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THEINKWELL35



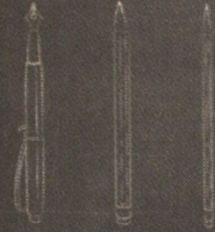
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THE INKWELL

Week of March 26, 2015

TheInkwellOnline.com

Volume 85, Issue 8

WELLNES

Unusual warm-ups to get fit
and healthy.

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YIK YAK

Top Yaks of the Month on
the Backpage!

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USTYLE

New U-style layout with
accessories.

PAGE 4

SAINT PATRICK'S DAY IN SAVANNAH

BY GREG SIMPSON
STAFF WRITER

The middle of March is the time of year when Savannah residents and visitors dress up in their favorite green attire and celebrate one of the largest St. Patrick's Day festivals in the world.

This year marked the 191st celebration of the St. Patrick's Day festival. The traditional dying of the fountain in Forsyth Park on March 7 signified days of green fun to come for Savannah.

The festival ended March 17 with the annual St. Patrick's day parade through downtown. The weekend before brought many visitors to the historic district even though the holiday wasn't until Tuesday.

Locals and out of town visitors cruised the streets all weekend while stopping into Savannah's pubs for cups of green beer and to eat at restaurants, who were selling food and drink specials all weekend to keep the festive atmosphere alive throughout

downtown.

Clearly the city of Savannah has done this before because there was no shortage in security or waste management teams on the scene to preserve the historic beauty and so nothing got out of hand.

Booths were set up at intervals to purchase wristbands. The wristbands generate revenue for funding the extra staff needed for the festival and also ensure that festival patrons are old enough to drink.

A significant amount of police officers were on horseback, bicycles and on foot patrolling to ensure public safety. "The bottom line is we want everyone to be safe," officer Kate Williams said. "We just want to make sure that everyone leaves downtown the same way they came in."

According to the official St. Patrick's Day Parade Magazine "The beginning of the parade was led by Grand Marshall Hugh E. Coleman III, and featured over 350 units, including military divisions, and bands including the Bishop Moore black and Gold

Bagpipes, the Dublin Fire Brigade Pipe Band, and The Savannah Pipe and Drum Corp."

There was a variety of musical talent present at the parade, "also in the ranks were some of the local high school bands such as the Windsor Forest High School Marching Knights and the Lakewood High school Band."

Armstrong's Presence was certainly felt at the 2015 Parade as this year marked the Maiden Voyage of the Armstrong Pirate Ship Float in the parade. The float was revealed to the students of Armstrong in front of the Memorial College Center.

"At the parade it will be decorated with a banner, sails, cannons, and the sides were accented with shamrocks to fit the theme of the parade. We are really excited to show off our new float this year" Asst. Dean of Student Life Cate Steiner said. "We are looking forward to having all of our fellow Pirates come out and support us in the parade and be apart of the parade with us."



Photo by Zach Machado

Tourists and Savannah locals celebrated the St. Patrick's day parade with food, drinks and entertainment.

Dr. Teresa Winterhalter Lends Progressive Ideals to Armstrong

BY MARI GLOVER

The month of March is National Women's Empowerment Month. In tribute to that this is a feature profile of an influential professional who has improved the liberal arts program at Armstrong.

Dr. Teresa Winterhalter's presence on campus is hard to miss with how involved she is with the student body as she displays a pillar of self-confidence and unmatched intellectual wit.

Winterhalter grew up in the southwest corner of New York in a town with a population of two-thousand, one bowling alley, and the nearest movie theatre being twenty miles away.

Today she can see the worth of growing up in a rural community even if that was not always the case.

"Those little hometown roots, I value them a lot more than I did when I was like twenty five," Winterhalter said. "That was something I wanted to put behind me and now I just see that my interactions with people and my sense of place and connectedness, and the support of all that, really gave me something."

Winterhalter entered college



planning to be a physical education coach, she quickly realized she had a strong interest for the liberal arts.

By earning her Ph.D. at the University of Rochester, she developed her personal philosophies, then in 1994 she brought them to Armstrong.

She recalls Armstrong as a completely different place with a curriculum that was not as progressive as she might have hoped. It didn't take long for her, with the help of other incoming faculty, to take charge and change the face of the liberal arts program.

Dr. Winterhalter founded

IDEALS | PAGE 6

Defining Crossdressing and Sexual Identities

BY ELIJAH CLARKE

The Cross Dressing and Gender Spectrum talk took place on March 12, and was the fifth Women's Empowerment Month event. "The fact that we are even having this talk is big, because this is a touchy subject," said Rhonda Lee, a local male-to-female cross dresser.

She, who is actually a he but wants to be portrayed as a she, says she use to have a wife. With

the passing of her wife, things felt different for her and that opened her mind up to openly cross dressing.

Lee explained that cross dressers are considered to be transgender, but that they're trying to steer away from that term for cross dressers. "Everything in the gender spectrum is becoming tainted by the word transsexual," Lee said.

A transsexual is someone who

feels they were born the wrong gender, or a person who takes on the process of becoming the opposite gender. With that being said, a transgendered person is someone who wants to portray being a gender other than their own. While transsexual is more biological, transgender is more mental.

Cross dressers especially know that they are male or female, and are content with

the body parts that they're given, but want to be perceived as the opposite gender.

In this world there are many more transgendered people than transsexuals, but they are less-known and less understood. "I learned that there are full-time and part-time crossdressers," freshman education major Samantha Roy said. "I personally don't see anything wrong with anything

of the sort, especially if it ties, or deals with the person's morals."

Lee also dabbled in explaining intersex people and how they make up about 4 percent of the world's population, and made sure to clarify that sexual identity, and sexual orientation are two different things, and society needs to open their mind more to understand that. "Sexual orientation is what sex you're attracted to, while sexual identity

is what sex you feel as if you are," she emphasized.

Lee's partner, Ms. Barbara Davidson, a male to female transsexual, took the floor and talked about the closet.

Davidson began with explaining her road to coming out. "When I made my decision I was nervous. It takes guts, and I took little steps. Gradually it got easier. It probably

DEFINE | PAGE 6

Introducing Black Feminist Ideologies

BY RUBY RIZVI
NEWS EDITOR
NEWS.INKWELL@GMAIL.COM

March 23 marked the first day of classes following Spring Break here at Armstrong. The remainder of the semester ushered in with another Women's Empowerment Month event, an insight into "Black Feminist Thought", led by Dr. Jennifer Wyse, from the Department of Criminal Justice, Social, and Political Science.

The goal of the lecture was to historicize and conceptualize Black Feminist thought and discuss the contemporary applications of the movement.

Black feminist thought, as we were taught through the words of author Patricia Hill Collins, is a concept produced by black women for black women, emphasizing that who they are and what they stand for as not only women, but women of color, cannot be separated into separate categories of race and gender. "Black feminist thought is a social justice movement," Wyse said. "With learning about it comes knowledge, and knowledge is both power and empowering."

BFT began in the 1700's with the introduction of the Black

Women's Club Movement, which lasted until the 1900's. The BWCM was a mutual aid society comprised of upper and middle class colored women that put the sociology of race, gender, and class into practice. They set out to try and help others understand segregation and class separation.

The creation of the BWCM sparked the interests of many other colored women across America, and soon there were so many of these clubs that the National Association of Colored Women was created.

