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HAPPY EASTER!



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THE INKWELL

THE INKWELL

Week of April 2, 2015

TheInkwellOnline.com

Volume 85, Issue 9

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Paint the Town Maroon raises money for scholarships

SPORTS

NEW! Jock Talk with Caleb Bailey, Staff Writer

ARTS

Pirates Palette recipe for a super easy and delicious Easter ham!

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HELP DECIDE THE NEW ARMSTRONG MASCOT

By CALEB BAILEY
STAFF WRITER

Lookout George, there is a new mascot on the way! Less than eight months ago, Armstrong State University changed its name by officially dropping "Atlantic" from the title. Now you have the chance to select the next mascot to lead us into the next generation of success.

Students will have the opportunity to vote on what the

next mascot will be on April 10 in the Student Union. Ollie the Oyster and Arthur the Aardvark have been selected as finalists for the honor of representing ASU and its vast success in the sporting world.

Along with the new mascot, students will be voting for new school colors to go along with the mascot. Each mascot has its own specific colors. With Ollie, students would be voting for Navy

Blue and Gold. With Arthur, students would be voting for Royal Blue and Orange. Both of these options are vastly different from the Maroon and Gold the Pirates currently sport.

Depending on the vote, a new budget will be put into place to accommodate the changes. New uniforms will be bought for all Armstrong sport teams. Alumni Arena's name will not change, but major renovations would be

needed to keep in line with the exciting new changes.

The funds will be drawn from tuition cost starting Fall 2015.

Unfortunately, a new student fee will be added to students' tuition.

Although these changes would spark debate amongst the student body, The Inkwell staff would like to say APRIL FOOLS! George isn't walking the plank anytime soon.



Armstrong Communications

George the Pirate gets ready to walk the plank.

Masters of Education at Armstrong Set to Host Extravaganza

By PATRICIA HOLT

Armstrong's Masters of Education Department is set to host the "It's All About M.E." Extravaganza April 11 at University Hall from 1-4 p.m.

Steps toward future career goals, how to earn a master's degree within a year, and many other highly marketable skills will be presented for attendees.

Each spring Armstrong Adult Education students choose a community agency and plan an event to educate adults as part of class requirements for ADED 7120: Program Planning and Evaluation.

In the past, students have partnered with such community agencies like:

St. Mary's Community Center, where they worked with community members living in the area.

Federal Corrections Institution in Estill, South Carolina, where graduate students offered seminars for soon to be released inmates.

Thunderbolt Elementary School and Gould Elementary School, where parents were informed about upcoming standardized tests and what to expect and how to assist their children with these exams.

This year, graduate students have chosen to keep efforts local by putting on an event

for the campus community.

The event sponsored by the M.Ed. in Adult Education graduate students is designed to showcase graduate programs in six areas of study. Speakers from across campus and the community will be present.

Professors and administrators will be on hand from each area to showcase programs and answer questions for each endorsement, certificate and master's degree of study. Community members within various fields of education will be available to share their personal experiences in the field.

The education fair is for anyone interested in a master's degree and a desire to enhance their career, leadership, teaching, and community skills. Faculty, staff, students, and community members are all welcome to participate and hear about the various master's degrees and programs offered in the College of Education.

Eleven graduate programs within the College of Education will be involved.

Come explore the many opportunities that the College of Education at Armstrong State University offers. For more information on the M.E. Extravaganza, contact Dr. Patricia Holt, professor of Adult Education, in the College of Education.

By ELIJAH CLARKE
STAFF WRITER

Feminist United hosted The Campus Groups Speak March 26. The event was an opportunity for students from different organizations on campus to speak on social justice and activism.

Feminist United is a group made up of both females and males, who firmly believe in gender equality and women's rights.

Jasmine Tolbert is the president of Feminist United, her team that attended was vice president Marisol Estrada, treasurer Emily Smith, and secretary Savannah Crawford.

Tolbert said that she wanted the event to maintain an unprofessional atmosphere, so anyone that wants to come and talk about women empowerment, or equality can come on up and say something.

Tolbert started the night by reading the "The Bridge

Poem" by Kate Rushin. The poem expressed how fed up the author was of being the bridge of two groups, or between people. At the end of the excerpt, the poem went on to say that the author wants to be her own bridge. She needs to find herself and better herself, before she can be the bridge to anyone else.

Emily Smith took the stage representing Go Green Armstrong with a slideshow about being more eco-friendly. Smith is the communications director for Go Green Armstrong, the only environmentalist group on campus.

Smith discussed the substantial amount of plastic and other waste being dumped in the Pacific Ocean, specifically feminine hygiene products. Tampons make up 20,000 of the estimated 4 million tons of wasteful trash dumped in the Pacific Ocean.

She informed the crowd of ways to reduce personal trash

output by using applicator-less tampons and biodegradable pads. "I learned so much during the slideshow," freshman nursing major Khayla McClinton said. "It taught me about pollution, and about tampons. It also taught me about the plastic bag campaign on Tybee. I'm so glad I came."

President of Lambda Theta Phi Latin Fraternity, Noe Paramo, took the stage to discuss the Latino Greek movement. He gave a brief history description of Cubans' and Puerto Ricans' immigration, education, and life in the U.S.

Afterwards, Ruby Rizvi, a Feminist United member, read an original poem titled "In a Man's World". It conveyed the idea that women can't win, no matter what they do, such as getting judged for covering up, and then in turn also getting judged for revealing more. The poem said that women

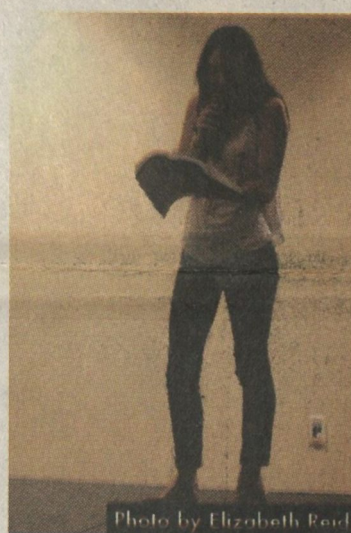


Photo by Elizabeth Ford

Savannah Crawford recited a poem at the Campus Groups Speaks discussion.

are living in a man's world, despite the modern times we live in, which is why we need feminism.

This led to Katie Cooper, also a Feminist United

SPEAK | PAGE 6

This week in World News Women in Politics

By RUBY RIZVI

NEWS EDITOR

NEWS.INKWELL@GMAIL.COM

As of 2015, America has had white presidents, a black president, and even a former actor as a president, however, we've yet to have a female president.

