health Care Improvement. This year’s speaker was Bill Carruthers, a Savannah local and mental health advocate. He shared his personal experience with addiction and how he overcame that dark time of his life. Instead of dwelling on all the negative experiences in his life, he uses his story to help and inspire others.

Dr. Anne Thompson, Dean of College and Health Professions, opened this event with the mission statement: “[We] must become more dedicated, more observant health professionals.” The opioid addiction rates have increased significantly within the past decade. With 26.4 to 36 million living with addiction, the question we must ask ourselves is: “why?”

Part of the problem is pharmaceutical companies using aggressive marketing techniques, but failing to inform the patient of the “Black Box” warning or negative effects this medication could have. Another catalyst for this increase is an abundance of synthetic drugs at the world’s disposal. If a patient is unable to get their prescription, they can find something similar thing on the street.

They’re simply looking for pain relief, but as Dr. Thompson shared, many patients report that they’re still in great pain, but don’t care. Opioids are a highly addictive substance, and over time will the reduce natural pain inhibitors your body produces, which creates a dependence for the substance. Carruthers then shared his recovery story. A user since the age of 10, he is now in long term recovery. Carruthers emphasizes that some people are simply playing the hand they were dealt, they are not bad people. Not everyone has the privilege of having a mother, father,

PILL | PG 6



Students gathered together in small groups to listen to moving stories of overcoming addiction and mental health. Photo by: Harleigh Bass.

Active Minds Present “Pass It On”

CHARITY WILLIAMS
STAFF WRITER

On Sept. 29, Armstrong students gathered together in the Solms building to listen to the “Pass ItOn” presentation, which was centered around suicide prevention. Friday’s event was part of week-long activities that were being held as part of Armstrong’s Suicide Awareness week. While waiting for the presentation to start, students prepared themselves for the nature of the topic. The quiet atmosphere in the room and the attentive faces of the students was a sign to the speakers that they had everyone’s undivided attention and support for this topic. As soon as the lights dimmed and the slide show appeared on the screen, the presentation began.

The presentation began at noon and lasted until 1 p.m. The “Pass It On” presentation was held by Active Minds, an

on campus mental health organization. Active Minds is an organization designed for our students. They are dedicated to empowering students to speak out about mental health and to encourage help seeking behavior.

Speakers, Liz Kersey, president of Active Minds, and Sakile Johnson, an event coordinator of Active Minds, both led the presentation as they first started the discussion with statistics about suicide. Some statistics included that there are more than 1000 suicides each year on campuses and that suicide is the third-leading cause for teens and adults.

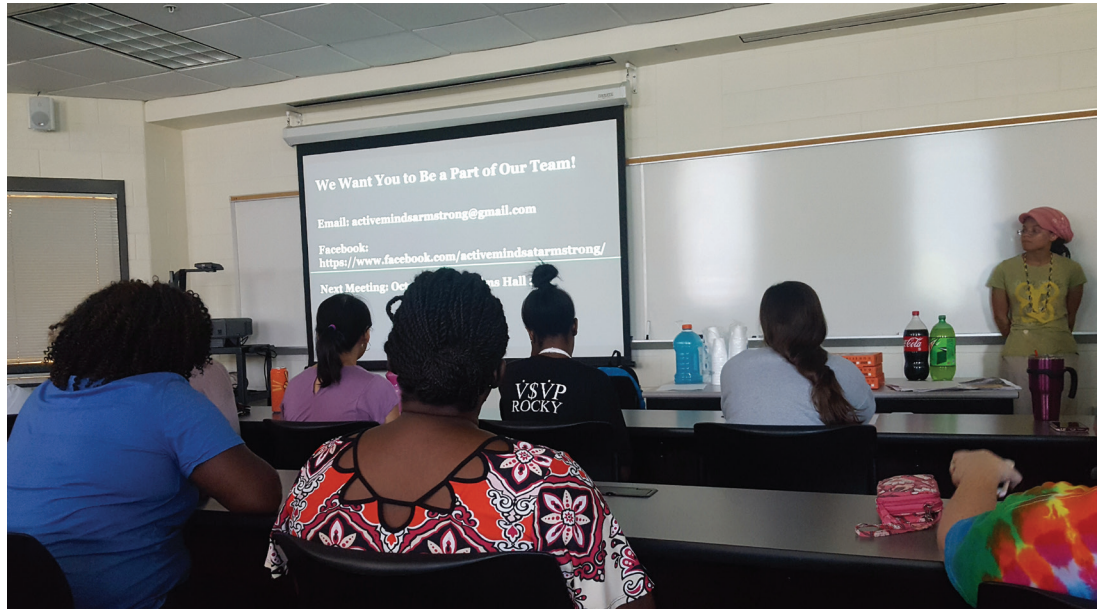
Becca Bussard, a junior majoring in nursing, came out to show her support and knows how important it is that Armstrong hosts these kinds of events for college students. “It sheds light on the issue,” Bussard said. “It’s especially important when you are at an

age when so much is on your shoulders.”