Wyse talked about the

important women during the BFT movement, including Angela Davis, Patricia Collins, and Ida B. Wells.

She also went on to introduce the idea of a womanist. Wyse explained that womanism is the idea that a woman's problem is also a man's problem, and that empowered change must start from home.

Wyse finished up with the contemporary appreciation of BFT, objectified through things such as the fight against

BLACK | PAGE 6

Women Suffragists Film Sheds Light on Women's Rights

BY KATIE COOPER

A diverse group of students celebrated National Women's History month with the film Iron Jawed Angels. The film was presented by Armstrong State University's Director of Gender and Women's Studies, Dr. Rago, on March 11.

The film portrayed historical feminist figures such as Alice Paul, Lucy Burns and the events leading up to the ratification of the 19th amendment in 1920, granting women in the United States the right to vote.

Rago opened up the event by speaking both on the progress women have made in politics as well as how far we still have to go.

"Women today are still woefully underrepresented in politics," Rago said reluctantly. "There are currently 22 countries that have female leaders. The U.S. is not and has never been one."

She also explored the equal rights amendment written by Alice Paul in 1923 guaranteeing

equal rights to women. During her introduction Rago recognized that the amendment has still not been ratified.

Throughout the movie, students were exposed to the many obstacles Alice Paul and other suffragists faced, such as funding, the difficulty of spreading awareness, racism, tradition, retaliation and violence.

Students were surprised to learn how inhumane the protesting suffragists were treated. "I was shocked to learn about the [forced] feeding tubes, and the harsh reaction to picketing a wartime president," Michelle Ramos said after seeing the film. Ramos is a history major at Armstrong and in her third year. Though this was new information for some, others felt the corruption and abuse in the film was relevant to today's social inequality.

"We continue to live in a patriarchal society in which women, including other

oppressed groups, such as African Americans, continue to fight for equality," Armstrong Sophomore Bridget Gallagher explained, "The police corruption that took place when Alice Paul was protesting, inside and outside the women's prison, is still an ongoing issue."

Even so, the eventual success of women's rights suffragists

undoubtedly paved limitless roads for women across the U.S. to become more involved with politics and society.

The fight for gender equality may look like a rough road ahead, but looking back on all the progress that has already been made shows just how possible the impossible goals can be.

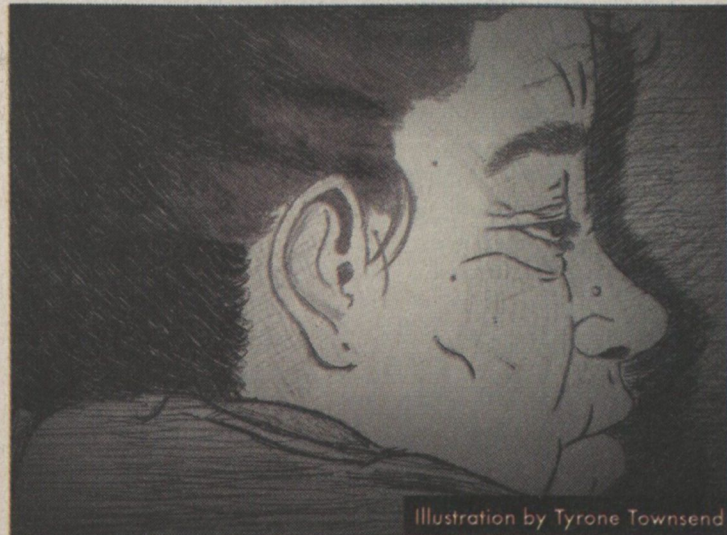


Illustration depicting a women's suffrage and struggles endured throughout the years

SPORTS & Wellness

[2] THE INKWELL

March 26, 2015

Trzaska Tucks A No Hitter Under Pirate's Peach Belt

By SARA OLIN

Sophomore Jane Trzaska stole the show with the Pirates first no-hitter in seven years to win game one and gain momentum for a series sweep of Peach Belt Conference opponent Lander University in Greenwood, S.C. on March 21.

The Pirates won 9-0 in the first game, and took the second 4-1.

In game one, Offensively, both teams were pretty quiet until the top of the third when Trzaska homered to left field, bringing in freshman Autumn Parrish and senior Alexis Mercer. Shortly after, junior Michelle Breen also

homered, this time to center field.

Then junior Sierra Newman singled to the to center, allowing senior Rachel Reynolds to score for the Pirates. Mercer singling to third base brought Newman home, concluding the top of the third with six runs for the Pirates.

Armstrong pushed across three more runs runs in the fifth inning when Parrish was hit by a pitch with the bases loaded, Trzaska was walked with the bases loaded, and Breen smacked an RBI single. Trzaska finished her 9-0 no-hitter with three walks

and five strikeouts.

"I think this was a really great start for our conference and got us moving in a positive direction. The teamed played really well and I can't wait to see how we do as the season goes on, we look really good," Trzaska said.

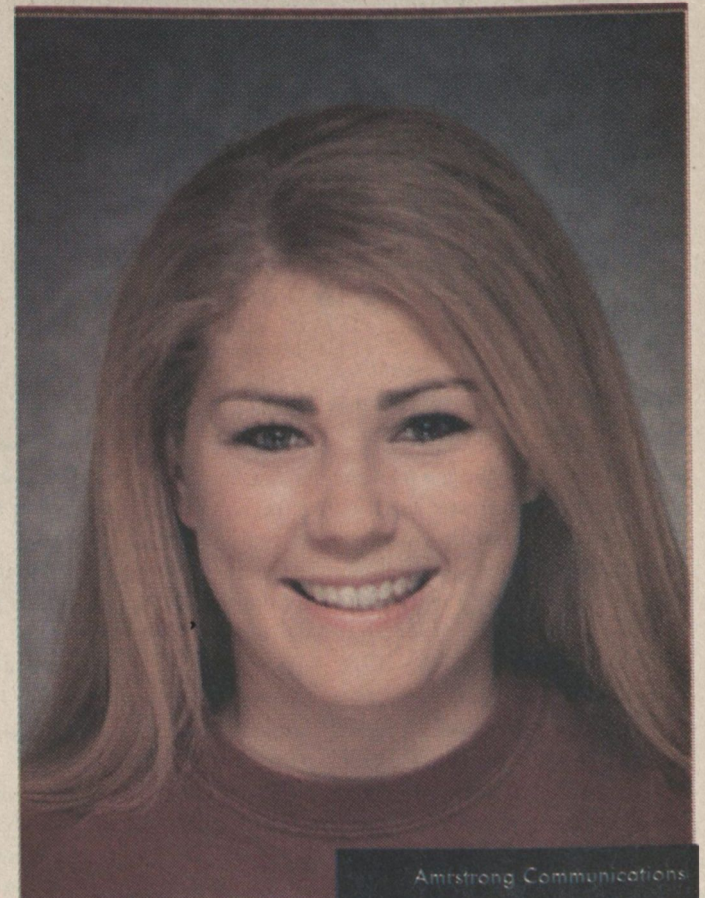
In game two of the doubleheader, the Pirates started strong with a Newman RBI triple in the second inning to give Armstrong an early lead. Breen added to the Pirates lead in the third with an RBI single and Reynolds scored a two-run double, making the score 4-0.

Lander responded in the

sixth inning with a sacrifice fly by freshman Halie Sorrow, scoring the Bearcats only run of the day.