The United States has practiced the ideology of patriarchy for centuries.

Patriarchy is a system of society or government where men are the dominant figures. In America, many see men as the figure-heads for the country itself, businesses and the economy.

Although, women have made a strong effort and had an impact on the country since the founding fathers set out for independence during the revolutionary war, there is still work to be had, and awareness to be made.

Countries such as Sri Lanka, Argentina, and Algeria have all had female leaders, beating the United States and most other developed nations.

Students at Armstrong are aware of this lack of overall progressive

action. "I believe that everybody, man or woman, should be granted opportunities based on their qualifications and contributions without emphasis on gender," junior Economics major and SGA candidate Bailey Middlemas said.

The U.S. now recognizes gender equality better than ever, but the handful of women in the Senate, House of Representatives and even the Presidential cabinet is not enough. Many are ready to see a woman as the face of the nation, but society as a whole has a ways to come.

There have been many grassroots movements across the country in places such as Iowa and Massachusetts who are attempting to create funding and awareness for the political campaigns of the potential women candidates.

For the upcoming presidential elections of 2016, it's speculated that more women will enter the race. Names such as Secretary of State Hillary Clinton and Massachusetts Senator Elizabeth Warren could show up on the preliminary ballots for upcoming

elections.

"Women still have many obstacles to overcome in today's society," Hunter Hart, a freshman Mechanical Pre-Engineering major and candidate for this year's SGA elections, said. "I do not believe we will see a woman president in the next presidential election, but in the near future, with the right candidate, it will eventually happen."

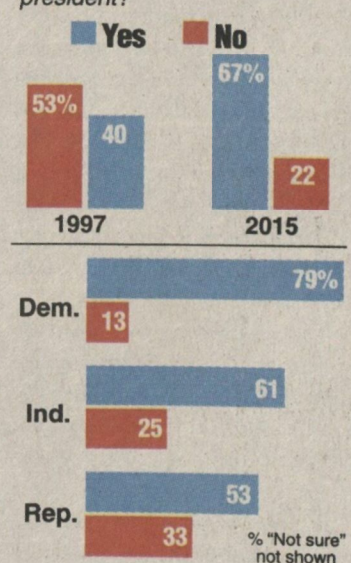
Women have certainly made their mark at Armstrong; for example, Dr. Linda M. Bleicken, Armstrong's seventh president and the first female head of the institution.

Armstrong's Student Government Association, or SGA, also has a strong female force, with students such as Marisol Estrada and Jasmine Sellers on the executive board, holding the offices of secretary and treasurer along with others.

"Women here at Armstrong's Student Government Association are some of our most driven members," Hart explained. "They commit fully to tasks at hand and

Electing a female president

Do you think America is ready to elect a female president?



Source: YouGov
Graphic: Tribune News Service

work hard to promote and establish campus unity. The women of the SGA are entrusted to accomplish any job at hand and have done well showing their capability and excellence."

In this year's upcoming election, there are women running for three of the four executive positions, including president, secretary, and treasurer.

Although women may not be where they want to be as far as national politics are concerned, they continue to be influential figures here at Armstrong.

COLLEGE OF EDUCATION
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University Hall • 1-4 p.m.
912.344.2562 • armstrong.edu/extravaganza

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- Graduate within a year
- Learn how to begin your journey

- Refreshments
- Campus tour
- Informational seminars
- Door prizes

COME EXPLORE THE MANY OPPORTUNITIES THAT ARMSTRONG OFFERS!

Armstrong

Nighthawks Knock Pirates from First Place

By CALEB BAILEY
STAFF WRITER

The Armstrong Pirates baseball team traveled to Dahlonega, Ga for a Peach Belt Conference showdown against the University of North Georgia Nighthawks this past weekend. The three-day trip got started on March 27 as it took some late inning heroics for the Pirates to take the win in Game 1. Junior Corey Kafka was on the mound for the Pirates the first six innings and allowed three hits and one run with five strikeouts on the day. Junior Jerad Curry scored senior Tyler Avera in the top of the sixth as he reached on a fielder's choice. The Nighthawks recovered and answered with a run of their own after a Pirate error in the bottom of the same inning. With the score tied and one man on base for the Pirates in the top of the eighth, junior Berry Aldridge stepped up to the plate to pinch hit for his team. Aldridge cracked a double to left field and

brought home Curry for the winning run, making the final score 2-1. He talked about having the opportunity to get the win for his team, but stayed humble in the process. "It was an awesome moment to be able to come through for my teammates," Aldridge said. "We had great pitching up to that point and then Caleb Woods and Tyler Graham shut the door to preserve the win." Junior Caleb Woods picked up his third win of the year with a 1 and 2/3 innings of work and only allowing one hit. Junior Tyler Graham got his ninth save of the season by closing on the ninth inning with one hit and a strikeout. Games 2 and 3 did not go so well for the Pirates as North Georgia used an eight-run rally in the seventh inning to secure the victory on Saturday's game. Sunday's game was all Nighthawks as they scored in every inning but two to move ahead of the Pirates in the PBC standings by a half game.

The Pirates plated six runs in the fourth, fifth, and seventh innings to take a 6-1 lead. The Pirates scored on an error, a fielder's choice, RBI singles by both senior RJ Dennard and junior JT Phillips, and walks in the top of the seventh. The Nighthawks took over in the bottom of the seventh and never looked back. Steven Tomlinson started the rally with a three-run homer to center field and the Pirates gave the Nighthawks two runs on walks with the bases loaded and a wild pitch. The Nighthawks went up 9-6 as they finished off the game. Junior Tyler Green took the loss by allowing two hits and two runs without recording an out in the seventh inning. The Nighthawks rode their momentum into Sunday's game and opened the game up with a first inning grand slam by Tremayne Toorie. They never looked back as they added on four more runs over the next five innings while only allowing two by the Pirates

in the top of the second. Avera talked about what they have to do to bounce back from the series loss. "We just have to play our game," Avera said. "No need to press and change things up. We have played well this season. We just couldn't pull them out this weekend, but that is baseball. It's a very humbling game and it just shows us what we need to work on this coming week to prepare for this weekend." Coach Calvin Culberson expounded on what his senior had to say: "Losses are going to happen. What makes a good team is how you respond after them. We just need to take care of the small details that got us to this weekend." With the series loss, the Pirates stand at 24-7 and 13-4 in the PBC, just a half game back of the Nighthawks for first place. The Pirates host an important PBC matchup against the Montevallo Falcons, starting with a doubleheader on April 3.

