

Chronicling the Campus Community and Beyond Since 1971

Mood Foods: A Journey through Treating Depression

By Zachary Ashburn



Photo by Erin Mills.

Mental illness is something that has always plagued mankind, but only within the past few decades have we realized how common and serious it really is. According to research conducted in 2014 by the National Survey on Drug Use and Health for the National Institute of Mental Health, 43.6 million of U.S. adults were diagnosed with a mental illness. The NSDUH also found that 9.8 million of those 43.6 million U.S. adults were diagnosed with a serious mental illness.

The National Alliance on Mental Illness reports that 1.1 percent of U.S. adults live with schizophrenia, 2.6 percent live with bipolar disorder and 6.9 percent had at least one major depressive episode in the past year.

The numbers go on and on and, unfortunately, I find myself included among these millions of people. At the age of 14, I was diagnosed with depression, and in my early twenties I was diagnosed with what doctors call “double depression” or dysthymic disorder and major depression. The years between then and now have been a combination of professional medical help and unhealthy self-medication habits, none of which seemed to have any lasting affect.

My most recent venture has been the simplest and, surprisingly, the most successful. I have scoured the Internet for articles, research, books, blogs, reports and editorials and have compiled a short list of foods. These foods have been tested and are believed to help combat depression and improve overall mood.

1. Fish

Fish is the food that showed up most frequently in my search, specifically tuna, salmon, sardines, herring and rainbow trout. These particular fish are high in Omega-3 fatty acids. Research indicates that these fatty acids affect the brain's development of serotonin and dopamine. Low serotonin levels are linked to depression and dopamine is triggered in the pleasure center of the brain. “Regular consumption of omega-3s has extensive research support for both the prevention and treatment of clinical depression,” says Stephen Ilardi, PhD, author of *The Depression Cure*. It makes sense that increasing serotonin and dopamine levels would make a person feel better.

2. Dark Green Vegetables

Studies have shown that dark green vegetables like spinach, kale and broccoli can help improve mood. These vegetables are full of folates, which are believed to affect the neurotransmitters that control mood and assist in blood flow. “Folic acid, or folate, helps your body to process and lower homocysteine,” says Joanna Dolgoff, MD, author of *Red Light, Green Light, Eat Right*. Controlling homocysteine helps keep blood vessels healthy and improves blood and nutrient flow to the brain. Folates can also be found in beans and citrus fruits.

3. Dark Chocolate

This may come as a surprise to most people, but dark chocolate has been proven to have a variety of health benefits. It contains a lot of minerals that our bodies need on a daily basis like potassium, zinc and selenium. Selenium is also found in the fish listed above. Dark chocolate also improves heart health and blood flow to the brain, which is essential to spreading the chemicals in the brain that combat depression. What's more, dark chocolate contains phenylethylamine. This chemical helps the brain produce positive endorphins.

4. Green Tea

The good thing about green tea is that it is effective for reducing anxiety as well as fighting depression. Green tea contains caffeine but has a more relaxed alertness than the jittery alertness that coffee provides. Green tea also contains theanine. This is an amino acid that has been proven to reduce stress and sooth individuals. Like fish, it too affects the neurotransmitters that control serotonin and dopamine levels.

After three months of integrating these foods into my diet, I have increased energy, increased interest in social activities and less frequent “low days.” There are certainly other foods out there that may also help depression, but these are the ones I have tried and have helped me drastically. Some other foods thought to help that I plan to try are coconut, saffron, walnuts and turkey. The good thing about all of these foods is that coupled with regular exercise, you will likely lose weight and feel more healthy. Who wouldn't want that?

A Note from the Editor:

By Erin Mills

Last month, we put out an article contest in celebration of our change from magazine to newspaper format. As promised, the winning article has been placed on the front page of the paper. Zachary Ashburn's article about foods that may help with depression was our favorite submission for the March issue. We hope that this article will prove helpful to those in our AUM family who struggle with depression. Thank you to everyone who participated in our contest and be sure to look out for more in the future.

