

Avoid Freshmen 15 with exercise, healthy lifestyle

By Shawn Andrews
SPECIAL TO THE ARGUS

Coming to college everyone has heard of the notorious "Freshmen 15."

The phrase comes from the weight some freshman are said to gain their first year in college. Poor eating habits or lack of exercise are the main causes for this phenomenon.

While in college it is easy to pick up bad eating habits. Most of the time when we do things such as miss meals and replace them with high sugar snacks, we are not getting the proper nutrition in order to stay healthy. Missing meals causes our metabolisms to slow which in turn causes weight gain.

By eating breakfast, lunch and dinner we can have fuel for our bodies the entire day, which will make us feel and look better. If you have to miss a meal, eating

fruit will be much healthier than a candy bar or chips. Knowing your daily schedule and planning to eat accordingly will help you stay on track as well as keeping motivated. There has to be a plan or goal in mind in order to stay focused.

Another aspect of getting rid of or avoiding the freshman fifteen is to have an exercise regimen that you follow every day.

Vanessa Hood, head of the campus fitness center, suggests working out on the Nautilus equipment for a minimum of 30 minutes a day.

"Students have to have a goal in mind when coming to the center. They have to have an idea of their goals," Hood said.

Exercise should be apart of everyday life while in college. Knowing what body type you want helps you determine both your diet and exercise routine.

University Day geared toward lessening stress

By Monique Kirkland
SPECIAL TO THE ARGUS

Winston-Salem State University's University Day was a day filled with cultural awareness activities and numerous workshops.

"Dealing With Stress in the Academic Community" was a workshop presented by the University's Counseling Center. The workshop, presented by Phyllis Smith, a member of the department's staff, touched on causes of stress as well as ways of dealing with stress.

"Stress can be defined as unreleased energy within you," Smith said. "It can't be eliminated but you can learn to manage it."

Some causes of stress are worrying about grades, paying bills or tuition, holidays, or leaving home for the first time.

Smith gave ways that would be helpful with dealing with stress: focusing on positive things, managing your finances, planning ahead for special expenses, and resolving any conflicts quickly. While not all stress is negative; stress, if not dealt with, can lead to some physical problems such as headaches, backaches and fatigue.

Smith told her audience that learning to relax and using relaxation techniques may be the best ways to deal with stress.

Resting, walking, listening to music, engaging in vigorous exercise and meditation are ways to relax.

"Learning to manage your stress can make you an overall healthier person and more pleasant to be around," said Smith.

JAY, from page 3

Outside of the group, Jay always had his ear to the street, signing Onyx to his JMJ Records imprint and helping to produce their multi-platinum debut, 1993's

Bacdaf—up. Years later, Jay would not have to travel out of his native borough of Queens to discover another act. 50 Cent spent time under Jay's wing, and at one point recording 36 songs in 18 days, before eventually making the move to the Trackmasters' camp and subsequently landing in the Shady/Aftermath Records fold.

Run-DMC's place at the front of rap history is indisputable. It was Run-DMC that first introduced most of the world to rap music, and Jam Master Jay was one of the pioneers, who showcased a turntablist DJ. Run-DMC's first big hit came in 1983 with the deceptively simple rap "It's Like That." Run-DMC was often portrayed as controversial in the mid-'80s because of disturbances in the crowds at its concerts. As a result, it regularly urged audiences to get along with each other without violence. In the early '90s, when the group had cooled down, Mizell worked with emerging hip-hop and R&B artists. While Run was moving into the ministry and DMC was drying out from a drinking problem, Mizell was the one who stayed most focused on the music and paved the way for the group to get back together. For close to 20 years, Jam Master Jay, Run and DMC have been touching the lives of multitudes of fans, which include their peers and associates

in the music industry. Their brash b-boy style introduced hip-hop to the MTV audience with classic clips such as "Rock Box," "King of Rock" and "Walk This Way," which also resuscitated Aerosmith's careers.

It wasn't just the swinging gold chains, the Adidas sneakers or the black jogging and leather suits that attracted audiences. Fans fell in love with Run's sheer audacity and charisma, DMC's depth and strength and the Jam Master's skills. His scratching and mixing exhibitions on songs such as "Jam Master Jay," "Sucker MCs" and "Peter Piper" (which Missy Elliott uses a portion of on her latest single, "Work It") were as influential on future turntablist as Run and DMC's raps were on the MCs who followed in their footsteps.

"Jay was one of the guys that brought the art of spinning records and scratching to the mainstream. If it wasn't for Jay, there'd be no DJ Shadow... no Jurassic 5... hell, maybe not even a Fatboy Slim," said Warner/Elektra/Atlantic ADR, James Hemmingway.

The real irony here is that Jay, regardless of what everyone thought of his skills appeared to be a genuine guy who always seemed to lend a hand. Whether it was letting new hip-hop artists use his studio or judging the DMC finals or giving keynote lectures on hip-hop, Jay was always trying to help out the hip-hop community. Jay's senseless murdered the night of Oct. 30 is a tragic lost that will never be forgotten by the people in our generation.

"He was one of the pioneers of

the DJ Revolution and a true Mastermind behind the wheels," said UNC-Greensboro sophomore Ryan Kirkpatrick. "In today's Hip Hop music you hardly, if not ever, hear anything about the DJ," Ryan goes on to say. RUN DMC always acknowl-

edged the fact that their DJ was a part of their group and even made songs that were specifically about the DJ. So, the music industry heads really have lost a true soldier in the Hip-Hop Revolution

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