Upcoming Games April 3 - April 8

April 3

- Women's Tennis at Francis Marion 2 p.m.
- Men's Tennis at Francis Marion 2 p.m.
- Baseball vs. Montevallo 2 p.m.
- Softball at Columbus St. 5 p.m.
- Softball at Columbus St. 7:30 p.m.

- Baseball vs. Montevallo 3 p.m.
- Softball at Georgia Southwestern 3 p.m.

April 7

- Baseball at Morehouse 2 p.m.
- Softball at USC Aiken 2 p.m.
- Softball at USC Aiken 4 p.m.

April 4

- Baseball vs. Montevallo 12 p.m.
- Softball at Georgia Southwestern 1 p.m.

April 8

- Women's Tennis vs. Flagler 2 p.m.
- Men's Tennis vs. Flagler 2 p.m.



Ollivia McLemore's pitching strike outs at the Falcons.

By KAYLA BERNIS
STAFF WRITER

The Armstrong State University Pirates split games with the University of Montevallo on March 29. This accounts for first time playing each other this season. Each team was anxious to storm onto the field after dealing with the past couple weeks of play that were washed away by rainfall. The Falcons won the first game of the doubleheader 11-1 and the Pirates took the second game 6-0.

After practicing in the gym for most of the season and canceling

eight of their conference games due to the weather, the Pirates celebrated as they finally took to the Armstrong Softball field this past weekend. In the first game, the Falcons were off to a quick start in the top of the first inning with two multiple-run home runs. The Pirates only managed a single run off of junior Sierra Newman's RBI triple in the bottom of the sixth. The Falcons moved on to win the game 11-1 with sophomore Jane Trzaska taking the loss.

The Pirates captured the second game as senior Olivia McLemore struck out a career-high twelve batters. McLemore finished her complete game only allowing one hit and no runs. "At first I was a little upset that I threw a 1 hitter and it was the first pitch of the game that got it, but I had to stay focused on just making sure no one crossed the plate," McLemore said. "This year has been off to an unusual start so it felt amazing to be able to accomplish that yesterday."

On the offensive side, the Pirates plated two runs in the bottom of the third thanks to a two RBI single by junior Michelle Breen. Breen added three more runs in the bottom of the sixth with a three-run home run. She finished the day 2-4 with five RBIs as the Pirates moved on to a 6-0 victory. The Pirates are 15-9 and 4-2 in conference play after the split. The team hosted a doubleheader against GRU Augusta on April 1 and will travel to Columbus to play an important series against Columbus State on April 3.

JOCK TALK WITH: CALEB BAILEY

The Grandest Stage of Them All Lives Up to its Name

On Sunday March 29, World Wrestling Entertainment, better known as WWE, hosted its biggest pay-per-view event of the wrestling season: WrestleMania. This was the thirty-first edition of the "Showcase of Immortals" and it did not disappoint. Bare with me as I take a look at why exactly this show drew in over 79,000 fans into Levi's Stadium in Santa Clara. The show opened with a seven-man ladder match for the Intercontinental Championship. In the '90s, this title was the title that seemingly every young superstar wanted to get their hands on because it meant you would all but be the top dog in the company one day. Over the last few years, however, this championship has lost a lot of its luster. WWE decided to change that by putting the title on Daniel Bryan, the former WWE World Heavyweight Champion who was forced to relinquish the title due to a career-threatening injury. Bryan was on top of the world before tragedy struck in June 2014. Even with him being gone, crowds erupted in his signature "YES" chants everywhere the company went. Putting the Intercontinental Championship on Bryan brings prestige back to the title. One match that a lot of fans

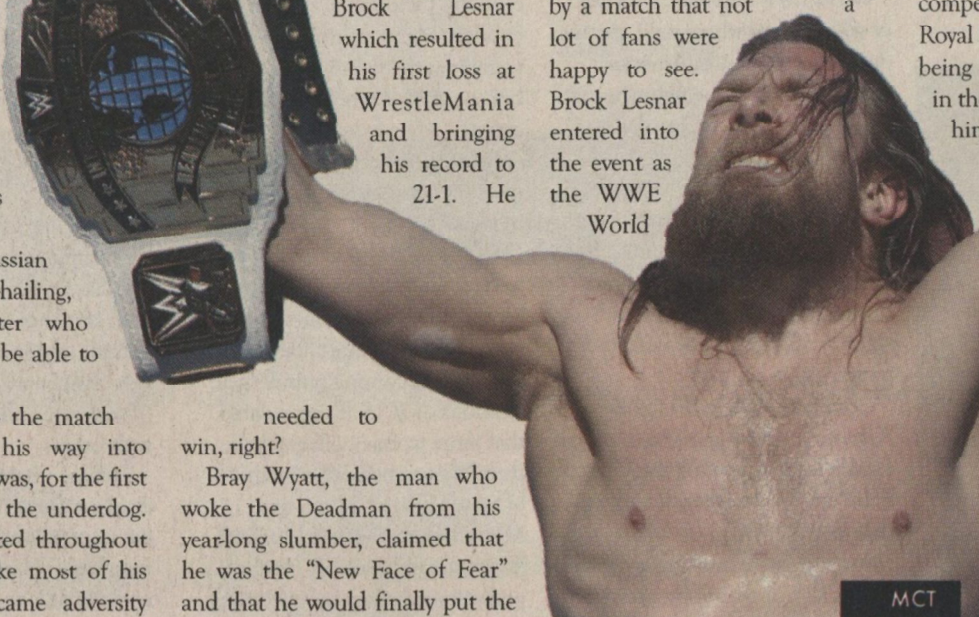
believe they would never see happened. That match was Sting, yes THAT Sting, facing off against the future head honcho of the company, Triple H. The match was built as WWE vs WCW, so it was not a surprise when members of D-Generation X and the NWO made their way ringside to help their fellow wrestlers. Triple H won the match, but it was Sting who got the support of the fans as he left the arena. Fans want more and at WrestleMania next year, they just might get it. John Cena needed to be the hero for the United States as he took on the "Bulgarian Brute" and United States Champion, Rusev. Rusev is a Russian flag-toting, Putin-hailing, undefeated monster who nobody seemed to be able to defeat. Cena came into the match having to fight his way into WrestleMania. He was, for the first time in his career, the underdog. Cena was dominated throughout the match, but, like most of his matches, he overcame adversity

and defeated the Rusev. Much like Bryan's win, Cena will bring prestige back to the United States Title. When wrestling fans, and possibly even non-wrestling fans, hear the name the Undertaker, many will think about the dark, ominous feeling you get when you hear that gong. Even underneath the California sun fans felt the fear when he entered the stadium. Undertaker was dominated the year before by former UFC Champion Brock Lesnar which resulted in his first loss at WrestleMania and bringing his record to 21-1. He needed to win, right? Bray Wyatt, the man who woke the Deadman from his year-long slumber, claimed that he was the "New Face of Fear" and that he would finally put the

