

AUMNIBUS

Chronicling the Campus Community and Beyond Since 1971

September 2014

Warhawk Issue - 15

A Short Lesson In Brazilian Jiu-jitsu

Jacob Saylor

I'm approached on campus at least once a week by someone who knows that I practice a martial art. Generally, the conversation starts with, "Hey, you're that guy who does the karate stuff, right?" The art that I dedicate my time to is called Brazilian Jiu-jitsu and is very different from most traditional styles of self-defense. The sport puts an emphasis on ground fighting rather than the utilization of punches and kicks. This means that

the practitioner will look to take any given fight to the ground and will work to 'submit' an opponent through joint locks or chokes. The hallmark of jiu-jitsu is efficiency, which has contributed to the art's growth. This same efficiency has been amplified through mixed martial arts and has created a sport that everyone can participate in – big or small, male or female.

The reasons for which Brazilian jiu-jitsu has become so popular are varied, but its functionality in mixed martial arts competition is at the forefront. When mixed martial arts rose to prominence in the early 1990s, jiu-jitsu dominated every facet of the sport. A Brazilian man named Royce Gracie was chosen to represent his family in the Ultimate Fighting Championship, not for his size or athleticism, but for his small stature. Royce weighed in at just 150 pounds and at one point conquered a sumo wrestler, Akebono, who fought at 514 pounds. Royce only lost two fights out of his 16-fight career. Royce's small frame and success inside of the fighting arena meant that change was coming to the world of fighting.

I'm a small guy – I weigh only 140 pounds myself. I would definitely argue that part of the appeal to this martial art to me is its ability to minimize the advantage weight gives an aggressor. It is much easier to get yourself knocked out while standing up than it is when both combatants are on the ground. Things



Professor Erin Reilly (front right) demonstrates a kick with her Intro to Martial Arts class.

Courtesy of Dr. Reilly

become far more equalized, and you can manage your opponent's posture much more effectively.

So, how can you get involved at AUM? Professor Erin Reilly in the Department of Physical Education is a black belt in Kuk Sool Won and a blue belt in Judo – both very respectable achievements! She teaches an Introduction to Martial Arts class in the spring semester, where a number of jiu-jitsu movements can be seen firsthand. I would advise anyone interested in pursuing a martial art to start there. When asked what students can expect from the class, Reilly said: "They will learn self-defense skills for a variety of situations as well as basic kicking, hand strikes, blocking, throwing, falling, joint locks, choking, bo staff, grappling, and board breaking." In addition to this mental sharpening, Reilly said: "Students will also develop muscular strength and endurance, flexibility, balance, coordination, agility and self-confidence." If you were ever looking for a class to get your money's worth out of, it appears that professor Reilly has got you covered!

Counseling at its Finest: A Look at Alicia Washington

Nikki Headley

Many people see themselves as invincible, and think they can hide their emotions from everyone. They think that if they hide what they are feeling, everything will be okay. Burying feelings is one of the worst things to do in a stressful situation. Talking to someone will help you get through rough times. Many college students believe that they do not have an outlet for this stress. This is why I sat down with Alicia Washington, Student Services Coordinator at AUM Counseling Center. Washington is a passionate woman with a purpose.

Washington attended Auburn University



Alicia Washington sits in her office, where she helps students.

Courtesy of Nikki Headley

as an undergraduate and Troy University for her graduate degree in counseling. She knows that the emotions we all feel are simply human. The best way for a person to deal with their feelings is to communicate. When I asked Washington about what her favorite part of her working at the Counseling Center is, she said, "I became interested in the counseling field, particularly in student affairs, because I love working with students. I love helping students grow and develop."

Another reason why Washington is a great person to talk to is her friendliness. Washington had an approachable demeanor when I went by for some life advice. I asked her why other students should come to the Counseling Center. "To help students through different road blocks in their life," Washington said.

A final reason why Washington is a great at what she does is that she is there to genuinely benefit you. When I mentioned to Washington that I get stressed out easily about school she told me about a social anxiety group I could attend, which starts in September.

The Counseling Center is located on the third floor of the Taylor Center. According to its website, it addresses the following issues : relationships, health, happiness, motivation, behaviors, stress, trauma and life decisions. If any of these things are a concern of yours, it would be a good idea to visit the Counseling Center. College can be a maddening time for anyone. Washington and her colleagues will be able to give you the advice you need.