Many students showed up for the event in droves that resulted in the relocation of the presentation to accommodate the abundant number of students. Although Armstrong students, primarily in the psychology and the nursing fields, were present, there were other students who came to listen and to show their support for the event.

The speakers discussed stigmas concerning mental health. Kersey let students know how important it is to choose their words carefully regarding how they go about talking about suicide. For example, the stigma of victimizing language such as “committed suicide.” As noted by Kersey, “Saying a person ‘committed suicide’ puts a stigma, so we change it by saying ‘lose their lives to.’”

Johnson discussed in the presentation “Do’s and



Active Minds hosted a PowerPoint presentation on suicide prevention and what you can do (and not do) to help. Photo by: Charity Williams.

Don’ts”. These tips encouraged supporting someone that one thinks could be considering suicide.

Some Do’s included: do know the risk factors and do stress that suicide is not their only option. Some Don’ts included: don’t demand they

seek help and don’t try to solve the problem alone. Because of the nature of the presentation, Kersey gave advice for anyone who chose not to come out of fear of what others would think.

“Don’t be afraid. We are together in this,” Kersey said.

She also encourages students to feel the connection with others. “We are equals... physically, mentally, and spiritually,” Kersey said.

The significance of the event was seen when Kersey decided to share personal PASS IT ON | PG 6

Masquers Presents “The Revolutionists”

MADISON WATKINS
STAFF WRITER

The Department of Art, Music and Theatre presented its first Blackbox show “The Revolutionists” from Sept. 28-Oct. 1 in Jenkins Hall. The comical historic play starred Olivia Quillman, Brianna McDonald, Cassie Martinez and Courtney Lawson. The play was written by Lauren Gunderson, but Courtney Helen Grile served as director for the show.

The play was about four important figures during the Reign of Terror of the French Revolution: Olympe de Gouges (Quillman) a feminist and playwright, Marianne Angelle; (McDonald) a free-woman and rebel from Haiti; Charlotte Corday, (Martinez) also known as the “Angel of Assassination” and Marie Antoinette, (Lawson) the queen of France.

Marianne Angelle was a character comprised of fiction, though her character was based on the people who contributed to the French and Haitian Revolutions that were never written about. The four women also never met in history, but this play is based on what Olympe de Gouge was trying to write about before she was executed. Gouges used her talents to give a voice to those suffering from inequality in France.

In the beginning of the play, Olympe tries to think of a good idea for a play while hearing comments about it from Marianne. Then, Charlotte Corday finds them and asks Olympe to give her

some lines in her play before she kills journalist Jean-Paul Marat so people will understand her motivation. She receives encouragement from Marianne and protests from Olympe, but sticks with her decision to kill Marat while he is in his bathtub. Then Marie Antoinette comes along, with a lot of ribbons, to be a part of Olympe’s play as well. Marie Antoinette was easily the most comical of the group. She was portrayed as a stereotypical spoiled, frivolous queen.

In the second act, the characters face the inevitable in what they refer to in the play as “Madame Guillotine.” Even before their executions, the four women found time to comfort each other in moments of sororité (sisterhood). Marianne was the only who wasn’t sentenced to execution. As they went up to the scaffolds, they had their heads held high and maintained composure even as some of their last words were “Tell my father I’m sorry I could never give him grandchildren” or “I’m so sorry, I didn’t mean to.”

Even with all the dark plot elements of the second act, the comedy did not let up. The actors kept up with the timing while continuing to give their characters depth that helped the audience learn what these women were like.

The entire play was very meta—it was essentially a play within a play. All the jokes could be appreciated by everyone, including an on-going gag that poked fun at



Olivia Quillman, Brianna McDonald, Cassie Martinez and Courtney Lawson stand for an ovation after “The Revolutionists” play showing at Blackbox theatre in Jenkins Hall. Photo by: Madison Watkins.

French Revolution-era musical “Les Miserables.”

Marie Antoinette actress Courtney Lawson said she was proud of how the production was going despite losing a week of rehearsal time, “Because of the hurricane we missed a week of rehearsals and last week we didn’t know a lot of our lines so we weren’t sure how the

show was going to go. But now we’re up to speed and it’s turned out great!” Lawson went on to say that they had to do a lot of research for their characters “Our dramaturg Brianna McNish helped us a lot with the questions we had during rehearsals but we still had to do a lot of research on our own,” Lawson added.