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worked, and if there were some ways to prevent getting one.

Understanding what causes hangovers can help us better prevent them, and possibly cure them when we do have one. Obviously, the main culprit is alcohol. All alcoholic

don't hate myself after a night a heavy drinking. First, I make sure to eat a big meal. I have found that a big steak works the best, though chicken and lots of bread have done well in the past too. Second, I drink water and Gatorade throughout the night. By spacing these



These beverages can lead to a very unpleasant morning. Photo by Erin Mills.

Arcade Coming to Campus

By Nick Manoliu

The AUM Computer Science Club is expected to have a free-to-use, retro-gaming arcade set up and fully operational for student use by May 2016.

While this arcade system is meant for everyone to use and play, it is especially designed to be an educational outlet for future club members to develop games and software.

The AUM Computer Science Club has been active for a number of years, and is looking to provide its members with a means to learn and receive active training in game design. "A lot of computer science students, specifically, want to work with video games, so it gives them a good platform to work on," Computer Science Club co-president Jason Hammond said.

The arcade will initially consist of one screen, two controllers and a console, for the most part. In this case, the console is a Banana Pi, a single-board computer that is about the size of a credit card. While it may not sound like much, this is a tiny, fully functional computer with USB, integrated video and audio and a wide range of flexibility. When asked about which games we could expect to see at this arcade station, Hammond said it would be entirely up to club members.

"Given the flexibility of the platform, we may be able to emulate older hardware and program using their specific design kits or build our own engines and start from scratch. The possibilities are far reaching. We can do pretty much anything club members want to work on."

The arcade was originally meant to be a fundraising initiative for the club, and the project itself in which students pay to play. However, since opting for free to use, open source materials would be more rewarding in the short term, the club has since decided to make the arcade free for everyone.



The new arcade is set to open in May 2016. Photo by Erin Mills.

While the arcade is still being planned out, it is currently believed it will be set up in Warhawk Alley. Although it will begin as a single unit, the hope is that the arcade could eventually consist of multiple units networked together.

The Computer Science Club is eager for your input on the project! Contact them with questions, comments or ideas via email at compclub@aum.edu.

Do Hangover Cures Actually Work?

By Matthew Robinson

Most of us have been there. Those early mornings, or late afternoons, that we all dread after a night of fun. Dizziness, nausea and headaches all play a role in perpetuating our misery. Sometimes even the smell of another drink can cause one to rush to the nearest bucket, bathroom or floor. I am, of course, talking about the dreaded hangover. We all have our own cure for it, and we all will swear that ours is the best. Googling hangover cures will yield literally thousands of results. I wanted to know which hangover cures

beverages contain a substance known as ethanol, which, according to the National Institute on Drug Abuse, acts as a depressant on the central nervous system. Ethanol also affects us on the molecular level, and can directly influence some of the body's most vital systems. "Acetaldehyde, which is toxic, is one chemical associated with hangovers, explains Dr. John Hutchison, Professor of Chemistry at AUM. "Ethanol is oxidized by various enzymes to acetaldehyde, then to acetic acid and on to acetyl-CoA. Once acetyl-CoA is formed, it is free to enter directly into the citric acid cycle." In other words, ethanol can have a direct impact on how we produce energy.

Because we know that alcohol can lead to dehydration, many people believe that just drinking water will make you feel better in the morning. Water will certainly help you fight dehydration, but may not be the best solution because of how much more you will need to pee. Instead of drinking just water, try mixing in some sports drinks as well because these will help replace some of the salts and electrolytes you lose through urination.

Another big hitter in the hangover cure game is greasy food. I know I am guilty of late night trips to Waffle House and Krystal after spending a night with the Captain. What I have found though, is that all greasy food will do is give you heartburn, indigestion or both. There is nothing quite like double fisting a Gatorade and some Pepto. If you would like to avoid this grim, albeit hilarious, future, I would avoid anything that is swimming in the grease it was prepared in. That being said, eating before drinking has actually helped me in the past, and is a practice that many people find helpful.

