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SPORTS

Dr. Donald
"Doc" Anderson
is the truest Pirate
of all

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THE INKWELL

Week of September 11, 2014

TheInkwellOnline.com

Volume 84, Issue 4

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Photo by Elizabeth Rhaney

FARMER'S MARKET COMES TO ARMSTRONG

By CAITLYN AUSTIN

On Sept. 9th, Armstrong hosted its very first farmer's market in the courtyard just outside the Student Union. The farmer's market was organized and presented by the Recreation and Wellness Department and the Office of Multicultural Affairs. Megan Feasel, the director of the

Student Recreational Center, said, "We think it's important for students to have access to healthy food and information about how to eat healthy and local."

A selection of vendors, information tables, and live entertainment were available for students to take part in. Local Farm Bag, Step up Savannah, the Forsyth Farmer's Market, and the Wilmington Island Farmer's

Market were ready and willing to provide information about their respective programs to anyone who was interested. The Health Science Department of Armstrong also had a booth offering tips for living a healthy lifestyle with great cooking techniques and recipes.

Food vendors had a strong presence at the market, selling everything from produce to coffee. Alak Georgia

Pecans provided different varieties of its namesake nut. Adams Farms and Jacobs Produce offered up a variation of in-season fruits and vegetables. Andrea Morganson brought honey and a mobile bee unit. Frali Gourmet LLC came armed with pasta in all shapes and sizes, and a colorful assortment of marinated

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Photo by Elizabeth Rhaney

The Risks of Energy Drinks

By RANDEE MAY

It's six in the evening and you've got a five page paper due at eight am the next day, and all you have written so far is your name. You're exhausted from a long day of classes and work, so you reach over and grab yourself a Five Hour Energy to give you that little

boost of energy, but have you ever thought about what's in that shot?

Have you ever considered the consequences?

For Destiny Williams, a little boost of energy to get through the day is far more important than consequences. "I drink between four and five Starbucks espresso shots

to give me energy. I think the advantages outweigh the risks."

If Destiny had been inside the bookstore at the same time as nursing students Julie Giardina and Andrea O'Neal, she may have reconsidered her answer. While purchasing scantrons for their exams, the two students would take a moment to help enlighten the

student body of Armstrong about energy drinks and the damage that can be done.

"They cause adverse reactions on your blood pressure and heart rate. They can also mess with your electrolyte balance," Giardina informed.

"On a trip our friend had

ENERGY| PAGE 6

Office of student life to host volunteer fair

By ASHLEY THOMPSON

Do you need volunteer hours do you feel the need to give back to the community, but you don't know how to get involved? Mark your calendars for Armstrong's Volunteer Fair held in the Student Union Ballroom on Wednesday, September 17th from 11 a.m. to 2 p.m. "The volunteer fair is an opportunity for Savannah organizations who have volunteer needs to connect with our students," Kate Steiner, Assistant Dean of Student Life said. "Students interested in getting more involved with volunteer service should attend."

There are many volunteering opportunities available at the Volunteer Fair. Some major organizations attending include United Way HandsOn Savannah,

Keep Savannah Beautiful, Young Life, and Humane Society for Greater Savannah. A full list of the organizations that will be present at the fair and other major organizations in the Savannah area can be found on the Volunteering Opportunities page under Student Life on Armstrong's homepage.

Set aside some time on Sept. 17. and stop in at the Volunteer Fair. Also, don't forget to download the SGA app. Vivian Gonzalez, a junior here at Armstrong, said that's how she found out about the fair. "I need volunteer hours, and it's a good way to find out about scholarships." To find out more information, visit Armstrong's Volunteering Opportunities page. Happy volunteering, Pirates!

communication. To be able to open communication to people that can't hear and speak. You get to include everyone. And it's so much fun."

Kartman has a laid back disposition when it comes to teaching. "I was able to sign fluently after three years and I teach in a 'No Stress Zone.' My beliefs are that if you're stressing, you're not learning. All education needs to be fun and interactive."

Kartman encourages her students to bring friends and family to attend her classes.

Justin Huggins, who is not taking the class, but attended the session Monday evening said, "I know some sign language, but there's nothing wrong with learning

something new."

Since the start of fall semester, Kartman has had four visitors to her class, including Huggins.

Kartman said, "I hope that my passion for the language rubs off on everyone and if infectious like a disease. I want to break the barrier so that people are comfortable. It's not always about listening with your ears, listen with your heart." She continued, "To quote I King Jordan, 'Deaf people can do anything that hearing people can do except hear.'"

Kartman also added that not every country recognizes American Sign Language. They have their own signed language and it's constantly updating like the Webster dictionary."

Can You See the Signs?

ASU offers course in sign language

By RANDEE MAY

Armstrong offers French, German, and Spanish as foreign languages, but there is one other language students can sign up for, American Sign Language.

While the first book on Sign Language was published in 1620 by Juan Pablo de Bonet, American Sign Language was not introduced to the United States until 1816.

Before sign language, those who were deaf or hard of hearing were overlooked and neglected.

However, things have changed tremendously in the past few decades. Professor Barbara Kartman, the professor who teaches American Sign Language at Armstrong elaborated on the topic, "A lot has changed in the past twenty to thirty years. With the No Child Left Behind program, attention towards the Deaf and hard of hearing has skyrocketed. It also depends on how they grow up."

Professor Kartman has been working at Armstrong since 2009 when she got a call from

the school, stating they needed someone to teach the class.

Currently Kartman teaches in the evenings for Armstrong, but during the day she's a full time teacher for Groves High School. Kartman stated, "I co-teach everything from English, Economics, AP Chemistry, and Yearbook. My students are in the same general education classrooms, and they are amongst the top of their classmates."

While places like Rochester New York have a high population for those who are deaf and hard

of hearing, the population in Savannah is rather small. Kartman only has two students this year, while five has been her largest group.

When asked how she would like to spread the word about Deafness, Kartman proposed a club, "I'd be willing to sponsor a club with student interest. There's monthly gatherings for the Deaf Club in Chatham County."

The teacher of eight years, including her time here at Armstrong said, "I love the language, culture, and overall

Pirates fall to Indians but shut-out Knights

By CALEB BAILEY
STAFF WRITER

The Armstrong Pirates soccer team opened their season Friday when they hosted the Catawba Indians. The Indians needed a second half comeback to push past the Pirates with the 3-2 victory over the home team.

The action was back-and-forth all day and it was the Indians who struck first. In the 17th minute, Catawba's Becky Frost took a pass from Erin Feldman and poked a shot just past Armstrong goalkeeper Morgan Luckie. However, the Pirates did not take long to respond.

Armstrong freshman Jenny Allen streaked past the Indians after an assist from Mary Davis and beat the Catawba goalkeeper to even the score 1-1 in the 19th minute. The Pirates added on to that score just eight minutes later.