Undertaker to rest. For weeks Wyatt had filmed vignettes, vowing to forcibly take the torch from Undertaker. With the loss to Lesnar the year before, Undertaker did not want drop his record to 21-2. He and Wyatt waged war and, in the end, it was the Deadman who was victorious. This match not only set forth the match everyone believes will happen one day, that being Sting vs Undertaker, but it also gave Bray Wyatt that extra push towards stardom that he desperately needed. Wrestlemania was headlined by a match that not a lot of fans were happy to see. Brock Lesnar entered into the event as the WWE World

Heavyweight Champion. This comes just one year after Lesnar ended the undefeated streak of The Undertaker at WrestleMania. Lesnar went on a tear through 2014, defeating Cena, the proverbial "Superman" of the WWE, to win the title in August. He was seemingly unstoppable. That is until one young Samoan stepped up to the "Beast Incarnate." Roman Reigns, a member of the legendary Anao'i family, was hand-picked to be the next superstar in the company. He eliminated a record twelve competitors in the 2014 Royal Rumble before being eliminated in the final two himself. In

guaranteed a main event title match at WrestleMania. Lesnar dominated for most of the match by using his arsenal of powerful punches and different variations of suplexes. It seemed as though Lesnar was going in for the kill before Reigns got the upperhand and busted Lesnar's forehead open. With both men unconscious in the ring, another man saw his opportunity. Seth Rollins, another young superstar, ran down to the ring to a roaring crowd. He cashed in the Money in the Bank briefcase, which gives him a World Title shot at anytime he wants for one year. It just so happens that time was then, at the biggest show of the year. The show ended with Rollins standing at the top of the WrestleMania stage as the New WWE World Heavyweight Champion and a lot of fans left the show happy. The Show of Shows was shaping up to be one



2015, however, things were different. Reigns entered into the Rumble at number 19 and, with a little help from his cousin Dwayne "The Rock" Johnson, he won and

SPORTS & Wellness

[3] THE INKWELL

April 2, 2015

David Whitley: Bucky Badger is the People's Final Four Candidate

By DAVID WHITLEY
ORLANDO SENTINEL
(TNS)

Forgive me for injecting politics into sports, but I can't help feeling like beleaguered voter as I look at the Final Four.

Duke would be Jeb Bush. Kentucky would be Hillary Clinton.

I would be ready for somebody new, and I suspect I'm not the only one.

Give us Elizabeth Warren or Ted Cruz or Marco Rubio or anybody whose family name hasn't been on the ballot since Reconstruction.

Give us Bucky Badger.

I could give you 100 reasons why you should pull for Wisconsin this weekend, though it really comes down to the fact it is nothing like the other two.

I know it's actually the other three. But Michigan State has been to about as many Final Fours as Duke. It just doesn't win them.

That makes Michigan State the Joe Biden of this field. An underdog for sure, but still too

much a part of the basketball elite. And nothing oozes establishment like Duke and Kentucky.

The political analogy isn't perfect, though John Calipari probably has a personal email server in his basement that is programmed to be wiped clean if an NCAA investigator gets within 100 feet.

Like Duke, this year's Kentucky team hasn't succeeded solely by virtue of birth or being married to Bubba. Both teams might make a fine champion if elected.

But familiarity breeds fatigue. Out of a country of 320 million people and 351 Division I basketball programs, why must we always end up with the same old names?

I know. Because they have tradition, allure, recruits, coaching, money and fans. But that doesn't mean we can't get tired of it.

Before Jeb Duke, there was George W. Duke, George H.W. Duke, Dick Cheney Duke, Shane Battier Duke and Christian Laettner Duke. The Wildcats' lineage goes back ever further.

If you're part of the "Ready for Hillary/Kentucky" crowd, you think this overthrow movement is rooted in jealousy. You'd be right. But it's also part of our patriotic DNA.

America was founded on breaking away from a monarchy. Any schmoe can be elected president.

Wisconsin is just such a schmoe. The Badgers actually won an NCAA basketball championship before Duke or Kentucky. It was 1941. They didn't make another Final Four until 2000.

Wisconsin had only eight winning seasons between 1954 and 1995. Dick Bennett revived Bucky Badger initially, and Bo Ryan has turned him into a viable contender.

He's done it the old-fashioned way, with gritty talent-free players who walk uphill 10 miles through the snow to practice every day and buy into the homespun wisdom of their crusty old coach.

That's not completely accurate, but it makes for a nice political ad. The truth is this year's team doesn't always make 12 passes



The 2015 Final Four takes place in Indianapolis.

before shooting.

One player, Sam Dekker, was actually a big-time signee. The rest would have received a recruiting letter from Kentucky only by mistake.

"If you look at the Wisconsin program as a whole, that's what coach recruited," Frank Kaminsky said. "He recruited guys that want

to come in and work hard and make something of themselves."

Kaminsky is the ultimate example, having blossomed into one of the most versatile college big men since Laettner. The difference is 20 years from now you won't be seeing a "I Hate Frank Kaminsky" documentary on ESPN.

But will you look back and see a

people's champion?

For all the Cinderella talk this time of year, the same group of scions usually prevails. The last true darkhorse winner was Villanova in 1985, or maybe UTEP in 1966.

I don't know about you, but I think the Hillary bumper sticker has it half-right. America is definitely ready.

Ready for Bucky!

Lady Pirates Stay Perfect, Men Split Weekend

By CAROLINA GARCIA
STAFF WRITER

The Armstrong tennis teams started the weekend off on March 28 against Columbus State University. The Lady Pirates remain number one and undefeated with a 9-0 Peach Belt Conference victory over the sixth ranked Cougars.

Duo freshman Lena Lutzeier and senior Clara Perez started the sweep off with an 8-4 victory followed by freshman Alejandra Cisneros and sophomore Diana Stromlega defeating their opponents 8-3.