As you can probably tell by now, most of what we know about hangovers is pretty much hearsay. This is because scientists still don't know much about what causes hangovers and research is still fairly limited. Since there isn't a tried-and-true cure for hangovers, perhaps the best way to cure one is to properly prepare for one.

I always take a few precautionary steps to ensure that I

between my drinks, I am helping my body recover anything it may be losing. Third, I make sure to know my limit. While this one is really hard at times, it's important to know how much you have had throughout the night. When you feel yourself starting to fade, it's ok to take a break.

The last thing, and probably the most important, I do to make sure I am okay in the morning is to make sure I have someone close by to keep an eye on me. Having a trusted friend nearby is always important as they can ensure you are staying in your limit, staying hydrated and most of all keeping you safe. It's always a good thing to have an accountability partner, so having one while you are drinking only makes a lot of sense.

By making sure that we don't have such horrible hangovers in the mornings, we can get back to having fun a lot quicker. The key is to stay safe and take care of your body. It's the only one you have, so treat it like a Ferrari.

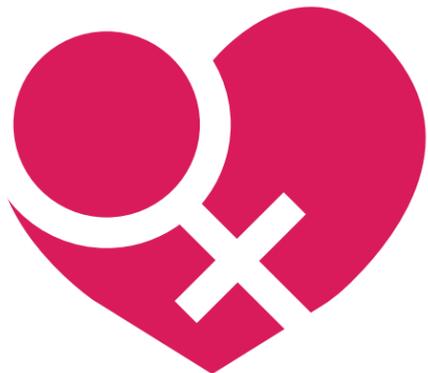
Celebrating Women throughout the World

By Dasa Rosca

"The time has come to be more than we were; to add proudly to all we have been, and become all we have always meant to be." **Tyler K. Gregson** International Women's Day was marked for the very first time in 1911, in Europe, when over a million women and men protested and demanded the right to vote and work, and the right to an education for women. That day, their desire for a change and their stand against discrimination shaped history. At the time, women were undervalued and viewed as insignificant beings with no right to express themselves. They lived in a world where their value was constantly denied by those who

have placed themselves at the top of the ladder – men. Women had no political rights, no access to education, no right to own property and no right to hold office.

Today, the status of women has changed and the undeveloped potential that women held over a century ago has been nationally and internationally recognized. It is crucial that we do not dismiss from the mind that further progress is still needed in societies that have a different value system where gender equality is still a wish for many.



This year, International Women's Day is March 8. Graphic by Brittany Roberson.

International Women's Day celebrates and honors the accomplishments of all women around the world. There are several who left a significant mark on history, and in my opinion, should be perceived as leading forces because they radically departed from the idea that they were the inferior beings and established a significant breakthrough in a vulnerable time. Elizabeth Blackwell was considered to be the first American woman granted a medical degree. Marie Curie was the first woman to receive a Nobel Prize, and also the first woman to obtain a doctorate in Europe. Amelia Earhart was the one who opened up the sky – the first woman to fly across the Atlantic Ocean. The fearless Joan of Arc (my high school favorite heroine) led the resistance army when the English invaded France in the Hundred Years War. Sally Ride was the first American woman in space. Margaret Thatcher, one historic figure I admire most, was the first woman named prime minister in European history, and also the first British prime minister to serve three consecutive terms in the 20th century. We also must recognize Rosa Parks, the woman that started the Montgomery Bus Boycott, a vital element of the Civil Rights Movement.

The historic legacies named above are strong evidence that the principle of gender equality is essential to the humankind. Happy International Women's Day to all the women of the East and West, North and South! May you never fail to remember that you have value, and may you never fail to reach your absolute potential.

Can PCB Stop the Party?

By Rachael Fairchild

Panama City Beach has an infamous reputation for drawing in rowdy college students from all over during Spring Break. From the

countless Instagram accounts and hashtags that document the intoxicated college students' experiences to the Girls Gone Wild videos with the sandy beach background, there is no question about PCB's party reputation.

