

AUM NIBUS

Chronicling the Campus Community and Beyond Since 1971

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More Than College Blues

Morghan Prude

Imagine having a huge, unbearable weight placed on your back everyday from the moment you woke up, one invisible to the rest of the world. Usually, you could manage to act completely normal around others as it anchored you down and caused you pain. After carrying it long enough, you steadily become numb and begin to ignore other feelings altogether. This is how depression affects people.

Depression is more than just feeling a little sad or down; it's a serious illness that affects your actions, thoughts and even health for a prolonged period of time. College is all about change. Students are in various stages of transition—living in a new environment, being surrounded by new people, or even receiving new workloads—and sometimes this leaves them in a very vulnerable state. Pressures, anxieties, financial struggles—there are many factors that can cause a student to suddenly feel overwhelmed. These are prime instances for depression to set in. Sometimes it comes in the form of extreme apathy or an empty feeling. In other instances, it can be a constant feeling of guilt or hopelessness. Whatever feelings depression triggers, it will not only impede on students' academics, but every aspect of their life as well. Luckily, an early diagnosis and treatment of depression can relieve and even prevent it from returning. Hence, it's vital that students immediately get the help they need.

AUM offers free advising to all enrolled students through its Counseling Center whose staff is committed to professionally helping students in a safe and confidential environment.



*AUM's Counseling Center offers free advising to all enrolled students.
Courtesy of Time Magazine.*

Finding the roots of clinical depression isn't always simple: there are a number of causes as well as many different treatments. "Sometimes it goes further than just talking to someone," says Alicia Washington, the Student Service Coordinator for AUM Counseling Center. "It may be chemical imbalances where students may need to take drugs for it, but counseling is always the first step."

In counseling, students undergo steps to better understand behaviors, feelings, situations and relationships that may cause them difficulties and thus can help them identify the root of their depression. There are many aids available to self-assess yourself; however, the best approach is to speak with a professional.

"During the session we figure out if the student meets the criteria of depression," Washington says. "It depends on where the depression stems from. Sometimes a student is so overwhelmed for such a long period of time, the stress actually causes depression. A solution to that may be

better time management and figuring out some coping skills."

There are ways to deal with depression. One is to stay active through exercise. Activities like joining a club or playing a sport can help one bring positivity into their life. In general, doing the activities you enjoyed before depression sets in is a good way to take control of your mood.

Another coping method for depression, and one of the most important, is practicing self-care. Some students may feel guilty or even selfish when focusing on their own well being and happiness, but doing so is the key in conquering depression.

"Self care is very important, especially to a student experiencing depression," Washington says. "It's always good to try and counteract those things whenever they know they're falling down the path of depression again." Making sure you get enough rest, have at least three meals a day and reach out to talk to loved ones are great ways to take care of yourself. Remember to take time out to indulge your senses as well, especially during times when you feel the signs of depression begin to emerge. Listening to music or white noise for a while, lighting candles, and treating yourself to candy or other rewards are helpful resources that make coping with depression manageable.

If you suspect you're showing the signs and symptoms of depression or if you would simply like to learn more about it, the Counseling Center at AUM has a friendly staff and encourages students to take advantage of its services.

AUM Counseling Center is located in 319 Taylor Center. Walk-ins are welcome. You can also contact the staff at counselingcenter@aum.edu or call 334-244-3469.

Fifteen Years of Dedication Leads to National Recognition

Lisa Ranieri

It took Isis Butler literally a life time of hard work to receive the Gold Award, the highest achievement in the Girl Scouts.

Butler graduated from Bob Jones High School in Madison, Ala., and currently is a freshman at Auburn University Montgomery. She has participated in Girl Scouts for 15 years and

is a member of the Delta Zeta Sorority where she continues her philanthropic work.