Senior Olivia McLemore picked up the win for the Pirates for the second game, and junior Amanda Chastain took the loss for the Bearcats. Breen, Newman and junior Peyton Roth each had two hits for the Pirates in game two.

The Pirates will retake the field for a double-header against USC Aiken, Sunday at 1 p.m. in Aiken, S.C.



Armstrong Communications

Sophomore Jane Trzaska

Pirates Don't Break For Spring: Still dominating PBC



Photo by Zach Machado

Senior Tyler Avera at bat for the Armstrong Pirates

By CALEB BAILEY
STAFF WRITER

The No. 12 ranked Armstrong Pirates baseball team entered into spring break having dropped a non-conference series to Tusculum College. The team turned it around with a 14-10 win over Claflin University March 18 by sweeping Peach Belt Conference opponent GRU Augusta to maintain their number one spot in the standings.

The Pirates got their weekend series started March 20 with junior Cody Sherlin's sac fly during the seventh inning that gave his team the definitive lead. The Pirates jumped out to an early 4-0 lead in the second inning that junior Kendrick Thompson got started with an RBI single.

Junior Will Austin then brought home the second run after reaching first base on a fielder's choice with the bases loaded. Senior Tyler Avera reached first base on an error that allowed a third run to score. And finally, Sherlin cracked a double down the right field line that scored Austin.

The Jaguars fought back with two runs in the third and again during the fifth inning to tie the game.

The Pirates struck back with a sacrifice RBI by Thompson in the sixth inning. Clint Hardy of the Jaguars tied the game up in the same inning with a solo

home run. Sherlin was able to give his team the final lead when he scored Austin on a sacrifice fly to right field. Senior Ryan Good moved to 4-0 on the season with his 1 and 2/3 innings of work in the fifth and sixth.

Junior Tyler Graham picked up his sixth save of the season. The Pirates returned to Lake Olmstead Stadium on March 21 for a doubleheader against the Jaguars and it was much of the same for the Pirates.

The Pirates fell behind 1-0 in the bottom of the second on an error. Austin got his team back into the game with a single RBI in the top of the fourth inning. Junior JT Phillips reached on an error in the fifth that allowed senior RJ Dennard to score and give his team their first lead.

The Pirates added an insurance run during the eighth inning with a single RBI by Dennard, they went on to win game one 3-1. Junior Pete Nagel is 3-0 on the year after going seven innings and allowing on base while striking out four. Graham again pulled out another save, giving him seven for the season.

"We played great baseball, pitched well, played great defense, and had timely hitting," Nagel said, "This was a recipe for a great weekend."

The Pirates went up 2-0 in the early stages of game two with a single RBI by senior Zach Lance. The Jaguars fought back in the

bottom of the fourth to tie the game. In the fifth inning, the Pirates added on two more runs after a sacrifice bunt by Sherlin and an RBI single by Dennard. Sherlin added on one more run for his team with a single in the top of the seventh as the Pirates moved on to a 5-3 win. Austin picked up a whopping seven hits on the day while junior catcher Berry Aldridge added three of his own in game three.

The Pirates maintained a half game lead over North Georgia for first place in the PBC and one Pirate talked about what they have done to stay that way.

"Good pitching and timely hitting has helped us to be successful the first half of the year," Austin said, "The key to keep playing well and winning will be to stay focused and do the little things right."

Junior Caleb Woods pitched two dominating 8th innings in game one and two for the Pirates and talked about the sweep for his team.

Woods said, "We played great this weekend. Great team play every game. Our hitters capitalized on their errors and really put pressure on their pitchers. Everyone battled through adversity and picked each other up. We grinded through a lot this weekend and really showed how to play as a team."

Upcoming Games March 14 - March 25

March 27

- Baseball at North Georgia 5 p.m.

March 28

- Baseball at North Georgia 1 p.m.
- Softball vs. Young Harris 1 p.m.
- Women's Tennis vs. Columbus St. 2 p.m.
- Men's Tennis vs. Columbus St. 2 p.m.
- Softball vs. Young Harris 3 p.m.

March 29

- Women's Tennis vs. Concordia (N.Y.) 11 a.m.

- Men's Tennis vs. Concordia (N.Y.) 11 a.m.
- Baseball at North Georgia Noon
- Softball vs. Montevallo 1 p.m.
- Softball vs. Montevallo 3 p.m.
- Women's Tennis vs. Georgia Southwestern 4 p.m.
- Men's Tennis vs. Georgia Southwestern 4 p.m.

March 30

- Women's Golf vs. Lady Argonaut Invitational @ Pace, Fla.

March 31

- Women's Golf vs. Lady Argonaut Invitational @ Pace, Fla.
- Women's Tennis at GRU Augusta 11 p.m.
- Men's Tennis at GRU Augusta 11 p.m.
- Baseball at Belmont Abbey 2:30 p.m.

April 1

- Softball vs. GRU Augusta Noon
- Softball vs. GRU Augusta 2 p.m.

Got Tennis Skills? Arrington Promotes USTA Campus Club

By CALEB BAILEY
STAFF WRITER

Anyone walking into Alumni Arena on the campus of Armstrong State University will see that tennis is a huge part of Armstrong's sports resume. Both the men's and women's tennis teams have won multiple national championships and are a perennial powerhouse of NCAA DII. But Armstrong also offers competitive tennis for players who might not have the opportunity or skill level to play for the varsity Tennis squads.

The United States Tennis Association, or USTA, has become a pivotal piece of growing a club tennis program at Armstrong. The USTA heads not just college tennis club teams, but also hosts tournaments and matches for younger and older age groups. Director of the USTA Tennis On Campus program, Glenn Arrington, talked about what the USTA means for college students and how it grounds them.

"The USTA Tennis On Campus provides college students with a host of opportunities for team camaraderie, social networking and unrivaled competition through tennis—without the demand of a varsity program. Thousands of high school players enter college each fall and the club tennis team

provides an incredible corridor to easing this transition by providing access to a healthy, social campus life. Because these programs are student-led - there's great amount of leadership developed," Arrington said with enthusiasm. "All in all, Tennis On Campus helps students maintain active and healthy lifestyles through their college years and helps them build skills that they will need as they move into the young adult lives."

The Armstrong Club Tennis Team started in the Fall 2014 semester and currently have fifteen consistent members on the team. The team was started after sophomore Renzo Lazo, senior Amelia Newton, and a few other students decided to start a club tennis team on campus. The team was approached by Jason Salzer with the Armstrong Recreation and Wellness Center and told them about USTA and its required registration to be an official club team.

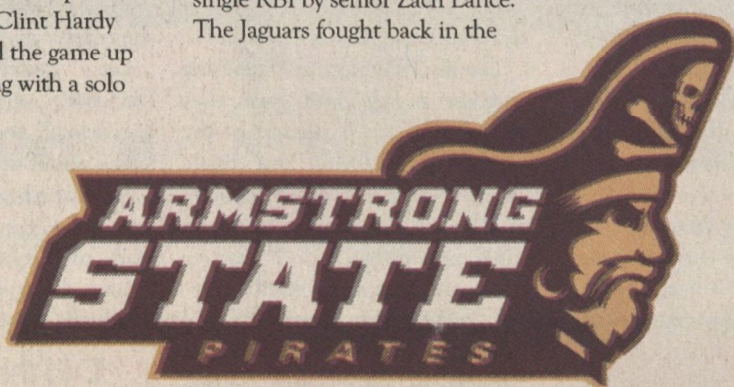
The team has since played in two tournaments against larger universities such as Clemson, Duke, and Wisconsin. They most recently competed in a tournament in Tennessee where they won their first career match. They have also held practice matches against Georgia Southern University.

