Sophomore’s condition upgraded

BY KAHE THISDELL

Junior Jew Ton (right) is JMU's No. 1 tennis player and organizer for the Food Fight Against Hunger event.

Hungry to help feed Valley

BY KATE TREKELL

The Psychology Peer Advising Group wants to rid the world of hunger one dollar at a time.

An Education at JMU proves ageless

BY TIM CHAPMAN

A Nigerian native, Lamay was paying out-of-state tuition when his father received a serious illness.

EIGHT DECISIONS OF CENTURY

The Psychology Peer Advising Group wants to rid the world of hunger one dollar at a time.
The Breeze is published Monday and Thursday. Comments and complaints should be addressed to Mary Frances County, editor.

JAMES MCHONE JEWELRY

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Freshman class president Bennett Resnik said he thinks it's very important to be conscious of poverty, but it's more important to follow through. "We had to think of something that people have. Not something that we lack," he said.

As co-founder of the non-profit organization, Resnik and Greenberg started Key for Hope in 2006. "It's something that we've always wanted to do," said Bennett Resnik.

"We are trying to give our students a way to give back," said Bennett Resnik. "It's a way to combine what we have with what other people have and make a difference in the world."
FOOD FIGHT: 115,000 in service area struggling

FOOD FIGHT, from root

Through the help of either sponsors associated with the Peer Advising Group or through donations, the Food Bank has an average of 500 people come through its doors each week.

All nonperishable items that the Peer Advising Group receives are given directly to the Food Bank. Monetary donations are split evenly between the Food Bank and Mercy Corps.

The Food Bank serves the surrounding counties from its Verona, Va., headquarters. It operates on a grocery store system where customers must demonstrate need to receive the free services, according to Evans.

Food donations then re-stock the shelves, as well as help with other programs.

"When we drive the food to the Food Bank, they have a system where once we are at the food bank, they immediately get it stocked into their system where customers must demonstrate need to receive the free services, according to Evans.

This has grown into a more deliberate effort to raise money and to raise awareness.

Mercy Corps ensures that more than 90 percent of its donations go directly toward aid around the world, rather than administrative costs, according to Evans.

It's tremendous that we can guarantee more money goes to the people that need it," Evans said. "We have great potential if people could realize what a huge need there is."

More than 115,000 people in the service area live at or below the poverty level and struggle with food insecurity according to its Website.

"Hunger is a bigger problem than most people realize," Evans said. "A lot of times we lose perspective on how well we have it in the world and our society.

Though many groups collect donations for different organizations throughout the year, Tarr said that does not deter their mission.

"It's a good competition because the more effort people put in, the closer we get to solving the problem," Tarr said.

Evans hopes the program will one day move beyond JMU and become a competition between colleges. Last year, Virginia Tech participated in the program, but did not continue.

The advisory group also accepts donations from area businesses and grocery stores. They usually give gift cards that are then used to purchase food items.

"I wish, and know, we could do more, but for whatever reason people don't give," Evans said. "We have great potential if people could realize what a huge need there is."

Interested in writing for The Breeze? E-mail us at breezenews@gmail.com.

ROANOKE: Classes taught via video

ROANOKE, from front

policy and ethics. Students must complete 36 hours plus an internship, but anyone with significant professional experience does not need to complete the internship. All students in Roanoke will enroll in a public and nonprofit management concentration.

The classes will be taught via a compressed video format that could be challenging to adjust to at first, according to Kirk. Faculty will visit RHEC throughout the semester.

McKeon said that RHEC currently offers more than 200 programs through partnerships with other institutions.

He said, "This enriches the degree of choices people have for educational programs, which then helps with professional development and even career advancement."
House Editorial

Happy Birthday, Iraq War

Wednesday marked the fifth year of America's presence in Iraq, treated as an integral part of the war on terror. Despite the criticism of the current campaign, the question of how the candidates will handle the war cannot be ignored. Check these quotes from ABC News.

"We cannot place the burden of a new national security strength on our military alone. We must integrate our diplomatic, economic and military power."

--- OBAMA

"Sen. McCain will gladly accept the torch and carry the war, leaving troops in Iraq for more than 100 years if necessary."

--- CLINTON

"If we pull out of Iraq then obviously the terrorist influence is dramatically increased, and that has greater influence and military power."

--- MCCAIN

Breaking news: third generation of our seniors is due."