However, in recent years it seems like the party crowd has been deemed too out of control, and one has to question if the springtime chaos of PCB will ever change. In October of 2014, the city began attempts to change the atmosphere by passing a set of ordinances concerning the Spring Break party crowd. The ordinances limit the hours of alcohol sales and require valid IDs with alcohol consumption on the beaches.

In spring of 2015, the ordinances were put into action but failed to stop the rowdy college spring breakers. Instead of controlling the chaos, more attention was brought to Panama City Beach when a shooting injuring seven took place at a beach house party.



College spring breakers fill the sandy shores of Panama City Beach for free concerts and excessive drinking. Photo courtesy of AL.com

In a further attempt to control the partiers, an emergency city council session proposed a motion to ban alcohol consumption on the beaches until April, but the motion was defeated and led to no solution to the massive crowd's dangerous activities. However, the ordinance restricting alcohol consumption on the beaches from March 1 to March 31 was fully passed on June 11, 2015.

As students from all of the United States begin to plan their spring break trips, I can only wonder if PCB will attract the same masses to its sandy shores this year.

Communications senior Samantha Dunaway believes that the new regulations won't impact the crowds. "They will just find a way to drink on the beach regardless, especially since that is the only intention most college students going to PCB have," Dunaway said.

I agree with Dunaway to a certain extent. I do not believe that the new regulations will be easily enforced because students can always hide alcohol or show up intoxicated in the first place, which will end with similar results. I also think that numbers of college students will change this Spring Break due to the shooting that took place this past year.

"I don't think the alcohol policies will change the atmosphere or the numbers that come to PCB," communications senior Tyreaze Foster said. "The fact that there was a huge shooting last year is what is going to make people choose alternative locations."

As you plan your Spring Break travels, are you reconsidering Panama City Beach because of the

new regulations? Or are you one of the many students like myself who will simply choose an alternative location because there is no desire to be surrounded by thousands of party-hard college students? Whether you choose to take on PCB this Spring Break or not, I am sure more news focused on the PCB partiers will surface.

AUM Speech and Hearing Clinic: Providing Basic Needs

By Kalen Huggins

Many of us take for granted hearing the sound of our loved ones saying our name or being able to talk with our friends for hours on end each day. Locally, nationally and globally, families struggle with even the most basic forms of communication. "Last year 360 million people worldwide were reported to have a disabling hearing loss," according to the World Health Organization. That is over 5 percent of the world's population. Needless to say, speech and hearing is a problem much bigger than me, you, our campus or our city.



The AUM Speech and Hearing Clinic is open Monday through Friday from 8 p.m. to 5 p.m. Photo by Takeisha Jefferson.

AUM recognizes how devastating speech and hearing disabilities can be, and has a clinic near campus that is dedicated to helping both students and families. The Speech and Hearing Clinic helps children with speech and hearing impediments in the Tri-County area starting at the age of two. The clinic also aids low-income families by supplying free hearing aids through their partnership with Starkey. "I enjoy seeing progress in the clients that I help," says Presley Blanks, a student clinician at AUM. "It is really awesome to see a child who is nonverbal become able to verbalize their wants and needs."

In addition, the patients and their families receive excellent care from the clinic. "The AUM Speech and Hearing Clinic was a blessing to our family," says Abbie Lambourne about her nephew. "Austin loved going and his confidence and communication skills dramatically improved. We are so thankful for their hard work and patience."

This clinic is located on 7177 Halcyon Summit Drive and is open Monday through Friday from 8 a.m. to 5 p.m. For more information on treatment options or hearing tests, call (334) 244-3408.