Freshman Nicole Fossa Huergo and junior Carolina Prats-Millan closed the doubles matches with an 8-2 victory. The Pirates continued their sweep throughout the singles matches, ending the day with a 9-0 sweep.

Pirates head coach Sean McCaffrey commented, "I believe they have great momentum as they



Fernando Bojago and Otakar Lucak celebrate with a fist bump.

approach the stretch run of the season. The women are playing with great confidence."

The men's team followed suit, also sweeping the Cougars 9-0 later that day. Senior Fernando Bogajo and junior Otakar Lucak started the sweep off in the doubles match with an 8-2 victory.

Doubles duo junior Pablo Gor and sophomore Ignacio Hernandez dominated their opponents, winning 8-5. Junior

Marek Pesicka and freshman Jan Porteset closed out the doubles matches with a victory.

Both teams returned home March 29 to face Concordia. The women won their 150th consecutive home match since 1998 by defeating Concordia 8-1 and sweeping Georgia Southwestern 9-0.

McCaffrey said, "If they keep putting in the work and effort they will be poised to compete for their

goal of a national championship."

The men split their matches against Concordia and Georgia Southwestern, suffering a loss against Concordia, but sweeping Georgia Southwestern 9-0.

The women moved to 19-0 overall with an 8-0 PBC record on the season, while the men's record stands at 12-4 and 5-0 in the conference. The teams travel to Florence, SC to play a PBC match against Francis Marion on April 3.

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

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See <http://www.southalabama.edu/academic/modern/27-343-transfer-program-eligibility-requirements-and-other-important-info> for program eligibility, transfer, fees, and other costs. Modern, B.E.T., and all other degree, diploma, certificate, and other important info.

Transfer credit is evaluated on a case-by-case basis. South University offers no guarantee that credits earned at another institution will be accepted in any program of study offered by South University.

Prerequisite, credit limit, hours, co-requisites, and scheduling options weekly transferred are subject to change. Administrative Office, South University, Savannah, 209 Mall Boulevard, Savannah, GA 31405-4020. © 2015 South University. Our email address is cs@proceduresandtechniques.edu.



Arts & Entertainment

[4] THE INKWELL
April 2, 2015

Pirate's Palette

Ham For Easter: So Easy, A College Student Can Do It

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

For a lot of students, the absence of a long weekend or holiday makes it difficult or nearly impossible to visit home.

With Easter falling on a Sunday, many most likely plan on staying put in Savannah. But just because you're not home, who's to say that you should eat cereal or spaghetti for Easter dinner? Getting a few friends together to make a nice meal can be fun, cheap, and easy.

Believe it or not, a succulent ham is actually pretty hard to mess up. Besides a frozen pizza, it is one of the easiest items to throw into the oven. With a few ingredients and slicing techniques, you can easily impress your friends this holiday.

Surprisingly, there a variety

of hams to choose from at the grocery store. However, nearly all of them are fully pre cooked and simply need to be heated through. You do need to decide what kind of piece you want though. A bone-in ham, such as a rump half, has a round, meatier end. You could also choose a shank portion which is tapered and easy to carve. Lastly, there is the boneless ham which obviously makes slicing extra simple.

Some hams contain added water which tend to be cheaper and taste less salty. Read the labels for all of these details when choosing a ham.

The next question is how much ham should you buy? This depends on whether it has a bone, the amount of fat and the cut.

Figure about three entree

servings per pound when it comes to the rump half or shank portion. For a boneless ham, plan on four to five servings per pound.

Assume that the ham needs to be refrigerated unless the label says otherwise. An uncanned, boneless ham can be refrigerated for up to one week and shank or rump portions can be refrigerated for up to two weeks. Preheat the oven to 325 degrees. Unlike turkey, ham does not have to be washed. However, cutting a diamond pattern on the meat's surface and brushing on a glaze will make your dish even more impressive and delicious.

An easy brown sugar mustard glaze requires only a few basic ingredients.

½ cup packed brown sugar
3 tablespoons honey
1 tablespoon dijon mustard



You could be slicing into your own Easter ham in a matter of hours!

1 tablespoon pineapple juice (optional)

Mix all ingredients in a small bowl and brush the glaze over the ham during the last 45 minutes of baking. If you are like 99% of college students and do not own a cooking brush utensil, carefully pour the glaze onto the ham and use your clean fingers to spread it around if needed.

Place the ham in a shallow roasting pan. A disposable

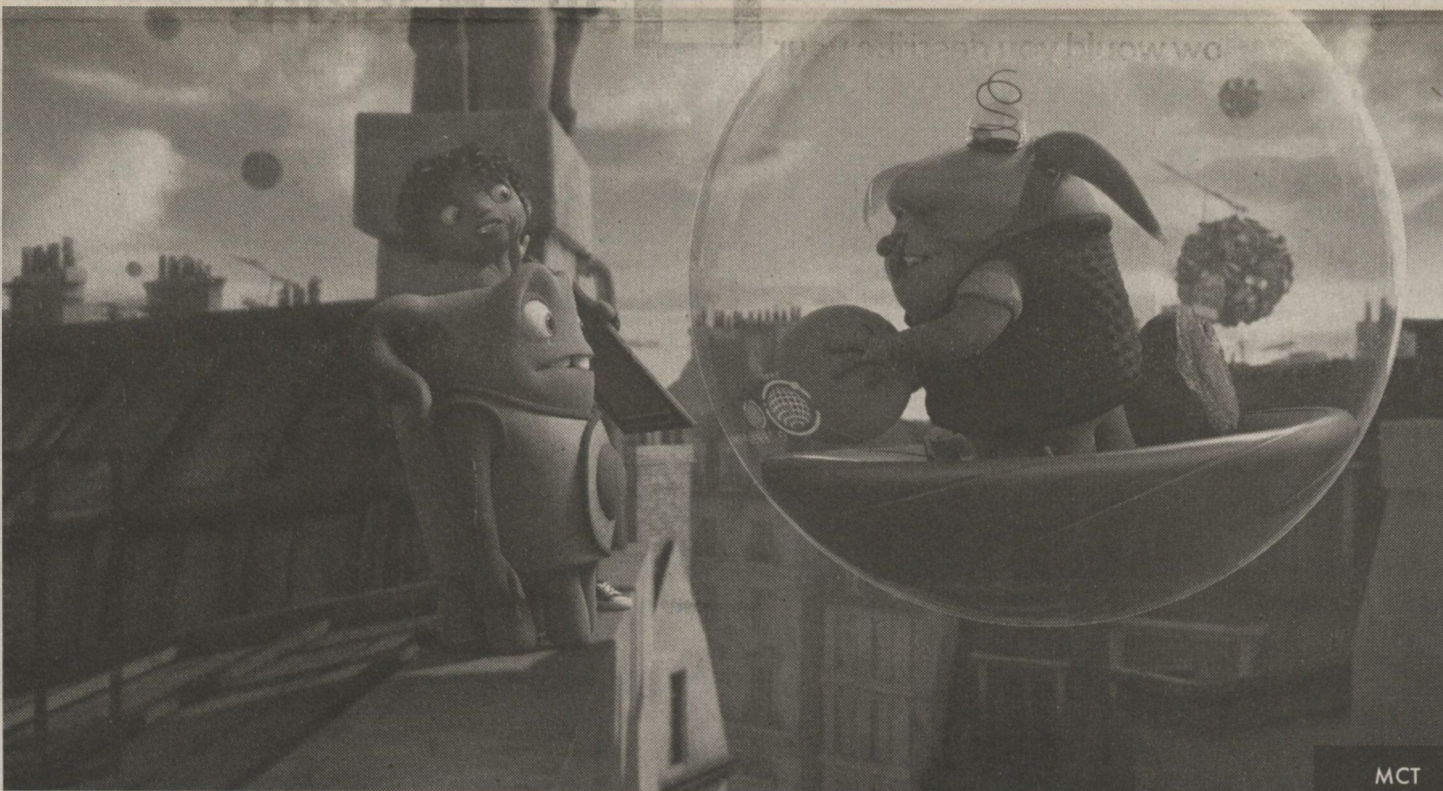
roasting pan can be found at Wal-Mart or Big Lots for under five dollars. Cooking times vary according to the size of the ham and they will be conveniently located on the label. A ham can take anywhere between one to four hours depending on cut and size.

