Going against the grain

By HAYLEY VERBOYEN
contributing writer

Thirty-two of the land and cattle of the French dairy farm, checking for abnormalities in cows sporting for Milk Parsons, the work was
subject to a mostly vegan diet, which wasn’t entirely his choice.
Parsons was volunteering with the international organization, World Wide
Participants in the WWOOF organization participate in the practice of organic farming in countries like Sweden and France.

The sun blankets the fields and stables of the French dairy farm, cloaking its inhabitants in warm spring air. For Matt Parsons, this was his

Parsons, a freshman computer science major from Virginia Beach, wasn’t surprised by his choice to

opportunity, “It was like cheese all the time, which was good … and they made their

JMU student takes unconventional gap year to farm abroad

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Volunteers in the WWOOF organization participate in the practice of organic farming in countries like Sweden and France.

By JOANNA HUNNELLY
The Breeze

It’s just like any other school evening: Students are either scattered across the library

Paul Meed, also known as 333, has created several indie songs on SoundCloud with the support of friends like his roommate Teddy Reynolds (left) and other producers in the indie music scene.
Meet the candidates
Virginia gubernatorial election will be held on Nov. 7, but the primary is right around the corner

Maddison Haynes and Matt Weirich | The Breeze

The candidates have five months to convince Virginians to punch their name on the ballot. The gubernatorial primary will be held on June 11. While the candidates have similarities, they are each their own, often of the same unique viewpoints on several topics that pertains to college students. For those candidates are members of the Republican Party, while the remaining two are from the Democratic Party.

Tom Perrelli (D)

Tom Perrelli is one of the Democratic candidates running for governor in 2017. Perrelli graduated from VCU in 2002 with a degree in history. He’s been affiliated with politics for many years, including serving as vice chair, as a U.S. Representative for Virginia’s 14th congressional district (2013-2017). Perrelli believes that economic growth that benefits everyone is what Virginia needs. “We’re on sale—a small economy, but that growth isn’t translating into gains for everyone, and it’s not a surefire way to grow our state.” Perrelli said in an interview.

Northam for Governor

Ralph Northam (D)

Ralph Northam is the second Democratic candidate for governor. Northam is currently serving in the Virginia Senate. He is working to make medical marijuana legal in Virginia as well as to pass gun control legislation. Northam also has a history of being an emergency physician.

“As a former Army doctor who cared for our soldiers during the Persian Gulf War and a practicing physician who treat Virginia’s children, I come from a different background than a lot of folks who serve in our chambers,” Northam said in an interview.

Frank Wagner (R)

Frank Wagner has spent the past 25 years as a Virginia General Assembly lobbyist. He served in the state’s House of Delegates from 1983-2010. Wagner is a college dropout and a supporter of veterans across the U.S. military. He is also a proven businessman.

Throughout his time in office, Wagner has made a promise to fight against the expansion of energy technology and deregulation of businesses. He successfully sponsored a bill in 2011 that reduced incentives on Dominion Virginia Forest.

Another big issue that Wagner focuses on is the expansion of the Mass Transit System with an emphasis on the importance to infrastructure for the region. Wagner didn’t respond to The Breeze’s request for an interview.

Ed Gillespie (R)

Gillespie is the most well-known candidate on the ballot. He previously served as chairman of the Republican National Committee and the Republican National Committee in Virginia. Gillespie believes his healthcare views similar to those of former president Ronald Reagan.

Gillespie for Governor

Ed Gillespie is a partner in a Washington, D.C.-based firm, specialising in real estate and government affairs. He has been focusing on students throughout his campaign.

Corey Stewart (R)

Corey Stewart is one of the Republican candidates running for governor in 2017. Stewart graduated from the University of Virginia with a degree in cyber warfare defense. As a consultant to the federal government on cyber warfare, he is a specialist in that field. Stewart has experience in political consulting and running government spending on public education.

Stewart for Governor

Stewart is a lawyer and former U.S. Army Reserve commander, he is a proponent of thexb".

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NATIONAL

Robots to deliver food

The future of delivery is here. Businesses from online retailers to ground-based delivery robots are set to reshape the delivery industry. Walmart, Redwood City, California-based startup Starship Technologies, and Amazon are just three of the companies that have started operations delivering packages to consumers.

In February, both companies will be conducting an ongoing investigation into undersea consumption and other public safety issues,” ABC spokesperson Katharine Shirk said in a report by the Daily News-Record.

GLOBAL

Climate change at record high in 2016

2016 was recorded as having the hottest temperatures worldwide in the past ten years by NASA’s Goddard Institute for Space Studies (GISS). The record-breaking global temperatures since 1880. ‘Climate change in 2016 was truly a global experience with temperature approximately 1.7 degrees Fahrenheit above average’

2015 has been the warmest year on record, while 2005 was the highest on record. The year before 2005 has been the third highest on record, while the year 2017 has been the fifth highest on record. The year 2017 has been the fifth highest on record.

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By CHRISTINA ZIU / Asst. Editorial Director

With President-elect Donald Trump set to enter the White House this week, one question that policymakers and candidates have been asked is if the political world is ready for change. It is the first time in American history that a candidate with no political experience has been elected as the leader of the United States. So it’s a challenge to the political parties to consider how they should move forward.

In your opinion, do you think the upcoming inauguration will be different from previous inaugurations? (I think level of protest will be higher than we’ve ever seen. The amount and nature of the protests and protesters will be...)

What role do you think the political parties will play in the coming weeks and months? (I think there potentially could be a lot of change and also — Washington is a tough place to change things. We may see some change, but it may be slow...)
Today, if you look to the news to learn about new frontiers of exploration, chances are you'll be lured toward the far reaches of space. The moon, Mars, the distant stars: these are exciting endeavors and clearly well worth the investment of money and incredible progress in space exploration infrastructure. The cosmic frontier is one that I feel vital to the survival and ultimate success of our species. That climate changing, and we must continue to contribute to its change, we must ultimately mean a planet that's no longer habitable for human beings.

If we find ourselves in such a predicament, it will be vital to the continuation of human civilization that we develop the technological capability and necessary infrastructure to leave this planet and establish a new home at a different cosmic address. There, however, another frontier which has gone relatively unnoticed in comparison to our fascination with space exploration: that of the deep ocean. The ocean is a world so vast, it's understandably difficult to actually comprehend its size. Upon viewing the Earth from space, the most straightforward explanation may be a mere matter of "out of sight, out of mind." The ocean is a world that stretches only 200 miles from America's coast? The most straightforward explanation may be a mere matter of "out of sight, out of mind." The ocean is a world that stretches only 200 miles from America's coast? The fact that the surface of the ocean makes up only 71 percent of the Earth's biosphere, or the area in which life can exist, is, perhaps, understood. The reality is that these two frontiers don't need to be mutually exclusive in deep funding and success. In fact, I'd argue that there's great potential in the collaboration of these two industries when it comes to our developmental and physiological research. A closer look at the funding of the two industries, however, shows a concerning disparity.

In today's rapidly changing environment, it's Vital that we not overlook any aspect of our planetary understanding. There's a world right beneath our noses that we know close to nothing about, and it's human beings would feel a great inclination to explore upward while overlooking the potential to explore downward. The moon and its surface that stretches only 200 miles from America's coast? How many of us have ever thought to explore that stretch of land? There's a world right underneath our noses that is vast and unknown. How many of us have even considered the possibility that we are not alone in the universe?
OPINION

SATIRICAL NEWS COLUMN

5 things more convenient than MyMadison’s one-time passwords

By MATT MURPHY

1. Spilling an entire jar of mayonnaise

Though particularly messy and embarrassing (especially in public), spilling an entire jar of mayonnaise on the ground still isn't that big of a deal compared to the beast that is the One Time Password feature on MyMadison.

2. Jumpstarting a car, blindfolded

Jumpstarting a car isn’t too hard, though it’s definitely a bit of an inconvenience to your day. Doing it without the ability to see anything in front of you is much trickier, and yet still a walk in the park compared to the insufferable process of logging into MyMadison.

3. Getting mauled to death by a pack of wolves

No one wants to find themselves surrounded by a gang of bloodthirsty wolves. Being the victim of this kind of brutal attack is undoubtedly a huge setback in life, but so is having to log into your email every time you're trying to access any of your personal student information.

4. Milking the cows

Cows need to be milked, and I need to see how many meal punches I have left. There are things in life you have to do. Getting the cows milked is much easier nowadays than dealing with your punches, which is a shame.