The Alternative Spring Break

By Dasa Rosca

Mohandas Gandhi said: "Be the change you wish to see in the world." Thankfully, at a very young age I managed to identify my passion in life, and gained the desire to make a change in the world in any possible way I could. I must acknowledge the fact that I was raised in a much stricter society and also in one of the poorest countries in Eastern Europe, the Republic of Moldova, where the time seemed limited and the pressure to find your identity was overwhelming. The desire to separate yourself from the crowd developed at an extremely young age as a result of the realization that in order to attain something unique in life, you must first move away from the expected and embrace the unexpected.



Dasa Rosca volunteers with the Christian non-profit organization The Orphans Hands during her Spring Break. Photo by Nadejda Rosca.

A few years ago, I crossed the Atlantic Ocean, and today almost 6,000 miles separate me from my birthplace. But the cultural values I learned there have developed into personality and are still a reflection of who I am today. Every break I get from school, I volunteer at a Christian non-profit organization, The Orphans Hands, based here in Montgomery. I see it as a chance to make a difference, and a choice I will never regret. The organization, founded by a Scottish family over 25 years ago, works and cares for orphans that are at risk of being trafficked in Moldova. During school breaks, I fly back to Europe where I join a group of 30 young men and women eager to leave a positive footprint in our society and, someday, around the world. Our daily schedule consists of feeding the homeless, carrying out camps for orphans, and constantly helping the poor people of our nation – a nation so damaged by corruption and Communism.

Spring break is coming up, and I see it as a chance to inform everyone about the alternative break. Break A Difference is a program that gives college students the possibility to participate in volunteer projects that are concentrated on social issues. If you are interested in the social issues we face today and are willing to make a positive change around you, this program is for you. Ultimately, it will trigger personal transformation in your life and in the lives of those individuals you are helping.

We are a generation with out a

great deal of potential and opportunity. We need to realize that we are the heirs of the future and that our decisions and our actions determine whether we breed success or if we achieve nothing. Visit www.breakadifference.org to take the challenge and make an impact. Visit www.theorphanshands.org to find more about The Orphans Hands.

The Roost: What You Didn't Know

By Paula Diaz

Have you ever imagined a school with an amazing cafeteria where you can get everything you want and it all tastes delicious, complete with gluten free foods, high quality ingredients, and the potential for special request? Believe it or not, all of this is available at the AUM cafeteria, The Roost. The Roost gets a lot of complaints from the students and the staff, one in particular being that there are not a lot of healthy options available. Many people also say that they don't provide any gluten free products and that prices are too high. "Yes, there are gluten free products and all of our dressings are gluten free," said The Roost manager Daishu McGriff. She also mentioned the executive chef of The Roost, who students can contact at www.aum.edu/aumdinning in order to request a special dish. This is particularly helpful for students with special situations, such as allergies or special situations. "Students can come and talk to us," McGriff said.

In addition, McGriff mentioned that the prices here are higher than elsewhere. "People pay for what they are eating. If they want something cheaper it would be something with bad quality," McGriff said. For example, the price of hamburgers increased because the size of it increased. The Roost reached out to certain companies like Taco Bell and Chili's to inquire about their services for the university. However, these companies didn't accept the proposal because the AUM student meal plan is \$600, and that is a low budget for these companies.

In the end, the problem is that students are not well informed about the services that The Roost provides. Instead of complaining, students should reach out to the cafeteria staff and ask about these options or go online and contact the executive chef of The Roost.

Overcoming Writer's Block

By Katelyn Turner

Not everyone is born to be a writer. For some, writing is just a painstaking requirement for their field of study. To write one quality paragraph can take hours of brainstorming, followed by the depletion of a brand new eraser or a few hundred presses on the backspace bar. Writing may bring anxiety to those who lack confidence in what they have to say or are simply at a loss for what to say in the first place. Merriam-Webster Dictionary defines the latter as "a psychological inhibition preventing a writer from finishing a piece."



The AUM Learning Center helps students struggling with writer's block on a regular basis. Photo by Katelyn Turner.

Fortunately, Auburn University at Montgomery offers writing consultants from the Learning Center dedicated to helping students with their writing starting from their first draft all the way to their final paper. The tutors strive to help students conquer their writer's block in order to move forward in penning quality written work.