Another Armstrong freshman, Amanda Green, broke out into the open field and the Pirates bombarded Catawba with a flurry of shots. Green's shot bounced off the top bar of the goal, as did Allen's. Brienne Matarazzo dumped a pass off to her fellow senior Taylor Valley, who finally scored making the score 2-1 in favor of the Pirates. The score held going into halftime.

The Indians got their offense started back early in the second half when Frost zipped down the field and beat Luckie for her second goal of the contest less than a minute into the second half. Both offenses struggled until there was less than nine minutes left in the game.

Catawba's Kate Weisner had a wide open shot from the left side of the goal in the 81st minute and took advantage of it. She notched her first goal of the game and gave her team the eventual winning score of 3-2.

There were seven freshmen who played and five who started for the Pirates on Friday and Coach Eric Faulconer was



Sarah Olin prepares to shoot.

fairly surprised with their performance: "To be honest, our freshmen did alright. I was somewhat disappointed with how some of our returning players played. They just didn't play as well as I know they can. I feel like Catawba outplayed us. I give kudos to them being the better team today."

One of those seven Armstrong freshmen had a tremendous showing in her first regular season game of her college career.

"Hopefully, I can keep scoring this season," Allen said, who finished with three shots on goal. "I feel like I can keep getting better off of today's performance."

Taylor Russell, a returning junior from last season talked about how she can help keep her team in the game when the going gets tough late: "The biggest thing in keeping our composure is to not make so many mental mistakes. Doing this will help us keep

our heads and will benefit us late in the games."

This was the first time the Pirates lost two straight home games, dating back to the end of last season, since the 2008 season. They avenged that loss on Sunday with a 3-0 victory over the Lynn University Fighting Knights.

Allen had a goal early in the first half of the game, while Sarah Olin and Valley added goals in the second half.

Coach Faulconer thought his team did a much better job in this game.

Faulconer said, "We responded very well from a hapless effort on Friday. We played very well on both sides of the ball. We were relentless defensively and our attacking was very quick."

The Pirates are now 1-1 after the opening weekend and will travel to Belmont Abbey on Friday and then Pfeiffer on Sunday.

Cougars in set five with a score of 15-9. Leading the team was senior Stephanie Sfara with three service aces, 14 digs, and 18 kills.

Senior Kamryn Sherman also had 39 assists, sophomore Anna McGee delivered 11 kills, sophomore Emily Wylie had 12 kills, and sophomore Rachel Thompson added five blocks.

Sherman said, "It's really great to see what all we can do together. I just love playing with the girls so anything I can do to help us be successful feels great."

Next, the Pirates faced

Catawba, and won the match in four sets. Sfara, Wylie, McGee, and Sherman had stellar performances once again. Sfara had 14 kills, Wylie and McGee each had 11 kills, and Sherman added 17 assists. Senior Morgan Hill added 13 digs of her own.

Armstrong takes the court next when the Pirates travel to Wingate, North Carolina for a double header with the private university Wingate University Bulldogs. The first match begins at 11 a.m. with another match against the Bulldogs at 5 p.m.

Donald "Doc" Anderson: The Truest Pirate

By TRAVIS JAUDON
STAFF WRITER

Having success on and off the playing field is the goal for most collegiate athletic programs, and that is no different here at Armstrong. But with the countless hours it takes applying, registering, etc. for school piled on top of practices and games, the student-athlete has a full plate at all times. Although it's never easy balancing the strenuous workload, Dr. Donald Anderson makes it at least a little less challenging for the Pirates.

Donald Anderson, or "Doc" as most call him, has been a part of the Armstrong faculty since he became an Assistant Dean in 1966. After years of service, Anderson "retired" from Armstrong in 1992, but that word retire should probably be taken with a grain of salt.

Anderson told me that since he became involved with student-athlete affairs he assists the student-athletes with "academic advisement and eligibility." That seems to me a bit humble. Four years ago Anderson officially became a volunteer in the department, but while his compensation would decline, his contributions would continue to be a vital part of the athletic program.

In 2010, then Armstrong AD Andy Carter said

Anderson "elevated the reputation of Armstrong athletics and provided countless scholarships to student-athletes over the years." The 'scholarships' Mr. Carter is referring to are direct results of Anderson's efforts to start a program offering scholarships within the athletic program.

While working for the athletic department in the 1990's, Anderson collaborated with the athletic department to create the Anderson Athletic Scholarship Program, which helps to support numerous Pirate athletes while they attend school in Savannah.

"I enjoy coming to the office every day. Playing some small role in helping student-athletes graduate is a source of satisfaction for me," Anderson said. Talk about a Hall of Fame attitude, and yes, Anderson does reside in the Armstrong Hall of Fame.

"To be a Citation Award participant in the second Hall of Fame class was a great honor to me" said Anderson.

Considering the strides Armstrong has made while Anderson has been involved, I'd say the honor is well deserved. So what have some of those changes been? Well, as Anderson has been on campus for almost 50 years, the changes are many, but he noted the "expanded staff" which "helps insure that student-athletes can be successful in their athletic activities and in their studies."

It wasn't at all surprising to me to hear a man so involved with the welfare of others count an expanded support staff as one of the biggest strides Armstrong has made during his tenure.

Anderson counts his major contributions on behalf of the student-athlete as merely a "small role." It's a humble self-assessment from the man who plays perhaps the most important role in the entire athletic department. Although Doc may not realize his importance, others surely do.

Jennifer Rushton, the Associate Athletic Director for Compliance and Student-Athlete Affairs, told me that Anderson is "absolutely vital to what [the athletic department] does everyday." And when asked how the student-athletes utilize Doc, Rushton said "they know where to go. They go to him first."

Not surprisingly, Anderson doesn't simply contribute behind office doors; that would be too easy. It wouldn't be an Armstrong athletic event if Doc wasn't "closely watching" on the sidelines. Rushton continued, "He is a fan of all our athletic teams."

Honestly, there might not have ever been or ever will be another Pirate as consistently passionate about his role at Armstrong State University than Donald "Doc" Anderson.

Armstrong Golf ranked 9th by GCAA



Travis Williamson admires a shot for the Pirates.

By CAROLINA GARCIA
STAFF WRITER

The Golf Coaches Association of America (GCAA) released the Division II Top 25 Preseason Poll over this past weekend, ranking the Armstrong men's

golf team in 9th place overall. The GCAA is a non-profit organization that strives to increase the awareness and status of collegiate golf. Through the poll, the golf team received a total of 240 points, this is the first time the Pirates have received a preseason rank in the Top 10

since 2005.

Armstrong Men's golf team member Travis Williamson said, "We have a talented group of guys and we will strive to move up in the rankings as the season progresses." The season opens on September 15-16 with the Kiawah Island Invitational at the Cougar Point Golf Club in South Carolina. The event will be hosted by USC Aiken featuring teams from Flager, and Georgia College.

Williamson said, "The team is excited to be ranked inside the Top 10, and our goal is to play our way back into the National Championship and improve on our performance from last year."

This ranking is a great accomplishment for the Armstrong Athletics Department and men's golf team, paving a path for the upcoming season.

