

AUMNIBUS

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Parenting Podcast Launches at AUM

Jessica Klinner

Dr. Denise Davis-Maye, Associate Professor in the Department of Sociology, has created a way for mothers to get advice in a non-traditional way. Instead of holding a seminar or class to teach the lessons, she created The Mommy Chronicles, a podcast that offers tips for women raising children in the 21st century.

Davis-Maye co-hosts the show with Tonya Williams, a local business owner and broadcast professional. The podcast airs once a month and aims to entertain and educate women and others raising children. "We hope that The Mommy Chronicles will provide a virtual community for moms and mom-types," Davis-Maye said. "We want to have real life

discussions, with a little advice, a little humor, and a bunch of connection."

Each episode features Davis-Maye and Williams as well as a few guests, who are invited to join because of their expertise in the field being discussed in that given podcast. This gives listeners the opportunity to get several different inputs on one issue. The show covers a wide range of topics from parenting techniques to bullies. Davis-Maye and Williams use humor to make the show entertaining for listeners. There are no gimmicks in The Mommy Chronicles: just a few ladies who want to bring their wisdom and experience with parenting to the masses. "Parenting is one of the most challenging tasks that anyone can face, but one of the only jobs that comes with very little preparation and no instruction," Davis-Maye said. "We wanted to provide an opportunity for this discourse in an open and honest forum, with no judgment."

Although it may not seem like a 30-minute podcast would take long to produce, Davis-Maye said it takes about one hour to put each show to tape and another three hours of production. The Mommy Chronicles is taped in the broadcast studio of the Department of Communication and Dramatic Arts and offers broadcast journalism students hands-on experience. "We hope to have a paid intern position in the Spring," Davis-Maye said. "But until then, the broadcast students are assisting with the editing of the launch show. If students have particular media interests, and have experience with social media and are interested in volunteer hours in the Spring, we would be happy to provide the opportunity."

Episodes of The Mommy Chronicles are currently available to stream at www.blogtalkradio.com/mommychronicles, and new episodes will air on a monthly basis.



Dr. Denise Davis-Maye, Tonya Williams and guests recording an episode of The Mommy Chronicles.

Courtesy of Jacob Saylor

Club/Organization Highlight: Tabletop Gaming Club

Jacob Saylor

Around campus you'll be invited to join and participate in a number of events. Whether these pleasant distractions from your schoolwork involve Greek life, sports or any of the other activities Auburn Montgomery has to offer, rest assured that there is always a place for you. One facet of campus life that is sometimes underappreciated is the university's student organizations, which is why we decided to spotlight AUM's brand new Tabletop Gaming Club. You may have already seen flyers posted around campus for this interesting, new addition to student life.

In the Tabletop Gaming Club, which was established at the beginning of this school year, students are offered the chance to socialize with other fans of this wonderful hobby. The club encompasses a very wide range of games, such as "Magic: The Gathering," "Dungeons and Dragons" and even smaller titles like "Munchkin." These aren't the only games you'll be able to enjoy as a member, as new board and card games are constantly being circulated around the club. Maybe you could introduce a new and exciting game that hasn't made a name for itself around campus yet!

To better understand how students can get involved, we spoke with J.d. McCord, who is both founder and president of the Tabletop Gaming Club. McCord wanted to make the club's easy-going atmosphere known: "There are no membership fees, which is one thing we've got going for us," McCord says. "But the focus of the organization is to allow



Two members of the Tabletop Gaming Club battle in a game of "Magic: The Gathering."

Courtesy of Jacob Saylor

students an outlet with which to relieve stress." Given the popularity of tabletop gaming today, there's no question that many people find solace in the mind-bending intricacies of these games.

I asked McCord how he plans to attract members for the club, given the shaky past of "Magic: The Gathering" and other tabletop-based gaming clubs on campus, most of which required members agreeing to a monthly fee to join. "Obviously, we still adhere to university rules, but as far as other things go, I actually made our constitution lax on purpose so that we would have a lot of leeway," McCord says. "The whole point of the organization is to allow students to have a good time with their friends in a quiet room away from the masses." As a former member of the university's "Magic: The Gathering Club," I can attest to the need for a more recreation-based approach to tabletop gaming.

