



AUMNIBUS

Chronicling the Campus Community and Beyond Since 1971

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Lemons' diet during his 30-day sugar fast consisted of meat and greens, while he ate no fruit at all. Photo by Erin Mills.

30 Days with No Sugar

Robert Lemons

"The hardest thing I've ever tried." Those were the words I heard as I lay there watching a BuzzFeed video titled "30 Day without Sugar." In the video, four people attempted to give up sugar for 30 days. All four failed. I love challenges – they build character, and many times you learn new things about yourself. Last summer, I decided to give this a shot and see if I could accomplish what they couldn't.

To start, I made the decision to simplify my meals and eliminated all sugars, including fruit, bread and milk. For breakfast each morning, I ate three whole eggs, sometimes boiled and other days scrambled. For lunch and dinner, I had anywhere from six to eight ounces of meat and some type of green vegetable. All the while, I would force myself to drink

one gallon of water.

Day one was May 16. I woke up and immediately weighed myself: 170 pounds. This is the weight I prefer. I went to the gym on a fasted stomach and then came back home determined to tackle the first day of eating. There were no problems the first day, or even the first week for that matter. I was still going to the gym every morning and sticking to the diet plan. Everything was fairly easy until I attended a wedding on May 30. Watching other people indulge on sweets and fatty foods was difficult. It was as if this one day was the turning point that made the rest of the challenge difficult.

Each day after the wedding, my mind started craving carbs and fats. I remember thinking, "I would do anything for a pizza." Week by week, the temptations grew. I gradually watched my body change; I got much smaller. By week three, I started noticing my desire to work out fade. I didn't want to go the gym anymore because I was lacking the energy needed to exercise. On day 31, I woke up and weighed myself. I was 159 pounds. I didn't feel good and I looked malnourished. I wasn't happy because my mind had been so consumed with the thought of food that I began to get grouchy. I also realized that I used food as a way of rewarding myself, and many times ate without actually even being hungry. The people on BuzzFeed claimed that the challenge had changed them in positive ways, but it had mostly negative effects on me.

With that month long gone, I am comfortably at 170 pounds again. I look back at the experience from time to time and still can't believe I did it. The challenge was well worth it in the end because during the experience I learned that I could push myself to boundaries that I never imagined I could.

Star Wars: Battlefront

Jacob Saylor

Every generation has its defining moment in video games. There are those who grew up battling in the various arenas of “Street Fighter,” while newer gamers might have arrived just as “Call of Duty” was gaining popularity. One franchise seemed to be extremely popular as I was growing up, but disappeared before I could explore it fully. The suggested retail price of most games back in 2004 was around \$50 and that – for an eleven year old – was quite a catch. It was a combination of youthful ignorance and lack of funds that meant I couldn’t purchase the original “Star Wars: Battlefront.”

“Battlefront” was released during the era of “Star Wars Episode III: Revenge of the Sith.” Many would argue that this was the peak of the “Star Wars” popularity, which meant that a myriad of content-pertinent games would release alongside the movie. The first “Battlefront” released in 2004, before “Revenge of the Sith” hit theaters. “Battlefront 2” arrived just a few months after the movie. In this vein, maybe there’s a fair bit of nostalgia involved in my assessment of the “Battlefront” franchise as generation-defining. It was revealed during E3 2014 (Electronic Entertainment Expo) that developer DICE, who has worked on major franchises such as “Battlefield” and “Mirror’s Edge,” would be taking on a massive “Battlefront” reboot; for the purposes of this article, we’ll be referring to the reboot as “Battlefront 3.” Fans had been waiting on this news for nearly a decade and met the announcement with thunderous approval. Sadly, earlier this year, developer DICE and publisher Electronic Arts went radio silent. However, what’s been revealed since they started openly discussing “Battlefront 3” more than makes up for the year of silence.

I understand that these simply sound like the ravings of a kid who enjoyed “Star Wars,” grew up and is now trying to push that love on to you, the readers. So, let’s take a step back from the hype and – mathematically – see why people are so excited for “Star Wars: Battlefront 3.”

For the uninitiated, we should probably talk about what sort of game “Battlefront 3” will be. At its roots, the franchise has always been a third-person shooter. Furthermore, any veteran of the series reading this would crucify me if I didn’t mention the massive 64-player maps that accompanied this game.