When it comes to defeating writer's block, "I ultimately suggest starting with what you know," said Caitlyn Barnes, Learning Center Writing Consultant. "Free write and set a timer anywhere from five to ten minutes. Whatever your subject is, write what you know about it. It is more about getting your brain working." Barnes says that it is pretty frequent for the Learning Center to help students struggling with writer's block and that students should seek guidance from a Learning Center writing consultant the minute they need help.

"Ninety two point five percent of the people who come to tutoring four times or more a semester pass their classes," said Matthew Kemp, Writing Student Services Coordinator.

The Learning Center is open Monday through Thursday from 9 a.m. to 6 p.m. and on Fridays from 9 a.m. until noon. You can schedule an appointment to bring in drafts and receive feedback. The Learning Center also accepts walk-ins.

Writer's block unfortunately hinders many students from feeling confident in their work. However, there are steps they can take in order to receive help in overcoming their struggle and submitting written material that they can feel confident in. The Learning Center is here to help students take control of their ideas and successfully put them down on paper.

Are You Ready For a Pet?

By Blake Hunter

According to the American Veterinary Medical Association, 56% of American households owned a pet in 2012. So if you're reading this, it wouldn't be too out there to guess that you grew up with a pet. Maybe you didn't grow up with a pet, but always wanted to. Either way, as a lot of us grow older we start to think about our own lives and considering a pet is not unlikely. For many people, this may be seen as a sign of how much we've grown to be independent and that we now have the power to even take care of another living being. While getting a pet is no hard task, it's important to ask yourself if you're ready for this responsibility. Pets are living breathing creatures that will depend solely on you to keep them fed, healthy and happy. So now you are left with the daunting question: is a pet right for you? So now you are left with the daunting question: is a pet right for me? I'm here to help you answer that question with a little help from a friend of mine.

Twenty-six-year-old Kristine Ramsay, a PhD student at Auburn University and former roommate of mine, has owned her French Bulldog Stella for just over two years. I recently interviewed Kristine about owning a pet in college and what her experience has been like. "It's really hard to own a pet in college," Kristine said. "There are just so many things you do not think about before you get a pet." Kristine mentions heart-worm medicine as an example, along with making a strong point that your pet must become your top priority and not something that can be put off to the side.

Kristine also recounted a story that I know all too well from the summer of 2014 when Stella got majorly sick. "It was one of the scariest moments of my life," Kristine recalls. "I was broke since it was the end of the semester and the emergency vet bill ended up being over \$800. I ended up having to get a special line of credit to help pay for it." As a pet owner, one has to be prepared for these situations and you can never underestimate the financial impact a trip to the emergency vet may cost. If you don't think you have the means to handle a financial gut punch, a pet may not be for you.

Of course, it's not all bad. Pets provide a level of unconditional love that people just can't. Your dog doesn't judge you when you sit on the couch all weekend binge watching a corny sitcom, he'll happily sit there right by your side. Your cat won't say anything when you leave those dishes in the sink. Still not persuaded? Well, you just might have what it takes to be a good pet owner.

My Everyday Hero

By Matthew Robinson

Every day we average humans get to interact with superheroes. Not the type of superheroes we find in comics and movies, but the ones who are very much a part of our real world. A hero can take many forms. Some in the United States are members of the military or are involved in public safety. For me, only one person comes to mind when I'm talking about heroes: my mother.



Photo courtesy of Matthew Robinson.

Born in rural South Korea, my mom is no stranger to heroic struggles. Mom was born in a time of great uncertainty in Korea. The Korean War had come to a cease-fire only a decade earlier and many people were unsure if South Korea could really survive. Despite this, mom tells me she had a "fairly quiet life" during her childhood and learned the value of hard work early on by working in the family rice fields. Mom was able to attend high school in Seoul and began to work as a waitress once she graduated. It was in this line of work that she would eventually meet the man who would change her life forever. The day my parents met was pretty much like any normal day; their courtship was even more typical. They shared a mutual attraction and began dating soon after they met. "We would usually go to a club and dance to Michael Jackson," she says with a smile, knowing that Michael Jackson just so happens to be one of my favorite musical artists. After a few months of dating, they both knew they wanted to spend the rest of their lives with each other. They were young and in love – what could possibly go wrong?