If you do not own a meat thermometer, test for doneness by piercing the ham with the end of a knife or a fork. It should

slide in and out of the ham with little resistance if it is fully cooked. If the ham contains a bone, the meat will separate from it when it is done.

Once it is fully cooked, place the ham on its side for slicing. Having friends help with cheap and easy side dishes such as boiled potatoes, canned vegetables, salad, bread, or frozen pie can make for a festive holiday meal.

'Home' is Simply Filler Entertainment



Bubble-riding Boovian traffic cop Kyle (Matt Jones) corners his prey, Oh (Jim Parsons) and Tip (Rihanna).

By TODD PERKINS
STAFF MOVIE CRITIC

With Disney and Pixar releasing major blockbuster animated films year after year, it becomes harder to find something that can compete with the likes of "Toy Story" and "Frozen".

Out of all the studios competing in the animated market, DreamWorks Animation has been slowly making a name for itself with such hits as "Shrek", "Madagascar", and "How to Train Your Dragon".

Now, after three major successful franchises under its belt, DreamWorks brings its latest effort "Home" to the big screen armed with star voice talents, popular pop songs, and broad humor for parents and children alike to enjoy.

This story starts off with a frightened alien race known as 'The Boov' taking over Earth in order to use the planet as a hiding place from an enemy. When one Boov named Oh (Jim Parsons) accidentally sends out a message which

reveals their location to anyone in the solar system, he is forced to go on the run in order to avoid being placed under arrest and 'erased'.

While running from his own kind, Oh comes across a human teenage girl nicknamed Tip (Rihanna) who has been separated from her mother. Oh and Tip are forced to team up in an effort to find Tip's mother, clear Oh's reputation, and save the world.

This is the type of movie that is best seen in a packed

theater filled with both kids and adults who are intent on having a good time. There are many factors that come to play when judging whether or not this film ultimately works, and hearing the reaction of a large audience is the best indicator of how successful the jokes, characters, and story turns out to be. It can only be assumed that the experience of watching "Home" in a near empty cinema would be rather unpleasant because of how unoriginal and one-

dimensional the movie actually is on its own merits.

The writing is weak and predictable, the comical elements have that focus group sensibility that suggests that every joke has been tested in order to ensure that every demographic is represented, and the story arch and overall theme of the film seems reminiscent of many other animated features ranging from "Wreck-it-Ralph" to "The Croods".

Despite the many familiar

Upcoming Events

April 2

- Savannah Music Festival at Downtown Savannah
- Live music with The Accomplices at Dub's Pub
- A Moveable Feast Lecture Series: Art Between the Wars at Armstrong Fine Arts Auditorium 6:30 p.m.
- Lecture on Salzbergs at Richmond Hill History Museum 7 p.m.
- Masquers presents 'Orchards' at Jenkins Hall Black Box Theater (ASU campus) 7:30 p.m.
- Live music with JLive, Willie Evans Jr. and Dope Sandwich at The Jinx 10 p.m.

April 3

- Savannah Music Festival at Downtown Savannah
- Student music recital: Xavier Parker, trombone at Armstrong Fine Arts Auditorium 2:30 p.m.
- Masquers presents 'Orchards' at Jenkins Hall Black Box Theater (ASU campus) 7:30 p.m.

April 4

- Savannah Music Festival at Downtown Savannah
- 'What Can We Make?' Drop

in Studio at Jepson Center 1 p.m.

- Masquers presents 'Orchards' at Jenkins Hall Black Box Theater (ASU campus) 7:30 p.m.
- Live music with The Mountain Goats at The Jinx 10 p.m.

April 6

- Senior Art Exhibition at Armstrong Fine Arts Gallery 9 a.m.- 5 p.m.

April 7

- Senior Art Exhibition at Armstrong Fine Arts Gallery 9 a.m.- 5 p.m.

April 8

- Senior Art Exhibition at Armstrong Fine Arts Gallery 9 a.m.- 5 p.m.

April 9

- Senior Art Exhibition at Armstrong Fine Arts Gallery 9 a.m.- 5 p.m.
- Pop Art Pop-Up Party at Jepson Center 6 p.m.

April 10

- Senior Art Exhibition Gallery Reception at Armstrong Fine Arts Gallery 5:30 p.m.

aspects of this movie, there are two areas that the film handles incredibly well.

Firstly, the voice acting from Parsons and Rihanna is spot on with both actors nailing every emotional and humorous beat, and Steve Martin also scores laughs as the voice of the egotistical and clueless leader of the Boov Captain Smek.

Secondly, the physical design for all the alien creatures is by far the most creative and interesting element of the work, with every new otherworldly character exhibiting some new inventive and detailed trait that seems plausible and thought out in

this established digital world.