The original “Battlefront” games are extremely in-

novative due to the fact that they support so many players. Players can engage one another in massive battles that take place over sprawling maps. Combatants are pushed to take advantage of each map’s many nuances. These range from different vehicles to advantageous, elevated areas. Anyone who has engaged in more than a few games of “Battlefront” can tell you that these huge skirmishes often result in chaos.

The true “Battlefront” veterans will advocate the notion that strategy is the most important facet of a winning strategy. Each team in the original “Battlefront” titles is given a finite amount of reinforcements. These are used in the revival of teammates. The objective of each team is to hold a majority of the five capture points. Players assert their domination over these areas by standing in their confines unopposed. If one team controls more capture points than the other, then their teammates can revive more quickly and enter the fray once again. The developers of the game were sure to implement a hardy matchmaking system, which assured a fair ratio of skilled to newer players. This assured that battles weren’t as lopsided as they might have been otherwise.

If all of that isn’t enough, then consider this: sometimes, you get to play as a Sith Lord or Jedi Master. In the very first “Battlefront” game, you could only fight alongside and battle against these larger-than-life entities. In the series’ second iteration, players had the opportunity to take control of these powerful persons. Each of the four factions in “Battlefront” has their own, specific heroes. The Galactic Empire gets figures such as Darth Vader, while the Rebel Alliance can team up with Luke Skywalker. The same applies to both the Galactic Republic and Separatist Alliance. The player controlling any of these characters has a huge advantage over their comrades, being much harder to eliminate and able to kill enemies faster.

Now, let’s take all this and put it into a next-generation shell. The last game to enter the “Star Wars: Battlefront” pantheon was published over a decade ago. There are many games today that don’t support 64 player combat in their multiplayer offerings. While this could certainly be considered unnecessary in most situations, DICE knows how to implement this feature correctly. They’ve been the main developer on the “Battlefield” franchise, which is one of the few games available today that allows 64 players on a single map. The beta, which ran for a week or so last month, confirmed that “Battlefront 3” will only hold forty players on one map at any given time. This is a step down, but only a small one. Technically speaking, “Battlefront 3” will be absolutely astounding. DICE has said that they are using their latest graphics engine, Frostbite 3, in the title’s creation. The developer has also stated that their aim is to have the game clock in at sixty frames per second, which assures us that the game will be beautiful. There will also be a free download-

able content package released only a couple of weeks after the main game's release, which will allow players to take part in the "Battle of Jaku." Given that this downloadable content comes out around the same time "Star Wars Episode VII: The Force Awakens," we're betting that there is going to be some amount of tie-in value.

Fans of the "Star Wars" universe are in for quite a fun holiday season. The most important entries into the franchise's canon in years are on our doorstep and all we've got to do is wait. The only problem is the amount of money it's going to cost me to go and buy all of the comics, video games, downloadable content and movie tickets that will be available in such quick succession. May the force be with you . . . and your wallet. "Star Wars: Battlefront" was released on November 17, 2015.

The AUM Disc Golf Course: A Hidden Outdoor Amenity

Jacob Horton

You may have seen them before around campus. They are those chain-linked baskets that are big, blue and look like something you would throw your trash away in. (Spoiler alert, they're not trash cans). What exactly are they, and what purpose do they serve standing out there in the open occupying all of that free space?

Those goofy-looking contraptions serve as baskets for AUM's disc golf course, and although you may not be aware of it, the course has been around for quite some time.

According to the Professional Disc Golf Association's website, AUM's disc golf course was founded in 2003 and designed by Tom Monroe. It originally began as an 18-hole course; four more holes were later added to make it a 22-hole course. The PDGA describes the course as "Mostly open with some elevation."

Disc golf is a sport that uses nearly all of the rules and elements of regular golf. Instead of striking a ball with a club, players must throw a Frisbee. Just like in golf, the objective is to make par or better on as many holes as possible. The term par simply means the number of throws that it should take players to get the disc into the basket. For example, if a hole on a disc golf course is labeled as a "par three," it means that players should be able to get the disc into the basket in three throws.



