breezejmu.org
Thursday, March 23, 2017
Vol. 95, No. 25

Put a ring on it
Class of 2019 ring unveiled by SGA members

By INGRID BASHIDA
The Breeze

The new UREC and Football Championship exhibits, two commemorative events specific to the class of 2019. These memorials, as well as Silhouettes, black irenades, and other SGA trademarks, can be engraved on the sophomore class ring that was presented last night.

The ring ceremony, hosted by the sophomore SGA council and the ring committee, was held last night in the Festival Conference and Student Center Ballroom.

Sophomores have a range of rings to choose from, including specialized FCS championship and Wilson Hall designs.

Applications are due March 31. Apply at cofcu.org.

Life in color
Student exhibits animal artwork in downtown Harrisonburg

By JAKE BRODG
The Breeze

First years, senior diver Olivia Lehman never could’ve envisioned what was going to accomplish during her final season on the diving team. Now she’s on the cusp of earning a trip to nationals for the first time in her career. The victory solidified her spot in history as JMU’s first female to qualify for the NCAA championships.

Lehman’s resume features a myriad of accomplishments over her four-year career. On top of competing in this year’s NCAA championship and diving championships, Lehman was one of the 2016 SCAC Tewaaraton finalists, becoming the first Dukes to ever win the event. The victory solidified her spot in history as JMU’s first female to qualify for the NCAA championships.

Lehman attributes the success to the mentorship of former diving head coach Becky Benson and current diving coach John Welch.

“The coaching that I’ve had over the last four years has greatly improved my career,” Lehman said. “I know that I’ve very hard workers and give my all into everything. I believe that the guidance and input of my coaches has made me into the diver that I am.”

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Biology and Chemistry Students

Consider a career in the exciting field of Histotechnology!

SENTARA RMH SCHOOL OF HISTOTECHNOLOGY

PAGE 2

“Education is the most powerful weapon which you can use to change the world.”

- Nelson Mandela

Los Angeles Times Daily Crossword Puzzle
Edited by Rich Norris and Joyce Lewis

Across
1. Manny Pac’s name
2. PC’s spacebar neighbor
3. Serious violations
4. Long-haired lap dog, familiarly
5. Didn’t surrender
6. 7-Eleven’s Big Gulp, for one
7. Many a “Call the Midwife” character
8. French article
9. Many an infomercial offering
10. Greek personification of time
11. Lane often in distress
12. Honeymoon options
13. Long-haired lap dog, familiarly
15. One of Chekhov’s “Three Sisters”
16. Sharpen
17. It makes for easier reading
18. Most interesting to a collector
19. Minute amount
20. Prepare to relax
21. “__ Pointe Blank”: 1997 film
22. Shipping nickname
23. Marketing gimmick
24. “Tuscaloosa” student
25. It makes for easier reading
26. Impulsive line
27. “I’m walkin’ here!” speaker of 1969
28. “Dancing With the Stars” dancer
29. Precious cadet
30. Massage
31. McKinley’s first lady
32. Like mud in election season
33. Serious violations
34. Texas ALer
35. PC’s spacebar neighbor
36. Mayor pro __
37. Swallow
38. Pulls off
39. “Oh yeah?”
40. Replayed service
41. Lay on the line
42. It makes for easier reading
43. “The Haywain Triptych” painter
44. Old-style hangover relief
45. Keen perception
46. Teased style
47. Fish whose preparation is strictly regulated
48. Griddle alternative
49. Lover of Tristan
50. Many a “Call the Midwife” character
51. Part of FWIW
52. Yak-like
53. Voluminous
54. Switch on a radio
55. Honeymoon spots
56. Kept in a checkbook
57. IRS agent
58. Vaccines
59. What a deejay might do to create energy ...
60. Placeholder abbr.
61. Sweetheart
62. Modernize
63. Lodging
64. Highly prized
65. Exec’s dispatch
66. iPods since 2005

Down
1. Munro pen name
2. His, in Le Havre
3. Didn’t surrender
4. Did a deal with
5. Devoted follower
6. He played Frank on “CHiPs”
7. Commercial URL suffix
8. French article
9. Many an infomercial offering
10. Shorten
11. Lane often in distress
12. Honeymoon options
13. Long-haired lap dog, familiarly
14. Most interesting to a collector
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The Breeze is the student newspaper of James Madison University, Harrisonburg, Va. The Breeze strives to be impartial and fair in its reporting and firmly believes in First Amendment rights.