---

Students' papers and e-mail online at thebreeze.org or e-mail kbreen@aol.com. Lunch 'N' Docs are submitted anonymously and are printed on a space-available basis. Submissions are based upon one page a day of open scrutiny, personal opinion, and no longer to reflect the truth.

Letters to the Editor

Clarity in the cookie confusion

Regarding the column in Monday's Opinion section about Girl Scout cookies, someone needs to help our disappointed laws. Actually, most people from this area have never heard of them, they are known regionally as 'Caramel Skiffs.' It has been that way ever since we were Brownies in the sixties and even before then. Also, Jean needs to know that yes, the nutella flavor which is being sought has actually already been released. He had 'Beans' taught in primary school that we need to learn to accept all the things of basic human nature. This is what we as a nation stand for more in form. Information recently released by the New England Center and published in The Washington Post, it became clear that Americans were able to make the other buying. Full Federal Reserve research, as well as the New York Times and the Associated Press, has released the figures for total U.S. commitments in the Iraq War.

As the U.S. looks to work on the Iraq War and corollary efforts, it is imperative to recognize President Bush as a strong leader during this presidency. With the recent revelation, which from Bush should start, it is imperative that we examine the question of how the candidates will handle the war on terror. The United States can end its torturous position of Federal Reserve Chairman — as well as the press release in which the White House has said that interrogators should not be
to CPAUAN Bats

"A "you-ARE-the-Chermensch" pat to the guy in my philosophy class about his paper on Emile Durkheim and the 'general' society, he in his culture and the 'proletarian' society.

"A "put-back-your-finger" dart to the seniors complaining about the war in Iraq. Let us quit our leaders run rampant with
to appear as if it has gained vital information through the utilization of such tactics as systematic torture.

"How many new enemies did we create when criticizing the human rights violations the U.S. will lose international legitimacy and be deemed a hypocrite.

"The opinion in this section do not necessarily reflect the opinion of the newspaper staff or James Madison University.

---

The Opinions section is looking for a creative cartoonist that's knowledgeable about political cartoons and has artistic experience. E-mail breenzpavlon@gmail.com for more information.
The Opinion section is looking for a cartoonist for 2008-2009. E-mail breezeopinion@gmail.com.

Tz,

By Meghan Robertson, Nutrition Intern, Office of Health Promotion, UHC

Q. As an athlete, I am constantly trying to eat right in order to stay fit and perform at my optimum level. Our nutritionists usually advise us that we should add proteins before and after activity in order to give us the necessary "fuel" to perform. However, after exercising we’ve left to fend for ourselves. Is what we eat after a practice and games really all that important? And if so, what is recommended?

A. While it is always important to watch your diet, what you eat immediately following a workout is especially important because it affects how well and how fast your body recovers. Research has shown that consuming carbohydrates, in combination with protein, shortly after exercise helps restore depleted nutrients within your body’s muscles and, in that way, enhances recovery. Here’s how it works:

Carbohydrates are broken down into smaller sugars and are stored in your muscles in the form of glycogen. During exercise, your body uses this stored glycogen as its main source of energy. Therefore, it is essential to restore any lost glycogen within your muscles if you wish to continue performing at an optimal level.

Combining carbohydrates and protein is more effective at restoring muscle glycogen than consuming carbohydrates alone. The reason for this greater rate of recovery with the addition of protein is still being studied. We know that insulin is needed in the production of muscle glycogen—some research suggests that the additional protein results in a greater insulin response while other studies suggest that the greater insulin response is merely due to the additional calories provided by the protein. Either way, protein after exercise is important to restore glycogen and to rebuild muscle tissue that may have been damaged.

The recommended ratio of carbohydrates to protein is 4:1 (four grams of carbohydrate for every one gram of protein). Most people will not measure out this exact ratio, so, in terms of food, I would recommend eating something as simple as a peanut butter sandwich on whole wheat bread, or an apple with cheese. Other food ideas include: granola bar, trail mix, goldfish crackers with nuts or a glass of milk, pretzels and yogurt; hummus and baked pita chips.

It is important to eat recovery foods soon after each workout. Waiting too long to eat after exercise can actually reduce the rate of muscle glycogen resynthesis. For those athletes that train multiple times a day, replenishing the glycogen immediately after each workout is extremely important to help ensure an optimum level of energy for the next workout. Also, recovery after exercise shouldn’t be solely to restore glycogen. You also want to replace water and electrolytes used during exercise. This can usually be achieved by drinking a sports beverage with your snack.