"I am happy to see the Men's team ranked 9th in the preseason poll. Many of our players have worked hard for our team to be ranked in the top 10. We returned three players from last year who want to return to the NCAA finals," Michael Butler said. "As a Coach it's nice to see the hard work pay off for these student athletes and each player understands the hard work must continue throughout the year."

Volleyball clenches perfect opening weekend

By CAROLINA GARCIA
STAFF WRITER

Armstrong State University women's volleyball opened its season this past weekend with two wins when the Pirates, ranked 22nd, attended the Queens Invitational in Charlotte, North Carolina hosted by Queens University.

The Pirates began the tournament with a win against the University of Sioux Falls. After finding themselves down two games to one, the Pirates battled back and defeated the

Cougars in set five with a score of 15-9. Leading the team was senior Stephanie Sfara with three service aces, 14 digs, and 18 kills.

Senior Kamryn Sherman also had 39 assists, sophomore Anna McGee delivered 11 kills, sophomore Emily Wylie had 12 kills, and sophomore Rachel Thompson added five blocks.

Sherman said, "It's really great to see what all we can do together. I just love playing with the girls so anything I can do to help us be successful feels great."

Next, the Pirates faced

For schoolchildren, eating well is learning well

By URBAN SCHOOL FOOD ALLIANCE (MCT)

Serving food to students is what we do. As the Urban School Food Alliance, we represent six of the largest school districts in the nation (New York City, Los Angeles, Chicago, Miami, Dallas and Orlando), feeding more than 3 million elementary, middle school and high school students every school day.

Our mission is more than just supplying healthy meals for our children. We believe that school breakfast and lunch are integral to a student's education. This is why we believe that meals need to be healthy and tasty, why we believe meals need to be accessible to all students and why we believe that mealtime needs to be viewed as part of the educational day.

The USFA strongly supports the vision of the first lady and backs the larger goals of the 2010 Healthy, Hunger-Free Kids Act. The recent and ongoing debate in Washington on whether school food standards should be rolled back misses what we believe is the whole point of important nutritional standards: to bring healthier food onto our students' plates and into their lives. And yes, we need to get them to eat it too.

Our districts have had success in exposing students to and having them eat meals under these new standards. Our districts have developed creative menus and innovative ways of providing lean proteins, whole wheat, low-fat dairy, and fresh fruits and vegetables. We can and should demonstrate actionable leadership in this debate.

These healthy and delicious meals need to be accessible to all students. And we need to get away from the attitude that school meals are only for the kids who can't afford to bring lunch from home. The new approach to serving American children should mean offering free lunches to all

students regardless of a family's financial need. This would not only directly benefit the children and their families, but it would also cut through the current bureaucracy and enable American companies to sell more of their healthy products to our cafeterias. We need to acknowledge that this would benefit American workers in American companies providing food to American children in American schools. It is money invested in us.

To that end, there should also be more funding allotted to the commodity food program. Doing so will allow districts to make their food-purchasing dollars go further and to remain focused on bringing healthier food into our cafeterias. The USFA can and should lead the way in setting standards and recipes that all districts, even the smaller ones, can use.

Eating is part of the educational day and mealtime needs to be treated as such. Students should be given enough time to eat so that they are not rushed or forced to skip meals altogether because of dwindling meal periods. Just like math and science, food and eating should be thought of as part of, and not an intrusion upon, the educational day. Eating well is learning well.

This is also why the debate arising from the issue of plate waste and of "healthy trash cans full of fruit" misses the point. Exposure to healthy and wholesome food takes time and has long-term value. Children should grow up knowing that fruits and vegetables are indeed part of their meal experience.

We challenge our teachers, our administrators, and our state and government officials to look at the school breakfast and lunch not just as a meal program but also as what they were originally intended to be: enrichment programs. School meals enrich students' developmental growth. They enrich healthy eating habits for life. More importantly, they enrich student success in school.

By JAY-CE HEISIG

Anyone and everyone can complain about the unoriginal and miniscule effort that our school cafeteria, The Galley, has to offer. We can all complain about the quality and how it has made us sick to our stomachs and the sort. However, this is not my topic of discussion about the infamous school cafeteria. Clearly, not much has been done to change what is being issued to the hungry, lethargic mouths that come back day in and day out, breakfast to dinner. Often times I hear the questions, "What is it?" or "What is in it?" and the confident answer "I don't know!" This is what needs to be changed.

Yes, there are these little pieces of paper next to the more generalized courses of foods telling you of the nutritional content and makeup. Nutritional content that is placed in black print, size 6 font, and all in one long horizontal line that no one can really stand there and look at. Especially when lunch or dinner rush is in full swing. Some of the time, it is unclear as to which item the list is referring to on these pieces of paper. They are in a list that does not always seem to be in order from nearest to farthest, farthest to nearest, numerical, or for all we know, it could be speaking of something across the entire floor. I approached the pizza section one glorious afternoon and looked at this little piece of paper. There were about 4 items on the list that were supposed to describe the nutritional content of each pizza presenting itself towards me. The second option on the paper, said something of some odd pizza I had never heard of, so I looked at the ingredients, and lo and behold they did not amount to the type of pizza of which I thought it was referring. So to that, the piece of paper deemed utterly

useless and only added to the confusion. Another time, I looked at this most informing of papers, and the fat content read about 117g of fat. Highly alarmed, I asked the cook behind the counter and he confirmed to me that it was a mistake. A mistake that certainly took too much effort to click and delete. Obviously, I am very meticulous about what I put in my body. I track everything I eat during the day through myfitnesspal and know how much of everything I am getting through what I eat. Not every person will be as detail oriented as I am with their nutrition. However, it is everyone's right to know what exactly they are putting into their mouths. If a meal plan is going to be required of every student, some attention

to detail should be required as well. There is a simple solution to the betterment of these 'nutrition labels' placed before us during times of eating. Make them real nutrition labels. When you look on the back of a Doritos bag, there is this nice big block that reads "Nutrition Facts". Surely we have all seen them. These have been revised over and over by the FDA to assure that the nutritional content is concrete and noticeable to even the near sighted. Georgia State University does this in a marvelous fashion. Above each and every item in their cafeteria there is one of these labels in the same fashion as you see on the back of a Doritos bag. Plain black and white, double digit font, smack right on the transpar-

ent glass that covers the food itself. It doesn't get much more obsolete than that. Simple, yet to the point, for EVERY item. Including the salad bar and its dressings. I'm not asking the galley employees to serve us home cooked meals like mom used to. I'm simply asking whoever is in charge of informing the public of nutritional content, and of what is written into government approved acts to do what is best for their school's health and in a number of years, the countries health to which our student body will disperse throughout. Make it clear and informative. Our cafeteria serves as a matter of convenience for most of Armstrong's students, why not make information convenient as well?

Comic Relief

By ANDREW GUNNIN



The Inkwell welcomes and invites students to illustrate comics. Send yours to Chief.Inkwell@gmail.com. The Inkwell reserves the right to edit for grammar, spelling and style.