PUBLISHED ON THURSDAY MORNINGS.

THE BREEZE
2019-2020 STAFF

THE BREEZE
Serving James Madison University Since 1922

SUNDAY

Friday

Upcoming Events

FRIDAY

RO, Run, Sow & Dine @ Brothers CLAFF, 5:07 p.m.

SUNDAY

Spring Market @ Three NotNQ Cafe, noon to 6 p.m.

SATURDAY

Fabric from Photos @ Virginia Quilt Museum, 11 a.m. to noon

FALL BLOWOUTS

Wednesday, March 29, 2017

Arizona Cardinals vs. New York Giants
Thursday, March 30, 2017

Thursday, March 30, 2017

Friday, March 31, 2017

Saturday, April 1, 2017

Friday, April 7, 2017

Friday, April 7, 2017

Saturday, April 8, 2017

Saturday, April 8, 2017

Monday, April 10, 2017

Thursday, April 13, 2017

Thursday, April 20, 2017

Thursday, April 27, 2017

Friday, May 5, 2017

Friday, May 5, 2017

Thursday, May 4, 2017

Friday, May 12, 2017

Friday, June 2, 2017

Public Notice

Derived from HMC’s online database, the Public Notice page is intended to serve as a public service for the local community. All notices and related items should be submitted to the Department of Marketing and Community Relations at least two weeks in advance. Items are subject to the discretion of the publisher. Information deadline is 2 p.m. on Wednesday. Contact the Department of Marketing and Community Relations at 540-568-7889.
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**Ringing in the Change**

Each student who attended was given a raffle ticket to win prizes such as a GoPro, Echo Dot, or Apple Watch as part of the ring ceremony.

Students selected their names in a raffle to win the free class ring. Taylor Van Ness, a sophomore architectural design major, won the free ring. She felt it was important to come to the event.

Each student who attended was given a raffle ticket to win prizes such as a GoPro, Echo Dot, or Apple Watch as part of the ring ceremony. Students selected their names in a raffle to win the free class ring. Taylor Van Ness, a sophomore architectural design major, won the free ring. She felt it was important to come to the event.

"Most importantly, the goal is to positively impact college and elementary school students and the surrounding community," said Van Ness.

"It’s important to the school just because it’s keeping the tradition alive," said Boettger.

"Just to be a part of the class because I know that with college you don’t really know everyone," said Boettger.

"Just to be a part of the class, because I know that with college you don’t really know everyone," said Van Ness.

"I love seeing and understanding the difference that it makes, it’s so incredible to have the opportunity to be a magician for children," said Lopez.

"Kids see the magic in the world because they look for it, and I feel like it’s incredible to have the opportunity to be a magician for children," said Lopez.

Lopez hopes to expand the program in a second elementary school by the end of the school year. For that reason, more college mentors are needed. According to Van Ness and Lopez, students can apply through the College Mentors website. There, applicants will go through interviews with various members.

**Mentor Program**

The mentor program continues to participate in a variety of events with children enrolled in the program ranging from showing them around campus to working through lesson plans. One of their aims is to show students how to give back to local communities.

More information on the mentor program can be found on the College Mentors website. Then, applicants will do group interviews with executive members. In addition, they will be required to go through a background check and have the chance to be approved as a mentor.

Lopez has been involved with the organization since he was a college student, and he is now involved in the program in Harrisonburg.

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"Kids see the magic in the world because they look for it, and I feel like it’s incredible to have the opportunity to be a magician for children," said Lopez.