Newcomer to the theater

department Cassie Martinez said her favorite thing about playing Charlotte, “I liked being able to have a knife in my boot.” She then explained what she would have done if she were in Charlotte’s shoes, “You gotta do what you gotta do during times like that.”

Theatre performance major Macie Young got a lot of enjoyment out of the show “I

loved it. I especially loved all the characters, but Marie Antoinette was my favorite because she made me laugh the most. I thought the message of the play was very heart-warming and empowering for women of all ages.”

The Theatre Dept. will be presenting its next production “Blithe Spirit” October 26-29 on the Main Stage.

Housing Hosts Movie Night Event in Compass Point



Armstrong’s After Dark series presents “Remember the Titans” on the lawn in front of Compass Point. Photo by: Madison Watkins.

MADISON WATKINS
STAFF WRITER

As one of the remaining events of the Armstrong After Dark series, the Housing department hosted a movie night outside the Compass Point Clubhouse on Sept. 29. The film screening was originally meant to be held on Sept. 8 but was pushed back two weeks due to the Hurricane Irma evacuation.

Students were treated with fresh popcorn, snow cones and candy as they watched “Remember the Titans.” The film released in

2000 starring Denzel Washington and Will Patton.

The film itself is about a Virginia high school football team in 1971 figuring out how to work together in a tense racist environment, as their school and team are the first in their area to be integrated.

The students could use chairs to sit on or bring their own blankets as they sat on the lawn outside of the Clubhouse. Many students attended and covered the lawn with their blankets to watch the movie. Throughout the movie

there were enthusiastic reactions from the crowd whether they were seeing it for the first time or the thousandth. Students had various reasons for attending the event.

“Since I am an RA, we’re encouraged to go to events set up by housing and the good movie certainly helps!” Resident assistant (RA) Alexis Eanes, a sophomore nursing major explained.

Most of the students had seen it before but others had not. One of Movie Night’s attendees, Henry Pritchett said, “I’ve only seen bits and



A film still of Denzel Washington acting in “Remember the Titans.”

pieces of it.” Eanes went on to say, “Yes I have seen it before. It’s a feel-good story and it reminds me of my childhood because I would watch it a lot.” Movie Night was a success, and to many students attending, this event, among the many events they’ve enjoyed at Armstrong this semester, became a favorite.

“My favorite was The Mentalist event because it was so cool!” explained Eanes. Sophomore History major Kelly Vislocky said her favorite so far is now the Movie Night. “It was a lot more

low-key. It’s not as crowded or loud as other events. I’m a movie person so it was a nice way to hang out with everybody,” Vislocky added.

The students also had some ideas for new events they would like to see on campus next. Vislocky and other students agreed that they’d like to see more campus movie night events at Armstrong in the future.

As for future movie nights, the students already have some suggestions in mind. The titles “Deadpool,” “The Avengers,” “Flatliners”

or “Baywatch.” were suggested for the next event.

Vislocky wanted to go with “A classic Disney movie!” One from the ‘90s when we were growing up would be awesome. Or something like ‘High School Musical’ would be great. You can’t go wrong with these!”

If you would like to make suggestions about future movie nights or events on campus in general, you can let your RA know. You may also voice your opinions at the Residential Student Association meetings on campus.

CAMPUS VOICES:

In lieu of the recent Vegas shooting, what are your thoughts on gun control?



I feel like yes, people have the right to bear arms - but I feel like we need stricter laws, especially because of what happened in Vegas.

Chasity Brezial
Senior, Cell and Molecular Biology



We have the gun law for a reason, it should be strict. We shouldn't be able to carry on campus because pedestrians can't protect themselves.

Amanda Trotta
Senior, Early Childhood and Family Studies



I feel that guns aren't the problem, it's the people behind them. Guns should be in the hands of only trained, skilled, and designated people.

Natasha Pointer
Senior, Gender and Women's Study Major



I fall on both sides. I think it's right for us to have guns, but we need to regulate who can obtain them more. As an education major, the right to carry guns is something that could affect my future.

Noah White
Junior, Education Major



I think that we should improve on the intelligence of our human race. I feel like guns will be around either way.

Zack Borges
Junior, Psychology

NFL Players Protest Comments from President Trump

ETHAN SMITH
STAFF WRITER

The national anthem has been a long-standing tradition in sports for as long as any fan can remember. The ideal of 53 players and numerous coaches standing on each sideline with a hand on their heart while fans hold and wave a massive flag in the middle of the field is awe-inspiring. When someone jeopardizes that ideal, a problem larger than sports arises.