Well, for starters neither family wanted them to get married. Xenophobia was widespread in Korea as well as here in Montgomery – and it still is: if you don't believe me, read some comments made by Governor Robert Bentley about Syrian refugees. My father, a Montgomery native, was stationed in Korea when he met my mom. Dad tells me that my grandfather

gave him specific instructions to "not bring back any Korean girls." Being the rebel that he is, dad quickly ignored that order. Mom's family was equally against their relationship.

Mom's family didn't want their daughter to marry some foreign soldier. Only my great uncle approved of dad in the beginning. With the help of my great uncle and his devilish charm (which has, unfortunately, not been passed on), dad finally received the blessing to marry my mom. As they cleared the first hurdle, my parents were soon faced with an even bigger challenge: citizenship.

Upon obtaining her work visa, mom began working in the U.S. while taking all the necessary steps to become a citizen. For two years, my

mom struggled. "It was hard, but I did it." Battling the near-insurmountable language barrier, mom eventually passed all the necessary tests and became a citizen of the U.S. before marrying my dad. At last, my parents had the marriage they had fought long and hard for. The next logical step would be to start a family, right?

Not according to modern medicine. Several doctors told mom that she would not be able to get pregnant, and then, even if she did, her body would not be able to handle it. This devastated her, but she never stopped trying. "It was a miracle that you came to be. That's why we named you Matthew, gift from God." My mother, despite battling a body that would not support a pregnancy, had her first child on May 3, 1994 by way of C-Section. Eleven years later Hanna was born on Sept. 29, 2005. Mom is up by 2 on OB/GYNs. However, success never comes without failure.

My mother has tried and failed twice to become her own boss. Her first attempt was to run a beauty supply store in Montgomery in the late 1990s and early 2000s. Unfortunately, the store never made a profit, and she was forced to close it. This has had a lasting economic impact on our family. Mom's second attempt at success was to become a real estate agent. Despite her skills with numbers, mom had difficulty with some of the terminology in the real estate world. Studying tirelessly for months at a time, mom gave real estate her best effort, but it just wasn't enough

to overcome the language barrier that has led my mom to only work very low-wage jobs with long hours.

Yet, whether it is at a package store or a gas station, mom has always maintained a job. "I want to make sure that my babies have more than I did," she says. Because of her effort, my sister and I have had wonderful lives. Every meal is ready at a moment's notice. Every wish and whim is readily answered.

Her daily routine is almost superhuman. Awake at 5 a.m., mom prepares breakfast for the family and makes sure everyone gets up on time. At 7 a.m., she takes my sister to school and heads straight to work. At 3 p.m., she leaves work and picks my sister up. Soon after she gets home, she cleans the house with a fine-toothed comb. Once that is complete, she prepares a full meal for the family. After all is said and done, mom finally gets to rest around 9 p.m. She truly puts in a Herculean effort everyday.

This effort is beginning to wear her down though. Working at a gas station now, mom has a bad shoulder, can barely close her left hand, and deals with cramps in both legs. Every day for me is like watching Superman fight villains while being exposed to kryptonite. She plays it all off like a true hero. Mom never complains about any pain and is always smiling. She often makes fun of me by saying things like "What would you do without me?" and "You're gonna miss me when I'm gone." Well mom, I don't know what I'm going to do without you. When the day comes that you are gone, part of me will go with you. Without you, I wouldn't have had the opportunities to be where I am today. It makes me proud to know that my mother has overcome so much in her life just to put me in a position to be successful.