Lopez said, "I don’t expect them to think too much, I just want them to have fun and enjoy the event."
In 2015, nearly 73 million people signed up to play fantasy football. That’s almost a quarter of the country’s population. If we multiplied that number by the number of people in the United States, we’d have over 3.5 billion people. In 2015, the Super Bowl was watched by 110 million viewers. That’s nearly the same as the entire population of the United States. In 2015, the Super Bowl was watched by 110 million viewers. That’s nearly the same as the entire population of the United States.

The ramifications of an entire society that’s well-informed, scientifically literate and socially aware is actually hard to fathom. Today, we place tremendous demands on our time and money. These figures give time that we invest in professional sports fandoms, is seen to be an inappropriate use of our time. Unfortunately, we’re often so busy and things don’t always just “work out.”

At first, this idea seemed comical because it would mean that my friends were spending hours every week watching sports—hours that could certainly be justified by service to our nation. These figures give some perspective on just how much time and money we invest in professional sports fandoms. Today, I’m rarely surprised when the conversation with a group of friends turns back to sports, and I’m often embarrassed to recall how my previous friends have gone on the topic. The emergence of fantasy football and sports betting has given sports fans an even greater excuse to watch any and every sporting event they can find on their TV’s or laptops. One day, while browsing to one of these endless arguments about which live sports quantity had the most value, I started to think about what it would be like if we replaced the subject of conversation with something like politics or science. It is very easy to envision a world where the average person replaced the subject of conversation with something like politics or science. It is very easy to envision a world where the average person replaced the subject of conversation with something like politics or science.

The ramifications of an entire society that’s well-informed, scientifically literate and socially aware is actually hard to fathom. Today, we place tremendous demands on our time and money. These figures give time that we invest in professional sports fandoms, is seen to be an inappropriate use of our time.

One cannot understand that a single creature can have an impact on a society as a whole. People who are deemed “inane” enough to find a voice loud enough to make an impact, the truth is, some of the strongest messages don’t involve speaking at all. The ability to influence others by utilizing public space to construct art is formally known as artivism. Artivism, as a medium for societal and political change, has the ability to positively impact others. From altering the different forms of art to filming a documentary and sharing it on Facebook, artivism utilizes different forms of art to make a difference.

Artivism was born from the idea that a single person can make a profound difference. Because one person can make a profound difference, artivism is a way to express change. The prompted awareness that a piece of art embodies could potentially achieve progression in any society. In the simplest of terms, it can be described as art activism. Artivism, as a medium for societal and political change, has the ability to positively impact others. From altering the different forms of art to filming a documentary and sharing it on Facebook, artivism utilizes different forms of art to make a difference.

An artivist strives to take control of the empty spaces around them and construct a message that they feel the ability to positively impact others. From altering the different forms of art to filming a documentary and sharing it on Facebook, artivism utilizes different forms of art to make a difference.

Ultimately, artivism is a working component in the larger mechanism known as society. Small partnerships exist in each other and in society, and these partnerships depend on people taking responsibility for what doesn’t limit our ability to influence each other. The responsibility of what fundamentally allows one person to perform a profound difference. Because of this, the role of artivism is to ask ourselves: What message do I want my neighbors to hear? What is the best way to express my ideas? What is the best way to express my ideas? What message do I want my neighbors to hear? What is the best way to express my ideas? What message do I want my neighbors to hear? What is the best way to express my ideas? What message do I want my neighbors to hear? What is the best way to express my ideas? What message do I want my neighbors to hear? What is the best way to express my ideas? What message do I want my neighbors to hear? What is the best way to express my ideas? What message do I want my neighbors to hear? What is the best way to express my ideas?
Health care in U.S. could be more accessible with improvements

The U.S is the third most expensive country in the world when it comes to health care, survival and wellbeing. Is it really worth it? Here’s what you need to know...

According to the Commonwealth Fund, the number of Americans at ages 45-64 that delay medical care due to cost or non-cost reasons is steadily increasing. More so, as seen in most American ventures too adults of getting under bread under their parent’s financial wing. This fact rings especially true for college students. Burden under the pressure of schoolwork, rent or the intern break, most of us would rather choose to place the owing account into the ditching hormones, pendency to pay for a doctor and their parent’s financial wing. There’s a reason why 18-year-olds are ahead of doctors and hospitals, and then are not.