"When I first came to college, I loved playing tennis," Lazo, who is also Club President, said. "I have been playing since I was a little kid. If you're a freshman, you don't really get to know anyone. You don't have much to do and you are just kind of stuck in your room all the time. I feel it's beneficial to most of the younger students. They can always come out and play. We are just out there to have fun."

Lazo explained that some of the players have more experience than others and that's why he likes to call the club a JV to the varsity squad on campus. He also mentioned that Newton is one of their more experienced players. She talked about how she has helped this young club grow over the last few

"I use my experience with club tennis to make competitive tennis more accessible and beneficial to our team," Newton said. "With every tournament, the interest, camaraderie, and playing level of our team improves."

The team has grown tremendously over the last semester and a half and they invite anyone who is interested to come out to practice any time they like, no matter your experience. They practice on the courts next to Alumni Arena every Monday and Wednesday evening from 5-7.



SPORTS & Wellness

[3] THE INKWELL

March 26, 2015

A Look at the NCAA's Sweet 16 Matchups

By MATT VELAZQUEZ

MILWAUKEE JOURNAL SENTINEL (MCT)

After upsets galore on Thursday, the NCAA Tournament has arrived at the Sweet 16 without any small-conference Cinderellas. Fourteen of the teams that will be playing on the second weekend are from power conferences, led by a record-tying five teams from the Atlantic Coast Conference. Gonzaga and Wichita State join the mix as anything but underdogs — both were ranked in The Associated Press Top 25 throughout the season. Here's a glance at each of the Sweet 16 matchups.

(1) Kentucky vs. (5) West Virginia, 8:45 p.m. Thursday: The Wildcats (36-0) started slow against Hampton and Cincinnati, but defense has carried them. Kentucky has allowed just 53.5 points per game in the tournament. The offense, though, hasn't been at the same level. The Wildcats are shooting a pedestrian 28 percent from the behind the arc. The Mountaineers have forced more turnovers than any

team in the country and coaxed 17 from Buffalo in the second round and 23 from Maryland in the third. West Virginia has scored a combined 41 points off turnovers during the tournament, accounting for 30 percent of its points.

(3) Notre Dame vs. (7) Wichita State, 6:15 p.m. Thursday: The Fighting Irish are back in the Sweet 16 for the first time since 2003 after six straight exits during the first weekend. Notre Dame got there thanks to two nail-biters, holding off Northeastern on the final possession and dispatching Butler in overtime. Senior guard Jerian Grant is a certain All-American and has been consistent, but a revolving door of outstanding performances by others has put Notre Dame in the second weekend.

It's possible that no one is riding a bigger wave of momentum than Wichita State. The Shockers left no doubt in knocking off in-state rival Kansas on Sunday. Senior point guard Fred Van Vleet has averaged 22 points per game in the

tournament, including tying his career high with 27 in the second round against Indiana.

(4) Louisville vs. (8) North Carolina State, 6:37 p.m. Friday: Defense has long been the calling card of Rick Pitino's teams, and Louisville has given up just 54 points per game to start the tournament. Sophomore guard Terry Rozier has stuffed the stat sheet, with 37 points, 12 assists, eight rebounds and just six turnovers in 78 minutes. It seems like the better the opponent, the bigger N.C. State plays. The Wolfpack defeated Duke, North Carolina and Louisville in the regular season and sent top-seeded Villanova packing on Saturday night. Point guard Anthony Barber has averaged 15 points and just 2.5 turnovers per game in the tournament.

(3) Oklahoma vs. (7) Michigan State, 9:07 p.m. Friday: Big 12 Player of the Year Buddy Hield picked a good time for his eighth block of the season. The Oklahoma guard erased a shot by Dayton's Darrell Davis to help seal a win on Sunday night.

He also has paced the Sooners with 15 points per game. For the second season in a row, Michigan State ended what had been a stellar year for Virginia. Sunday's win gave the Spartans their seventh trip to the Sweet 16 in eight seasons. Senior guard Travis Trice kicked off the win with 13 of Michigan State's first 15 points and finished with 23. In the Spartans second round win over Georgia, he had 15 points.

(1) Duke vs. (5) Utah, 8:45 p.m. Friday: There has been no team in this tournament more dominant than Duke, and no player more overpowering than freshman Jahliil Okafor. The Blue Devils beat Robert Morris and San Diego State by an average of 24 points. Okafor, a 6-foot-11 soon-to-be first team All-American, has scored 48 points on 21-of-27 shooting in his first two NCAA Tournament games. Like Duke, Utah has an impressive freshman center. Seven-footer Jakob Poeld from Vienna, Austria, has scored 30 points on 12-of-13 shooting over two games in his tournament

debut. He had eight rebounds and five blocks against Stephen F. Austin.

(2) Gonzaga vs. (11) UCLA, 6:15 p.m. Friday: North Dakota State and Iowa couldn't keep up with Gonzaga's scoring pace though not many can. The Bulldogs (or Zags), one of the highest-scoring teams in the nation, put up 86 and 87 in their opening games. Kyle Wiltjer, a 6-foot-10 forward who transferred from Kentucky, averaged 23.5 points per game and is the star of Gonzaga's huge and imposing frontcourt. UCLA, a team that many pundits thought should have played in the First Four, defeated SMU on a controversial goaltending call on 3-pointer and then steamrolled UAB by scoring 92 points. Sophomore guard Bryce Alford hit 9 of 11 3-pointers for 27 points against SMU and added 22 points against UAB.

(1) Wisconsin vs. (4) North Carolina, 6:47 p.m. Thursday: The Badgers are calculating and efficient, demonstrating those qualities in wins over Coastal Carolina and Oregon. It took a

total team effort to beat Joseph Young and the pesky Ducks, with four players scoring in double figures led by 17 from Sam Dekker. After North Carolina barely survived an upset bid by Harvard, point guard Marcus Paige scored 20 of his 22 points in the second half to help the Tar Heels beat Arkansas, 87-78, on Saturday night.

(2) Arizona vs. (6) Xavier, 9:17 p.m. Thursday: Arizona proved it can score as well as clamp down defensively in its two wins. The Wildcats put up 93 points on Texas Southern and held star freshman D'Angelo Russell and Ohio State to 58 points. Senior guard T.J. McConnell stuffed the stat sheet over the two games with 31 points, 10 assists, 10 rebounds and nine assists. Xavier is the lone Big East team remaining after five advanced to the third round. The Musketeers dispatched Mississippi in the second round thanks to 20 points from senior center Matt Stainbrook and then ended Georgia State's run thanks to sophomore forward Jalen Reynolds' 21 points off the bench.

GET FIT

Check out the group exercise programs provided by Recreation and Wellness at the Recreation Center to get in shape and stay healthy throughout the year.

