Staff Spotlight

Dr. Georj Lewis
Vice President
Student Affairs

Dr. Georj Lewis brings more than 14 years of higher education leadership experience to his new position as Vice President of Student Affairs, as well as a genuine passion for working with students.

“...”

Insider tips:

Want to send feedback to Dr. Lewis? You can do so by sending an email to students@armstrong.edu.

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Night Time Safety 101

Between work, family life, class availability, and the general hectic, busy schedule of most college students, many end up taking evening classes or evening jobs. While night classes are mandatory for many, or are simply taken for convenience purposes, they do create an added risk that students must take seriously. Every day, assault, theft, and other crimes are reported on college campuses across the country. While crimes occur at all times of the day, nighttime adds an extra degree of risk that requires added precaution.

Use the following night safety ideas and tips to protect yourself when you are on campus.

Campus Resources

Every student should be aware of the safety resources available at Armstrong. Remember that you pay for services that your campus wants you to utilize. Use the University Police Department (UPD) for walking escorts between buildings and parking lots at night if you feel unsafe and/or don’t have someone else who can walk with you.

Familiarize yourself with the location of campus call boxes, emergency phone numbers (912-344-3333) and the location UPD. That department is open 24-7 to assist you.

Take advantage of the free RADS (Rape Aggression Defense System) workshops offered by UPD. If that’s not your cup of tea, research self-defense class offerings in the area and learn how to defend yourself.

Be Prepared

Always let someone know where you are going, your expected travel time, and how long you plan on being in that location.

If you know you will be out late, try to wear reflective or bright clothing to not only make yourself more visible to drivers but also help someone spot you faster in case of an assault.

Carry yourself with confidence. Assaultants are more likely to target those who appear weak.

Plan your travel route ahead of time before you leave. By knowing exactly where you are going, you will reduce your travel time and will appear more confident which ultimately lowers your chances of becoming a crime victim.

Invest in pepper spray and carry it with you at all times. Also add a small flashlight to your keychain to use in case of an emergency. While they may not be the most stylish key chains to have, they can definitely help keep you safe.

Always have your keys in your hand to allow quick entry into your residence hall unit or car.

Carry an alert whistle on your key chain. Alert whistles are available from university police. They can be purchased at local retail merchants as well.

Walking

Always have someone, or a group of people that you trust to travel with at night. There truly is safety in numbers. Carry in well-lit, highly visible areas. Stay in familiar areas and avoid shortcuts when possible.

Never walk or run at night with head phones in your ears. It will lessen your ability to respond if someone is coming up on you. Try to leave one out so you can keep an ear open for other sounds like people and especially car horns.

Cars on Campus

Always carry your keys in your hand to quickly access your vehicle. Always be sure to keep your keys near your residence hall at all times.

Invest in pepper spray and carry it with you at all times is definitely a night safety measure that you should adhere to. If you must use your phone, call someone who can respond if you find yourself in an uneasy situation. Talking to a loved one on the phone can be almost as good as having someone walk with you.

Using electronic devices can attract thieves due to their popularity and valuable nature. If you are using an electronic device, try to keep it out of plain sight and make use of Bluetooth devices to keep your hands as free as possible.

Consider installing a panic app on your smartphone. Apps such as “Panic Alert Button” for Android, or “iHelp+” for iPhone, are easy to access apps that will alert your friends and family if you get into a panic-inducing situation.

Remember, it is your personal responsibility to do everything in your power to keep yourself safe. While college campuses are generally safe places for students, taking proper precautions to protect yourself is still important. By being prepared and aware of your personal safety, you can reduce your risk when you are on campus at night.

Information provided by Protection 1: Campus Safety Matters (http://www.protection1.com/campus-safety/night-safety-tips/)
Treasure Savannah is Armstrong’s biannual event that gives back to the Savannah community. There are many different volunteer opportunities available to students, faculty, staff, and alumni. It is a time when you can take time away from selfish pursuits and give back to those less fortunate.