Lost in the maze of running through insurance claims and coverage plans is small and inattentive care. It’s predictable to avoid the complexities of finding a care. A Washington Post article covering the same issue states that it’s mostly due to the lack of quality care and choice. Instead, the article suggests something as simple as physical therapy or medication. Instead of the brand of the type of health care one’s receiving, a succinct reason why the American health care system is driving us up to walls in the presence of dependence medication. If we can’t even though the mind-scaling or process of going through a number of expensive scans and test then suffer a diagnosis, then we must know that some of these are unnecessary and solely prescribed out of fear and underconfidence by health care providers.

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Rishmita Aich is a junior media arts and design major. Contact Rishmita at aichxr@dukes.jmu.edu.

The legal definition of “sick leave” health conditions becomes a means of limiting America’s paid sick time and the price is often paid by their kids. According to a survey conducted by the Centers for American Progress, America has one of the highest mortality counts in the world. The complex legalities of the medical process have not only adversely affected the patients, but have reduced the expertise of most physicians to nothing but mere scan-readers.

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**ANIMAL**

**Documenting the dream**

**JMU alumni team up to make film about the lives of five students**

By KEVIN PAINTER

**CONTACT** Kevin Painter at paintekm@dukes.jmu.edu.

Students showcased endangered animals for art gallery at Clementine

All it took was one online job listing to unite three filmmakers on a journey that would take them 8,000 miles from home to one of the most unexpected places on Earth. This journey culminated in "Somaliland," a documentary that shares the enduring stories of five students in one of the most unrecognized places on Earth.

"It started out as part time, giving my feedback when he had questions about what to do or when you were going on, and before I knew it I was sort of all in with him and Ben," Griendling said.

"When we came to finish the documentary, the group realized they would need $50,000 to complete all the necessary final touches. In an effort to continue their grassroots approach, they decided to launch a Kickstarter campaign. The filmmakers' goal is to inform viewers of the students' unseen struggles.

"It's a story that doesn't get told enough," Powell said. "Hopefully our movie can kind of serve as the opposite of sensational movies like 'Blackhawk Down' and 'Captain Phillips,' and concerning individuals in areas like Somaliland by sharing the striking stories [are] and [that] people want to hear these kinds of stories."

By KEVIN PAINTER

**CONTACT** Kevin Painter at paintekm@dukes.jmu.edu.

"Passionfruit" by Drake

"I want people to be inspired to do what they're truly interested and passionate about," Rachel said. "Too often people talk themselves out of doing things they're interested in just because they're not sure if what they're doing is going to lead to more opportunities for them."

"I get into a flow … you just sit there and you kind of lose track of time, and you lose track of where you are," Rachel said. "It's kind of a blank space where you're just sort of letting it flow and letting it come to you, and you're not just thinking about what you're doing."

"JMU alumni team up to make film about the lives of five students"
By DREW COWEN
The Brave

As this point in Drake’s career, you either love his music, or you hate it. It’s hard to find someone who lies in between. It’s also hard to escape the music. Drake has been releasing hit after hit for more than a decade. Everyone has heard a Drake song, whether it’s on the radio at work, in the back of a friend’s car on the way to the bar that party, or through a million streams. As much as Drake has matured over the years, he’s still the same Drake: the same themes, the same sound, the same message. It’s a bit like going from the back of a friend’s car or within the walls of a frat party. It also fell back on tired themes of Drake’s love-hate relationship with fame and success. It’s clear that he has a plan to make it big and stay on top of the rap game for a while, and it’s obvious that he’s starting to get bored.

This becomes apparent in “G ship,” his lengthy and introspective 50-minute release. “G ship” had 29 songs on it, and it was a bit of a surprise to see Drake releasing so many songs. He’s been known to make a mixtape, much like “Nothing Was the Same” or “Take Care,” but nothing like this. The album appeared on iTunes, and it was for sale on his own site. Drake himself has been known to make mixtapes, and his approach to making a mixtape was to make it sound like a full album and to release it for free. “G ship” is a mixtape that’s been released for sale, and it’s clear that Drake is trying to make it big and stay on top of the rap game.