Butler had to first think about what she was most passionate about and tried to make a difference in any way she could. "It had to be sustainable for years to come without my help, and it is expected to go global," Butler said. The project she began working on in high school was the Animal Hope Chest, a place where donated items for all domestic and exotic house pets are sent and can be picked up from local animal shelters. Animal Hope Chest is for owners who do not have all the necessary items from a pet but want to keep it and give it a safe and loving environment.

The Gold Award challenges girls to change the world. To accomplish such a task, a Girl Scout needs to follow a seven-step project: identify an issue, investigate it thoroughly, get help and build a team, create a plan, present it and gather feedback, take action, and educate and inspire.

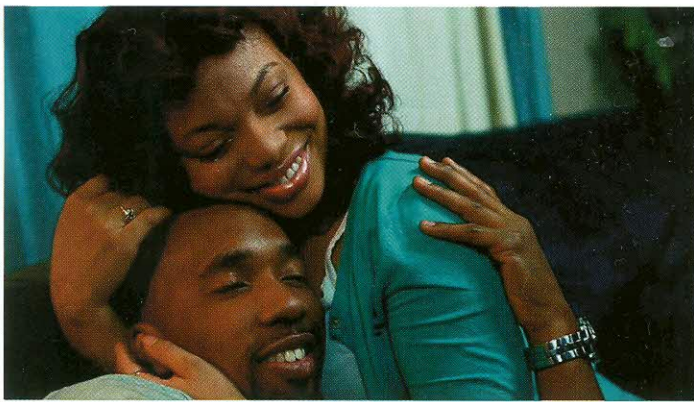
"It was a lot of hard work getting that together," Butler said. After completing majority of the steps, she presented her proposal in front of the board of the Girl Scout Council of Alabama. This project took her five years to complete. "Girl Scouts had shown me that hard work is the key to success and having passion can make a difference in the world," Butler said. Butler's hard work and dedication helped her become the strong leader she is today.

For her awarded project, Butler also received recognition letters from the U.S. President Obama and Congress, U.S. Armed Services, state legislatures and the American Legion.

Local Playwright to Complete First Feature Film

LaTara Holloway

Set in modern -day Montgomery, Making Love is a new film that takes on the issue of race and true love. The film, written and directed by local playwright Jona Hall, is the story of a biracial man torn between following in his father's footsteps and pleasing his mother. Along the way, he meets a woman who changes his view on life and helps him face his parents. Making Love will be Hall's first time writing and directing a feature length film. The former Alabama State University student found her success in the Chitlin Circuit, or Southern play circuit, with her popular plays

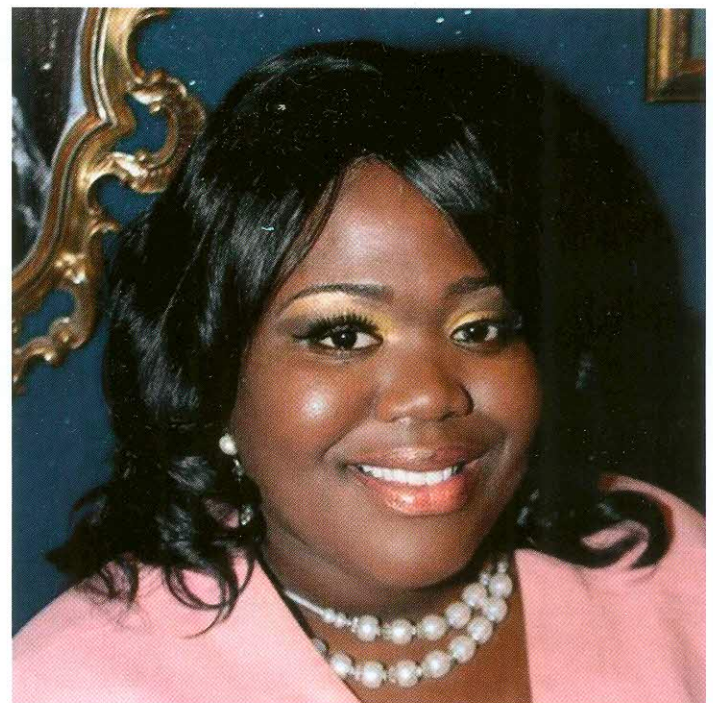


Actors Daniella Cobb and Nick Sylvester in a still from *Making Love*.
Courtesy of Jona Hall.