CAMPUS VOICES:

What is your favorite class that you've taken at Armstrong and why?



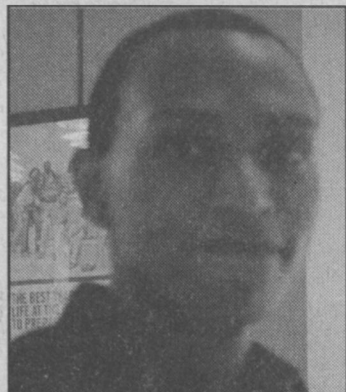
Psychology with Dr. McCarley. The subject is interesting because it's the study of the mind. Dr. McCarley is a great professor.

Jani McDaniel
Biology & Pre-Veterinarian Medicine



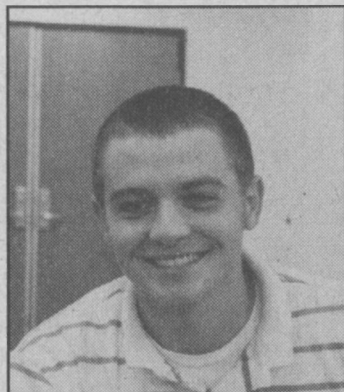
Intro to Education with Professor Roberts. It's what my major is and I like learning about why it's important to teach."

Erin Dugger
Early Childhood Education Freshman



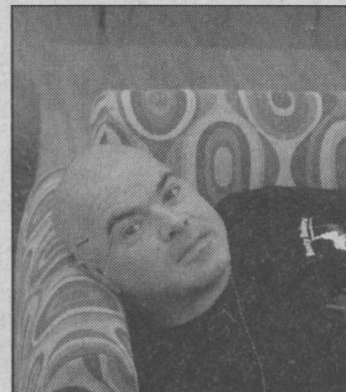
Intro to Criminal Justice with Professor Jennings. He has a very youthful perspective and he has an interactive way of teaching.

Lamar Ballard
Criminal Justice Freshman



Latin American History to 1850 with Dr. Halls. The way he lectures brings the subject to life.

Harry Milton
Middle Grades Education Senior



American History to 1865 with Professor Howards. She takes an interesting approach to how she presents the information. She incorporates pop culture and historical facts.

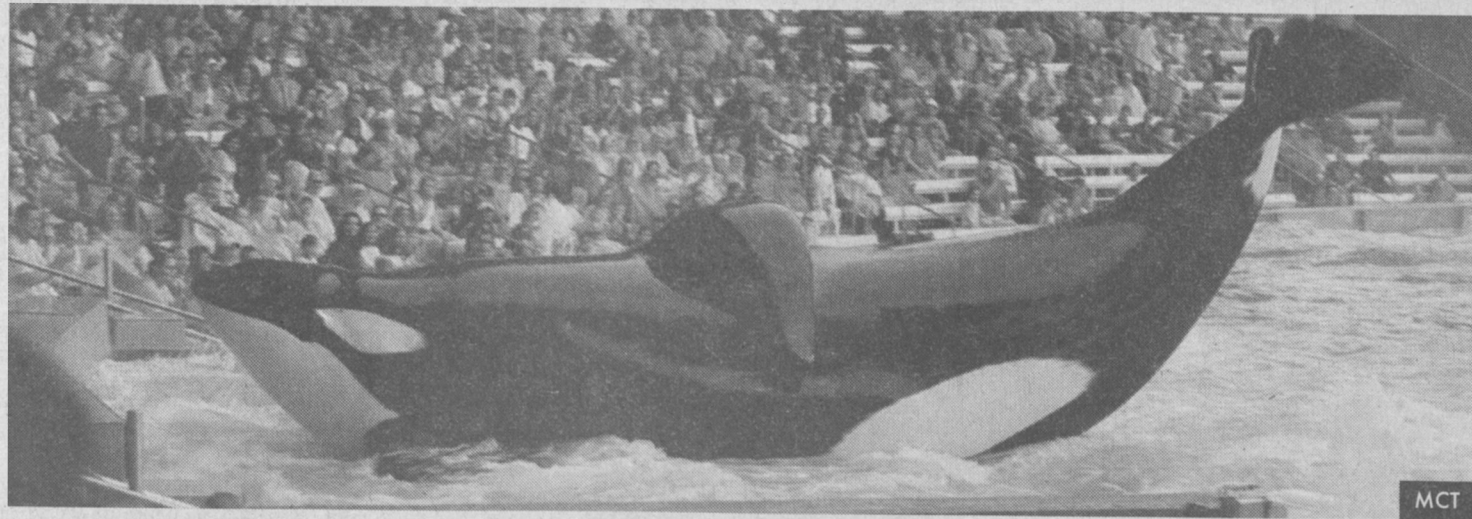
Doc Nichols
History Junior



English 3200 with Dr. Cooksey. I liked Dr. Cooksey's perspective. He made the subject relatable to everyone.

Janae Brooks
Chemistry Senior

INKPOP 9 Documentaries You Should Be Watching Right Now



By JESS BRANNEN
WEB.INKWELL@GMAIL.COM

Sure, Hulu Plus, HBOGo, and Netflix have all you could ever want in the name of mindless entertainment, but have you considered streaming a couple of substantial flicks too? The following documentaries are enlightening, eye-opening, and downright informative. And hey, watching them just might make you the most interesting person at the next party.

1. Exit Through the Gift

JESS BRANNEN

Jess Brannen is a Senior English Communications major and Web Editor/Social Media Coordinator for The Inkwell. When she's not playing with her dog, Charles Barkley, she's reading The New Yorker and emulating old Martha Stewart cooking videos.

Shop - This documentary follows Banksy, the elusive street artist, as he sets up elaborate installations and pranks as social and political statements.

2. Just for Kicks - This flashy yet educational film illustrates the rise of sneakers and their popularity as a footwear genre. It considers public figures, artists and athletes and their effects on the billion-dollar industry.

3. Mr. Angel - This controversial doc explores the world of transgender activist

and former porn star Buck Angel. Buck strives to find a sense of community and acceptance.

4. 20 Feet from Stardom - The performance industry is examined, specifically as it pertains to backup vocalists. This documentary will give you major chills.

5. Blackfish - This one has gotten tons of press. It's an expose of the inhumane conditions and harsh treatment of animals at SeaWorld and the persistent injustice afforded many captive animals used for human entertainment.

6. Hey Bartender - The art of the "crafted cocktail" is celebrated in this film. The culture of bartending never looked harder...or sexier.

7. Tent City, U.S.A. - Approximately 100 homeless citizens call this Nashville, TN makeshift community home. Special focus is given to the problematic disenfranchisement of homeless Americans, whose resourcefulness will inspire you.

8. Serial Killer Culture - This film is morbid curiosity at its best. It follows several "murderabilia" collectors and counterculture artists who thrive on artifacts from Charles Manson, Ed Gein, Ted Bundy, and other serial killers.