Drake’s well aware of his strengths as a singer. He utilizes his voice in a way that makes it sound like he’s singing a ballad. It’s a bit of a gamble, but it’s a risk that pays off. “G ship” has songs like “Fake Love” featuring理查德·哈蒙德 (Richard Hammond) and “Blacks and Blues” displaying two names of the club. Since “G ship” has been so long, we were wondering how many songs he could fit on it. The answer is all of them. The album is a mixtape that’s been released for sale, and it’s clear that Drake is trying to make it big and stay on top of the rap game.

When Drake released “More Life,” the album fell short of expectations. It had absolutely no direction. Musically, it was all over the place. It also fell back on tired themes of Drake’s love-hate relationship with fame and success. It’s clear that he has a plan to make it big and stay on top of the rap game for a while, and it’s obvious that he’s starting to get bored.

The album released on March 24, 2017, and it’s clear that Drake has a plan to make it big and stay on top of the rap game for a while, and it’s obvious that he’s starting to get bored.

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Just how good is softball?

By J ACK F ITZPATRICK

The Dukes are flying high, but they have yet to see how high they can go.

Megan Good leads the pitching staff with a 0.20 ERA.

Baseball powers way to top of CAA

By SAM Y S C R E I T E L D

The Dukes
topped the CAA in home runs per game, runs scored and slugging percentage.

The freshmen on JMU softball have quickly thrived in the Dukes' starting lineup.

Dirt, dingers and dangerous pitchers

By CON N OR W O I S A R D

The Dukes are averaging six runs per game compared to scoring just 4.1 per game in 2016.

The Dukes are currently ranked 10th in the country. They've allowed just 2.1 runs per game and are in first place in the CAA.

Jack Fitzpatrick at

FOX SEMONES

KYLE McPHerson

CONNOR WOISARD / THE BREEZE

Adam Sisk leads JMU with 17 sacrifices and 19 stolen bases.

The freshmen on JMU softball have quickly thrived in the Dukes' starting lineup.

The new mindset has seemed to affect the team's offensive output. This season, the Dukes are averaging 6.7 runs per game compared to scoring just 4.1 per game in 2016. The Dukes' .564 team slugging percentage is the highest clip in NCAA Division I — .29 points higher than Wake Forest's second-best mark at .535. JMU also ranks first in home runs per game with 1.04, fourth in home runs (125) and fifth in slugging percentage (.564).
LEHMAN | JMU diver wraps up strong career

from front

Lehman is considered one of the most decorated athletes in program history, her coaches and teammates believe she’s an even better person.

"Olivia is a gifted athlete, but when she leaves us, it’s the person that we are going to miss," Walsh said. "She’s an amazing young woman and she has her priorities in order."

Lehman was the lone senior on this year’s diving team, which also featured two promising freshmen in Hope Byrum and Carlyn McNeely. The freshmen looked up to Lehman during their first full season of college competition.

"She has such a strong leadership role and she’s always been there for us during the tough times and the great times," McNeely said. "With all of her experience, she was able to guide us and be a mentor for us."

Lehman completed her dual career by winning 19 out of a possible 20 events, and finished as a three-time CAA champion. She was honored as CAA Diver of the Week eight times over the course of two seasons and was also named CAA Diver of the Year last season. Her constant pursuit for excellence is something that will continue with her into the future.

"She has set a precedent for the two girls that were freshmen this year," Wolsh said. "Hopefully they will carry on that same integrity and that same work ethic."

Lehman said she’ll always be thankful for the opportunity she was given at JMU and will always remember the things we accomplished and all the good times my teammates and I had together.

CONTACT: Jake Brod at brodjt@dukes.jmu.edu.
SPRING in the VALLEY
DEAR READERS,

I hope you’re having a wonderful spring. Though the weather’s been a little fickle lately, it’s sometimes nice to wake up not knowing what the ground will look like. And flowers look absolutely adorable when they’re frosted over.