The AUM disc golf baskets can be found in the open fields and woods behind the campus. Photo by Jacob Horton.

Upon completion of all the holes on the course, players add up their individual scores. Whoever finishes with the lowest score is declared the winner. The score is kept by adding up all of the throws that a player has to make throughout the day.

AUM's course starts over by the intermural fields located on the other side of the Wellness Center. Hole number one lies just past the big public restroom in front of the fields. The course takes players through wooded and open areas that provide them with great scenic views. The length of the course is just over a mile at 5,700 feet, with the majority of the holes averaging between 300 and 400 feet.

AUM student and disc golf enthusiast Chance Hicks believes that the AUM course is second to none and that it offers a unique experience for disc golfers and nature lovers alike. He also added that many of the students at AUM are probably not even aware of its existence.

"I've always been a big fan of nature trails and hiking and biking ranges," Hicks said. "The first time I played it, I was hooked. . . Even if you're not that good at disc golf, the atmosphere and layout of the course are something that I think that most people would enjoy. It's one of the coolest outdoor features that AUM has to offer, and there are probably thousands of students on campus that don't even know that it's out here."

While it may not draw attendance like the intermural

fields or the Wellness Center, the disc golf course at AUM still serves as an effective way for students to get out and be active. Its warm serene atmosphere offers players an escape from reality without having to leave the confines of AUM's campus.

AUM's disc golf course is open during daylight hours all seven days of the week. Discs for the course can be purchased at the Warhawk Shop, AUM's newly renamed bookstore. The Physical Education department offers an introduction to disc sports mini-semester class during the warmer months of the year that extensively covers the rules and strategies of disc golf. Additional information such as course reviews and layouts can be found online by searching "AUM disc golf course." The best way to find out more about the course is to get out and experience it for yourself. You won't regret it.

WAC: Preparing for the Job Market

Erin Mills

Despite the complaints that students may have regarding our university, AUM is working hard to ensure that the education that we receive here is worthwhile. In order to maintain accreditation, AUM is required by Southern Association of Colleges and Schools to create a Quality Enhancement Program to further improve the quality of academics within the university. Writing Across the Curriculum, or WAC, serves as a school-wide program that engages students in the process of strengthening their writing skills. By improving the writing abilities of all students, each person is given broader opportunities for the post-graduation job search. The WAC program requires that every student enrolled after 2009 take two English composition courses, as well as three writing intensive courses in order to obtain an undergraduate degree. Two of the writing intensive courses should be in the student's major, and the other can be in any field.

The principle of Writing Across the Curriculum first emerged in the 1970s as a way for students in all disciplines to better develop their writing skills in a field outside of English or literature. WAC is intended to be a way for students to interact with the information that they are learning in the classroom. Writing intensive courses in disciplines other than English, literature and composition encourage students to

write to learn. In other words, writing about the material more deeply engages students by allowing them to explain what they are learning in their own words.

Dr. Eric Sterling, the WAC representative for the College of Arts and Sciences, had a part in developing the details of the program. Sterling provided a deeper insight into the importance of Writing Across the Curriculum to all students at AUM. "There is a difference between formulating a thesis or argument and recalling information," Sterling said. When a student works to develop an idea and clearly present it, the information is more likely to be retained. When used in a specific field, such as psychology or business, the student is more deeply involved in the information, as opposed to memorizing information for multiple choice tests.

In the job market, those who are able to better articulate their knowledge and experience appear more competent, and thus have higher chances of being hired.

Transfer Student Association: Lighting the Way

Matthew Robinson

Two years ago I made one of the hardest decisions of my life. I decided to leave the University of South Alabama and come back to my hometown of Montgomery. I began attending classes at AUM in the fall of 2013. At first, I absolutely hated it here – I wanted to drop out completely and possibly become a bounty hunter.

Thankfully, I got involved in a couple of organizations and felt at home for the first time in my college career. That is why last year, I helped to start a new organization on campus called the Transfer Student Association, or TSA.

Housed in the Office of Orientation and Transitions, TSA aims to help transfer students like myself become acclimated to AUM and really learn to love our new home. TSA President Max Kimbrough says that the mission of the group is to "offer opportunities to transfer students to fully immerse into the AUM culture by fostering a community of support for transfers, both four year and community college, by coordinating events, programs, and initiatives for transfer students designed to facilitate an academic and social transition."