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Taste of New Orleans comes to the 'Burg

Actress and musician shine in retro-pop debut album

Zooey Deschanel takes the spotlight in collaboration with Matt Ward in 'Volume One'

BY JOHN HILL contributing writer

If you’re looking for an ambience atmosphere with a New Orleans vibe, Bourbon St. is the place to go for lively dance or a quiet night. The restaurant is located on South Main St. and occupies the space that was formerly the Italian restaurant Romsey Courtyard. Designed with the essence of Mardi Gras, the decorations provide a laid-back tone and complement the Louisiana-Creole-style menu. Chalk graffiti on the walls brings a personal touch to the restaurant, which was decorated on a whim by customers and employees.

An extensive menu features entrées such as paella dishes with a spicy kick, po’boy sandwiches with chicken, beef or corn burgers, salads and a full appetizer menu and bar. There are also burgers, sandwiches and healthy options available along with a beer buffet. Owner Dave Redmond says Bourbon St. is “a fresh concept in the area, a Cajun twist on American cuisine.”

Each night of the week has a special. Wednesday night is James Mischke night where students get 15 percent off all food and drink specials all night and a DJ to get the dance party started. Other specials include meringue Monday with shrimp and grits and Fat Tuesday with $2 drinks. On Friday and Saturdays there is live entertainment along with varying drink specials. Every day happy hour is from 5 p.m. to 7 p.m.

“Ultimately we’re here to give the customer what they want,” said Redmond about the staff’s desire to please customers. “That’s exactly what the customers get because of the engaging and friendly staff and a menu suited for a world of different tastes.

The staff enjoys entertaining themselves while serving and making connections with customers. When asked what he was doing at Bourbon St. on Thursday, Tony Blundell said, “Cash every night, a laid-back environment, and it is exciting.”

The airplane lights over the bar and stated glass chandeliers add an extra flair to the speakeasy decorations, which revolve around the colors green, purple and yellow in order to create an authentic Mardi Gras atmosphere. The screen TV’s add to the entertainment along with the sedan music playing.

Bourbon St. is a laid-back and affordable place to unwind and dive, grab a drink and perhaps listen to some live music and soliloquy on the walls with chalk. The atmosphere and great food ensure that customers will return to Bourbon St.

Bourbon St.

EBS South Main St. Harrisonburg, VA 22801
(540) 432-7885

Cajun food, zydeco music, Mardi Gras-inspired decorations and Southern hospitality make customers feel like they’re eating on Bourbon Street.

Customer Service: Fans of any food option have traditional po’boy sandwiches and produce to hamburgers and wraps.

BY JOHN HILL contributing writer

It’s not every day that a well-established actor or actress attempts helminf the lead of film to show off their musical skills, but Zooey Deschanel (“Almost Famous,” “Elf”) first attempt is an im- pressive try. While she is certainly the star of this album, she isn’t without help. Singer/guitarist Matt Ward is the second half of the film & Him pair, contribut- ing his unique style of guitar and vocals behind the scenes including arranging and producing of the album. Ward some time that happy to work with Deschanel on the show. Despite his acknowledged musical talents (two-time album Po-War), he remains mostly if the background on Volume One, only stepping out to duet with Deschanel on her songs. Drummer Rachel Brandenburg and guitarist Mike Cowgill also make ap- pearances on the album.

The topic of Deschanel’s songs - she wrote all but three on the album - range all over the emotional spectrum. The album opens with ‘I am the only one’ on the problems of remaining unattached, while later on “Black Hole” she remains upbeat as she sings about feeling alone on a bicycle for two. On the optimistic end, there’s a line from “This is Not a Test” that becomes doubly apropos with the recent onset of spring, that “winter never quite but winters never last.”

The album maintains, a stylistically uncanfected feel throughout. A simple rhythm, a twanging guitar and the sound of Deschanel’s voice are often the basic textures in a song, but despite this, the songs rarely ever lack backing or bars, which is a testament to Ward’s production skills. While Ward remains on the pair, the pair really re- scribe Ward’s grasp vocals acts as a perfect foil to Deschanel’s syrupy sweet vocals. Their creative covers of both the Beatles “You Should Have Known Better” and the Miracles “You Really Gotta Hold on Me” show off the strengths of both band members.