5. Discovering North America

When the Vikings landed in uncharted territory thousands of years ago, they didn’t know how easy they had it. If they were to see the perils JMU students must go through now on a day-to-day basis, maybe they would’ve just turned around and gone home.

CONTACT
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RACHEL PETTY

Petty for your thoughts

When someone says the word “millennial,” many people over the age of 30 go running for the hills.

Accordingly, millennials are entitled, obsessed with technology and incapable of doing anything remotely productive.Surely there are people between 1980 and 2000. But these are not newcondemnations.

Ann Shoket, the former editor of Seventeen magazine, considers herself a cheerleader for millennial women and is encouraging others to be, too. Talking down to millennials does nothing other than encourage them to share their negativity and encourage others to share their feelings.

Millennial isn’t a curse word

Rachael Petty is a senior media arts and design major. Contact Rachael at pettyr@dukes.jmu.edu.
MEED

Before driving back to Harrisonburg to attend his Monday classes.

morning, he jumped on a connecting flight from Atlanta to Richmond morning to board a connecting flight to Nebraska. After DJing a Friday

travel extensively once he began working for fratmusic.com. For
parties or bars in the 'Burg since his freshman year, and Crumley has
new gig, as Hicks’ focus has been DJing East Coast festivals and house
semester after years of hard work performing
from up on stage. “
crowd and the energy we generate together — the crowd feeds off
the sense that you’re providing the heartbeat of the
time students.

The Breeze

Ozaki says Meed is his favorite artist
with his vocals, Ozaki says Meed is his favorite artist
I heard some of his vocals and instantly knew he
VAGUE001, where they spoke mostly on Twitter.

For Crumley, the physical demands of traveling are transcended
After working for Party Cartel for four years, Crumley began to
Hicks and Crumley began DJing together last

New JMU DJ duo takes up Thursday residency at Artful Dodger

CONTACT

Paul Neil, a junior quantitative finance major at JMU, says and plays under the indie moniker under the stage name XIFII. He class name because three in his favorite number and he often finds his popular up around his life.

Artist’s songs teleport him back to time of recording of the track

TIME TRAVELING

But Meed thinks about the people who don’t

unintentionally puts a challenge that the music

We might be on track and singing songs that

I don’t want to say something corny, but

CONTACT

and Crumley said. “I’ve had too many of my mental

resources and time to DJing while I still have an environment where

which is really common among DJs throughout the world.

While the duo is working hard to further their careers, the two of them DJing environments is the perfect place for aspiring DJs like themselves to hone their craft.

They can teleport you back to that exact time

I truly love and now that I’ve had a taste of doing it here, I do

The beats I make for him in the weirdest, yet

I don’t want to say something corny, but

I don’t want to say something corny, but

I’ve devoted a lot more of my mental

it’s so readily available to go out and do it. This is something that

have to think of what’s my favorite. “

“Cigarettes in Her Eyes, “ and each

I don’t have to think of what’s my favorite. “

“When you’re in front of a really hype crowd, the feeling is

She has a great voice for punk, which contrasts

I thought he was just a producer for a while until

It’s what really unites a whole room

I can’t go to that. It can’t go to that.

In freezing rain last Thursday, plenty more were

The beats I make for him in the weirdest, yet

I’m going to lie. I’m going to lie."

I always cry when I go back and listen to our old

We might be on track and singing songs that

But Meed thinks about the people who don’t

Unlocking the tables

But Meed thinks about the people who don’t

Meed said. “I’ve never even started writing because

“Being introduced to hardcore drugs or free alcohol

I truly love and now that I’ve had a taste of doing it here, I do

New JMU DJ duo takes up Thursday residency at Artful Dodger

CONTACT

Steve Reaves

FROM FRONT

FROM FRONT

“Being introduced to hardcore drugs or free alcohol

I’ve devoted a lot more of my mental

As countless JMU students waited outside the

I think he was just a producer for a while until

I got it all down in one take, “

I don’t want to say something corny, but

I don’t want to say something corny, but

Meed said. “I’ve never even started writing because

I don’t have to think of what’s my favorite. “

I don’t want to say something corny, but

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I don’t want to say something corny, but
'Live by Night' is lousy release from director and star Ben Affleck

By MATTHEW CALLAHAN
The Virginian-Pilot

‘Live by Night’ is a Prohibition-era crime drama directed by Ben Affleck and starring him as a network of gangster-run speakeasies. "Live by Night" is set in the world of Prohibition, where gangsters ruled the roost and alcohol was illegal. The movie explores the rise and fall of a notorious gangster named Joe Coughlin and his crew as they navigate the treacherous world of organized crime.

Matteo Boccardo, a former director featured in “Live by Night,” the 2016 film directed by Ben Affleck and starring him as a gangster. "Live by Night" is based on the novel of the same name by Dennis Lehane, a writer known for his Boston-set crime fiction. The movie features an all-star cast, including Chris Evans, Ben Affleck, and Elle Fanning, and was produced by Live by Night Productions, a company founded by Affleck and his producing partner, Grant Heslov.

The Virginian-Pilot is a newspaper covering the Hampton Roads area of Virginia. The newspaper is part of MediaNews Group and is headquartered in Virginia Beach, Virginia. The Virginian-Pilot has a circulation of approximately 50,000 copies and serves the region's largest media market.

British indie duo releases third album 'I See You'

By CHELSEA CROUCH
the Collegian

The xx, a British indie duo consisting of Jamie xx and Madley Croft, have released their third studio album, ‘I See You’. The album marks the band's departure from their dark, introspective style of dream-pop and features a more upbeat and danceable sound. The xx's previous albums, "xx" and "Coexist", have earned critical acclaim and have been praised for their unique sound and innovative production techniques.

As the xx’s new album, ‘I See You’, drops, the band is far from peaking. The xx have been making music since their self-titled debut EP in 2009, and have continued to produce music that resonates with fans around the world. Their sound is one that blends elements of indie-pop, alternative rock, and electronic music, creating a truly unique and captivating sound.

The xx's music is characterized by its use of obscure and popular music samples, which add a layer of depth and complexity to their songs. The band's production style is also notable for its attention to detail, with each track carefully crafted to create a cohesive and immersive listening experience.

The xx's latest album, ‘I See You’, is a testament to the band’s continued success and innovation. The album features a range of tracks that showcase the band's growth and evolution as musicians, with each track offering something new and exciting for fans to discover.

In conclusion, the xx's ‘I See You’ is a must-listen for fans of indie-pop and alternative rock. The band’s unique sound and innovative production techniques continue to set them apart from their peers, and their latest album is a testament to their continued success and innovation in the music industry.

The xx, a British indie duo, have released their third studio album, 'I See You', which marks their departure from their dark, introspective style of dream-pop. The album features a more upbeat and danceable sound, with elements of indie-pop, alternative rock, and electronic music blended together to create a truly unique and captivating sound. The xx's music is characterized by its use of obscure and popular music samples, which add a layer of depth and complexity to their songs. The band's production style is also notable for its attention to detail, with each track carefully crafted to create a cohesive and immersive listening experience. The xx's latest album, 'I See You', is a testament to the band's continued success and innovation. The album features a range of tracks that showcase the band's growth and evolution as musicians, with each track offering something new and exciting for fans to discover.

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The final buzzer blares, the Dukes rush the court and the team starts dancing. The last three seasons have all ended the same way for JMU women’s basketball, which has won three consecutive Colonial Athletic Association titles and earned the conference’s automatic bid to the NCAA tournament.

Coming into this season, the Dukes were picked as the preseason favorite to win the conference yet again. Now, just five games into the CAA slate, JMU is looking up at Elon University (13-4, 5-0 CAA) in the conference standings. On Friday, the Dukes (11-5, 4-1 CAA) will head to North Carolina looking to prove that they’re still the best the CAA has to offer.

“We always say the next game is the most important game,” redshirt senior guard Precious Hall said. “We never look at anyone’s record.”

While the Dukes try to avoid looking at the name on the opponents’ jerseys or peeking at the conference standings, a win for the Phoenix would give them a substantial lead early in the season. JMU and the College of William & Mary are the only two schools with one conference loss and Drexel University is the only team with two. The other six CAA programs all have at least three losses.

“No one’s gonna beat us, relax. We got two good guards,” head coach Sean O’Regan said of his team. “We’ve got two good post players.”