To help fulfill this mission, TSA tasks a group of transfer students to serve as a programming council to

create transfer-specific programs in order to help the target population here on campus. Some past events include Single Awareness Day and the October Scary Movie Series. One popular event that continues to be a hit with students on campus is Brewin' With TSA, a program that gives transfer students a free drink at the AUMazing Bean. TSA has also brought in guest speakers like Wendy Ciambor of the Family Sunshine Center to speak with transfer students, as well as traditional AUM students.

One of the newest programs TSA offers is the TRANSFERmation series. TRANSFERmations are presentations given by speakers on different topics facing transfer students. These topics include adjusting to a new college, getting involved in campus organizations and interview tips. TSA also has plans for an event during finals this semester, though I have been asked not to reveal what it is exactly yet. All I can say is that it involves the words "table" and "flip."

If you would like to learn more about TSA or get involved with our organization, you can follow us on Twitter and Instagram @AUM_TSA or send an email to aumtransfers@aum.edu.

Sav-a-Life: There's More Than One Option

Alexis Rabsatt

"How do you feel about being pregnant?"

"Not good. I am considering abortion."

"Why is that?"

"I need to finish school and begin my career. I have my whole life ahead of me. This is just not a good time."

This is an example of the many conversations that take place between a counselor and client at First Choice Women's Medical Center in Montgomery. First Choice caters to women in situations of pregnancy crisis through services designed to encourage educated decision-making. Services are offered to women before they know about their pregnancy status, during their pregnancy and post-pregnancy – even if they end up choosing an abortion.

"We just want to give these women hope because without that you don't have anything," said Amy Luck, a nurse at First Choice. Inside this medical center there is a ministry whose vision is to "reach abortion-vulnerable members of the community in the name of Christ to make life their first choice."

"The counselors do most of the work; I provide them with tools to put them on the frontline," said Susan Decker Bunce, Executive Director of Women's First Medical Center. Christian counselors are trained staff and volunteers who counsel women visiting the center. According to the Sav-a-Life website, counseling provides a safe, friendly and non-judgmental environment where clients can discuss their fears and concerns, and receive vital information regarding their health, pregnancy and options. Guiding clients to choose life for their baby is an aim. However, that is not the only option.



"We are a pro-life ministry, but we share information about every option with these girls. This includes abortion, adoption and parenting," said Ann Tillery, a counselor at the center. The ultimate goal of this ministry is to share God's word and love with clients and visitors; therefore, the Gospel is definitely discussed. "When a girl in a crisis situation comes to this center, of course I am concerned for the baby," said another counselor who requested to remain anonymous. "However, I care about the woman more. Where is she mentally and spiritually? What is going on in her personal life? I don't make judgements on anyone's lifestyle. I just pray with the help of God, our clients make the best decision possible."

Whether a pregnancy test reads positive or negative, a nurse will share information with the client regarding her health. A negative reading may result in a conversation about future decision-making and birth control options or considering abstinence. A positive test will result in pre-natal care, a projected due date and foods that should or should not be eaten. An ultrasound may be provided or scheduled depending on how far along the pregnancy is.

Ultrasounds are essential to this center because they provide women with the education of the full scope of what is going on in their own body. “We believe that ultrasounds are an effective way to educate women about the reality of the growth of the life inside of them,” said Bethany Garth, Advancement Director at First Choice. “It is possible to detect fetal heartbeat as early as six or seven weeks. We want women to have an opportunity to see that and to bond with their unborn baby for the first time.” In 2014, Women’s First Medical Center provided over 500 ultrasounds for more than 1,000 positive pregnancy tests. Of the abortion minded or abortion-vulnerable women who had an ultrasound, 69 percent chose life for their child. An ultrasound is the most effective way to help women realize and understand what is happening within their body.

Earn While You Learn or EWYL, is a program offered at First Choice to women during and after their pregnancy. Through lessons on topics concerning parenting, this program allows parents to earn “mommy dollars” or “daddy bucks” that can be spent in the baby store. With the money they’ve earned, parents can purchase clothes, diapers, baby tubs and anything else they may need to prepare for their baby’s arrival.