Some critics might argue that it is Deschanel’s prior acting career that gives any ordinance to her fledgling musical one, that without her fame as an actress, her CD would not gather as much attention as it has, but I beg to differ. Some of her critics have even praised her work on the album, and with the pair’s album ominous-ly titled Volume One, it’s possible we haven’t heard the last of the film & Him. Thanks to download “Someday, Someday, Maybe” Why Do You Bet You Here?” and “You Really Gotta Hold on Me.”

Bourbon St.

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**Baker and Baranowsky highlight Pro Day**

The hope of one day earning the chance to play for a living fuels many college football players. Players were performing for scouts from the NFL, JMU, Virginia Tech, Indiana, and Ferrum. JMU wide receiver I.C. Baker, a senior, is achieving that goal.

JMU football players look one step further towards their dreams, trying to build a resume that would garner an at-large bid to the NCAA tournament. Despite losing 17-10 at No. 10 Princeton on Wednesday, the Dukes have won three out of their last five games. With their rocky start behind them, the Dukes are trying to build a resume that would garner an at-large bid to the NCAA tournament opening round vs. Radford.

**No easy road for JMU lacrosse**

The road that the JMU lacrosse team travels this season isn't laid with golden bricks. It's long and winding, and has included four opponents ranked in the top 10.

The Dukes lost all four of those games, and are 5-4 as a result. But all of those games were on the road. "Traveling is tough," JMU senior attacker Annie Brooks said. "But there's definitely a difference when we're playing on the road, they're top to bottom.

"Pocha led JMU with three goals at Yale, as Malbon had his second game of the season and 16-4 in the .572 in the field, and his 32-inch vertical jump is comparable to those of smaller, quicker receivers. His 28 reps were tops in the weight room."

Baranowsky left for the NFL, and his 28-inch vertical jump was comparable to those of smaller, quicker receivers. His 28 reps were tops in the weight room. From here, Baranowsky continues to work in the weight room, and his 28-inch vertical jump was comparable to those of smaller, quicker receivers. His 28 reps were tops in the weight room.

**JMU gets Radford in NIT**

After NCAA snub, JMU gets consolation game

The JMU women's basketball team had to begin Sunday night after the NCAA tournament selection committee left them out of the field.

"Obviously we're a little bit disappointed because we got a taste of the good life, so to speak, with the NCAAs," Brooks said, referring to Madison's first NCAA tournament appearance against Virginia, which JMU won 76-55.

Instead of renting another hotel, the Radford women's basketball team got Radford in a 7-9 first-round game of the Women's National Invitation Tournament matchup Thursday.

JMU's men's basketball team had to begin Sunday night after the NCAA tournament selection committee left them out of the field.

The first thought was, we were glad we got our program. 'Breaks said. "It's a little bit better than we didn't get in and at this point in the season, you want as many 14 games as possible.'"

But Brooks also added that the fact to just be paid to play football is a dream in itself.

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This Week in JMU Sports

**Thursday, March 20**
- Baseball vs. Stony Brook, 3 p.m.
- Women's Basketball at the National Invitational Tournament opening round vs. Radford, 7 p.m.

**Friday, March 21**
- Baseball @ Old Dominion, 7 p.m.
- Women's Basketball at the National Invitational Tournament opening round vs. Radford, 7 p.m.

**Saturday, March 22**
- Track & Field @ Wake Forest (Day 1), All Day
- Softball vs. Hofstra, Game 1 - 2 p.m., Game 2 - TBD
- Baseball @ Old Dominion, 7 p.m.
- Women's Golf @ First Market Bank Intercollegiate, TBA

**Sunday, March 23**
- Baseball @ Old Dominion, 2 p.m.
Asthma Study

Do you have Asthma?

Volunteers (ages 18 to 40 years old) are needed for a study about asthma and the common cold. The goal is to improve asthma care. You must have asthma and not smoke. Screening will involve 2 visits ($40 per visit). Based on the results, those who qualify can enroll in a 7-week study with payment up to $1,250. A 4-day stay in a hotel is an important part of this study. All study-related testing, medications and the hotel stay with room services are provided at no charge. Screening will be ongoing through February.

Screening near JMU, along with reimbursement for travel costs, will be available.

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