There are many ways to participate. If you know you’re going to be busy during the day, sign up for the “Logistics Team.” You can help people check in and receive their t-shirt. Love animals? Volunteer at the Savannah Chatham Animal Shelter. Computer savvy? Register for Computer Help and assist members of The Landings and Skidaway Island communities with basic computer needs including social media, Microsoft Office and other basic computer questions. Don’t feel like leaving campus? Register for Campus Clean-Up and help with some on campus projects. There are many more volunteer opportunities available to fit a wide variety of interests. There is a volunteer opportunity for everyone, and Treasure Savannah is a wonderful way to give back to Armstrong and the Savannah community.

The great thing about volunteering is that you get the opportunity to give back to your community, plus it makes you feel great. This is what helpguide.org has to say about volunteering:

“With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health.” To learn more about the benefits and opportunities from volunteering check out this website: http://www.helpguide.org/life/volunteer_opportunities_benefits_volunteering.htm.

Interested in volunteering? The Fall 2013 program has passed, but another opportunity will present itself again in the spring! Keep an eye out for email updates and publicity in March 2014. Click here for more details on Treasure Savannah.

Residence Halls Are Closing for Winter Break

ALL residence halls (Windward Commons and the apartments) will be closed for the Winter Break (December 11 - January 10). Your housing contract does NOT include housing between semesters (once fall finals end until spring classes begin in January).

As an added security measure, ALL residents will be required to formally ‘check out’ before leaving campus for the winter break. You will check out of your apartment/suite by turning in your key(s) to your area office. If you are a Windward Commons resident, your area office is the Windward Commons front desk. If you are a Compass Point resident, your area office is the Compass Point Clubhouse. If you are a University Terrace or University Crossings resident, your area office is the Crossings Office. You will be allowed to leave your belongings in your room. You can check-in on January 10, 2014 starting at 9 a.m. in your area office.

If anyone must be housed over the Winter Break, the cost will be $750. It is a flat rate and covers the entire break, regardless of how long you wish to stay in housing during the Winter Break. The deadline for housing break stay applications is November 1, 2013. This form is located on the Housing website under Policies and Forms. If housing is required and you require financial assistance, the Financial Aid office urges you to contact your financial aid counselor as quickly as possible. You may find your financial aid counselor’s contact information at the following link: http://www.armstrong.edu/Departments/financial_aid/finaid_contact_us.

If you do not plan to return to Armstrong Housing for the spring term, you must cancel your housing contract in writing. You must complete the Housing Cancellation Form as soon as possible. This form is located on the Housing website under Policies and Forms. Per your housing contract, all residential students are contracted to a two semester agreement. Any student that leaves without cancelling in writing may be subject to full housing charges on their student account. Keep in mind that any student who cancels mid-year will be charged the $500 cancellation fee. We share this with you so that if housing is not required - you can begin to make plans NOW.
Light the Night 2013 was a huge success for the Armstrong team. Beginning in late August, the Armstrong team began working diligently to raise money to support the Leukemia and Lymphoma Society’s annual walk to benefit blood cancer research and patient/family services. The goal of raising $20,000 was a lofty one, but it was a goal that was attainable. At last count, the team has raised over $14,000! That number is more than 70% of the goal we set for ourselves for the year, and donations continue to come in.

Even though we did not reach our overall monetary goal, this year’s effort was a definite success. Armstrong had 24 registered sub teams with approximately 450 Armstrong team members. Congratulations to our highest earner, Hetal Bhatt, who raised over $700 individually.

Efforts to support Light the Night at Armstrong included activities such as collection tables in the Student Union, “change wars” among registered student organizations, a Celebrate booth dedicated to raising money, as well as the annual haunted event from Housing and Residence Life.

It’s not too late to donate. If you would still like to do so, click here. Donations will be accepted online through the end of November.

“Light the Night Savannah 2013: Armstrong Gives Back

Priority Advisement Monday, Oct. 21 - Friday, Nov. 8
Priority Registration Monday, Oct. 28 - Friday, Nov. 8
Open Registration Saturday, Nov. 9 - Sunday, Jan. 12

Now that you know the important dates, where do you go from here? First off, it is important that you are prepared to ask questions of your academic advisor. Each person is different so take time to figure what matters to you as you set your academic career path.