Monday

- 8 AM - 8:50 AM - Yoga
- 9 AM - 9:50 AM - Aerobic Dance
- 10 AM - 10:50 AM - Modern Dance
- 11 AM - 11:50 AM - Aerobic Dance
- 12P M - 12:30 PM - Abs
- 12:30 PM - 1 PM - Kettlebells
- 1:30 PM - 2:30 PM - Strength & Tone
- 4 PM - 5 PM - Kickboxing
- 5:30 PM - 6:30 PM - Spinning
- 6:30 PM - 7:30 PM - Kickboxing
- 7:30 PM - 8:30 PM - Interval Sculpt
- 8:35 PM - 9:30 PM - Power Yoga
- 9:30 PM - 10:30 PM - Zumba

Tuesday

- 9:30 AM - 10:20 AM - Pilates
- 11 AM - 11:50 AM - Total Body Blast
- 12P M - 12:30 PM - Abs
- 12:30 PM - 1 PM - H.I.T.
- 2P M - 3 PM - Yoga
- 4 PM - 5 PM - Zumba
- 5 PM - 5:30 PM - Abs & Buns
- 5:30P M - 6:30 PM - Strength & Tone
- 6:30 PM - 7:30 PM - Pilates
- 7:30 PM - 8:30 PM - Kettlebells
- 8:35 PM - 9:30 PM - Spinning
- 9:30P M - 10:30 PM - Zumba

Wednesday

- 8 AM - 8:50 AM - Yoga
- 9 AM - 9:50 AM - Aerobic Dance

- 10 AM - 10:50 AM - Modern Dance
- 11 AM - 11:50 AM - Aerobic Dance
- 12P M - 12:30 PM - Abs
- 12:30 PM - 1 PM - TRX
- 1:30 PM - 2:30 PM - Cardio & Strength
- 4 PM - 5 PM - Interval Sculpt
- 5:30 PM - 6:30 PM - Core & BOSU
- 6:30 PM - 7:30 PM - Yogalates
- 7:30 PM - 8:30 PM - Kickboxing
- 8:35 PM - 9:30 PM - H.I.T.
- 9:30 PM - 10:30 PM - Zumba

Thursday

- 9:30 AM - 10:20 AM - Pilates
- 11 AM - 11:50 AM - Total Body Blast
- 12 PM - 12:30 PM - Tabata

- 12:30 PM - 1 PM - Spinning & Abs
- 2 PM - 3 PM - Yoga
- 4 PM - 4:30 PM - Cardio Pump
- 4:30 PM - 5:30 PM - Pilates
- 5:30 PM - 6:30 PM - Zumba
- 6:30 PM - 7:30 PM - Total Body Sculpt
- 7:30 PM - 8:30 PM - Boot Camp
- 8:35 PM - 9:30 PM - Power Yoga
- 9:30 PM - 10:30 PM - Zumba

Friday

- 10 AM - 10:50 AM - Yoga
- 12 PM - 12:30 PM - Abs
- 12:30 PM - 1 PM - Step Aerobics
- 4 PM - 5 PM - BOSU
- 5 PM - 6 PM - Zumba

Healthy Living

Dark chocolate

Research suggests that eating moderate amounts of dark chocolate may protect your cardiovascular system.

Talk about flavanoids

- **Dark chocolate** is rich in these natural antioxidants that fight cell damage; avoid candies with extra fatty ingredients, such as caramel or marshmallow

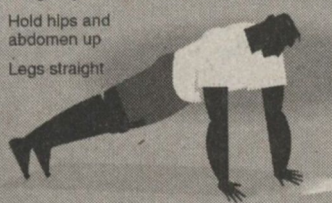
Source: Cleveland Clinic

Personal Trainer

Some unusual warm-ups

The point of a pre-exercise warm-up is to increase blood flow to your muscles and gently stretch them; here are some challenging ones:

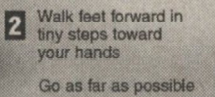
Hold hips and abdomen up
Legs straight



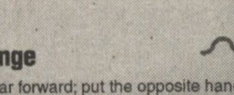
Four on the floor

1 Start as if you're doing push-ups, but walk forward with your hands

2 Walk feet forward in tiny steps toward your hands
Go as far as possible

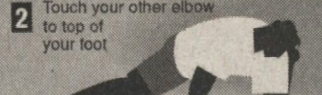


3 Walk hands forward again; repeat cycle until you have moved 30 ft. (10 m)

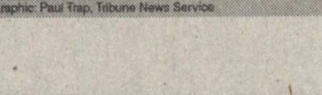


Long lunge

1 Step far forward; put the opposite hand down beside your front foot to balance



2 Touch your other elbow to top of your foot
Keep knee above foot



3 Take a long step forward with rear foot, and repeat process on other side



Source: Men's Health
Graphic: Paul Trap, Tribune News Service

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South
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'Death of Paris' Rocks a New Rock n' Soul Sound

By KIARA MORRIS

Death of Paris is a fresh, avant-garde band that redefines the meaning of rock. The band describes their music as having a "raw, provocative, electro-pop/rock n' soul" sound.

Their fresh single Shut up & Kiss Me is a clear attempt to create a unique genre.

Death of Paris vocalist, Janya Doyle, was influenced by sounds of motown, Stevie Wonder, Mariah Carey, Fiona Apple, The Rolling Stones and music from the 90s.

"Today I'm probably most inspired by Emily Haines of Metric and The Wombats," Doyle said. "Both bands seamlessly fuse pop music

with really smart, heavy lyrics and I think that's such a difficult thing to do when so much pop music is over-saturated with careless/ thrown away lyrics."

According to the band Death of Paris, the hardest part of making a song is getting started. "Getting over that initial fear of failure and just diving into creating the next song, that's definitely, for me at least, the hardest thing to overcome right now," Doyle said. The band collectively writes their songs, which is inspired by the death of modern conversation, and the need to be heard.

When Doyle and fellow musician, Blake Arambula, noticed their friends heading into corporate careers, they realized that their

paths were destined for something different.

Hailing from Columbia, South Carolina and launching themselves in 2009, they started Death of Paris. The two auditioned several guitarists and drummers, but couldn't find the right fit. In 2010 they found it with DOP guitarist, Patrick Beardley, otherwise known as "Boots" because you'll never catch him not wearing Doc Martens. Later, they discovered their drummer, Johnny Gornati.

Death of Paris performed this year at South by Southwest in Austin



Photo credit: deathofparis.com

'Death of Paris' creates new sound in rock and roll

Texas. They say "Success means that you've been able to take what you love and are passionate about and to make that a career in which you make a living from. Our end

goal is to do this full time, to be a full time touring band, taking our music all over the country and eventually internationally," Doyle said. This ideology is why Death

of Paris got a invite to the rapidly growing festival in Austin and puts them on track to their definition of success.

Upcoming Events

March 26

- Live music with Jonathan Murphy at Barrelhouse South
- Live music with Sarah Poole at The Warehouse
- Savannah Music Festival at Downtown Savannah
- Live music with Trae Gurley at Jazz'd Tapas Bar
- Columbus Ships Nina and Pinta at River Street Rousakis Plaza 9 a.m.-6 p.m.
- 'Karma's Footsteps' poetry reading at Savannah State University Social Science Building, Room 114 2 p.m.
- Tea at Mrs. Davenport's at Davenport House Museum 4:15 p.m.
- Launch SAVANNAH meetup at Service Brewing Co. 5:30 p.m.
- Vinyl Appreciation Night at Foxy Loxy 7 p.m.
- 'The Breakfast Club' at Regal Savannah Stadium 10 7:30 p.m.