9. Just Like Being There - Gig posters get the spotlight in this delightful documentary. Artists exhibit marketing and printmaking talents for iconic posters across the decades. Bonus: The soundtrack is superb.

UPCOMING EVENTS Sept. 11-17

Sep 11

- Savannah Book Festival at The Lucas Theater 6 p.m.
- 'On The Waterfront: Artists and the Savannah River' at The Jepson Center 6 p.m.
- 'A Piece of My Heart' at Jenkins Hall Black box Theater 7:30 p.m.
- Vinyl Night at The Foxy Loxy Print Gallery and Café 8 p.m.
- Miss Savannah Pride 2014 Pageant at Club One 10 p.m.
- at The Jinx 9 p.m.
- 'A Piece of My Heart' at Jenkins Hall Black box Theater 7:30 p.m.
- 'Grey Gardens' at Muse Arts Warehouse 8 p.m.
- Live Music by Ironing Board Sam at Mars Theater 8 p.m.
- Hannah Zale at The Wormhole Music Venue and Bar 9 p.m.

Sep 14

- Board Game Trade and Play at The Guild Hall 11 a.m.-11 p.m.
- 'Grey Gardens' at Muse Arts Warehouse 3 p.m.
- 'A Piece of My Heart' at Jenkins Hall Black box Theater 7:30 p.m.

Sep 12

- Deen Family Book Signing at The Lady and Sons 10 a.m.-12 p.m.
- Friday Night Magic The Gathering at The Guild Hall 7 p.m.
- 'A Piece of My Heart' at Jenkins Hall Black box Theater 7:30 p.m.
- 'Grey Gardens' at Muse Arts Warehouse 8 p.m.

Sep 13

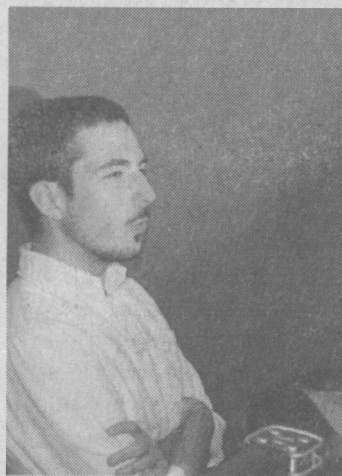
- Savannah Pride Festival 2014 at Forsyth Park 11 a.m.
- 5th Annual Statts Fest-fundraiser: Silent auction and local bands

Sep 15

- Auditions: The Rocky Horror Show at The Bay Street Theater 7 p.m.
- From Under the Southern Cross: the People and Patterns of Argentina. Student International Art Exhibition opens in the Fine Arts Gallery
- Sep 16
- Hip hop Night at The Jinx 10 p.m.-2:30 a.m.

Todd Perkins: Film Connoisseur

By JULIANNE FIELD



When you're looking for a good movie or trying to decide whether to see one in theaters, you may base your decision on a critics' review. Where better to look than to Armstrong's own Todd Perkins.

A native to Savannah, Perkins graduated from Armstrong with a Bachelor's degree in English and a minor in Film. He is currently working on a Master's in Education. His future plans are to teach English and Film at a high school level, and eventually at a University level while continuing to write reviews. Perkins' experience in film began early in his education. "I took numerous film theory courses in middle school and high school, while also minoring in Film at Armstrong, so I definitely have a background in film criticism and philosophy." He started writing reviews as the online film critic for Savannah Morning News on the Movies Now at Savannah Now section, which he did from July 2009 through January 2011. In August 2011 he began writing for the Inkwell, which he continues today.

Perkins first sparked a love for film study at a very young age after watching a 1942 black and white comedy "Who Done It?" starring Bud Abbott and Lou Costello. "I really did not want to see an "old" movie and my parents made me sit and watch it with them, but

as soon as it started I was hooked. Watching that film at four years old was literally the moment I became addicted to studying film," he said. He grew up watching his father's film collection which surrounded him in older and contemporary films. This exposed him to movies that most young audiences wouldn't see and may have helped in giving him a versatile interest in genres. "I love all genres of film. I can watch anything as long as it is good. If I had to pick one, it would be Horror films, but that does not mean that I don't also love romantic comedies or chick flicks." Perkins stated there were several movies that made a huge impact on him growing up. However, the two crucial works that affected him the most were those of Steven Spielberg, Jaws and E.T. "Those are my two favorite films of all time," he added.

To fully absorb a movie, Perkins advised to let go of preconceived ideas about it and view it with an open mind. Any film of any genre could end up being a great movie. He said, "To me "An American Werewolf in London" is just as good as "The Godfather" and "Die Hard" holds its own against "It's a Wonderful Life," he said. That doesn't mean that there is not a recognizable line between escapist fun and intelligent art when it comes to cinema, there is difference. The trick is not to limit yourself by automatically dismissing an action movie as fluff simply because it does not treat itself too seriously or aim to be the next "Citizen Kane." He also discussed a critics' role in publishing reviews. "When reviewing films, it is simply the job of the critic to relay how that film affected him or her when watching that film. A good critic should be able to discuss a film that they hate, and yet, someone which that movie would appeal to should be able to read that review and discern from it that he or she would enjoy it." Perkins' works can also be found through online podcasts named "Film Rant" at Call It Something I Ate .com.

'Chef' is a refreshing delight

By TODD PERKINS

Superhero movies are everywhere. It is seemingly impossible to stroll into a local Cineplex without seeing a poster for one of those testosterone heavy, visual effects studded extravaganzas, which is fine because some of them are good.

Jon Favreau's film version of "Iron Man" is one of the smartest, most clever, and exciting comic book adaptations ever put on screen, but it is also one of the key films to bring on this current bombardment of loud, dumb, and too often formulaic superhero movies. After all the punching and fighting, Favreau must feel the same way because his latest film "Chef" strives to be refreshingly small-scale and personal.

Favreau stars as Carl Casper, a once highly regarded cook who is now stuck in a rut. He is head chef of a generic New York restaurant whose owner Riva (Dustin Hoffman) becomes increasingly more frustrated with Carl's attempts to experiment with the menu. After a disastrous confrontation with a renowned food critic, Carl decides to take over a cheap food truck with the help of his loyal friend Martin (John Leguizamo) and his distant son Percy (Emjay Anthony). Together they travel the U.S. selling their own special recipes on the streets to anyone passing by who dares to try something creative and original.

What is most striking about this film is how personal the



Photo courtesy of IMDB

project is for Favreau, who not only stars in, but also wrote and directed the movie. After making big-budget movies such as "Iron Man 2" and "Cowboys and Aliens", Favreau turned down directing duties for "Iron Man 3" and instead focused on this smaller independent film. There are many aspects of this plot that do seem rather predictable and formulaic: Will Carl grow closer with his son while on the road? Will there be a sense of self-discovery by the end? Will issues be resolved between Carl and his ex-wife Inez (Sofia Vergara)? However, what makes it so unpredictable is how relaxed, enjoyable, and sincere the film turns out to be.