The thing is, though, I really couldn't care less about my personal success. The only thing I care about is leaving a legacy that mom would be proud of. I know that I will never be able to repay her for what she has done, but, at the very least, I can do my best to be a good person. She deserves it. I love you mom. Thank you for being my hero, every single day.

Warhawk Squawk:

Upon the announcement of the retirement of AUM Chancellor John G. Veres III, AUM has been searching for a new chancellor. Students were asked: What would you do if you could be chancellor for a day?

By Nikki Headley & Erin Mills

Hajir Abdelmagid

Junior
Pre Health Concentration

"Well first I'd make sure there are more comfortable study areas such as couches, comfy chairs, and more rug area for those who enjoy sitting on the floor. Second I'd make sure there's enough activities to join and also well advertised so no one could ever complain about having nothing on campus. Make sure students have a separate parking area so when there are events on campus we'd still have a chance to get parking and get to class on time."

Kendal Butler

Junior
Pre Health Concentration

"Change the cafeteria."



Danielle Parducci

Junior
Pre Health Concentration

“I would take the time to get to know the students and understand their wants and needs from the university.”



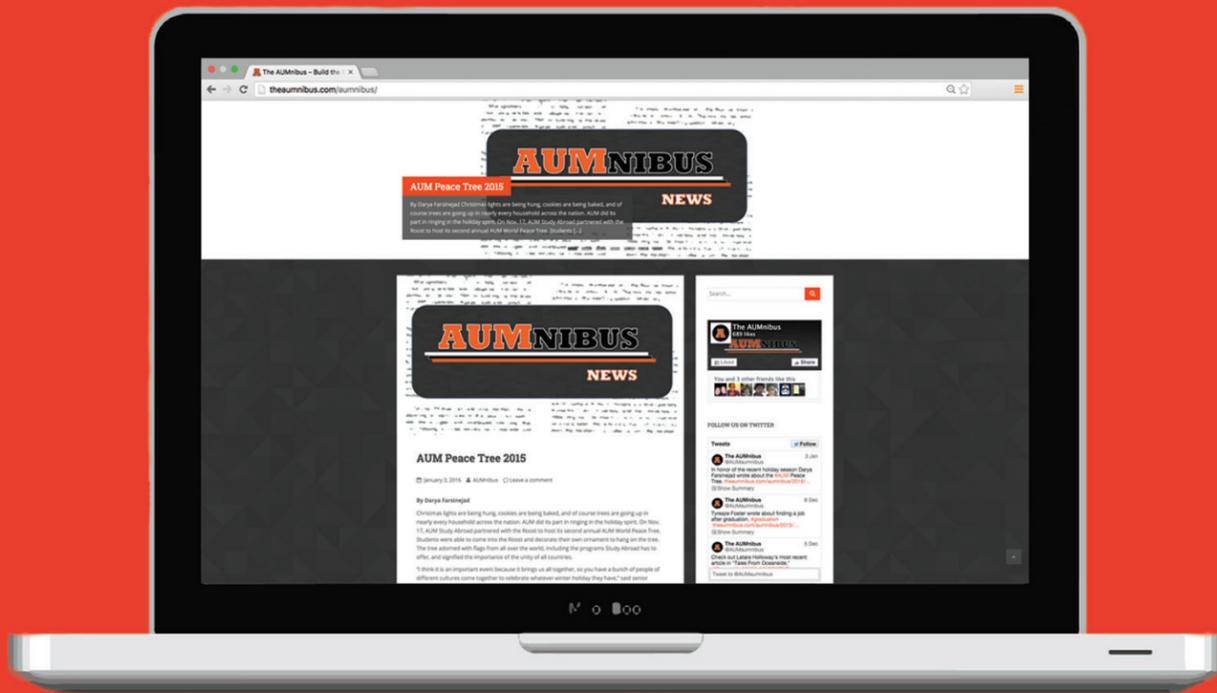
Alex Williams

Sophomore
Environmental Biology

“I would propose plans for more parking. Maybe even a parking deck. That seems to be a real issue on campus.”



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