- Projection Ninjas at SCAD Museum of Art 8 p.m.
- Crushed Out at The Sentient Bean 8 p.m.

March 27

- Savannah Music Festival at Downtown Savannah
- Columbus Ships Nina and Pinta at River Street Rousakis Plaza 9 a.m.-6 p.m.
- Tea at Mrs. Davenport's at Davenport House Museum 4:15 p.m.
- 'Little Red Riding Hood' at Savannah Children's Theatre 7 p.m.-8:30 p.m.
- Seersucker Live: The OffBroughton Episode at Ampersand 7:30 p.m.

March 28

- Savannah Music Festival
- Columbus Ships Nina and Pinta at River Street Rousakis

March 29

- Plaza 9 a.m.-6 p.m.
- 'Little Red Riding Hood' at Savannah Children's Theatre 7 p.m.-8:30 p.m.

March 29

- Savannah Music Festival
- Columbus Ships Nina and Pinta at River Street Rousakis Plaza 9 a.m.-6 p.m.
- 'Little Red Riding Hood' at Savannah Children's Theatre 3 p.m.

March 30

- Savannah Music Festival at Downtown Savannah

March 31

- Savannah Music Festival
- 'The Breakfast Club' at Regal Savannah Stadium 10 7:30 p.m.

April 1

- Savannah Music Festival

Big Man On Campus Pageant Raises Funds For Children

By ELIJAH CLARKE

Big Man on Campus, Armstrong's male fashion show was held in the Student Union ballroom on March 11. The Tri Sigma sorority has hosted this event in the past, but freshman pre-med biology major, Kayla Hamilton brought the event back. "I didn't come up with the idea, Tri Sigma did," Hamilton said. "The organization used to do it a long time ago. I just brought it back."

Guests were greeted by females wearing slim black dresses who were also holding fraternity/ sorority signs. To the front-left of the stage there was a projection of the Tri Sigma foundation. The judges sat in the front-right of the room. Songs like "This is Why I'm Hot" and "Anaconda" set the mood.

Members from various fraternities volunteered and entered the ballroom oily and shirtless. They each took turns posing on stage.

After the gentlemen finished their entrances, a video named, "Play Therapy (Helping Children

Heal)" was played. It explained how the organizations give donations to charities and use the money to help sickly children in need of attention.

Following the video, each participant was individually introduced and asked questions to be scored by the judges. They all had the same last question, "Why do you think that you deserve to be Big Man on Campus?" The first contestant to answer questions was Sean Pea, a Communications of Science Disorders major in Pi Kappa Alpha. He was followed by Huy Seles, Holan Owen and more.

After the questioning segment came the swimwear portion of the fashion show. All of the guys rewalked the aisle one by one in their swimwear for all the girls to swoon, and the guys to chant.

For the talent portion, some of the contestants performed singing and dancing numbers. Others performed acts such as hula-hooping and gymnastics routines. After all of the contestants' talents were displayed, Tri Sigma

president, Abbie Collie, thanked everyone for coming out. She expressed gratitude for everyone helping the sorority sponsor a good cause and help sick children in need of medical attention.

Finally, awards were given out to close the fashion show. Collin Owen won the award of most money raised for the event. Mr. Dreamy (best in swimwear) went to Sean Pea, and Big Man on Campus was junior political science major Dylan Heran.

Heran expressed his excitement for winning the major award. "It's awesome, I Love it. I'm glad the money is going to a good cause," he said. "Some of the performances took a lot of practice, but it was worth it."

Junior English Communications major, Llana Samuel, acknowledged the effort that went into hosting the event. "I'm really happy for Kayla. She did a lot of the thinking and planning that went into this event," Samuel said. "We've been working on it since November and I think the outcome was worth it."

'Chappie' is a Fun Piece of Sci-Fi Entertainment

By TODD PERKINS
STAFF MOVIE CRITIC

Neill Blomkamp is one of the most promising directors to come into the spotlight in the past decade.

His film "District 9" surpassed every obstacle and expectation set before its release in August 2009, and Blomkamp made an epic crowd pleaser that riveted audiences and critics alike for its originality and audaciousness. Unfortunately, his follow-up film "Elysium" lacked the ingenuity and intelligence of his previous effort and suffered despite its inflated budget and grand-scale marketing, making his claim to fame risk being labeled a one-hit wonder.

Blomkamp's latest film "Chappie" is smaller in scale than "Elysium", but whether it retains the inventiveness and heart of "District 9" is another matter altogether.

Sharlto Copley stars as the title character, a robot given the gift of consciousness from his maker

Deon Wilson (Dev Patel), the inventor of police droids who operate as the main form of law enforcement in a not-too-distant future Johannesburg. Deon wishes to keep Chappie a secret, but things take an unexpected turn when one of his rivals Vincent Moore (Hugh Jackman) discovers his latest invention and soon makes plans of his own regarding Chappie.

Blomkamp is more than a competent director; he is a master storyteller who creates films that only he would want to make. His knack for visuals, production design, and effects rivals any other top notch filmmaker working today. His weakness comes from poor pacing, clunky writing, and an abundance of symbolism so obvious that even a St. Bernard would deem it heavy handed. There is one scene in particular, where Chappie angrily questions Deon about why his maker would grant him existence in a body that can only sustain battery life for a short period of time, that is so on the nose that any sense of subtlety sustained throughout the work

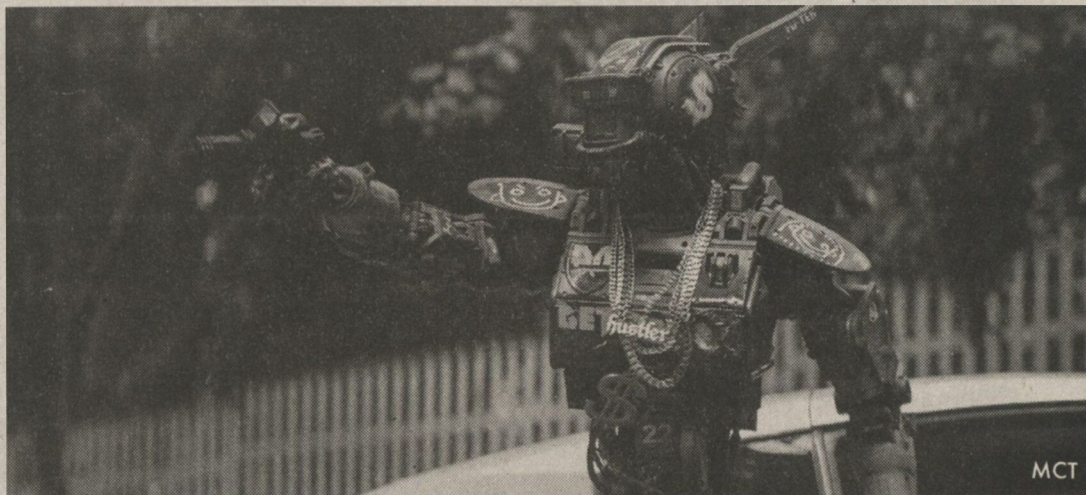
before that moment completely disappears.

Even though there are numerous flaws, this is an incredibly entertaining movie that knows how to work an audience. The action is well handled, the technical aspects are all superb, and the characters are all relatable no matter how extreme they may be.