Having directed many box-office hits and written "Swingers", Favreau has a knack for writing and directing. But what is often overlooked are his abilities and talent as an actor. He leads an ensemble cast with ease and he always comes across as likeable and relatable, despite playing such a flawed character. Leguizamo, Anthony, and Vergara each play to their strengths in supporting roles, but all three shine while giving memorable performances. Hoffman is

underused, despite excelling in two marvelous scenes, and appearances by Scarlett Johansson and Robert Downey Jr. seem to be more distracting than adding anything to the story. Still, it is because of these performances and the richness of the characters that it is so easy to fall in love with this film despite having such a recognizable premise.

There may not be any explosions, but there is plenty of heat in the cooking sequences with close-ups of every type of mouth-watering

delights found in any kitchen or food truck. Favreau has proved that he can film men in metal suits fighting, cowboys and aliens attacking each other in the plains, but his ability to shoot food, glorious real food, is one of the greatest spectacles seen in cinemas in a long time. This is not a shocking film, nor an important one that will likely stand the test of time, but "Chef" is without a doubt one of the most enjoyable movies of the year. Just do not make the mistake of seeing it on an empty stomach.

Silver screen

Rating 4 out of 5



Directed by Jon Favreau
Produced by Fairview Entertainment
Rated R

Starring Jon Favreau, Robert Downey Jr., and Scarlett Johansson
Now playing at Regal Savannah Stadium 10

Quality may be casualty of film fest war

By MICHAEL PHILLIPS
CHICAGO TRIBUNE
(MCT)

Has TIFF, North America's largest film festival, become the middlebrow blob that ate cinema? It's ungracious, I suppose, to ask. But has the blob known as the Toronto International Film Festival, North America's largest and most popular cinema gathering with attendance inching toward the 500,000 mark, lost its way in 2014 among a forest of expectations and contradictions? This year, somewhere around the third or fourth screening of a routine Hollywood studio product with inflated Oscar hopes ("The Judge") or no awards hopes of any kind ("The Equalizer"), the festival felt like it needed a compass. Or simply some better high-profile movies. Like many visitors I caught the first five days of TIFF, which concludes Sunday and may well be holding its best stuff for later. Any film festival of a certain gargantuan size - TIFF runs on an annual budget of just under \$40 million - provokes speculation about its programming mission, and how well it serves and challenges a bewildering, overlapping series of audiences. Some come to Toronto to catch up on the hottest international festival circuit titles, many of which premiered earlier in the calendar year at Cannes, Venice or Toronto's Mountain Daylight time zone frenemy, Telluride. (More on that in a minute.) Others want stars in movies coming out in a week or two or a month or two: Bill Murray in "St. Vincent," Denzel Washington in "The Equalizer." And there are a dozen more scenarios in between these two extremes. Of the bona fide world premieres here this week, "While We're Young" (Ben Stiller and Naomi Watts coping with middle age and tragic wannabe hipsterdom) was a worthy if disappointing Toronto return for Noah Baumbach. The writer-director's previous work, the beguiling "Frances Ha," sustained its premise and

its interests throughout; this one begins wonderfully but sputters around the midpoint. I'm eager to see it again though before writing about it in full, which is more than I can say for "The Drop" (opening Friday) or, a tick up from there, "The Judge," the latter a preening showcase for Robert Downey Jr.'s bid for John Grisham-brand courtroom drama success. Robert Duvall's supporting work just about saves it. Similarly, the formulaic but entertaining "St. Vincent" rides on the back of its ensemble, led by Murray as a young boy's unlikely baby sitter. These films are many things, but "12 Years a Slave" is not one of them. Last year, the eventual (and deserving) Oscar winner made its world premiere at Toronto. Wait. Strike that. It made its world premiere a week earlier, under a different phrase ("sneak preview"), at the Telluride Film Festival in Colorado. Tired of getting zoomed by Telluride, Toronto festival heads drew a line in the sand, or the show, or something: As of this year, if a movie screens at Telluride, it ends up in a less appealing mid-week slot when it comes to Toronto. If it comes to Toronto. I had one too many conversations for my taste during Toronto's opening weekend with people who either just came from Telluride, raving about the films and the overall, easygoing experience, or people who were saying regarding Toronto: Enough. Maybe it's time for a break. TIFF has gotten too unwieldy, too Hollywood, too focused on the dozens of film junkets attaching themselves, barnacle-like, to the festival itself. Many pre-approved good and great films playing TIFF this year, ranging from the Turkish masterwork "Winter Sleep" to the Russian crime drama "Leviathan" to Damien Chazelle's "Whiplash" to Bennett Miller's "Foxcatcher," lent some good old-fashioned quality to the debates heard around the neighborhood of the Bell Lightbox and the Scotiabank multiplex. The most heartening discoveries on my rotation were small but true - harsh stories told

with graceful filmmaking intelligence. Yann Demange's riveting feature debut "71" is a fictional account, both thriller and mournful procedural, of a young British soldier caught behind enemy lines in 1971 Belfast. Jack O'Connell plays the desperate soldier abandoned by his unit. It moves like a rocket and properly juggles audience sympathies in its depiction of a place, a time, a political morass and a few very, very dangerous blocks. Roadside Attractions has picked it up for U.S. distribution. Mean streets of another sort provide the setting for my other favorite film from the first four days of TIFF 2014. Josh and Benny Safdie's "Heaven Knows What" was shot in New York, mostly on the down-low, among street people and heroin addicts. It's based on the unpublished writings of now-recovering addict Arielle Holmes, who plays a version of herself here. The Safdie brothers' previous and very good feature, "Daddy Longlegs," was a standard-issue Hollywood rom-com compared to the feverish, at times brutal experience of "Heaven Knows What," which features the most riveting musical score of the year and some of the tightest, most effective extreme close-ups I've ever seen. The film's ancestral influences include such street-level documentary/feature hybrids as Lionel Rogosin's "On the Bowery" (1956) and Kent MacKenzie's "The Exiles" (1961). However bruising it is to watch, I'm eager to see the Safdies' latest achievement a second time. It's a long way from a feel-good. But at least TIFF, whatever it has become, can assert it offers something for everyone. My favorite illustration of its present conundrum came when filmmaker Peter Strickland, whose "The Duke of Burgundy" was well-received here, started thanking producers from the podium during a screening introduction. A lengthy list, he acknowledged. But "without these people, you'd be watching 'The Judge.'" The crowd reportedly laughed like crazy.



Photo by: Lindsey Grovenstein

SAVANNAH'S FASHION NIGHT: Fashion on the Street

By LINDSEY GROVENSTEIN
STAFF WRITER

Savannah's Fashion Night hosted their fourth annual event on September 4. Broughton Street was closed and retailers from all over the city set up shop to celebrate local fashion.

Last year, the event attracted over 3,000 people with live entertainment, fashion shows, and tons of shopping. This year was no different as the event filled the pedestrian-only street with locals and tourists who were dressed to impress. VIP parties, retailer giveaways, and food vendors were set along the street while photographers scouted around for the best dressed attendees.