Even if you are not a sports fan, you have still probably heard of the controversy going on in the NFL right now. The protest of kneeling during the national anthem began with Colin Kaepernick who at the time believed he was being racially profiled and currently believes he is being excluded from employment in the NFL because of racial profiling. Many followed his lead by staging protest rallies for his job, but NFL teams still refused to sign him because of the con-



The Dallas Cowboys unite as a team and kneel during the National Anthem. Photo by: Elite Daily News

troversy signing him would elicit. Moving forward to the most recent part of this saga, Donald Trump had a press conference on Sept. 22 in Alabama. After he witnessed a player kneeling during the na-

tional anthem before a game, Trump's profane and harsh comments shocked many and, ultimately, became the last straw in re-sparking what Kaepernick started.

It came as a surprise to

Trump that many owners in the NFL and their respective teams contributed to the protests, who believed that his words would pressure the owners who supported him to follow his words and dis-

cipline players who kneeled, but it had the opposite effect; the protests outraged some, but ultimately, they showed unity between players, coaches, staff members and owners alike. All the teams did

not have the same approach, but they all got their points across.

The Pittsburgh Steelers (excluding army veteran Alejandro Villanueva who stood on the field by himself) stayed in the tunnel during the National Anthem. Later, Villanueva said he felt "embarrassed" about being there by himself, and many stood by him for his act of 'patriotism.' Many teams chose to stand, but they locked arms to show their unity as a diverse group of players and coaches who believed in the same cause. Either way, each team had their way of displaying their acts of unity, but each did so in a non-violent and easily noticeable way. For those of you who watch football every Thursday, Sunday and Monday, this topic will linger around for a while. Don't expect either side, the protestors or the POTUS, to back off from what they believe in.

Weekly Playlist: Smooth Tunes

Scan the QR code to listen via Spotify



TITLE	ARTIST	ALBUM		
+ Mary Jane's Last Dance	Tom Petty and the ...	Anthology: Throug...	23 minutes ago	4:32
+ Beast Of Burden - Remastered	The Rolling Stones	Some Girls	18 minutes ago	4:25
+ Grand Optimist	City and Colour	Little Hell	15 minutes ago	4:03
+ Real People Having Fun	Flunkie	Real People Havin...	13 minutes ago	3:21
+ Bookends	Simon & Garfunkel	Greatest Hits	12 minutes ago	1:20
+ Nothing Lasts	Bedroom	Grow	7 minutes ago	4:52
+ Take Me to Church	Hozier	Take Me to Church...	6 minutes ago	4:02
+ Confusing Happiness	Lo-Fang	Blue Film	5 minutes ago	3:04
+ Older	Lina Tullgren	Wishlist	a minute ago	4:07
+ Lucky Girl	Fazerdaze	Morningside	a few second...	2:51

Events, October 5-10					
5 Latino Heritage Celebration Brunch and Awards 12:00-2:30PM Student Union Ballroom	6 Fall 2017 Fine Arts Senior Exhibition Reception 5:30PM-6:30PM Fine Arts Gallery	7 Stand Up Paddleboarding and Yoga 8:30AM-2:30PM Tybee Island	8 Picnic in the Park 3PM-7PM Forsyth Park	9 Monday Means Community-Apathy Ousted, activism meeting 7PM The Sentient Bean	10 Volunteer Fair 11AM-2PM Student Union Ballroom

GS state of the university speakers address consolidation, financial aid and revised schedule



Photo by George Anderson.

GEORGE ANDERSON
GEORGE-ANNE STAFF

Student Government Association hosted the annual state of the university last night along with President Jaimie Hebert and his cabinet to discuss recent happenings in Armstrong consolidation, financial aid and the university's revised schedule.

The night opened with introductions and role-call of SGA senators, who stood and recited the oath that is pledged at every SGA meet-

ing to their organization, and to our university.

Hebert stepped up to the podium to deliver the state of the University address, which consisted heavily of news on Armstrong consolidation, and the future of our "new" university.

"While we're still finalizing the new Georgia Southern University perspectives, I can tell you, it's been a long journey," President Hebert said, "There's also been some fear, some anxiety and some un-

certainty that so often accompany changes like this."

Hebert then announced that a consolidation implementation committee was implemented in order to lead the consolidation process. The committee consists of 20 representatives from each university, including SGA presidents from both GS and Armstrong, as well as one Savannah State University representative.