The Phoenix rely heavily on junior guard Shay Burnett as she’s the team’s leader in rebounds, with 6.9 per game, assists, with 4.3 per game and is second in points, with 11.4 per game. In addition to Burnett, 6-foot-3-inch junior center Malaya Johnson racks up an average of 7.4 points and 6.1 rebounds per game to give Elon a strong inside presence.

Elon and JMU are the top two teams in the CAA in terms of total rebounding with JMU collecting 43.9 per game and Elon bringing in 41.3 per game. The Dukes also lead the CAA in rebound margin at plus 5.8 per game and the Phoenix rank second at plus 5.4 per game. Even with the success on the glass, O’Regan expects more from his team.

“The rebound margin for me, being one, it’s not good enough for me,” O’Regan said after the Dukes outrebounded Northeastern University by one in Sunday’s win. “The mentality for me that wants to out rebound everybody is 10 to 20.”

Freshman guard Kamiah Smalls, who’s tied with redshirt junior forward Tasia Butler as the team’s leading rebounder with 5.6 per game, will need to play an important role against the Phoenix. In Sunday’s victory over Northeastern, Smalls came out with a tenacious mindset.

“My mindset changes game by game,” Smalls said. “At practice all week coach [Ashlee McGee’s] been telling me, ‘You have to be more aggressive.’”

Smalls’ aggression worked against Northeastern, as she racked up 18 points and eight rebounds. The Dukes hope she can maintain that aggressive mindset against Elon, after being cautious in the team’s lone CAA loss to Towson University.

“I thought she had a great mentality attacking,” O’Regan said. “She didn’t do that at Towson. She was complacent, she let the zone control her a little bit … she needs to attack. She’s got the capability to do it.”

Smalls and the Dukes will head to Elon, North Carolina, hoping to move into first place in the CAA standings on Friday night with tipoff scheduled for 7 p.m.

CONTACT Bennett Conlin at breezesports@gmail.com.
By HARRY HOLTZCLAW
The Breeze

Grayson Allen’s draft stock is soaring.

College and NFL football writer and former Cornerback Garcia and Duke University’s junior leading point scorer, Grayson Allen are two players who play nothing alike and are at different stages of their basketball careers. However, what they do have in common is the fact that both have disciplinary issues. Allen is the current issue being watched by many, while Allen’s draft stock is soaring.

Allen is a hot-headed player with skill and extreme ability, who’s grown from a freshman season sent his draft stock through the roof, after averaging 21.6 points per game and more, as a true leader for a good Duke team. The Duke veteran knew the entire country was watching him closely, yet he somehow proved he hadn’t learned from his mistakes. He has time to rein it in. He has the rest of this season, the offseason and next season to figure out his emotions without them coming back to hurt you.

He has a passion that is unmatched by almost anyone in the NCAA. Granted he has a bad way of showing it, but that passion does translate to his game and will make him a great player in the NBA. It’s a passion that won’t hurt his draft stock, people will question it but NBA coaches as well as Coach K will bring it in by the time he is going to take his game to the next level.

CONTACT Jack Fitzpatrick at fitzpajg@dukes.jmu.edu.

By JACK FITZPATRICK
The Breeze

University shooting guard Grayson Allen and the would-be tripping have become synonymous. He has been trailed by headlines this season during his junior year. It was a seven-game series. Green sat out a game for collecting too many flagrant fouls, because he is going to take his game to the next level. And then Duke took the floor against Elon University. That was where the third trip occurred. Allen is known for kicking people in the groin as well as yelling at other players and even his own teammates during the game. However all of this doesn’t make him only one of an accident, Green played in just six NBA Finals games last season. It was a seven-game series. Green sat out a game for collecting too many flagrant fouls, because he is going to take his game to the next level.)

Grayson Allen is a player who loves the game of basketball and is paid like it. He has a passion that won’t hurt his draft stock; people will question it but NBA coaches as well as Coach K will bring it in by the time he is going to take his game to the next level.

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The Breeze

HARRY HOLTZCLAW

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He has a passion that is unmatched by almost anyone in the NCAA. Granted he has a bad way of showing it, but that passion does translate to his game and will make him a great player in the NBA. It’s a passion that won’t hurt his draft stock, people will question it but NBA coaches as well as Coach K will bring it in by the time he is going to take his game to the next level.

CONTACT Jack Fitzpatrick at fitzpajg@dukes.jmu.edu.

Grayson Allen’s draft stock is soaring.

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CONTACT Jack Fitzpatrick at fitzpajg@dukes.jmu.edu.
Matthew Cronin, chief of the Harrisonburg Rescue Squad, with the uniforms. HRS allows JMU students to learn about medicine in practice through volunteering. Students are required to commit 48 hours a month working flexible shifts.

“Most agencies require you to be EMT certified, but the rescue squad teaches you everything you need to know and takes a more ‘hands-on’ approach,” said Charlton. “You’ll gain more knowledge during your training with the rescue squad.”

“Although not affiliated with EMS, the rescue squad has the pleasure of participating in Student Life Night every semester or so, and to provide information to students about HRS,” Cronin said in an email.

Rafferty-Lewis said the experience of HRS community relations is not one that she believes that HRS has a level bond with the JMU community because of their proximity and the number of current and past JMU students who volunteer there. “We are able to talk to the patients we see from EMS and provide them with the medical options and care that make the difference,” Rafferty-Lewis said.

One of Stein’s most memorable calls was when someone didn’t even make it on time to getting medical attention. “The response to an elderly woman who believed her blood sugar was dropping as a result of taking too much insulin. The woman did not want to be transported to the hospital upon being told her condition was not immediately life-threatening,” Stein said. “The volunteers had to monitor her up for an observer shift to see what the outcome was and get her glucose level balanced, but soon learned to manage her time.”

“Whether there is an educational focus on medicine or something completely different, where I can commit the time and go anywhere to see what we’re all about,” Stein said. “It offers an incredible way for students to give back to the community and to experience personal and professional growth.”

Volunteers have the ability to schedule their shifts to work around their class schedules. As a result, they’re required to commit 48 hours per month to the job, which could include multiple shifts, balancing their work and school, but also being able to help their patients live their best lives.

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Study Abroad Week

MONDAY
Open Advising - Coffee and Cookies
Ask all your study abroad questions during our open advising time. The open advising times vary by department.
2:00-4:00pm - SCC 1075
CIS Abroad Info Table
Find out what opportunities are available to study abroad with CISAbroad by talking with their representatives.
2:00-4:00pm - SCC
Financial Aid Info Session
Learn about using your Federal Aid to Study Abroad and also on your borrowing options.
4:00-5:00pm - SCC 3202

TUESDAY
Study Abroad Info Table
Find out what opportunities are available to study abroad by talking with our JMU study abroad alumni.
2:00-4:00pm - SCC
CAP Workshop - Marketing Your Study Abroad Experience
Learn how to tell stories about study abroad.
2:00-4:00pm - SCC 204
Financial Aid Info Session
Learn about using your Federal Aid to Study Abroad and also on your borrowing options.
4:00-5:00pm - SCC 3202

WEDNESDAY
CAP Workshop - Marketing Your Study Abroad Experience
Learn how to tell stories about study abroad.
10:00-11:30am - SCC 1075
API Abroad Info Table
Find out what opportunities are available to study abroad with API by talking with their representatives.
2:00-4:00pm - SCC
Financial Aid Info Session
Learn about using your Federal Aid to Study Abroad and also on your borrowing options.
4:00-5:00pm - SCC 3202

THURSDAY
Open Advising - Coffee and Cookies
Ask all your study abroad questions during our open advising time. The open advising times vary by department.
2:00-4:00pm - SCC 1075
CIS Abroad Info Table
Find out what opportunities are available to study abroad with CISAbroad by talking with their representatives.
2:00-4:00pm - SCC

SATURDAY
Lesnichy from Abroad: Study Abroad Return Conference
Contact Study Abroad (tracy@jmu.edu) for more information.
9:00-4:00pm - Festival Conference Center, James Madison University

JANUARY 30TH TO FEBRUARY 4TH
UREC Classes Explored

How to Stay mindful

how to be fit & fashionable

Food Myths BUSTED

3 Life-Changing Transformations
Welcome back from winter break, Dukes! We hope everyone enjoyed their time off and relaxed with family and friends before getting back to JMU for another semester. As the editors of Resolve, we are excited to present to the JMU community the very first edition of a Health and Wellness magazine.