Just to get you started, here are important questions that you may want to ask your advisor during your scheduled appointment:

- What courses are OK to take in the same term?
- What courses are NOT OK to take in the same term?
- Where can I get information on an instructor’s teaching method?
- Are there courses you recommend I take early?
- How many courses should I schedule for one day?
- Whom do I talk to about major/minor courses?
- Where can I get a full list of classes that I need to graduate?
- Can I switch majors? If so, how does it affect my timeline to graduation?
- When is my exact registration date?
- When is the latest date to add/drop a class?

Have more questions about advisement? Don’t hesitate to contact the Office of Academic Orientation and Advisement at 912.344.2570 or by dropping an email to advise.me@armstrong.edu.

Got Classes? Get Advised Today!

“‘It’s funny how I’m good at giving advice to others, but when it comes to helping myself, I don’t know what to do.’” – Unknown

Got Classes? Now is the time to set up an appointment to see your advisor. Registration for Spring and Summer 2014 is right around the corner! All students are required to meet with their advisor before registering for classes. You can find your advisor information in your SHIP account by clicking on the “academic and account information” tab and then viewing your “permanent student record.”

Current students can begin registering on their assigned registration time between October 28 and November 7. As a student, you can determine your assigned registration time in your SHIP account by clicking on the “registration tab” and then viewing the “check your registration status” option. It is also important to take care of any holds that you may have on your account, as many holds prevent registration (i.e. parking tickets, delinquent account, advising, library fine, etc.).

In order to obtain classes for the Spring 2014 semester, you must first set an appointment with your academic advisor and then register for your desired classes. Below are the dates for both items:

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Most college students love a good scare or haunt, but there are some Halloween traditions out there you may not have known about! Did you know that Jack-o'-lanterns have Celtic roots? Celtic folklore tells the tale of a drunken farmer named Jack who tricked the devil, but his trickery resulted in him being turned away from both the gates of heaven and hell after he died. Having no choice but to wander around the darkness of purgatory, Jack made a lantern from a turnip and a burning lump of coal that the devil had tossed him. Jack, the story goes, used the lantern to guide his lost soul; as such, the Celts believed that placing Jack-o'-lanterns outside would help guide lost spirits home as they wander the streets on Halloween.

Originally made using a hollowed-out turnip with a small candle inside, Jack-o'-lanterns' frightening carved faces also served to scare evil spirits away. When the Irish potato famine of 1846 forced Irish families to flee to North America, the tradition came with them. Since turnips were hard to come by in the states at the time, pumpkins were used as a substitute.

What about dressing up in costumes? I’m sure you did it when you were a child. Did you know that dressing up in costumes comes from a time when it was believed that during Samhain, the veil between our world and the spirit world was thinnest, and that the ghosts of the deceased could mingle with the living. The superstition was that the visiting ghosts could disguise themselves in human form (such as a beggar) and knock on your door asking for money or food. If you turned them away empty-handed, you risked receiving the wrath of the spirit and being cursed or haunted. Another Celtic myth stated that dressing up as a ghoul would fool the evil spirits into thinking that you were one of them so that they would not try to take your soul. In the U.S., trick-or-treating became a customary Halloween tradition around the late 1950s, after it was brought over by Irish immigrants in the early 1900s.

What about candy corn? The candy most synonymous with Halloween, candy corn was invented in the late 1880s and began to be mass-produced in the early 1900s. The original process for making candy corn was cumbersome and time-consuming, as each color of syrup had to be heated up in large vats and carefully poured by hand into specially shaped molds. But the yellow, orange and white candy — meant to resemble a corn kernel — was a huge hit and remains a popular part of Halloween to this day.

Source information:
Have you taken the Residence Life Challenge?

Compass Point 5000 Bldg is currently in first place as of the last Res Life Challenge Soccer Game.

The next Res Life Challenge event is the Volleyball game taking place on Friday, November 1, 2013 at 7 p.m.

Remember that the building represented at these games with the most students will win a pizza party courtesy of Armstrong Athletics!