Patel and Jackman are terrific as two engineers with opposite priorities. Patel acts as a caring parental figure without becoming a kind-hearted chump that viewers often see in these kind of films, and Jackman plays an antagonist without ever becoming a one-note villain.

Copley, who starred in "District 9" and was by far the best thing about "Elysium", manages to turn in another stellar performance as Chappie, a robot who transitions from a childlike figure to a complicated being with an awareness of morality and its own mortality. While he may not be a household name as of yet, Copley

SCI-FI | PAGE 6



Chappie (Sharlto Copley) from Columbia Pictures' action-adventure film "Chappie"

Silver screen

Rating 3.5 out of 5



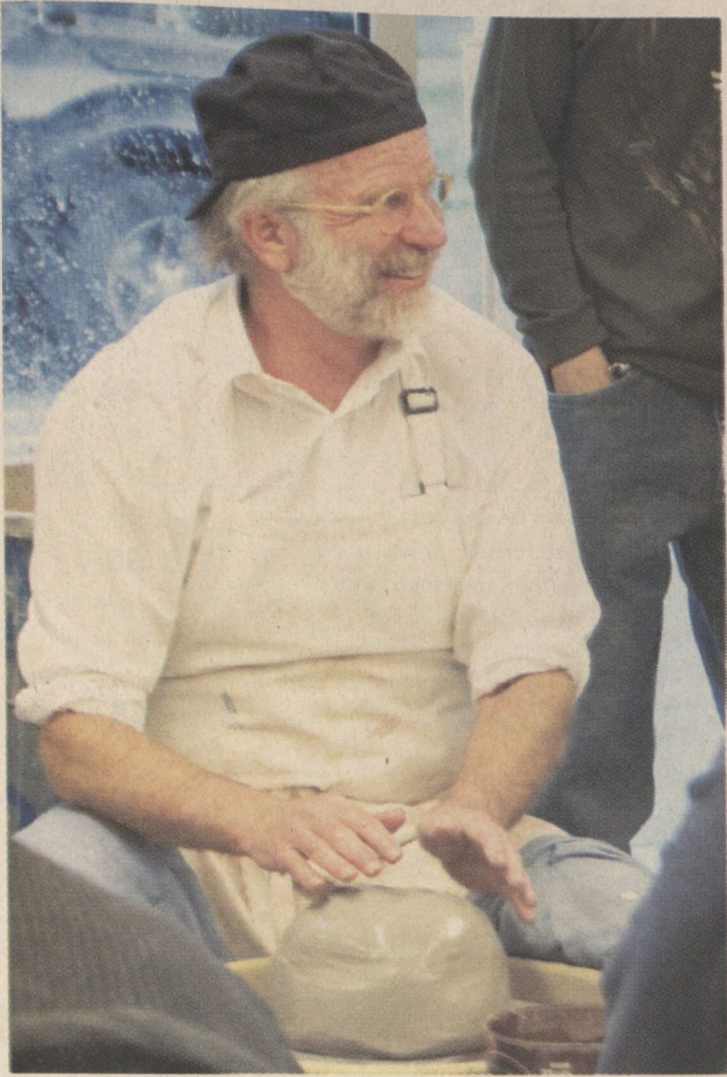
"I'm consciousness. I'm alive. I'm Chappie."

Directed by Neill Blomkamp
Produced by Simon Kimberg
Rated R

Starring Sharlto Copley, Hugh Jackman, Dev Patel
Now playing at Carmike 10

Arts & Entertainment

THE INKWELL [5]
March 26, 2015



Professor John Jensen started Raku Sushi Pizza night

Raku Sushi Pizza Night Showcases Talented Artists and Unique Cuisine

By AYANNA THOMPSON

Recently, Armstrong held its 27th annual Raku Sushi Pizza night. The event is a laid back combination of learning paired with good food and people.

Students, professors and even members of the community met at the Armstrong ceramics studio to watch a variety of demonstrations and presentations.

Activities ranged from a raku kiln firing to student presentations of their work and socializing while eating.

The department actually houses three kilns in the studio: two large gas kilns and a smaller electric raku kiln. They are used

for various types of clay firings.

Professor John Jensen teaches ceramics and he started the event after having it suggested to him by a student. The student thought that it would be an interesting way to showcase the department. Professor Jensen said that, "Students can expect to have a fun, educational experience, learning what the department has to offer, and also, enjoy lots of great food."

His favorite part of the night is always the student presentations because we get to see the amazing work that the students have been creating.

"The event is always a lot of

fun and it's cool to watch how the kilns work," Ashley Havy said. Havy is a senior who is working toward a bachelors of fine arts concentrating in photography, she expressed a desire to go again.

Students Toni Singleton, also a BFA major and Jonathan Hatala, a sophomore majoring in English, both agree that they would also like to return for the next one. "My favorite part was the student presentations," Singleton said. He enjoyed getting "to see how far [the students] had come with their work, and it's a great learning experience."

Hatala said that his favorite part of the night was watching the large wheel pieces that both Professor Jensen and Professor "Mac" McCusker, also a Professor of Ceramics, demonstrated. He describes the event as "a night of really good student work and an awesome social event as well."

The Raku Sushi Pizza event is held about midway through each semester and is always open to everyone. With such a positive turnout, it's easy to see why the students look forward to coming back each time.

U Style

By JOCELYNE GARCIA

How would you describe your style?
Chic.

What clothing store is one you can't resist but go in?
Express!

What is one piece of clothing you can't live without?
Sweaters, I love sweaters!

Do you have a certain magazine, place, or person where you get your inspiration from?
I would have to say celebrities, specifically Emma Watson. I love her.

What advice do you give people who have trouble showing off their style?
As an artist I always need to be comfortable so I can do my artwork so just wear whatever makes you feel good.

Diana Gonzales

Senior, Art Education



Photo by Jocelyne Garcia

Outdoor Arts Festival and Savannah Asian Festival Unite

By EMILY SMITH
A&E Editor
ARTS.INKWELL@GMAIL.COM

Armstrong's 10th Annual Outdoor Arts Festival is uniting with Savannah Asian Cultural Festival this year for a one day event on March 28.

The event will contain activities for kids to explore including art projects hosted by Armstrong art students, chances to experiment with musical instruments, as well as enjoy theater and dance performances. Other activities that can be found at the festival include puppetry, face painting, improvisational games, and juggling coordination challenges.

Visitors will also have the opportunity to purchase original art from Armstrong alumni, current faculty and students. Items for sale include ceramics, abstract paintings, photography pieces, fiber arts, pottery, jewelry, t-shirts and more.

Performances will be held

by local musicians ranging from middle school to college students. Last year the event showcased various performances by Armstrong's cast of Godspell, performers from Savannah Children's Theater, elementary students from Hancock Day School, and Armstrong Creative Dramatic Students.

This year, thanks to the partnership with Savannah Asian Cultural Festival in its first visit to Armstrong's campus, the event will feature Asian-inspired arts activities and performances. Those who have attended the festivals separately in the past will now get to conveniently experience both events on the same day at the same location.

Admission to the festival is free, but food and beverages will be available for purchase. Activities are scheduled from 10 a.m. to 4 p.m. in the Fine Arts Hall Courtyard. In the case of rain, festivities will be held inside the Fine Arts Hall.