As 2017 dawned, people across the world set new goals to meet — resolutions. Whether you always meet your goals or you move on to different tasks throughout the new year, we urge you to resolve all your goals for the year.

So, go ahead and make that list of goals. It's still January. Eleven months is a great timeline to form good habits and learn to make them a part of your daily lives. Use this magazine as inspiration through our three transformation stories. Take advice from the Dukes we spotlight who are known to be in UREC almost every day. Read about different ways to stay mindful to clear your mind and prepare for what’s ahead.

Kaitlyn Beiswanger and Janelle Jackson

Resolve Staff

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Resolve is a joint project of SMAD 421: Magazine Production and The Breeze advertising department. A special thank you to the Duke Dog for visiting UREC to motivate the JMU community.
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NOW YOU KNOW
DIGITAL + PRINT
With information overload and all kinds of articles about what is healthy or nutritious and what isn’t, it can be hard to distinguish fact from fiction. Staying up-to-date on truthful information concerning health can help keep our bodies happy and healthy.

To get the best information on five common health misconceptions, I’ve used my own knowledge, explored the internet and consulted with Emily Shaber of Sentara Rockingham Memorial Hospital, an expert clinical dietitian, registered dietitian and certified nutrition support clinician.

**Water**

We’ve all heard about the golden rule of drinking 8 oz. glasses of water every day, but does this rule pertain to everyone?

Shaber says that it isn’t necessary to count the cups you drink — anyone who drinks water when they’re thirsty is more than likely properly hydrated. People should also take into account the water-rich foods they are consuming — soups, fruits, vegetables, and drinks like teas, juices and coffee — when calculating fluid intake.

Of course, we have to listen to our bodies and pay attention to the ways we’re using them. Shaber says it’s important for someone to take in extra water if: their urine is starting to look darker than lemonade; they live in a hot climate or it’s hot outside; they’re active in sports or a physically demanding job; or they aren’t urinating regularly.

Shaber says as a baseline clinical dietitians calculate fluid needs as one ounce per kilogram of weight. When it comes to athletes and their workout regimens, it’s critically important that their fluid and calorie intake are monitored.

“Athletes should weigh themselves before and after a workout and replace what they lose,” Shaber says.

For example, if an athlete were to lose half a pound of weight during a workout, they should drink half a liter of water. During weigh-ins, she mentions that athletes shouldn’t be wearing anything heavy, such as a sweat-soaked shirt, because it could be counted by the scale.

As far as quenching thirst, Shaber suggests staying away from sweet drinks, which can increase dehydration. Instead, add lemon, lime or frozen fruits to water for flavor. Shaber also gave some advice for curing hangovers: Go for a sports drink that will replenish lost electrolytes and rehydrate — after all, a hangover comes from dehydration.

Words by Janelle Jackson
Gluten

Lately, we’ve seen many grocery stores stocking their shelves with gluten-free products. This is a wonderful thing for those who actually have a gluten allergy, such as Celiac disease.

Though it may seem that gluten-free is the healthier way to go, for the average person, it isn’t. Going gluten-free would mean a person would give up many nutritious foods. Though gluten itself isn’t nutritious, many foods containing gluten are — such as whole grain bread. Most people have probably gone their whole lives eating products that contain gluten, along with other essential vitamins. To suddenly stop eating them could result in a vitamin deficiency.

Shaber adds that when we replace a product with a gluten-free alternative we need to consider that it may be lower in fiber, more calorie dense and higher in sugar and fat, which are used to help with flavor and lack essential vitamins and minerals.

“It’s better to fill out your day with whole grains if you can — they fill you up more,” Shaber says. “It won’t hurt you too much to avoid gluten but it will drain your bank account quicker.”

Protein

When I first started to work out more vigorously in order to lose weight, I was afraid that taking in too much protein would cause me to keep weight on. However, protein is essential for muscle growth, which is in turn essential for weight loss.

Though protein is a must for every balanced diet, it’s important not to over-or under-do it.

“Typically you only need 0.8-1 grams per kilogram of body weight in protein,” Shaber says. “You can go up to 1.2 grams if you are trying to build muscle and anything higher should be supervised by a physician.”

Taking in too much protein increases one’s risk of dehydration and kidney failure. Shaber also suggests limiting the intake of red meat and fatty meat, such as ribs or bacon. Healthier options for protein include lean meats, eggs and greek yogurt. For those avoiding meat or animal products altogether, nuts, beans and brewer’s yeast are some alternative protein options.

Carbohydrates

Though it may not seem so, carbs are your friends, and like friends, you have to pick your carbs carefully — there are “good” carbs and “bad” carbs. The good carbs are unrefined carbohydrates found in foods such as fruits and vegetables, while the bad carbs are refined and found in things like sugary cereals and white bread. Depriving ourselves of a vital energy source can be harmful to our bodies.

“Carbs are not bad,” Shaber says. “Your body cannot function without carbohydrates.”

Shaber explained that there are a few specific diets — such as the ketogenic diet — that are low in carbohydrates and need to be medically supervised, and thus shouldn’t be used as a fad diet. A ketogenic diet is used to treat epilepsy in children.

Shaber says that carbohydrates are the body’s most basic form of energy and that they should be consumed before and after a workout.

“I recommend peanut butter and toast before a workout,” Shaber says. “If you aren’t taking in enough calories in carbohydrates, your body will start to take from muscle.”

She also stresses that if you aren’t diabetic, carbohydrates shouldn’t be something you need to obsess over.

Fat

Fat is a word people say with disgust due to misunderstanding its function in the body. Fat is yet another essential part of a healthy and balanced diet. More recently, certain foods have been put on a pedestal as healthy sources of fat, such as avocados. Again, just like carbohydrates, there are healthy and unhealthy fats.

“Good fats are going to be mostly plant based,” Shaber says. “They’re going to be monounsaturated fat and polyunsaturated fat. Monos are the best but ... they’re both good for your good cholesterol and [help] lower your bad cholesterol.”

Shaber also says that fats help in absorbing fatsoluble vitamins such as Vitamin A.

Shaber suggests olive oil, avocado, flax oil, almonds and walnuts as good sources of unsaturated fat. Omega 3s are also important for a healthy diet and can be found in fatty fish such as salmon and anchovies, and nuts such as almonds and walnuts.

“Your bad fats are going to be your trans fats and saturated fats,” Shaber says.

She says trans fat is found in shelf foods, like tubs of frosting. Shaber also suggests checking the ingredients for hydrogenated oil — if there are 0.5 grams or less of hydrogenated oil in a food per serving, a company is still allowed to say that the food is trans-fat free.

Another food that seems to be gaining attention is coconut oil.

“Coconut oil is all saturated fat,” Shaber says. She suggests limiting its use; if cooking with it, be sure to use low heat as cooking with high heat will increase the amount of unhealthy fat in the oil. However, Shaber did say that coconut oil is a good cooking replacement for those with a dairy allergy.

To further understand these nutrition facts, you may wonder how much of each category should be consumed daily. Carbohydrates should account for about 50 to 55 percent of your daily calorie intake. Next, proteins should account for about 30 percent while fats should be limited around 15 to 20 percent.
Go-To Campus Eats

Words by Lindsey Chiles / Photos by Lindsey Chiles and Janelle Jackson

In 2016, JMU was ranked No. 6 in The Princeton Review’s “Best Campus Food” category. Even with some of the best food in the country, students can be found taking a break from university cuisine at some of their favorite off-campus restaurants. Eating out is sometimes needed, but too much of it can take a toll on a student’s wallet. Whether you’re craving your favorite burrito bowl or soup and salad combo, punches often trump spending cash when it comes to meal choices. I set out to find the foods on campus that best reflect popular off-campus eating establishments. Here’s what I found:

Find your favorite Tropical Smoothie or Smoothie King beverage at Freshens Location: UREC

Before you know it the weather will warm up and you’ll start craving your favorite off-campus smoothie. It can be easy to crave smoothies from popular chain restaurants but the costs can add up. Have no fear, because Freshens has its own unique creations that are equally as delicious and, even better, punchable. If you prefer a Jetty Punch™ from Tropical Smoothie or Smoothie King’s Banana Berry Treat®, try a Jamaican Jammer™ from Freshens. This smoothie blends strawberries, bananas and fat-free GREEK yogurt to match what your taste buds might be craving. If citrus is more your style and you frequently order a Mango Magic™ at Tropical Smoothie or Mango Fest™ from Smoothie King, let Mango Me Crazy™ be your go-to smoothie on campus. Similar to these two popular off-campus creations, this blend mixes mango sorbet with mangos, pineapples and booster. If you typically follow the healthier route with Tropical Smoothie’s Island Green™ or Smoothie King’s Carrot Kale Green, then try an Oh Kale!™ from Freshens. This smoothie’s blend of organic kale, spinach, plus 14 other raw greens combined with mango, pineapple and mango sorbet will curb your smoothie fix.