Big Fish Makes Big Splash on Campus

Jessica Kliner

What brings people together in the name of academic learning and fun? A book club, of course! AUM's Common Reading Program, AUM Connected, is cultivating the largest book club in the Montgomery area. Every school year a book is chosen to be read campus and community wide. The 2014-2015 selection, "Big Fish," is already making a big splash on campus.

Dr. Lee Farrow, Associate Dean of the School of Liberal Arts and co-chair of the Common Reading Committee, sits in her office decked out in zombie apparel. She has just returned from the SOLA's Zombie Bash and energetically discusses the upcoming events planned in association with "Big Fish." The most anticipated of the events is the talk with author Daniel Wallace followed by a showing of the film adaptation of the novel and a book signing. Other events include several lectures by faculty members, a social media guided treasure hunt and a community wide book signing with Wallace.

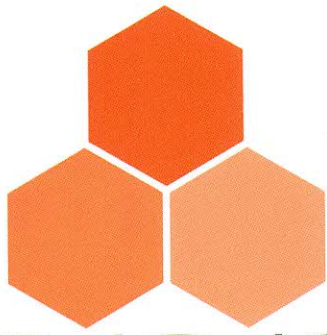
When the program started three years ago, there was a very small number of participants. Over the years, Farrow and the rest of the committee have worked to make the program more appealing to students and their various

interests. "It's a way to try and get students involved in the university, allow students to meet one another and to interact with faculty in a non-threatening setting," Farrow said.

With a variety of events prepared for the fall semester, the program will have no problem drawing in a diverse crowd of students. The best thing about the program is that the students, faculty and staff at AUM have a say in which book is chosen. Suggestions from the campus are submitted to a committee, who take the best suggestions and narrow them down to six books. Once the final books have been decided on, the students, faculty and staff of AUM vote on which one they want to be featured as the official book of the Common Reading Program for the next school year. This method allows students to be actively involved in the program. "We really want this to be a program that appeals to people all over campus regardless of their major or their specialty," Farrow said.

Beyond campus, AUM Connected aims to get the community involved by offering a special book signing with Wallace at Capitol Books and News as well as a screening of "Big Fish" at the Capri in Old Cloverdale. "We are a resource here in Montgomery, and I'd like to see the community benefit from that," Farrow said.

The Common Reading Program is also holding a contest called "Picture Me Reading." This is the second installment in the contest, which asks those wanting to be involved with the program to take a picture of themselves reading "Big Fish" and email it to Farrow. Submissions for the fall term are due by Jan. 15 and can be sent to lfarrow@aum.edu for consideration. The year of Big Fish will culminate with an event in early March called "AUM Reads" that will feature speakers, events, and a movie, all tied to the theme of reading for fun and self-edification.



connected

AUM COMMON READING PROGRAM



BIG FISH

A NOVEL OF MYTHIC PROPORTIONS
BY DANIEL WALLACE

COMMON READING EVENTS

SEPT. 26 - 9 A.M.

230 TAYLOR CENTER, CAMPUS-WIDE DISCUSSION OF BIG FISH

OCT. 23 - 6:30 P.M.

111 GOODWYN HALL, ART OF SOUTHERN STORYTELLING, LECTURE BY ANGELA MITCHELL, MFA

OCT. 31- 5 P.M.

**230 TAYLOR CENTER
TIM BURTON'S DESIGN STYLE IN BATMAN- LECTURE BY DR. VAL WINKELMAN**

NOV. 13 - 5 P.M.

111 GOODWYN HALL, THE SCIENCE BEHIND LOVE AT FIRST SIGHT, LECTURE BY DR. ROLANDO CAROL



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Warhawk Squawk

Jacob Saylor

What has been your biggest academic challenge and how did you conquer it?

Courtesy of Jacob Saylor



"Note-taking - I was a really bad note taker in high school, but over the years, I've learned to make it interesting. You don't have to write down every word that the professor says, just find the stuff that you think is important and take note of it."

Geoffrey Morris
Senior
Theater



"Trying to do English Lit. II. That was like my biggest challenge and overcoming it I had to study, read and just learn how to put myself in the stories instead of just trying to study hard."

Jwan Boddie
Sophomore
Graphic Design



"Finals. Dealing with all of the tests, the projects and papers all happening at once and how to balance time. Really, what I did was just time management, you know, writing it all out on a schedule and deciding what took priority, what to deal first and just doing one thing at a time."