Should a woman decide to terminate her pregnancy, First Choice provides help as well. This center has a Hope Group where women dealing with a past abortion receive counseling from trained counselors. “We have a lot of women who have been living with a past abortion for many years,” said Kathy Kay, Special Groups Coordinator at First Choice.

“They are in shame and they’ve lied to a lot of people, even themselves. They think that no one is going to forgive them and so they just keep that secret. I struggled with that same thing for 23 years until God healed me, so I know the importance of telling them that there is hope.” Watching women come in with their eyes down, then leaving with their heads lifted and walking out free after receiving God’s healing is why Kay believes post-abortion counseling is crucial.

Like Kay, a number of staff and counselors have been in similar positions as the women who walk through First Choice’s doors. “I discovered Sav-a-Life in 2005, and before I could become a counselor I had to go through the Hope Group. I had more than one abortion and I thought I could go through life without revealing that about my past. It was such a blessing to have experienced Hope Group,” said Rosemary Harmon, a counselor at First Choice. “I acknowledged what I had done and realized that God forgives everyone who repents.” After going through Hope Group, Harmon realized she would love to talk to girls about being redeemed and sharing the opportunities God gives us to serve him. Harmon enjoys talking to women, young and old, and encouraging

them to get clear with the Lord. “I am happy and I love Sav-a-Life. There is nothing like it and I will be serving here until the Lord calls me home,” said Harmon smiling.

Kasey Watkins, Patient Service Coordinator at First Choice, also understands exactly how some of Sav-a-Life’s clients feel. Twenty years ago, Watkins found herself in a similar situation when she was faced with whether or not to choose life for her baby. She chose life. “God has led me to First Choice Women’s Medical Center because of what he has done in my life and what he has brought me out of. I’m here because I have always been attracted to and pulled towards God’s guidance and I want others to experience the same thing,” Watkins said.

The outcome of a crisis or unplanned pregnancy will always be life changing, but obstacles will be present regardless of the decision.

Sav-a-Life Montgomery is a non-denominational Christian ministry. All services are provided to patients free of charge. The Center is supported by churches, local foundations, individuals, family businesses and civic clubs. First Choice does not receive any government funding.

For more information or concerns, First Choice is located at 380 Mendel Parkway and can be reached at 334-260-8010. Additional information can also be found at www.firstchoicemontgomery.com.

Warhawk Squawk

Erin Mills

The new year is just around the corner, and that means it’s time to make resolutions for a fresh start. Students were asked: What is your New Year’s resolution?





My New Year's resolution is to stay in college.

Alyssa Nuckols
Freshman
Secondary English Education



My New Year's resolution is to gain five pounds every year.

Samuel Gasson
Sophomore
Medical Laboratory Sciences



To see how many people can buy me Chick-fil-a.

Mike "Guru" Hicks
AUM Legend



To maintain our sanity during nursing school.

Kimbrell Lee and Brandee Morgan
Juniors
Nursing

Letter from the Editor:

Our November issue contained three quotes which were attributed to the wrong students. We apologize to those who were quoted improperly. Below is the November Warhawk Squawk as it was supposed to appear.

Warhawk Squawk

Takeisha Jeffers

At the end of November, families across America celebrate Thanksgiving. It is a time for giving thanks for all that we have. Students were asked: Do you find irony in Black Friday being the day after Thanksgiving?



Maeghan DePace
Freshmen
Exercise Science

I find irony in the fact that Black Friday is the day after Thanksgiving because on Thanksgiving, we are supposed to be reminded of the attitude we should have all year long--one of thankfulness. But the next day is about greed and getting what we want. I think Black Friday takes away from the importance of thankfulness every day, and not just on Thanksgiving.



Timothy Williams
Freshman
Computer Science

Yes, there is irony because nobody wants to move and get stuff on Thanksgiving.



Chris Brown
Junior
Information Systems

There is a good bit of irony in it. Thanksgiving to me is where family and friends get together and gives thanks for everything they have. We have a prayer in my family where we go around in a circle and pray for what we are thankful for. Then the next day comes and you've slept on a full stomach to wake and possibly be trampled for on sale things.

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