Replicate your favorite Chipotle creation at Freshens

UREC added food items to its Freshens menu as a part of its list of new features in Fall 2016. If you haven’t checked out this latest campus eatery, the time to do so is when you’re craving a Chipotle order. While Freshens has a wide variety of options when it comes to building a meal, it best reflects the same choices you’ll find when ordering at Chipotle. Not only can you make your own Rice Bowl, but they offer salads and crepes which can mirror any type of combination that can be ordered at Chipotle. To get the most Chipotle-esque meal, order the Mexican rice bowl. This Freshens menu item consists of Southwest spices, chicken, black beans, salsa, corn, red onion, tomatoes, cheddar-jack cheese, lettuce, chipotle ranch dressing and white rice. If the Mexican bowl doesn’t suit your taste buds, try the craft-your-own option and add unlimited toppings to get your off-campus fix for the price of a punch.

Find your favorite Panera soup and salad combination at Festival Food Court at the Student and Conference Center (Festival)

When you’re craving your favorite soup and salad combination from Panera Bread, look no further than Festival Food Court. During my campus exploration I found that this was by far the best place to recreate any salad you might typically order from Panera. One of the most simple Panera recreations to be made is the Chicken Caesar Salad. Start with lettuce, then add grilled chicken, parmesan cheese and croutons to finish it off. Order this salad on a day when chicken noodle soup is on the menu and it will satisfy that classic craving you’re looking for.
People of UREC

Words and photos by Ray Hauf

If you’ve ever stepped foot into UREC and gotten in a workout, you’ve probably seen at least one of the people featured in this story. You probably wonder to yourself, “Do these people ever leave?” They’re mainstays at UREC no matter how crowded it is, what the weather’s like or how busy they are. Fitness is a huge part of their daily lives, and they practically live at UREC during the school year. While they’re all physically fit, each has unique ways and different motivations to keep in shape. In addition, each has advice for students looking to get active and develop their own workout routines at UREC. These are "The People of UREC."

Anthony Duggan
Massapequa, New York
Senior, media arts and design

Anthony Duggan, also better known as Tanthony, is something of a celebrity on campus. If you’ve never seen him at UREC, you’ve probably never been there. Although he got into fitness in high school, once he got to college it became a hobby. Duggan works out five days a week for about three hours each day. His workout begins with 10 minutes of cardio on the stairmaster, then he spends a few hours lifting, focusing on different muscle groups before finishing his workout with some core exercises. His favorite muscle groups to work out are chest and triceps. Over the summer, Duggan lost 20 pounds in order to get more toned and look more athletic. Duggan’s motivation is to remain healthy and toned. To maintain a healthy diet as a college student, he recommends eating at the Student Success Center, which has salads with protein and quinoa bowls.

Duggan has some advice for students who are intimidated by the monster of a facility that UREC is. “Don’t worry about others and don’t be embarrassed,” Duggan says. “Ask workers there for the help with the machines and equipment.”

Adrienne Moore
Cherry Hill, New Jersey
Senior, finance

For Adrienne Moore, fitness is everything. She’s been an athlete her entire life, but started seriously lifting weights her freshman year of college. You can find her in UREC almost everyday where she works out for about an hour and a half, focusing on a different muscle group every day. At the end of every workout she works on her core. Her favorite muscle group to work out is her back because she believes it’s the most attractive muscle. Moore’s fitness goal is to remain as healthy as possible and be toned. She enjoys lifting because she likes the way it transforms her body.

When it comes to nutrition, she normally eats at home because she can control her diet more. If she eats on campus, she eats salads at Festival or veggie burgers from Student Success Center. At home, she stays away from processed or pre-packaged foods, so she buys fruits, vegetables, chicken, eggs and Greek yogurt.

“I work out because it’s something I love to do,” Moore says. “I really value staying fit and maintaining a healthy lifestyle, but I also workout because it gets my mind right.”

Ben Waranowski
Baltimore, Maryland
Senior, geographic science

Ben Waranowski started working out when he was 10 years old and has kept his active lifestyle ever since. He currently works out at UREC six to seven times a week. Each workout lasts for an hour and a half to two hours, and he works on lifting for two muscle groups and ends with core training. Waranowski’s favorite muscle group to work out is his shoulders. His exercises are geared between bodybuilding and powerlifting. Waranowski’s original goal was to deadlift 500 pounds, a feat he conquered sophomore year. Now, he just wants to keep getting stronger as naturally as possible. In order to obtain a healthy diet, Waranowski avoids eating out and doesn’t have a meal plan: he cooks all of his meals at home. He tries to limit the amount of processed foods he consumes, but doesn’t have that strict of a diet. For breakfast, Waranowski normally has two eggs mixed with egg whites and toast. Lunch is normally either a turkey sandwich or chicken breast with a sweet potato and rice. Dinner consists of fish with broccoli or zucchini and squash.
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PROFESSIONALLY MANAGED BY UMI COMMUNITIES
3 Dukes. Transformations.

How a trio of Dukes took control of their health and their world.

Words by Lindsey Chiles
(8) Top photo by Janelle Jackson
(8) Middle photo courtesy of Savannah Bowen, bottom photo courtesy of Sienna Hamme
(9) Before photo courtesy of Savannah Bowen, after photo by Janelle Jackson
(10) Before photo courtesy of Sierra Lotts, after photo by Janelle Jackson
(11) Before and after photo courtesy of Sienna Hamme
Wake up, eat a 90-calorie breakfast bar, wear her body out at swim practice, maybe replenish herself with a handful of carrots and then bike around her neighborhood for an hour. This was the taxing routine Savannah Bowen, now a sophomore international relations major, practiced on a daily basis when she was just 13 years old.

Her goal with this unnatural routine was to achieve a body image that would satisfy her when she looked in the mirror.

Bowen admits that as a kid she was on the chubbier side compared to others in her class, and unfortunately, like many, she was teased for the way her body looked. Negative thoughts about her body image began to surface in middle school. She decided she would slim down during the summer between sixth and seventh grade, and proceeded to lose 30 pounds.

When she arrived back at school in the fall, Bowen's peers began to notice her figure change. Bowen's newfound attention ignited an intense obsession. The attention “was just like a drug,” Bowen says. The only way she knew how to keep this attention was to keep shedding weight from her body.

Bowen's father soon noticed her thin appearance. Weekly weigh-ins every Wednesday became a routine. Each week she'd have a certain weight to reach. If she didn't meet the weight requirement, her father would monitor her diet to ensure she was staying healthy.

One Tuesday afternoon in February of seventh grade, Bowen was preparing her body for the following day's weigh-in. “I was going to eat heavy that day because I knew I had the weigh-in,” Bowen says.

Sitting at her kitchen table, she took a bite of cinnamon-swirl bread smothered in peanut butter. Then, it clicked.

“I remember sitting at the table and thinking, ‘What the f--- have you been doing to yourself?’” Bowen says. “This is so good, why haven't I been eating it?”

This moment defined the next few years of Bowen's life. She began to develop healthier eating habits and used cross-country as well as indoor and outdoor track seasons to stay in shape during the school year, and swam during the summer. Her mentality changed to, “I can eat whatever I want” due to her year-round athletic schedule.

“I was in a much better state,” Bowen says. That was, until her senior year of high school. Emotions from a recent breakup came crashing down and self-conscious thoughts about her weight returned. Bowen began making detrimental changes to her diet again.

Her daily meals turned scant. Breakfasts consisted of yogurt and a small portion of granola. Lunch comprised only an apple or a banana. At dinner she would eat whatever was served, but her portions were tiny. These eating habits, combined with intense cardio every day after school, caused her to lose weight dramatically.

Those around Bowen began to give her the kudos she craved. Bowen quickly retreated back to the same mindset she'd become obsessed with in seventh grade.

“The trigger for me is, once I lose five pounds, I see that kind of results and people start reacting to it, my brains starts saying, 'Lose this much weight, you'll feel better,'” Bowen says.