Laura Perry
Sophomore
Graphic Design



"Math class. Every single math class that I have ever taken has been an immense struggle for me. I beat it by studying extra hard. In high school, I didn't study at all because I just kind of grasped the high school math, but college math was so much harder so I just had to take extra time out of my day and week and just study."

Chloe Law
Junior
Elementary Education



"Perseverance - continuing to go to class and better yourself everyday. Try to make progress even if it's just a little baby step forward. Every day, every semester, you get closer to graduation."

Benjamin-Dieter Koch
Junior
Communication

Club/Organization

Highlight: SGA

Jessica Klinner

Have you ever wondered what it takes to be a part of the Student Government Association? I caught up with SGA President Marie Reuter to talk about what the SGA does on campus and how to get involved with the organization.

Jessica Klinner: What is the mission of SGA?

Marie Reuter: Student Government Association's mission is "to serve as the liaison between students and administration and to enhance student life, both academically and socially, by being the voice of the students and through activities and programs led by students for the students." As the campus governing organization, SGA strives to enhance the university experience by representing the student voice to faculty and administration. Our organization votes on policies and procedures that affect student life, implement programs to provide educational opportunities, and encompass a number of different committees to target specific areas of university operations.

JK: What are the benefits of joining SGA?

MR: As a member of SGA, you begin your process through a Leadership Retreat. This is a weekend getaway where we equip you with the tools you need to serve in your position. Once we get back to campus, we continue our leadership development through programming. SGA strives to equip its members with the skill sets that a successful leader in the workplace would need to succeed. It is also a great opportunity to truly be an integral part of the university and serve your student body in a practical manner.

JK: How can a student join SGA?

MR: Every year there are campus wide elections. During elections the student body votes on the incoming Executive Branch and the corresponding Senators. To serve on the Cabinet, you fill out an application and based on your credentials, you are appointed to a position. We are continually recruiting for our External Committees during Opportunity Week. Look for the SGA table, and get more information about us and how you can get involved.

JK: What are some of the upcoming events the SGA is hosting that students can participate in?

MR: Our Senate meetings are bi-weekly on Mondays from 3:35pm-4:50pm in Taylor Center 221. These meetings are open to the student body, and we encourage you to become more aware of what is happening on your campus. We also host monthly Town Hall Meetings, which provides you an opportunity to voice your opinions and concerns to your respective representatives. In January, we will be hosting our annual Homecoming Week, and we are planning Chancellor's Cup events right as we speak. The Cabinet is working hard to plan programs for you, and more information about those events will be communicated once the details are ironed out.



SGA President Marie Reuter and Vice President Parker Judy pose with Curtiss the Warhawk.

Courtesy of Marie Reuter

Note From The Editor:



Courtesy of Emily Holmes

I cannot begin to say how thankful and honored I am to be serving as the new Editor-In-Chief of the AUMnibus. I am a senior majoring in English with a minor in Communication here at AUM. Along with contributing to the AUMnibus, I am a writer for two music magazines, Highlight Magazine and Substream Magazine. This is my first opportunity to serve as an editor, and I cannot wait to see what the year has in store for this publication. As Editor-In-Chief, I want to help bring a voice to all of the different schools on campus and promote community among the students at AUM. Please feel free to email me any ideas, comments or suggestions on how to improve the future issues of the AUMnibus. I hope you enjoy the first issue of the semester!

Newsroom Hours for September

- Thursday Sept. 18 3:30-5:30
- Monday Sept. 22 1:30-3:30
- Thursday Sept. 25 9:30-11:30

Meet The Staff

LaTara Holloway
lhollow1@aum.edu

Bobby Poitevint
wpoitevi@aum.edu

Jacob Saylor
jsaylor@aum.edu

Editor-In-Chief
Jessica Klinner
jklinner@aum.edu

Graphic Designer
Josh Myers
jmyers3@aum.edu

Webmaster
Nikki Headley
sheadle1@aum.edu

Business Manager
Karlen McCree
karlen.mccree@gmail.com

Do you want to advertise your business with the AUMnibus?

Contact our business manager, Karlen McCree at karlen.mccree@gmail.com for more information.

Interested in Contributing to the AUMnibus?

Stop by our office, located in Room 401-402 of the Ida Belle Young Library Tower. You can also email the editor, Jessica Klinner at jklinner@aum.edu, or call us at 334-244-3662. Also, be sure to check us out online at www.theaumnibus.com!