“The Other Side of the Down Low” and “When I Didn’t Want to be Kept” am on others. Hall credits God for her success. Her film recently finished filming, but Hall faced a few challenges and surprises when creating the film.

Making Love was originally going to be a short film with an all black cast, but a conversation between Hall and a friend who wanted to delve more into the race aspect of his own film, inspired her to modify the script of her own movie. That conversation, and seeing the mayor of New York, Bill de Blasio and his multiracial family on television, inspired her to change the race of the characters and to rewrite the whole film. “America is changing,” Hall said, and added that she was tired of the portrayal of love in Hollywood. “I’m just over the physical attraction thing. You can see a good looking guy on screen or you can see a good looking girl on screen, but how long does it take y’all to fall in love for real? Is it really love or is this infatuation? I really wanted to tell the realness of a relationship, the ugliness of it, the pain of it. The premise of this film is that real love conquers all. I wanted to tell that story.”

Hall ran into a few problems while trying to tell her story. Casting was the biggest one. “How do you cast for a movie that nobody knows about?” Hall asked. With the help of friends, she was able to search online and find both local and non-local actors for the film. Even then, there were problems with contracts, and having to recast characters. Another issue was time constraints. “With my plays, I have time to break [the actors into character], but with this movie I only had ten days. I could not break anyone,” Hall said. This meant Hall had to choose more experienced actors and use a few friends who had flexible schedules. Other small problems included illness of one of the members that resulted in a lost day of shooting.



Local screenwriter Jona Hall has just wrapped up her latest project *Making Love*.
Courtesy of Jona Hall.

Originally Hall wanted to have the film in Atlanta, but felt uncomfortable there. Most of her work has been in Montgomery and had most of her fan base in the city. This and the desire to something in her hometown moved Hall to keep the film in the capitol city. Many opportunities opened up including having Cool Bean Coffee Bistro owner Tracy Bhalla open the shop for filming. The Alabama Film Office gave her a lot of advice on locations and contacts for the film; for instance, she was able to get Alabama’s Secretary of State, Jim Bennett, involved with the film—Bennett plays a council member in the film.

Making Love is currently in post-production and set to be completed by the beginning of September. Hall hopes to host a premiere screening of the movie in Montgomery or Atlanta and plans to submit it to various film festivals as well.

Students Are Fed Up With Current On-Campus Dining

Chad Underwood

I lived on campus for two years, from 2011 to 2013. I have fond memories of meeting new people in the dorms and having my own space to call home. Sure, it was small, but it rarely irritated me. What seemed to bother me every single day had nothing to do with the great people that live

on campus at AUM, but the food we are forced to eat and purchase while we spend our college years here. According to the dining section of AUM's Admissions page, a meal plan is required by the university if you are a full time student of any kind. If you live on campus, \$600 must be put in the plan at the start of the semester. If you live off campus, you still have to put \$100 on your Warhawk card.

As a former on-campus resident, I know that the \$600 that we are forced to put in a meal plan could have stretched a lot further if we could have spent it at one of the grocery stores on Atlanta Highway. Gavriel Williams, a junior who has lived on campus for several years, agrees: "I would much rather go to Publix or Wal-Mart," he says. The prices at the AUM dining hall called "The Roost" have also flown up with the birds. "For a skimpy three-piece chicken fingers and fries the price comes to almost \$6 after tax," Williams said. "For a personal pizza it's \$5. The prices don't match the portion sizes."