The end of high school brought Bowen a new, healthy relationship with her current boyfriend. She enjoyed the summer before college just like any high school graduate would: with trips to the beach and preparing to head off to school in the fall. Bowen's obsession with her weight intensified to what it had been that summer at age 13, only this time she was routinely eating the same meals for breakfast, lunch and dinner five times a week, and binge eating whatever she wanted on the weekends. Five days a week she dedicated almost three hours at the gym to avoid gaining weight.

After her first semester of freshman year, enough was enough. Bowen realized what she was doing to her body. She returned to JMU with an internal vow to herself.

“I promised myself, ‘When you come back spring semester you are going to try and eat normal,’” Bowen says. Since that moment she's now decided to enforce healthier eating habits for herself. Her meals still consist of healthy choices, like quinoa bowls from the Student Success Center, but she's more open minded to treating herself to not-so-healthy choices every now and then, too.

“If I want Kline's, I’m going to go get Kline's,” Bowen says.

Even though Bowen’s in her healthiest state of mind, the self-conscious voice in her head occasionally still creeps in to nag her. When it does, she reminds herself of a lesson she’s learned throughout her body image battles:

“You can’t live your life feeling like you’re not good enough for yourself or other people,” Bowen says.
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After three months of sweat dripping down her face for three hours every day and countless diet changes, Sierra Lotts had finally had enough. She began to research weight loss surgeries to combat the weight issues she’d dealt with since she was a child.

“I was 20 years old and almost 300 pounds,” Lotts, a senior communication sciences and disorders major, says. “I had to do something.”

The Stuarts Draft, Virginia, native’s journey began with an initial visit to her primary care physician to determine if her body qualified for weight loss surgery. Lotts’ vitals were examined and her levels were tested; the results were sobering.

Lotts’ body mass index measured above 40, rendering her morbidly obese. In addition to her high BMI, she was borderline diabetic, had borderline high blood pressure, had trouble breathing and experienced pain in her knees due to the extra weight she was carrying on her body.

“It really put things into perspective for me at the point where I just want to look better and look skinny,” Lotts says.

Her primary doctors cleared her for surgery, and Lotts went on a strict six-month diet to lose the required 20 pounds needed to go through with the procedure.

On Dec. 15, 2014, with full support from her family, Lotts underwent a vertical sleeve gastrectomy. According to UCLA Health, this procedure removes 70 to 80 percent of a patient’s stomach to restrict the portion size eaten during postsurgery meals.

After this procedure, Lotts was left with a stomach about the size of a hot dog. The days following her surgery were excruciating.

She was restricted to a liquid-only diet of low-sodium chicken broth and water for the first week postoperation, but severe pain kept Lotts from drinking anything at all. Five days after surgery, Lotts found her malnourished body in the emergency room.

“I’m thinking, ‘My stitches have erupted, my stomach has burst open, something is literally killing me from the inside out,’” Lotts says.

Her diagnosis was dehydration. Doctors ordered her to watch the clock and take sips of water every five minutes to refuel her body.

The weeks following the sudden visit to the emergency room involved training her body to adapt to her new stomach. After the liquid diet she graduated to soft foods, like baby food and other puréed eats. Yet her body still had a difficult time adjusting.

“Almost every single time I would eat for the first month, I would throw up,” Lotts says.

As her body got used to new foods she would upgrade to more solid options. In a few weeks she was eating mashed fruits, tuna, deli meats and cheeses, and soon after that she was able to take in small portions of steak and hamburger meat. This adjustment over the course of a few months led to rapid weight loss.

At the time of surgery Lotts weighed in at 275 pounds. By April 2015, her weight had decreased by about 40 pounds. By September 2015, her weight plateaued at 175 pounds.

“It took me 80 pounds to realize I wasn’t 300 pounds anymore.”

Lotts noted that a common misconception with weight loss surgeries is that the weight never returns. Keeping weight off takes an intense commitment to a specific diet. Lotts eats seven to eight times a day and takes in significantly smaller portions than other do.

On a typical day, morning meals will consist of a light breakfast of two eggs, then a midmorning snack of yogurt and string cheese. For lunch, Lotts will eat half a chicken breast and a quarter cup of rice, followed by another snack of yogurt and cheese in the afternoon. Dinner varies, but half a sandwich and a quarter cup of yogurt will satisfy her smaller stomach.

Despite the strict regimen she follows, Lotts still allows herself a cheat day every now and then.

“I can have my little normal dishes and go to B-Dubs and get wings, but the next day I’ll have plain chicken and rice,” Lotts says.

Two years post-operation, Lotts has discovered the self-confidence she was desperately searching for when she began researching surgeries at 19 years old.

Although she feels more confident in her appearance now, Lotts still has bouts of self-doubt and diminishing self-confidence. In those moments of weakness, she reminds herself of the strides she’s made to embrace a healthier lifestyle since her surgery.

“I have to make myself look in the mirror and step on the scale and tell myself, ‘You’re not 300 pounds anymore,’” Lotts says.
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Sienna Hamme has struggled with weight issues for her entire life. Her weight would typically fluctuate between 190 and 200 pounds, and she never had the motivation to change it.

What finally clicked for Hamme, a senior health sciences major, was the heartbreaking news that a close family member was terminally ill.

This news made her think long and hard about the foods she was consuming and how she was taking care of herself on a daily basis. To educate herself on her family’s medical history, Hamme had a long talk with her dad.

She’s genetically predisposed to many different types of cancers and heart disease, which frightened her. At that moment she vowed to make lifestyle changes to become her healthiest self.

“I need to be able to take care of myself, because I want to be able to grow up and take care of my kids,” Hamme says. “I want to be able to make a life of my own and be healthy in my own skin.”

Her health quest began with developing and practicing a consistent fitness schedule. She did so by performing workouts previously taught to her by a personal trainer, but positive body changes eventually became stagnant.

“I wasn’t really expanding my mind and what I could do with my body,” Hamme says. “I wasn’t pushing it to its strongest ability.”

This realization prompted her to try different fitness options. When she isn’t seen at UREC doing a three-mile cardio workout, a weight-lifting session or kickboxing, she can be found at Orangetheory Fitness, taking classes after her shift as a sales associate there. Through the gym, she has classes available to her that alleviates the decision over what body parts to exercise and how to do so, because trainers do it for her.

The more Hamme began to integrate fitness into her daily routine, the more she craved it.

“For me I have to go every single day or I don’t feel fulfilled,” Hamme says.

In addition to making fitness a part of her day life, changes in her eating habits began to make a significant difference to her body. Before, Hamme would eat fairly healthy, but her portions were oversized and carbs were a substantial part of her diet.

“I didn’t know how to prioritize my time to make myself healthy,” Hamme says.

Hamme has completely cut sweets and fattening snacks — such as chips and carbs — from her diet. She’s tried meal preparation, taking one hour out of her week to cook a few chicken breasts, vegetables and a grain for her week’s meals. Setting aside this time became important to Hamme in order to become the healthier person she wanted to be.

Changing her diet and incorporating fitness in her life is one feat Hamme has accomplished, but she sometimes still struggles to muster up the motivation to get up and active in the mornings.

“I hate getting up and having that feeling of getting up to work out,” Hamme says. “You have to get up. You have to make that decision and to be able to have that willpower.”

She finds encouragement through her peers as well.

“Before

After

“I wasn’t really expanding my mind and what I could do with my body.”

Her dad formerly worked in the Military, so she’s used to a tough-love attitude. When away from home and in need of the little extra push from her dad, she finds that motivation through mentors and peers she’s made throughout her fitness journey.

These same mentors have instilled a constant positive energy that has helped Hamme become a better version of herself.

“I’ve been able to change my habits into positive habits where in turn has created a positive body for me,” Hamme says.

She also strives to achieve small goals she sets for herself on a daily, weekly or monthly basis.

“That feeling of, ‘Wow, I look great in my own skin,’ that’s what gets me and helps me reach my goals,” Hamme says.

Once she reaches each goal, nothing beats the feeling of the “emotional high,” Hamme says.

Something she believes everyone setting out on a fitness journey should know is that nothing is immediate. Determining your outcome is a key component in reaching the goals you set for yourself. Hamme reminds herself of this on a regular basis.