In our first issue of Spring in the Valley, we’ve got you covered in all the right areas. Whether you’re looking to make the perfect punch for that Easter garden party you’ve been planning, or wondering what to do on the weekends, you can flip through the next 10 pages and find answers to all your spring-related questions.

Can’t decide what to do for the month of April? Sports editor Matt Weyrich and news editor Caroline Jansen have picked out five exciting events that are fun for everyone, whether they love basking in the sunshine or cozying up inside.

Copy editor Jo Trombadore shared her favorite spring salad recipe with us after she made it, and it was delightful. The balance of crisp onions with juicy strawberries made for a flavorful, texture-diverse meal that’ll help you to feed the pickiest of eaters.

Guest columnist Anna Sanchez made five thirst-quenching mocktails that would go well with any of your spring plans. Gather your seasonal fruits now from a local farmers market or the grocery store around the corner and save them in your freezer for safe keeping.

Want to turn your thumb green? Our graphics editor, Chelsea Crouch, can teach you how to create your own seed kit. Even for those who’ve been known to kill a plant or two, with her easy guidelines, anyone can grow their own garden.

It can be challenging to decide how best to serve your needs while still giving you the content you want. And now I’m excited to bring that to all of you. So sit back, grab a winter coat or a light sweater (depending on the day), and enjoy our first Spring in the Valley supplement.

SINCERELY YOURS,
Robyn Smith
EDITOR-IN-CHIEF
5 things to look forward to this spring

By MATT WEYRICH AND CAROLINE JANSEN
The Breeze

Spring is right around the corner, and with warm weather comes plenty of outdoor events that aren’t typically possible during the winter months. Before you grab your shorts out of the back of your closet, consider adding these outdoor events to your calendar.

Rocktown Beer and Music Festival

As classes come to a close, many JMU students choose to relax at the Rocktown Beer and Music Festival before the stress of finals sets in. Hosted by Harrisonburg Downtown Renaissance, the festival features over 60 different beers to sample from 37 breweries — some local favorites include Wolfe Street Brewing Co., Pale Fire Brewing Co. and Bold Rock Hard Cider. The festival also features many music acts throughout the day spanning a variety of genres. This year, Austin-based band The Bright Light Social Hour, Charlottesville-based Erin & The Wildfire and local favorite, The Good Saloon, are among the featured artists. The festival starts at 3 p.m. on April 29 and tickets are available for purchase on the Rocktown Beer and Music Festival website.

Baseball & softball games

Their seasons are underway, but there’s plenty of excitement to be had at Shenandoah Memorial Park between the baseball and softball teams’ quests for the College World Series. The softball team made it to Super Regionals last spring. Led by junior pitcher Megan Good, the Dukes are among the best teams in the country. Baseball has had a couple up-and-down seasons, but the team looks promising this year. Its offense is one of the highest scoring in the conference and redshirt senior first baseman Brett Johnson has slugged his way into the conversation for CAA Player of the Year. Admission to either stadium is free all season.

Hiking the Shenandoah

Harrisonburg is surrounded by some of the most well-known hiking trails in the state. The Shenandoah National Park is just a 30-minute drive from campus. It features paths like Bearfence Rock Scramble, which is just over a mile long and doesn’t have much elevation change — perfect for the casual hiker. For those looking for more of a challenge, Doyles River Falls might be more your speed. With several different trails spanning between three and eight miles, there are plenty of options for trekkers of all levels. If you’re not a big fan of long walks but still want to see the scenery, Reddish Knob is accessible by car and has one of the best views in the Valley.

MACROCK music festival

Music enthusiasts of the Valley gather every year for this two-day alternative music festival and conference. This year, MACROCK celebrates 20 years of bringing independent artists from across the country to downtown Harrisonburg. The festival works on the value that by providing a platform to artists, music can thrive free from the influence of commercial music interests. The festival runs from April 7 to 8 and will feature over 50 artists and bands including RP Boo, Elysia Crampton and Alex Cameron. Tickets can be purchased on MACROCK’s website.