Luckily, some help might be on the way from our Student Government Association. SGA Vice President Parker Judy got a chance to talk with me after a meeting he had with dining services on campus. "I think we should all remind ourselves that the entire point of a university is to provide a quality education," Judy said. "Therefore, every policy and procedure that is implemented on a

college campus should be created with this in mind."

Judy went on to comment on the financial and emotional stress the cafeteria has been causing students. "At AUM specifically, students are undeniably bewildered and frankly confused as to why The Roost offers such low quality food at such an enormous cost," Judy continues. "At this point in time, I honestly believe that the price of food on our campus has become an academic distraction for students. For most students, breakfast, lunch, and dinner are times for mental rest and recuperation. If every trip to The Roost involves a financial burden, we are being kept from achieving optimal performance in the classroom." Chartwells Dining Services is currently under a one-year contract with the university, which means change will be coming but probably not anytime soon. "Student Body President Marie Reuter, myself, and the rest of your Student Government Association representatives are mainly focused on adding new options, discarding disliked items and doing whatever necessary to drive down cost," Judy explained.

So just like Auburn Montgomery has been for the past few years, the dining services are "Under Construction." Hopefully, this batch of SGA leaders can inspire some change on that front. Until then, students will have to live with toting that tiny Papa John's pizza box back to their dorm rooms and eating overpriced chicken fingers.

AUM

HOUSING AND RESIDENCE LIFE is *Your Home Away From Home!*



AUM Housing & Residence Life team is devoted to serve and support our Residents during their collegiate experience. Our Residence Halls range from economic to luxurious accommodations at **extremely** reasonable rates compared to apartments within a 5 to 10 mile radius of our AUMazing University. Our professional staff retains the experience and passion for creating and maintaining a desirable living community that upholds our University standard of excellence. From personalized Residential programming to 24/7 professional support, our community simply cannot be paralleled. Tours of our various Residence Halls are available M-F 9 a.m. – 4 p.m., not including holidays, through our Residence Life Office in The Nest of Warhawk Hall. For more info call 334-244-3296.

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Warhawk Squawk

Nikki Headley

As we approach the end of the spring semester, a lot of us are looking forward to a break from tests, projects and speeches. However, there's one thing standing in the way of our freedom—final exams. Studying for them and taking them can be stressful because students work so hard all semester to get to this point. However, once finals are finished we can all take a sigh of relief. That's why for this edition of Warhawk Squawk, the AUMnibus asked students, "What are your summer plans?"

Photos courtesy of Nikki Headley.

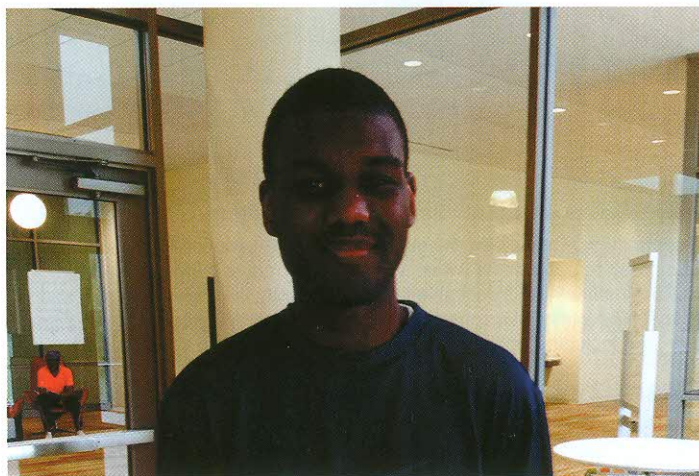
Joe Rodriguez
Sociology
Senior

"My plans are to relax and to go to the beach."



KJ Ledyard
Mathematics
Freshman

"I plan to sleep and get a job."



Lorrie Sanford
Undeclared
Freshman

"I am going to sleep and work."



Yiying Lin
Finance
Junior

"I plan on preparing for summer classes."



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