With so many animated films coming out in 2015 such as "Minions", "Inside Out", and "The Peanuts Movie" it seems to be a safe bet that this movie will be forgotten by the year's end. While "Home" is not a bad, and it certainly is not the worst animated film to come out in the last few years, it is disappointing considering how great and entertaining previous films from DreamWorks Animation have been.

Rather than being something special, here is a film that allows viewers a fun time at the movies while leaving them wondering what's next?

Arts & Entertainment

Asian Art Festival Kickstarted with Night of Dance

THE INKWELL [5]
April 2, 2015



The Arya Dance Academy performs at Asian Art festival opening night.

By ELIJAH CLARKE
STAFF WRITER

The Arya Dance Academy's performance preluded the 19th annual Asian Art Festival on March 26 in the Fine Arts Auditorium.

This year, The Asian Art Festival and the Outdoor Festival were combined into one big event on Armstrong's campus. "I attended because I support the enrichment of Asian culture," freshman business economics major Tajae Francis said.

This event was the first time that the Academy had performed at Armstrong and their dances incorporated a lot of prayer-like movements and instruments.

After their performance, Armstrong's President Linda Bleiken thanked the mayor of Savannah for attending the performance.

She then introduced Mayor of Savannah, Edna Jackson and councilman Tony Thomas to speak. Jackson spoke on her former attendance of Armstrong and the

appreciation she has for the school.

The first two dances were followed by Pushan Shah. He was given a special introduction for being a senior in their group, and for having a very strong dance background. Shah performed solo as the first male dancer of the evening. During his song, he moved with many slight ticks and sways.

Next, dancers between the ages 4-9 years old took the stage. After the kids finished performing, they quickly transitioned to the teenage group to perform next. When the teenaged group finished, the younger kids came back to the stage to answer some questions. They expressed how much they enjoyed dancing and the event overall.

The younger age group closed the event with a modern dance followed by one more performance by Shah. Ending songs consisted of "Jai Ho!" mixed with Indian songs as well as modern ones. "Bad" by Michael Jackson was heard in the background, and so was "On the Floor" by Jennifer Lopez. The audience



was then invited to come up on the stage and dance as they replayed the last song, and dance around without a routine.

"It was really awesome," freshman pre engineering major, Dwayne King said. "The best thing I've ever seen."

Illustration by Tyrone Townsend

Illustration inspired by Asian culture

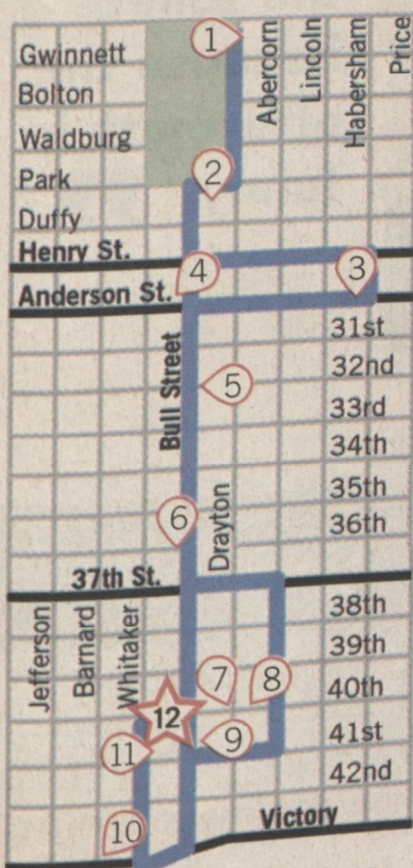
New Tybee Film Looking for College Aged Extras

By ZACH LOGAN
STAFF WRITER

Armstrong students are getting ready for their close up while Savannah is gearing up to host another film production. and producers are looking for college aged individuals to serve as extras. The official synopsis of the movie has not been announced but the Rose Locke Casting Director, Chad Darnell says he is looking for about 500 extras between 18 to 35 years old to be in a few of the spring break scenes on Tybee. The extras may have the opportunity to briefly share the screen with successful faces like Zac Efron or Robert De Niro. Some Armstrong students have already had practice serving as movie extras. Senior Armstrong student, Megan McCumber, was an extra in the Magic Mike sequel that wrapped up filming in Savannah last year.

McCumber enjoys participating in films and mentioned that she had already submitted her photo and information for the upcoming project. She likes that so many film companies are choosing Savannah to film. "I think having movies made in Savannah is awesome," McCumber said. "It's really cool being able to say you randomly bumped into three of the Magic Mike main characters and got a picture with them, which really did happen to me."

The filming will start around the end of April and last through the middle of May. If you are available during those times and interested, then submit your photos and information to RLCastingTybee@gmail.com. Be sure to include your name, telephone number, and the dates that you are available.



First Friday
ART FREE!
MARCH

LOCATIONS

1. Grand Bohemian
2. Sentient Bean Cafe
3. Foundry Coffee Pub
4. The Studio School
5. Non-Fiction Gallery
6. Foxy Loxo Cafe
7. Lovelane Designs
8. Appreciation Society
9. NOLAjane
10. Black Orchid Tattoo
11. Art Rise Exhibitions
12. Indie Arts Market

Visit us online at artmarchsavannah.com for more locations!

Starland Trolley
The Trolley loops through stops 1 to 12 every 1/2 hour. Check in with an Art March Ambassador for traffic updates and delays.

Produced By



Funding is provided by the City of Savannah's Department of Cultural Affairs. This program is supported in part by the Georgia Council for the Arts through appropriations of the Georgia General Assembly. GCA also receives support from its partner agency, the National Endowment for the Arts.

U Style

By JOCELYNE GARCIA

How would you describe your style?

I don't have a particular style. Whatever makes me feel nice that day, I wear it.

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

Charming Charlie or Forever 21

Do you have a go to item?

Jeans are my go to because I can wear them with almost anything.

Do you have a certain magazine, place, or person where you get your inspiration from?

Jennifer Aniston. I really like her style.

What fashion advice would you give to your fellow peers?

Wear what you like to wear, who cares what people think. You do you.