Foxfield spring horse races

Every year, the Foxfield Spring Races are held in Charlottesville. Students often rent charter buses and make a day trip out of the event. Scheduled for Saturday, April 29, the gates open at 9 a.m. and the first race will be at 1:30 p.m. Tailgating is encouraged and the event coordinators allow individuals to leave their cars at the venue overnight to avoid having people drink and drive afterward. Tickets can be will be available for purchase at the University Outpost beginning April 1, as well as on Foxfield’s website.

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**Strawberry Pecan Salad**

Spring has sprung, and with it, fresh produce at the farmers market, the looming thought of bathing suit season, and new health and weight loss goals. Whether you’re simply inspired by the season and find yourself craving something light and refreshing, or you want to shed some extra pounds and focus on health, eating more plant-based meals can do the trick.

As a longtime vegan myself, I can attest to the powers of eating a diet high in fresh fruits and veggies. Even if you don’t have plans to go completely plant-based, anyone can incorporate more fruits and vegetables into their diet by eating more salad. The truth is, salad doesn’t have to be boring or difficult to make. With only a few ingredients, my favorite spring salad couldn’t be easier to prepare, and is delicious and sweet enough to actually fill me up and satisfy my sweet tooth. To make this quick and easy spring salad at home, check out this recipe.

**Ingredients**
- Lettuce
- Fresh strawberries (sliced)
- Pecans
- Red onion (minced)
- Poppy seed dressing

**Directions**

**Start** with a bed of greens. While you could use any type of greens you want, I’d recommend spinach or a delicate spring mix. I’ve used a spring mix here because I like the tenderness of the leaves, and if you have company, the dark purple and green colors make for a lovely presentation.

**Next** mix in some sliced strawberries, chopped red onions and pecans. If you like, you can chop up the pecans too, but I kept mine whole to add some serious bite and texture to the dish. Also, I never measure anything when I prepare food, and the measurements will depend on what you like, so feel free to experiment with different amounts of the various ingredients. If you hate salad but love strawberries, overwhelm the salad with berries and suddenly you might like salad a whole lot more. If you don’t like nuts, you can cut them from the recipe completely and still have a delicious, light spring salad. You’re the chef here, so feel free to get creative.

**Add** the poppy seed dressing. Now be careful here, because some traditional poppy seed dressings contain heavy animal byproducts like milk or eggs. Instead, opt for a healthier, vegan option. I like to use either Brianna’s Rich Poppy Seed Dressing or Annie’s Naturals Organic Papaya Poppy Seed Dressing, both of which you can pick up at Martin’s Food Market.

In the ultimate dressing smack down, Brianna’s wins for the familiar sweetness of a traditional poppy seed dressing, while Annie’s gives us something new with a tangier take on the well-known sauce. I opted for Brianna’s dressing here because its sweetness seemed to play off the tartness of the berries quite nicely, but once again, feel free to experiment. A balsamic or raspberry vinaigrette would also be delightful in this salad.

**Finally** mix up your ingredients and enjoy with friends. When I shared this recipe with my own friends here at The Breeze, I was delighted when even the most carnivorous and salad-suspicious among us seemed to genuinely enjoy the dish (and even go back for seconds)! Thus, while this dish is a great way to get more fruits and veggies and take a step toward a healthier diet, it’s also just delicious. So even if you plan on washing it down with a steak, you’ll surely enjoy this sweet, fresh salad as a tasty first course.
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Oh, spring. Birds singing, flowers blooming and... snow falling? Mother Nature, the seasons have always been consistent. Summer is hot, fall is crisp, winter is cold and spring is warm. You can’t just come in here and change everything because you have the power to do so. I’m sorry, but you’re being boycotted. Until you go back to making our lives easier, we’re drinking spring mocktails!