#THROWBACK THURSDAY

Still a Few Parking Spaces Available Here....

Having trouble finding a parking space? Maybe you should try riding a bike, like these adventurous souls.

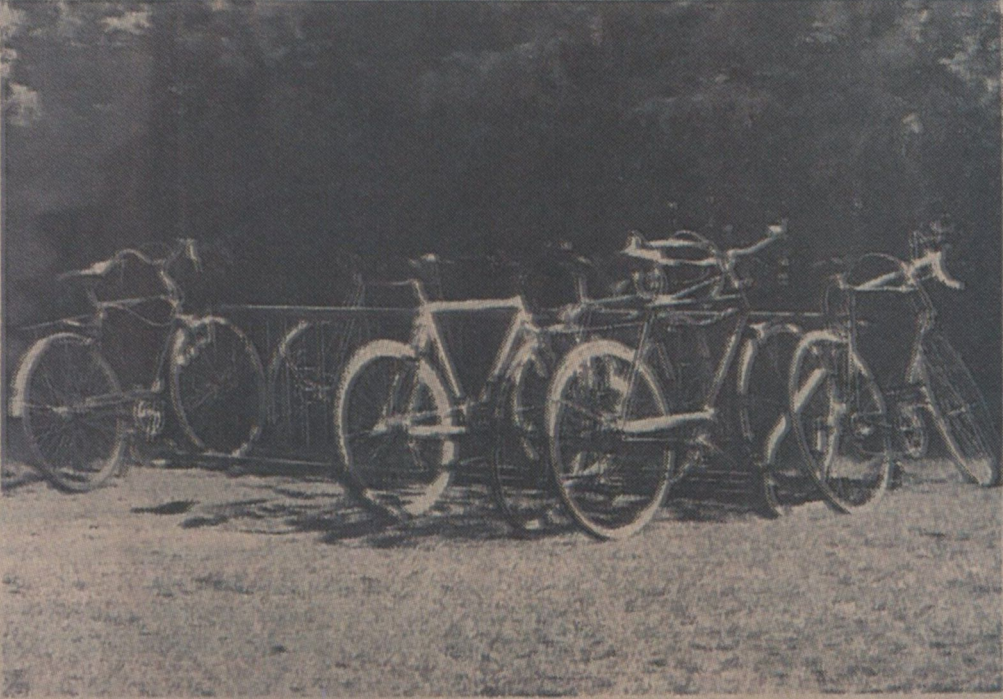


Photo by Kimberly English

INSIDE...

We have an interview with ASC's new tennis coach, more cross country news, a letter to the editor, and we visit the election night party of Susan Weiner. It's GONESVILLE BABY!!!

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Black

FROM PAGE 1

environmental racism. "Environmental Racism is the idea that the ambiance of an environment, say that of a community or a neighborhood, affects not only one group of people living there, but the entire community as a whole," Wyse stated. "It's the women that we see out there rallying for a change."

"It's enlightening to see black feminist thought being discussed in academia," junior gender studies major Aquila Campbell said. "It's constantly being oppressed and it was a great introduction to the perspective."

Dr. Wyse close the lecture with a reminder that although one may not be of a certain socio-economic group, once we understand intersectionality, the idea that one kind of oppression is not independent of another, we can create empathy for them, and that is how change will come about.

Ideals

FROM PAGE 1

the gender studies program at Armstrong, first called women's studies. She also founded the first student organization that focused on advocating women's equality, called the Equality and Diversity League which later morphed into Feminists United.

Define

FROM PAGE 1

took me a good six months. Now, it doesn't bother me at all," she said. "You have the right to tell who you want to tell when you feel the time is right, because this

is a touchy thing, not just for the other person but for you as well."

She introduced the audience to Benjamin's guidelines, a set of rules that a transsexual should follow before getting hormonal or surgical treatment. This opened the floor for the last speaker, Elizabeth Ann, another cross-dresser.

Ann took the floor to say that the group they come from is a non-professional group, meaning that there are no therapists in the group. It's a group of peers who give emotional, mental, and sometimes situational support. Lastly, Elizabeth Ann went into how the gender spectrum, especially when tied in with sexuality, has many dimensions and frankly shouldn't even be referred to as a spectrum.

The speakers all agreed that they hoped the number one thing that people would get out of their talk would be openness and the chance to educate others. "I now realize the difference between cross dressers, transgender, and the transsexual community," Charles Breazeale, a freshman chemistry major said. "It's important knowledge, especially this day in age."

Sci-Fi

FROM PAGE 4

has the versatility, talent, and charisma to become one of the finest and most enjoyable actors of our time.

While this film is far from perfect, it is a work that dares to take chances and be different. It treats its audience seriously while never being afraid of being silly, obscene, or to embrace violence when necessary. There are many who will not care for Blomkamp's film, but "Chappie" is a fun, thrilling, and even moving piece

of entertainment that fans of "District 9" will surely recognize as coming from an artist that actually cares.

READ
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DRAW for
THE INKWELL

Are you interested? If so, please email Chief.Inkwell@gmail.com

THE INKWELL

TOP YAKS OF THE MONTH



Campus Tours make me feel like an exhibit at the zoo. "To the left you can see a failing, sleep deprived, freezing student. Please do not feed it, it has a meal plan."

84

I hope Squidward's band plays at half time tonight @ the Super Bowl!!!!

68

I walked bae to class this morning, well technically I walked 3 feet behind her, and she doesn't know she's bae... or that I exist.

65

Study Tip: Stand up. Stretch. Take a walk. Go to airport. Get on a plane. Never return.

48

Happy birthday to the guy on my fake ID!

40

Yik Yak
Find your herd

Spring 2015 Student Life Events

April

- Spring Fling
- Monday 6

Cookout Kick off, Compass Point Plaza 12 p.m.

- Tuesday 7

Open Mic Night, Student Union Ballroom 8 p.m.

- Wednesday 8

GSA Prom, Student Union

Ballroom 7 p.m.

- Friday 17

Big Show, Sports Arena 8 p.m.

- Saturday 25

Shipwrecked, Tybee Island

May

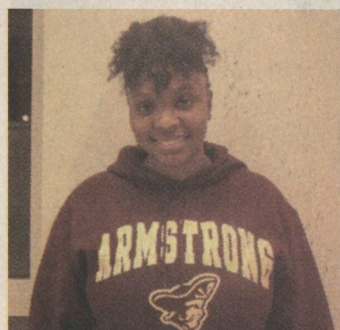
- Friday 1

Outdoor Cinema

Campus Voices: Are you ready for spring or do you wish it was still winter?

Photos by Ruby Rizvi

“I’m ready for spring. I can’t wait for the cold weather to be gone.”



Tyesha Wadley
Sophomore
Biology Major

“I’m ready for spring and the warm weather. It reminds me of summer.”



Sarah Burns
Junior
Cardiovascular Major

“I’m so ready for spring. I can’t wait for shorts, skirts, and the beautiful weather.”



Brianna McDonald
Sophomore
Theater Major

“Winter, because I’m not a fan of spring.”



Mckell West
Freshman
Computer Science
Major

“Spring, because it’s closer to getting out of school.”



Jessica Atkins
Sophomore
Rehab Science Major

“I’m ready for spring so I can go running and comfortably wear shorts.”



Paige Gocke
Sophomore
Biology Major

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