Halle Haskins

Freshman, Public Health

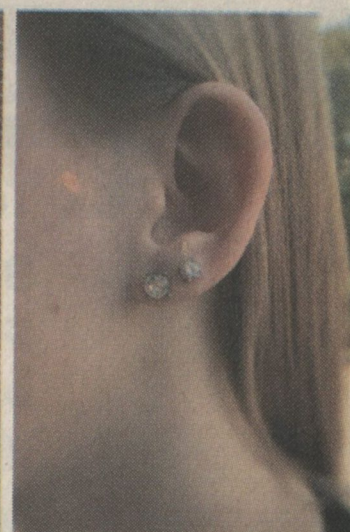


Photo by Jocelyne Garcia

VH1 Top 20 Songs Countdown

20. "Ghost" by Ella Henderson
19. "Shut Up And Dance" by Walk The Moon
18. "Bright" by Echosmith
17. "Budapest" by George Ezra
16. "Lay Me Down" by Sam Smith
15. "I Want You To Know" by Zedd Ft. Selena Gomez
14. "I Bet My Life" by Imagine Dragons
13. "Talking Body" by Tove Lo
12. "Heartbeat Song" by Kelly Clarkson
11. "Prayer In C (Robin Schulz Remix)" by Lilly Wood and Robin Schulz
10. "Uptown Funk" by Mark Ronson ft. Bruno Mars
9. "Nobody Love" by Tori Kelly
8. "Chains" by Nick Jonas
7. "Outside" by Calvin Harris ft. Ellie Goulding
6. "Thinking Out Loud" by Ed Sheeran
5. "FourFiveSeconds" by Rhianna, Kanye West and Paul McCartney
4. "Time Of Our Lives" by Pitbull and Ne-Yo
3. "Love Me Like You Do" by Ellie Goulding
2. "Sugar" by Maroon 5
1. "Style" by Taylor Swift

BACKPAGE

[6] THE INKWELL

April 2, 2015

Speak

FROM PAGE 1

member, reading a passage she wrote about what feminism is, why we need it and the different stages a feminist goes through.

Cooper discussed the greedy feminist who only fights for rights that benefit them.

She also mentioned the stereotypical feminist who judges other women rather than trying to help them, and the limited feminist who picks and chooses what aspects of feminism they want support.

Following Cooper, Crawford, took to the stage and also read a short poem, closing the discussion on feminism.

Although much of the night was spent covering feminism and women, the topics talked about reached all ears. "I liked the variety of information that was presented," Dontreal Thomas said. "This is stuff no one thinks or cares about, so it is exciting."

Campus Groups Speak was an opportunity for students to come out at share their views on the world and how we can all personally do our part to make a difference.

"This event was extremely important to me. It gave a chance for other groups to come speak about positively for women, and equality," Tolbert said.

WWE

FROM PAGE 2

of the more boring and bland WrestleManias of recent years,

but once the pyro went off, WWE "proved the haters wrong." The next year is going to be a wild one as the Road to WrestleMania 32 has officially began.

Photo Gallery: Asian Art Festival and Outdoor Arts Festival

Photographs by Zach Machado
Staff Photographer

Check out the full gallery on our website: Theinkwellonline.com



Photo by Zach Machado

Children painting at one of the paint booths at the festival.



Photo by Zach Machado

A drummer performing during the Asian Art Festival.

Fountain Goes Maroon, Pirates Raise Money For Scholarships

By KHAYLA MCCUNTON

This past weekend, Armstrong painted the town maroon at Johnson's Square.

Paint the Town Maroon is a fundraiser where students, faculty and staff, in conjunction with a large group of Armstrong alumni rally to help fund Armstrong scholarships while showing off school pride.

The effort total raised almost \$90,000 for scholarships.

There was also a fundraiser at Chipotle Mexican Grill, where students that went could mention Armstrong and have the proceeds come back to the school.

Once downtown students

paraded around Savannah showcasing Armstrong's colors.

The event was sponsored by groups such as Savannah Morning News, Burger King, and The Westin.

Paint the Town Maroon gives students an opportunity to make connections with alumni in hopes of being able to further their careers.

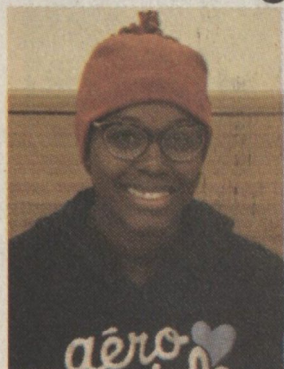
The event was also intended to bring the school and the community together. "Armstrong students are lucky to have an open community," Kyle Swint, a freshman nursing major said. "As Armstrong grows, so will the community."



In celebration of Paint the Town Maroon, President Linda Bleiken dyed the fountain.

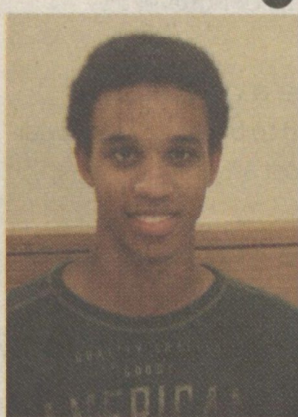
Campus Voices: What is your favorite April Fool's prank and why?

Photos by Elizabeth Rhaney



Beatrice Doe
Graduate
Health Services
Administration

“Telling a guy you're pregnant, because it's an easy scare.”



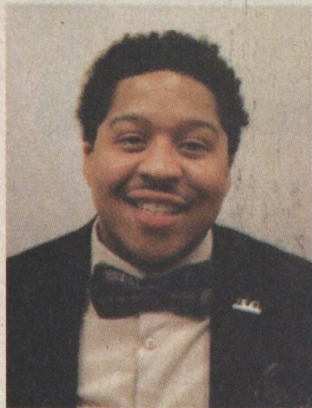
Travoires Griffin
Senior
Biology

“This April Fool's prank of a faked robbery. It was very interesting.”



Bri Davis
Freshman
Biology

“The whoopy cushion, because it's a classic.”



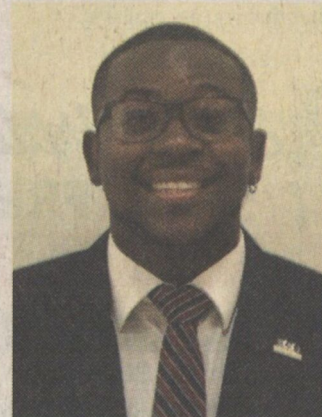
Marque Hodge
Senior
Rehabilitation Science

“The small ones, like switching the sugar with the salt. It's all in the ones you don't expect.”



Ahna Zackery
Senior
Public Health

“Putting up signs on the first floor saying that the elevator is broken, and a sign at the top saying April Fool's.”



Eric Jordan
Senior
Rehabilitation Science

“Saran on the toilet, because the aftermath is funny.”

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