**Blackberry-Lemon Mocktail**
The best part about spring drinks is that they’re acceptable at any time of day and match perfectly with anything. The Blackberry-Lemon Mocktail is so refreshing and perfect for long days of sitting on the Quad. Plus, it is 100 percent Instagram-worthy. You want to start by putting a half cup of fresh blackberries in a saucepan then smashing them until they’re almost only juice. Then add one cup of water, a one-fourth cup of sugar and let it simmer on a low medium heat for about 8 minutes then put it in the fridge and let it cool for about 20 minutes. Once the blackberries cool, pour equal parts into four cups, then add half cup of lemonade. Fill the rest with seltzer or club soda, place two blackberries and a mint leaf on top and a lemon wedge on the rim. Voila!

**Sweet Sunrise**
This drink is the posterchild for brunch beverages, it’s a perfectly sweet and tangy drink. Start by putting a few ice cubes in another clear cup, fill it three-fourths of the way with orange juice. Then pour a dash of grenadine and you’ve got yourself a drink to get your day going.

**Virgin Peach Bellini**
Peaches are great for almost any time of year, but are most enjoyable when sitting outside watching the sunset. You want to start with putting a cup of frozen peaches, a cup of peach nectar and 2 tablespoons of honey into a blender. Next, puree the contents and pour equally into four champagne glasses, fill the rest with sparking lemonade and add an orange wedge for garnish.

**Virgin Mimosa**
If you don’t like mimosas, you’re just lying to yourself. So grab a champagne glass, put in a few ice cubes and fill it a quarter of the way with orange juice. Add a drop of grenadine and the rest with ginger ale, and put a little orange wedge for garnish. I guarantee you’ll be hooked after one sip.

**Virgin Grapefruit Mojito**
This is one that you wouldn’t think you’d like because grapefruit is gross, but you’d be surprised. Start by putting two tablespoons of honey, bits of mint leaves and a quarter of a diced pink grapefruit into a shaker. Smash everything together until it’s almost all juice then add a few ice cubes into the shaker and shake vigorously. Then put it in any cup you desire and garnish with a few mint leaves and a grapefruit wedge.

So there you have it, Mother Nature. You can make it negative 2 degrees and never give us sunlight, but we will drink our spring mocktails until you go back to treating seasons correctly.

Anna Sanchez is a media arts and design major and a mixology writer for The Odyssey. Contact Anna at sancheae@dukes.jmu.edu.
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Growing your own food is a great way to embrace the spring season, and creating your own seed box is a perfect place to start if you’re new to gardening. There are many ways to start a seed box; you may want to go the organic route and make it yourself from recycled materials or the commercial route and buy it pre-made off the shelf. I’m going to teach you how to make a custom seed box starter kit that’s perfect for portability.

First, gather your materials. You’ll need an 8-by-11-inch wooden box, six 1-inch starter pots, potting soil, seed containers, seeds of your choice, one piece of 7.75-by-11.25-inch balsa wood and access to a power drill. Cut six 1-inch holes into the balsa wood evenly apart. Set it into the base of the box on top of two tiny wood supports; it should fit snugly but still allow for wiggle room on the sides. You now have a raised “garden.” This will house your pots and allow for the rest of your materials to rest underneath. If you’ve got the necessary skills, feel free to design the tops of the seed containers, the lid of the box and anything else you feel needs an extra touch of personalization.

Next, decide what you’d like to grow. This step is really just personal preference; I decided to have two pots for basil, two for parsley and two for mint. These three herbs are great starter herbs for a first-timer because they’re the easiest to care for. Once each seedling reaches harvest time you’ll need to replant them in a larger pot, so keep that in mind while you’re in the process of caring for these seeds. If they become too large for the pot they’re in, they’ll die. The next step will address this issue.

Last, it would be a good idea to write down the depth, sun, water, sprout and harvest time for each of your seedlings. I designed little care instructions that rest next to the corresponding plant, this way I’ll never forget how to care for that specific herb. If you’re a busy person, this organization system is a must. I’ve lost a lot of battles trying to grow plants properly and I’ve finally figured out a way to maintain my lifestyle and my plants at the same time.

Whether you’re on the road every weekend and need the convenience of bringing your garden with you or if you just want a cute box to house your seedlings, making a custom seed box is the spring activity for you.

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