“I will do anything to get to that outcome,” Hamme says.
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Unique at UREC
Getting Fit Together

Words by Kaitlyn Beiswanger / Photo by Catherine Baldwin

Group fitness classes at UREC are offered each day as early as 7:30 a.m. until about 8 p.m. The majority of classes welcome beginner athletes but instructors also offer more advanced movements for the experienced participants. UREC offers a broad range of workouts from yoga to core training or weight lifting. Instructors lead students and faculty alike in order to get fit in an upbeat and nonjudgmental environment.

I decided to try four different group fitness classes that focus on a range of activities: Yoga Fitness, Worldbeat Dance, Cycle Core and Step and Sculpt. Along with my own input, I asked two random participants in each class about their experience and how they would rate it. The ratings are based on a five-star scale which evaluates the difficulty of the exercise, enjoyment of the overall class, will they take the class again and how comfortable the environment was.

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Yoga Fitness

UREC offers this class throughout the week, with the time varying each day. Yoga Fitness focuses on traditional yoga movements and for a full body workout. The class welcomes both yoga beginners and experts by allowing more experienced participants to try more difficult progressions. The instructor leads participants through different movements such as warrior poses, tree poses and downward dog. Soft music plays in the background as an instructor quietly leads the group through an hour of stretches.

Kaitlyn

“I’m not a flexible person to begin with but I was able to keep up with this class. I did break a sweat once or twice while trying to keep my balance on a few of the moves. The environment in the room is relaxing between the instructor’s gentle voice and soft music. After the class, I definitely felt more relaxed and in the next few days, a little sore from using muscles that I haven’t in awhile.”

Difficulty: 2
Enjoyment: 4
Likely to take again: 5
Environment: 3

Junior Kate Lunsford

“This was my first group fitness course. I enjoyed the mood and setting because it allowed me to feel comfortable doing yoga. I didn’t expect to be as sore as I am, but it’s definitely a ‘good sore.’ After taking this class, I am more motivated to get more involved in yoga.”

Difficulty: 3
Enjoyment: 4
Likely to take again: 4
Environment: 4

Senior Catherine Baldwin

“After the Yoga Fitness class, I felt so much more relaxed and less stressed about everything I had to do. The class made me more mindful of my current situation. I felt stretched out and ready to tackle the day. 10/10 would recommend.”

Difficulty: 3
Enjoyment: 5
Likely to take again: 5
Environment: 4

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Cycle Core

One of the new UREC studios is dedicated to group cycle classes. A couple dozen stationary bikes line the room. The instructor leads athletes through a warmup while explaining different aspects of the bike and how to keep good form. Resistance can be added to the bikes in order to replicate going uphill cycling. A portion of this class is also dedicated to core fitness. The instructor talks the athletes through exercises such as crunches or planks. From start to finish, you’re pushed to engage your core.

Kaitlyn

“I don’t really cycle but the class was fun and the instructor keeps you busy performing different workouts so you’re not just pedaling idly for an hour. I also really liked the core session. That way I work my legs and do some crunches and planks too. After 30 minutes, though, the bike seat became really uncomfortable.”

Difficulty: 4
Enjoyment: 3
Likely to take again: 2
Environment: 4

Senior Romina Sasia

“This is my second time taking cycle and I never thought that this would be something that I could do or be interested in. I like how you can personalize it to how you need. You can sit or stand whenever you need. The instructor was really motivational and made me feel like I could do it.”

Difficulty: 3
Enjoyment: 4
Likely to take again: 5
Environment: 5

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Worldbeat Dance

UREC’s description of Worldbeat Dance says the dances are inspired from cultural dances all around the world such as bellydancing and Salsa. However, the class I attended seemed to revolve more around hip-hop moves and songs. The tempo was consistently upbeat and the instructor truly challenged participants. Squats and standing crunches were incorporated in the moves — and maybe a few twerking sessions — all while dancing to the beat of a song.

Kaitlyn

“I wasn’t sure what to expect going into this class because I’m not a dancer and was worried about feeling self-conscious. That immediately went away once class started because everyone in there was having a good time and enjoying a fun way to work out. Although I felt lost sometimes with a few of the fast-paced moves, I am positive I will be back again for more.”

Difficulty: 4
Enjoyment: 4
Likely to take again: 5
Environment: 5

Freshman Danielle Cabiran

“I take a few UREC classes but I think I like this one the most because it’s so fast paced and has such high energy. My roommate and I actually hope to start taking this class every week.”

Difficulty: 4
Enjoyment: 5
Likely to take again: 5
Environment: 5

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Step & Sculpt

This is a combination class. The first half of the time is spent on step, a high-intensity cardio workout. Instructors lead athletes through a series of movements that incorporate a step platform. After a good warmup, the routines begin to add more complex combinations that include arm movements to get athletes working the entire body. The last half of the class focuses on body sculpt — more narrowed movements that target muscle groups through repetition. Although the heart rate slows down during this portion, your muscles are sure to be sore the next day from the sculpt portion.

Kaitlyn

“I love these kinds of workouts so I really enjoyed this class. The step portion never became too difficult that I couldn’t keep up. It takes just a little coordination but the music helped keep me on beat. I was definitely sore the next day after this class.”

Difficulty: 4
Enjoyment: 5
Likely to take again: 5
Environment: 5

Graduate student Julianna Klioze

“Step and Sculpt is one of my favorite UREC group fitness classes. I love how it combines intense cardio with strengthening exercises. It makes me feel like I work every muscle group. I usually take this class once or twice a week along with other group fitness classes.”

Difficulty: 4
Enjoyment: 4
Likely to take again: 5
Environment: 4

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Freshman Maria Ruggeri

“I go to Step and Sculpt about three to four times a week usually. My experience of the class really depends on the instructor that teaches it on that specific day. I have instructors that I really like and others not so much but I don’t let them affect my opinion on the actual class. I love Step and Sculpt because it leaves me sweaty and makes me feel like I got a good workout in.”

Difficulty: 3
Enjoyment: 3
Likely to take again: 5
Environment: 3

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Graduate student Mollie Blafer

“This is my millionth time that I’ve done cycling and the instructor [this semester] is one of the most motivating that I’ve ever had over the years. It’s really your own workout. If you’re not feeling it, you can crank it down a little. But having someone there to push you makes the workout that much better.”

Difficulty: 4
Enjoyment: 4
Likely to take again: 5
Environment: 5

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Freshman Dalia McCoy

“When I work out I usually get really bored, but I feel like in this class you’re constantly changing and moving. It really helps that the music is upbeat and always changing to a new song. The class is very entertaining and just fun.”

Difficulty: 4
Enjoyment: 5
Likely to take again: 5
Environment: 5

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Mind Yourself

Words by Catherine Baldwin
Graphics by Kaitlyn Beiswanger and Catherine Baldwin

Close your eyes. Clear your mind. Take a deep breath and count to 10...you may feel more relaxed because you just engaged in the practice of mindfulness.

People’s knowledge of mindfulness has skyrocketed over the past five years. Whether the topic is heard through the media, college clubs or health centers, mindfulness is everywhere.

But what exactly is mindfulness? We’re often confused: Is it just something hippies do or did Buddha talk about it once? Can college students actually practice it? The answer is yes and it’s actually incredibly simple.

Mindfulness is the practice of being aware of where you are now. It’s being present by taking the time to stop living in the past and worrying about the future. Mindfulness is observing: We must observe our feelings and the way our brains are triggering our negative emotions — such as anxiety, stress, disappointment and fear — before we can effectively tackle what life throws at us.

A great way to start diving into the practice of mindfulness is by taking the time to notice how we’re feeling throughout the day. Whatever it is that we’re feeling, mindfulness has the power to help us adapt to our stressors. For example, if we notice that we’re feeling anxious about something, but push it down, the anxiety bottles up and will increase at a later point. This happens often and we’re completely unaware we’re doing it.

College students often try to avoid our various feelings by ignoring them. However, this tendency makes the anxiety increasingly worse, causing our stress levels to rise. Take the time to observe your emotions, feel them and let it go. It’s scary because it’s so much easier to just ignore it, but this is how anxiety builds.
Mental health conditions have risen significantly in college students. According to the American Psychological Association, 41 percent of college students have anxiety, followed by depression at 36 percent and students taking antidepressant medications at 25 percent. But why is this happening and how is JMU combatting it?

JMU’s Counseling Center offers multiple services for students struggling with their mental health issues. Students are able to receive free individual or group counseling to help with their anxiety or depression. The Counseling Center also has self-care spaces — The Oasis and The Studio — for students to relax and try to relieve stressors between classes.