Local Savannah DJs PDK Sounds and DJ Will Rock performed on the two stages that were set on either side of Broughton Street. The designs for the first two shows were mainly styled by local retailers. As the music was playing, people had the opportunity to visit over 30 local retailers and boutiques while exploring their various sales.

Civvies, Half Moon Outfitters, Sara Jane Children's Boutique, Fab'rik and Satchel were a few of the stores participating in the event.

This year Savannah's Fashion Night collaborated with Art Rise Savannah, a non-profit arts organization that strives to build the local creative economy. Art Rise featured "Art on the Streets," highlighting Savannah's talented artists from all different mediums. There was an open-air gallery on Barnard Street that exhibited four independent works of art paired with a "look" designed by local stylist, Nathan Saludez. Shoppers also had the opportunity to watch live painters and attend workshops on the fundamentals of Fashion Illustration throughout the night.

The evening ended with two fashion shows styled by Ashley Borders. Borders has been designing for 12 years and always held an interest in fashion. "I wanted to show that you could shop high fashion locally," Borders said. The final show featured three of her timeless themes—California chic-but-slightly-still-grungy, English equestrian, and monochromatic designs. All of the pieces from Border's show were gathered from local retailers. "The styles are something I'd wear myself," Borders said.

Paige Striebig, stage manager and assistant stylist, helped coordinate the finale show. "The show addresses the fact

that you can look like European high fashion everyday with your streetwear," Striebig said. "It's right here in Savannah. Your style is not limited."

The shows were set to live music by Dent May, Savannah Stopover alum, and GEMS, two rising stars from New York who have been featured in publications like Nylon and The New York Times.

40 models showcased the styles, mostly all sourced from Halo Modeling. "My favorite part is wearing all the clothes," said model Jametra Jordan. "You can learn and apply the fashion shown into your own wardrobe."

These fashion experts had a few words of advice for those of us who may not be so fashionably inclined.

"Pull out something you haven't worn in a while," Striebig said. "And then play with it. Then mix and match, you'll be surprised."

"Always wear nude colors—they save the day," said Jordan.

"Don't spend a lot on trendy pieces," Borders said. "Buy pieces that last a long time and that you like. Invest in those pieces and stick with solids. Don't be dictated by magazines and what you see on TV. Shop what you like. The best fashion is the kind that fits your personality."

U Style

By LIANA SAMUEL



ELIZABETH SWORDS
Sophomore, nursing

DESCRIBE YOUR EVERYDAY STYLE:
Comfy cute.

FAVORITE WARDROBE STAPLE?
Black skirt from New York & Company

STYLE TIPS FOR FELLOW STUDENTS:
Wear what you're comfortable in, don't let others tell you what to wear.

WHAT'S YOUR STYLE MOTTO?
Life's a party, dress like it - Lily Pulitzer

BIGGEST FASHION MISTAKE?
Wearing sparkly crew socks with exercise shorts because I couldn't find my normal socks.

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Meet Apple's new iPhone

By PARESH DAVE
LOS ANGELES TIMES
(MCT)

Arriving Sept. 19, the new iPhone brings Apple in line with smartphones from Samsung, HTC and others while making a name for itself with powerful photo and video features. The iPhone 6 comes in two larger, faster and thinner varieties than previous iPhones, allowing for sleeker horizontal display of apps and better gameplay, Apple announced Tuesday. Prices start at \$199, following Apple's typical pricing schedule. Buyers have the option for colors in gold, silver and "space gray." Apple had been expected for months to increase the size of the iPhone as the demand for smartphones with screens 4.5 inches or larger has doubled during the last year to encompass nearly a third of the smartphone market, with buyers choosing options from the likes of Samsung, LG and HTC. The smaller model has a 4.7-inch screen, a jump from the 4-inch screen on its predecessor, the iPhone 5S. It packs 38 percent more pixels onto the high-definition screen than the iPhone 5S, and comes in at 6.9 millimeters (about 0.25 inches) thick, about 0.7 mm less than the 5S. A second model, with a 5.5-inch screen and 7.1-mm thickness (also about 0.25 inches), is called

the iPhone 6 Plus. With its large size comes 185 percent more pixels than the iPhone 5S and a much more powerful battery. It can hold its charge for 14 hours of high-definition video playback, compared to 10 on the iPhone 5S and 12 on the smaller iPhone 6. While the cameras aren't receiving significant megapixel boosts, both versions feature new camera sensors that produce faster, continuous autofocus and improved video stabilization. Another tool, similar to what some Android smartphones have, lets users shoot a burst of photos and then choose to save the one with the best smile. In another Android-borrowed feature, the iPhone 6 and 6 Plus will be able to make phone calls over Wi-Fi. And they now support Wi-Fi 802.11 ac, which means that when the iPhone 6 is connected to newer routers that support the technology, Internet speeds can be up to three times faster, Apple said. Because of a barometer, the iPhone 6 can also track how many stairs people climb. iPhone 6 prices on a two-year cellular service contract are \$199 for 16 gigabytes, \$299 for 64 gigabytes, \$399 for 128 gigabytes. Prices for the iPhone 6 Plus: \$299 for 16 gigabytes, \$399 for 64 gigabytes and \$499 for 128 gigabytes. iPhone 5S prices were dropped to \$99 for the cheapest model while the iPhone 5C is now free with a two-year contract. Pre-orders begin Friday.

Energy

FROM PAGE 1

four red bulls, two five hour energy drinks, and two other drinks. We ended up having to pull over and take him to the emergency room," O'Neal pitched in.

While their friend made it out of the emergency room with no permanent damage, others have not been so lucky.

In June, a sixteen year old vacationing in Mexico went into cardiac arrest after spending an entire day drinking energy drinks instead of water. In 2012 there were at least seventeen deaths links to energy drinks and a total of thirty-four documented deaths in the last decade.

The FDA however claims that energy drinks are not the cause of these deaths, but underlying factors such as hereditary diseases and medications that could have been taken.

Despite popular belief, energy drinks do not enhance performance or concentration. Energy drinks dehydrate the body and act as a psychoactive drug. You can take one energy shot and it won't be enough to get your 'fix.' Eventually your body will build a tolerance against sugar filled drinks.

More importantly they contain ingredients like Taurine, which is banned in most countries. As well as Ginseng which causes sleeplessness, low blood pressure, vaginal bleeding, miscarriage, and a myriad of other symptoms. Ginkgo Bilbo, which has been known to cause thyroid cancer in rats and herbs that have not been

approved by the FDA are also ingredients that can be found in everyday energy drinks.

Law officials have suggested a ban on energy drinks, requesting anyone under the age of twenty-one be restricted from buying energy drinks.

Many students claim energy drinks help them stay awake during class, but Christian Napper would disagree after he fell asleep during history class and knocked his head against the desk despite the energy drink he had chugged before class. His professor promptly told him he should get his money back.