Ninety-three operational working groups, or subcom-

mittees, were implemented that looked at every area of the university and made recommendations to the consolidation implementation committee about specific consolidation plans.

"We had tremendous input in this process from all aspects of the university," Hebert said.

Over 500 recommendations have been made by these subcommittees.

"I can tell you that through these processes, with the people involved in these processes, our focus has been student success throughout," Hebert said.

The new University will officially begin in January of 2018.

"We will set the bar high, higher than it's ever been set before," Hebert said, "We will make history at Georgia Southern University, the new Georgia Southern University."

Financial Aid

As Hebert stepped down from the podium leaving the audience on a high-note from what was a mostly inspirational speech, Amy Ballagh, Ph.D. Vice President of student affairs and enrollment management, stepped up to

talk about a seemingly more serious topic, financial aid. "Since I have the podium, I'm going to go ahead and answer a question that I know you're going to have tonight, just to give you more of an idea as to what's happening with financial aid," Ballagh said, "As you are probably aware some students experienced longer wait times than usual at the beginning of this semester."

Ballagh said that while some students had problems, the majority of students did not, because they were "able to submit their financial aid information in a timely manner."

The large amount of paperwork and applications that were received by the university in a short amount of time led to the longer processing time.

"Please keep in mind, financial aid is not a speedy process," Ballagh said.

About one third of financial aid applicants are selected for random audits and according to Ballagh, four out of five of those applications audited had errors. This fall over 4,100 students had to be verified through this process.

"This is why it is so important for you to apply for financial aid as soon as the

application is available, and to quickly respond to financial aid when additional information is requested," Ballagh said.

The fafsa application for next year becomes available in October of this year. Ballagh advises students to complete the forms as soon as possible.

University Schedule

All of the class hours that were missed during the week-long cancellation of class due to hurricane Irma are required to be made up by the university. A revised academic plan was approved and emailed to students last night.

"The bulk of the classes, the Monday through Thursday, will be made up during the week of finals," Diana Cone, Ph.D. Provost and vice president for academic affairs, said, "Instead of having the final exam schedule, we will hold regular scheduled classes at that time."

Friday classes will be made up through online assignments or through having alternate exam schedules, according to Cone.

More information will be provided on the university's revised schedule as it becomes available.

LANTERNS | PG 1

is also a great resource here on campus which you can take advantage of if you have an interest in teaching others about suicide. If you are interested in helping the movement to raise suicide

PILL | PG 1

or even a home to call their own. Carruthers found recovery at the age of 50, boldly stating, "It's bigger than a pill."

He then set out to help others in his situation, calling himself a "Navigator" helping people out of jail, prison, or mental hospitals, and onto their feet.

Eventually, he found himself in the NAMI (National Alliance on Mental Illness) experimental recovery program where he continued to help others see that recovery is very possible. This program pairs a family member, a cli-

nician, and one person with lived experience. Thanks to the efforts of Carruthers, and many others, this study is now being reviewed to be used as an evidence based medical practice. It's important for us students to keep in mind that recovery takes a belief system that can see victory before victory occurs. We must embrace difference with love.

As Carruthers says, "[We] are the future. We have the ability to correct our broken system. We have the power to facilitate miracles". We can make the most impact by simply smiling and fully listening to the struggles a patient or

presentation ended, pizza and music were provided in conjunction with a positive activity. Students were instructed to write positive messages on white paper bags and to mingle and socialize with the other students that were in at-

Educator for Pirates Educating Pirates, you can find out more information and apply at: <https://www.armstrong.edu/life-at-armstrong/pirates-educating-pirates>.

If you believe someone you know is immediately

suicidal, please contact the Armstrong Police. If you or a loved one are seriously contemplating suicide, please call the National Suicide Prevention Hotline at 1-800-273-TALK (8255).

friend is going through.

During the symposium we also sat down in smaller groups to hear the individual journeys of others. Geff Pfaff shared his experiences living with mental illness. Growing up in the 70s, there was a harsher stereotype for mental illness—he was told to keep his illness to himself. Pfaff now finds support in a local peer group, he can listen and share in a safe environment with others who face the same challenges.

Pfaff says, "It's important to consider that recovery is a personal choice. We can encourage others to find help, to

make recovery options ready to their disposal, to listen to their struggles, and to show support without force. The most important thing we can do is listen, be encouraging, and be positive that recovery is very possible."

If you, or anyone you know is struggling with addiction, help is available! NAMI offers a FREE 12 week program for mental illness, as well as many other support groups. There are also a number of counseling centers that are ready to assist you anyway they can. Recovery is a very realistic possibility.

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GOT AN OPINION? WE WANT TO HEAR IT!

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