The Oasis and The Studio are located on the third floor of the Student Success Center. The Oasis offers yoga mats, massage chairs, noise-cancelling headphones and a relaxation guidebook. The space’s goal is for students to have an easily accessible place to visit and teach students relaxation techniques they can practice throughout their day.

The Studio offers creative outlets for students to de-stress. It provides paint, sketchpads, moldable clay, markers and crayons for students to de-stress through the arts.

JMU alumna (’15) and current graduate student Sarah Kennedy has used mindfulness in her everyday life to help combat mental health issues. Kennedy graduated with a major in psychology and minor in family studies and is currently pursuing her master’s in JMU’s School Counseling program.

During Kennedy’s junior year of college she was diagnosed with post traumatic stress disorder and anxiety, which is still affecting her today, but has learned to cope with them through mindfulness practices.

“There is a five senses mindfulness activity that really helps me when I’m having a PTSD-related flashback. Basically I go through and list five things I can see, four things I can feel, three things I can hear, two things I can smell and one thing I can taste. It brings me back from especially dissociative flashbacks and helps me calm down if I’m going into a panic attack...”

Students should devote a set time during their day to take a break, put their tasks on hold and have a given time to self-soothe. Another simple practice students can do is sit down, close their eyes and take 10 deep breaths without allowing their minds to wander. This practice can bring awareness to how disconnected students actually are depending on the difficulty they have while doing it.

Kennedy is currently teaching mindfulness to Harrisonburg high schoolers.

“When seeing individual students, sometimes I’ll have them take a couple of deep breaths or tell me about bodily sensations associated with emotions they’re having,” Kennedy says. “Such as, ‘Show me where you’re feeling that anger, tell me about where it affects you physically, especially for students that get physically violent. They’re actually really receptive to it.’

Simple mindfulness practices can be a key combatant for mental health issues in daily college life, but there’s a variety of other ways that students are practicing mindfulness to come back to the present moment.

Students are also making efforts by using the Eastern medicine practices of yoga and meditation. Ashlyn Kelly, a senior anthropology major, is spreading awareness of mindfulness across campus through her yoga practice. Kelly teaches yoga at UREC and is passionate about teaching her peers how to use yoga to help combat stressors.

Kelly became hooked on yoga after attending her first class in high school. While at JMU, she learned how yoga could be taught in an entirely different way and soon started teaching classes.

“In regards to yoga asana, the physical practice has helped me to release so much tension that I create in my body from long study sessions sitting at desks with my eyes glued to a laptop,” Kelly says. “I am calmer and more relaxed and better able to take on the day-to-day demands and stresses of being a college student. I contribute all of this not only to the physical movement but also the breathwork and meditation that comes with a wholesome practice.”

Kelly attributes the yoga practice with easing the busy minds of college students and taking them back to the present moment.

“As busy college students, we’re endlessly studying, losing our attention span from social media, sticking to strict timely schedules, and managing constant to-do lists,” Kelly says. “This lifestyle we lead tends to eternally set our sympathetic nervous system in go-mode.”

College students are constantly in a sense of fight-or-flight because of the high demands classes and extracurriculars put on them. This means that our bodies never fully recover from stress because of the continual pressures facing us.

“When that switch is turned on, our body starts to ignore other happenings in the body — such as our immune system, our digestive system, and our clear mind. We no longer become lost in our perceptions and our reactions to events going on around us. The stress of college affects us all in different ways, but through mindfulness practices — whether that’s breathing techniques or yoga — mindfulness allows us to shape our realities. We no longer become lost in our discomfort, but let go of our fears and become OK with what’s happening now.”

Mindfulness is an inner-peace practice that allows college students to control how they want to feel. When we find our inner peace we’re controlling our perceptions and our reactions to events going on around us. The stress of college affects us all in different ways, but through mindfulness practices — whether that’s breathing techniques or yoga — mindfulness allows us to shape our realities. We no longer become lost in our discomfort, but let go of our fears and become OK with what’s happening now.
JMU club athletes explain how different sports target different parts of the body.
Tall frame, large muscles and six-pack abs. That’s what most people imagine when they think of an athlete’s body. However, not all athletes look the same, and the exercises they do are largely dependent on the sport they play.

The training regimen of a golf player is drastically different from that of a tennis or baseball player. But they share a dedication to getting their bodies to the best level of performance.

Chris Paszkiewicz, a junior finance and economics double major and member of the club golf team, believes there’s a false portrayal of golfers as nonathletes.

“The stigma is that golfers are scrawny and not really athletic, but nowadays we’re starting to get rid of the negative perception where we’re not athletes,” Paszkiewicz says. “Golf is starting to head in the direction of a more athletic sport like it hasn’t been in the past.”

Paszkiewicz works to disprove the negative stereotype about golfers through a strict daily training regimen. While the club golf team doesn’t require any exercise or training to be done during the year, Paszkiewicz and a group of roughly 15 other students work out together on a regular basis.

Paszkiewicz highlights the core, legs and triceps as key parts of the body to work on to improve one’s golf game. He strengthens his core by doing Russian twists with medicine balls.

“The core is pretty big,” Paszkiewicz says. “You have to be able to rotate with it to create torque in the backswing and follow through.”

To work on his legs, Paszkiewicz primarily does squat exercises because it develops his quads, hamstrings and glutes.

“The legs are important because they’re big power generators in the swing,” Paszkiewicz says.

To work on his triceps, Paszkiewicz does tricep pushdowns. “It’s a pretty generic exercise but it definitely builds strength,” Paszkiewicz says. “Once you complete the upswing, your triceps are big because that helps you whip the ball further.”

Paszkiewicz hopes his hard work pays off in his golf results, and that the image of golfers as scrawny and weak will soon dissipate.

Along with golf, baseball’s a sport containing myths about what athletes need to do to be successful.

“People don’t consider baseball a physically demanding sport because they think the majority of the game is spent standing still,” Daniel Brammer, a junior media arts and design major and club baseball member, says. “People say there’s not much cardio involved or lifting necessary and that’s a misconception.”

Brammer, a pitcher for the club baseball team, believes that cardio is essential to baseball, even though it’s a sport because they think the majority of the game is spent standing still.

“Pitchers do a lot of running before and after they pitch to prevent lactic acid buildup in their arms and shoulders,” Brammer says. “We still need to maintain good shape because despite what people think, we do move a lot and it increases our flexibility.”

Lactic acid operates as a temporary energy source for one’s body when it runs out of regular energy storage. While it’s beneficial in preventing fatigue during exercise, it causes a burning sensation that can be detrimental to an athlete’s play, especially a pitcher.

To work on their cardio, many club baseball players visit UREC to play basketball and other intramural sports together. They also frequently visit the weight room to maintain their muscle strength. Brammer cites leg extensions as an essential workout to his game.

“Working my calves helps me push off the mound when I pitch or pushing off the bases,” Brammer says. “It also helps with overall running in general.”

Leg exercises are essential to tennis players too, as they are often examined by spectators for their running and cardio. However, the competitors on the court are often worried about something else entirely.

“You could be in the best shape of your life but if you’re not mentally fit for the game, it can get very frustrating,” Ted Scherer, a sophomore integrated science arts and technology major and club tennis member, says. “Especially in singles, it’s an individual sport so you’re almost playing yourself. There’s so much stress involved in playing a match and if you lose focus for a game it could slide in and you could lose the entire set.”

Mental strain can significantly detract from a player’s ability to perform, especially in tennis, where the length of a game often takes a toll on the players.

“A full match can go two sets, maybe three depending on how it goes and you can have a tiebreaker so it’s definitely not an easy sport to play,” Scherer says. “I’ve seen individual matches go up to three hours.”

Scherer says tennis is 90 percent mental and 10 percent physical, so keeping a good mental game is key. He offers advice to those looking to put themselves in the right state of mind.

“Music before a match to pump me up definitely helps me get in the right mental state,” Scherer says. “I also feel like a good warm up before a game helps to get your strokes zeroed-in. Keeping relaxed and staying calm is really key.”

Though athletes of all sports often face misconceptions and stereotypes based on the sport that they play, athletes like Paszkiewicz don’t find this troubling.

“Of course people are going to make judgments about you once they figure out what sport you play,” Paszkiewicz says. “At the end of the day, I’m playing a sport that I love and that’s all I want to focus on.”

Words by Kwoo Hwangboo

Photo courtesy of Chris Paszkiewicz

Photo courtesy of Daniel Brammer

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