Next time you feel like you're crashing after only being two and half pages in try considering an alternative boost of energy, try moving around to get your blood pumping, instead of popping open that third can of Red Bull or Monster.

Market

FROM PAGE 1

vegetables. The King of Pops served up popsicles; perfect to cool off with on a hot day. Sonja Rota arrived with heaps of bread and cheese to sample. Joe's Homemade Catering tempted everyone's sweet tooth with their delicious baked goods, and Perc Coffee provided everyone a jolt and a geography lesson as they sold coffee from all over the world.

Seven Willows attracted customers with its handmade, delicately perfumed soaps, candles, and lotions. The Oatland Island Wildlife Center was also in attendance giving out information about its preserve and inviting students to their annual Halloween Hike. A canned food drive for Second Harvest took place during the farmer's market and, due to generosity from students and faculty,

was very successful.

Live music was the entertainment of the day, with performers Al Harris, Jason Salzer, and Melanie Mirande using their incredible talents to attract and regale viewers. Their music could actually be heard to the far corners of campus, grabbing the curiosity of students.

When asked about their experience, most vendors said they enjoyed being at the farmer's market and they were glad Armstrong sent invites. The Jacob's Produce representatives commented that, "We sold a lot of peaches. We would definitely come back for another farmer's market." Second Harvest said, "those who knew, donated" with regards to their food-drive. The ladies over at the Joe's Homemade Catering booth said, "It was a wonderful experience."

Jensen began by explaining that all pieces begin as water based clay and are crafted into masterpieces

Frats

FROM PAGE 1

a leader in many clubs at Armstrong such as the Student Government Association and College Republicans, along with giving me opportunities in the Savannah community...joining the Pi Kappa Alpha fraternity was the greatest decision I have made thus far in my life and would suggest anyone looking to have a great college experience to join Pike!"

When asked about why he wanted to join a fraternity, Logan Kelleher, a freshman, answered, "I feel like a fraternity

will help me with class but also be a ton of fun. I'm pumped for this week and getting into a fraternity. Mainly just the once in a lifetime experience of being in a fraternity."

Joining a fraternity is a great way to gain leadership skills. Many fraternities are committed to being involved on campus and in the community. Herod commented, "Pi Kappa Alpha, Pike, has been on campus since 2007 and is the only fraternity still on campus that was at Armstrong when Greek life was active during the 70's. Since rechartering in 2007 we have accumulated over \$15,000 for miscellaneous philanthropies with The Bethesda Academy and The Old Savannah

City Mission being our two main philanthropies. We have also accumulated over 10,000 hours of community service, sent brothers to leadership conferences every semester, and have the highest campus involvement percentage of all Greek life at 100%."

Recruitment is a great time for guys to learn more about fraternities on campus and join great organizations that offer great opportunities for lifetime friendships, connections and brotherhood. If you or someone you know would like to learn more about Greek life or are thinking of joining a fraternity, be sure to check them out!



Find your calling at ASU's career fair

By ASHLEIGH THOMPSON

Armstrong's Career Services is holding its Fall 2014 Career Fair Sept. 18, from 3p.m. to 6p.m. in the Student Union Ballroom. All students are invited and are advised to wear professional business attire to the event.

Attending the career Fair can be beneficial to all students, even those not who may not be looking for a job just yet. "There are jobs and internships available for juniors and seniors," George Lantzounis the Director of Career Services said. "If they are undergrads, it gives them a great experience."

On Sept. 4, Armstrong held their annual part-time career fair. This gathering served as an opportunity for students to find a job while they're still in school. Companies such as T-Mobile, Starbucks, Best Buy, and Old Navy were present at the event. Kayla Gaskins, a nursing major that attended the event commented, "It's a great opportunity for the students, and I'm really impressed with the turnout." The part-time career fair is all about letting students know what's available in the area. Alfredo Hernandez said, "There are so many different businesses. I didn't even know that some of the companies were in Savannah."

As for the Career Fair coming up, "A full list of companies can be found through Career

Web," explained Allison Lyon, Assistant Director. Career Web is located on the left panel of options once you log into Port of Armstrong. Simply fill in the required information, and you have created our own personal profile on Career Web. This site will help you find jobs related to your major in the area. It also lists any events held by Career Services.

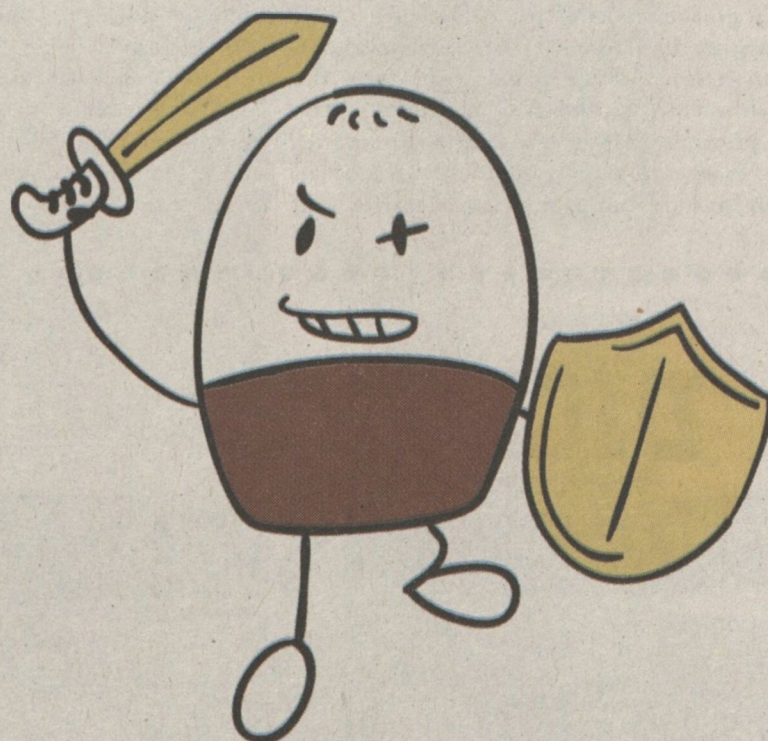
The Career Fair offers a variety of career opportunities for attending students. Some major companies attending the Fall 2014 Career Fair include: Wal-Mart Stores, Inc., Savannah Chatham Metropolitan Police Department, and Comcast Cable.

No matter your year, attending the fair would be beneficial to all students. Acura Fortson was intrigued by the advertisements she saw throughout the campus, "especially in the Galley" she said, "It's good for students to understand how to do this." Fortson, along with some of her friends, plan to attend the fair in an attempt to understand the process. The experience alone is beneficial to any student.

Career Services offers students assistance with building a resume and preparation for career fairs. Their office is located in Room 101 in the Memorial College Center and is open from 8:15 a.m. to 5 p.m. Monday through Friday. For more information on our Career Services or the Fall 2014 Career Fair, visit the Career Services page on the Armstrong website or Career Web through Port of Armstrong.

College Health Tip #3

Don't engage in risky behavior.



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