To contact McCord regarding questions or club membership, e-mail him at Jmccord4@aum.edu or look for the flyers posted around campus!

Fitness First: An Interview with Wendy Franklin

Nikki Headley

I sat down with Wendy Franklin, the Program Manager of the Auburn Montgomery Wellness Center. Franklin loves to exercise and encourage others to be active. Franklin is a woman with a mission to make AUM a healthier place.

She inspires other students to take advantage of the Wellness Center by talking about exercise being a great stress relief. When talking to Franklin, her love for fitness truly shows. She inspires other students to take advantage of the Wellness Center by talking about exercise being a "great stress relief" and to "keep your body as fit as your mind." Balance is important in everything a person does, and it's Franklin's mission to promote that by thinking up new ways to motivate others to live a less sedentary life.

Franklin's position allows her to improve her own family life too. "It sets a great example for my kids to get a higher education, remain healthy, and keep their views positive on everything," Franklin said. "Exercise reinforces a positive outlook on life." She has persuaded her family to enjoy similar activities. She has always been interested in calisthenics, which is basically any type of intense exercise.

Franklin has enjoyed exercising since she started going to college. That's when she began teaching fitness classes. "I liked to exercise and figured I could get paid to workout," Franklin said. "Then I learned

more about the science behind cardio and strength resistance.” Her inspiration came from Dr. Hank Williford, the former Department Head for Kinesiology at Auburn Montgomery. Franklin ended up receiving her Master’s degree at Auburn Montgomery in Exercise Science.

Franklin began working at the Wellness Center two years ago as a fitness instructor. Last June, she became the Program Manager. Her duties are to supervise, train, and recruit fitness instructors as well as personal trainers and to make sure they meet the standards needed for the Wellness Center.

Franklin also researches new programs to see what she should bring into the Wellness Center. One of the many programs she has pioneered is the Workplace Wellness Challenge. “On campus jobs are so sedentary,” Franklin said. “It is a positive way for bodies to get moving. Some reasons for any faculty member to sign up is that the person with highest points will get a one-year membership, and people will also get AUM Swag.”

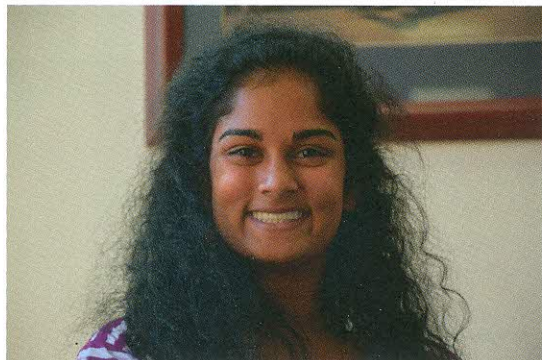
Franklin is an inspiring woman with a warm attitude. The way that she smiles when she talks about fitness is inspiring. She is truly happy about being the Program Manager at the Wellness Center. Franklin is the type of person that would make anyone want to give working out a try.

Warhawk Squawk

Jacob Saylor

Why is your major important to you?

Courtesy of Jacob Saylor



“I am interested in why people do what they do and like psychology. I believe in discussing a problem and coming up with a peaceful way for all people. International relations seems the best option for my interests.”

Saichini Wueschner
Sophomore
Political Science



“Well, I get to work with people, so that’s one perk. On a larger scale, I hope to go corporate someday and be able to use my unique vision to make the corporate world a better place.”

J.D. McCord
Senior
Management



“Theatre chose me. I love theatre; it lets me express myself in a way that nothing else can. I can be another person – I love it, I just love it. With my teachers, we play a lot of games, and they get us prepared for theatre life.”

Samantha Blakely
Junior
Communication and Dramatic Arts



“I just grew up with it – I grew up with social science. My dad was a lawyer, and because of that he’s taught me all the things to be a lawyer. I don’t personally want to be a lawyer, I want to be a detective because of my moralistic attitude.”

Chad Sibley
Sophomore
Criminal Justice



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