



## Finding your inner balance

BY KRISTIN BURR  
contributing writer

Take a deep breath, find your center, and get ready, because this semester Tai Chi is being offered at UREC.

Holly Wade, coordinator of group fitness and wellness at UREC, decided to add Tai Chi classes to the list of more than 80 group fitness classes at UREC after discovering student interest in a survey conducted last spring.

Tai Chi instructor Lolly Miller will be leading the classes. She also teaches Tai Chi at the Reading Memorial Hospital Wellness Center in Harrisonburg. Wade said UREC is lucky because the interest in Tai Chi matched their resources.

Tai Chi is a martial art, but Wade said it requires thought as well as action.

"[The] idea is balance," she said. "Not just physical, but emotional, and understanding give and take."

Graduate student Erik Moellering said he joined the class because he is interested in Chinese medicine.

"The class was fantastic," he said. "The instructor is knowledgeable and moves at a good pace."

There is a short form of Tai Chi and a long form. Participants in the eight-week-long UREC course will be studying the short form, which is easier to master but still takes time to perfect. Wade said mastery isn't the main goal.

"The idea is that we're utilizing our bodies in new ways," she said.

Wade said that the \$30 charge for the class is due to an outside instructor being brought in. The eight week class schedule was chosen as a manageable time frame for the Tai Chi students.

"Eight weeks is a doable amount for people," She said. "They can commit to that."

Wade said there was a good turnout for the first class with 10 people signed up out of 20 available spots. She hopes that the course will continue to be offered at UREC.

"It excites me to see students participate in [mind and body] activities because as they go into the workforce they can use what they learned from these activities to be able to manage stress," Wade explained.

The class this semester consists of more faculty than students. Wade said this may be due to the 12 p.m. to 1 p.m. time slot. However, moving the time around for next semester does not seem likely because of the many classes that are already offered in those time slots.

Freshman Jenn Steinhardt said the class appealed to her because it was a different way to stay active.

"I needed something to keep me from sitting on my bum all day," she said. "[I] don't like weight lifting or many sports but I wanted something that would keep my mind and body moving. Tai Chi and its aspect on the mind and body has always interested me. It seemed like a perfect fit."

Registration for the semester ends Thursday.



AARON STEWART/photo editor



BY CAROLINE COURNOYER  
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## One step in the door of junior Scott Davidson's house, and you immediately get a whiff of homemade cookies.

On Sept. 7, Davidson launched his company, Craving Cookies. Collaborating with Otis Spunkmeyer and Garelick Farms, Craving Cookies offers warm cookies and cold milk to JMU students and the entire Harrisonburg community. Customers order cookies online or via phone and Craving Cookies delivers them. About 75 percent of orders are made online delivery time quicker, Davidson said.

The cookie enterprise is open from 8 p.m. to 2 a.m. Thursday through Saturday, and from 8 p.m. to 1 a.m. on Sunday and Wednesday.

With three people on his staff, Davidson said he handles virtually every aspect of the business, from supplier relations to finances to the actual baking.

"I wake up, I go to class, I study, I prepare for

my business. It's stressful," Davidson said. "But what it comes down to is when I get e-mails from customers and parents telling me my business is a great part of the JMU community, the stress just washes away and it's all worth it in the end."

Due to start up costs, Davidson has not made a profit yet and he hopes to break even within the next month, he said.

New to the local business market, Craving Cookies is constantly taking suggestions. Last week, sophomore Ashley Rawlings posted on the Facebook group "Craving Cookies" that she wanted sugar cookies, which quickly became next week's special.

"If I get some feedback from people saying 'I want this,' I can talk to my representative and see what I can work out," Davidson said.

So far, customers have been pleased with the business.

"It was great," Rawlings said. "Who doesn't want fresh baked cookies at midnight? I'll order from them again."

Since it opened, Craving Cookies has been averaging about 10-20 orders per night, but Davidson said he sees that number doubling or tripling as the word gets out.

As demand increases Davidson plans to hire more employees to keep his promise of warm cookies delivered right to your door.

"The future for Craving Cookies is unlimited. We plan to be here for years to come," said Davidson.

### Official to speak on European/U.S. relations

Deputy Head of the Delegation of European Commission to the U.S., Angelos Pangratis, will give a speech titled "The Future for EU/US Economic and Political Relations" at JMU.

The presentation will be in the Grand Ballroom of the Festival Conference and Student Center on Tuesday at 7 p.m.. Admission is free and open to the public.

### Fall Career Fair to be held today at Festival

Career and Academic Planning is hosting its Career Fair today in the Festival Ballroom and the Highlands Room from 1 p.m. to 6 p.m.. More than 140 employers will attend from various fields and industries.

Employers are hiring for internships as well as full-time positions. Dress code is professional and attendees are asked to bring copies of their resume.

### Relatives of murder victims come together

**HARRISONBURG** — Hundreds of relatives of murder victims will pay homage to their relatives at ceremonies in Winchester and Washington, D.C., through a nationwide support group called Parents of Murdered Children, according to *The Daily News-Record*.

On Tuesday, hundreds will attend the first annual National Day of Remembrance for Murder Victims in Washington, D.C.

### Gunmen attack convoy in Darfur, injuring three workers

**KHARTOUM** — Three aid workers were wounded when gunmen attacked an aid convoy in the Darfur region on western Sudan, reported *The New York Times*.

According to *The Times*, two vehicles carrying eight people working for the World Vision International were ambushed near a small village in South Darfur State, Bulbul Timisiga.

### Clinton maintains leads in most national polls

**WASHINGTON** — Sen. Hillary Clinton has consolidated her early lead for the Democratic presidential primaries, said *The New York Times*.

While Sen. Barack Obama has challenged Clinton for fundraising supremacy and news media attention and Sen. John Edwards was the first to introduce big policy proposals, she maintains leads in most national polls, reported *The Times*.

### Alaska abandons plans to build \$398 million bridge

**JUNEAU** — Alaska decided to abandon plans to build a \$398 million bridge that would have connected Ketchikan, located on an island in southeastern Alaska, to its airport on a nearby island, reported *The New York Times*.

The decision came Friday, after spending decades trying to get federal help in completing the project, said *The Times*.