

AUM NIBUS

Chronicling the Campus Community and Beyond Since 1971

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Breakfast of Champions

Lisa Ranieri

As we watched the Olympics this past month, we saw many champions. We wonder what we can do to achieve such level of excellence. Well, one of the most important things of becoming a champion is breakfast.

Being in college, I understand. We wake up late for class, forget to grab something, or maybe don't know what to make for breakfast. But let's think about the benefits of breakfast: keeps you energized, and keep your caloric consumption in check.

"Skipping breakfast throws off the normal circadian rhythm of fasting and feeding," said Dr. David Ludwig, a nutrition expert at Harvard-affiliated Children's Hospital Boston, in an interview with Health Letter. "Breakfast is the worst time to skip a meal."

Let's look at simple costless breakfast ideas you could use to stay healthy. Blending up a breakfast smoothie is always a healthy and fast option. Carnation Instant Breakfast comes in chocolate and vanilla flavors that you can mix with milk in the morning and take it on the go. This is just one of several breakfast smoothie options. You can find products like these in stores, such as Walmart, CVS; or even Walgreens.

Breakfast bars are always a good option as well. Many breakfast bars are a good source of fiber

that aids your digestive track. They come in various flavors. Also, try eating trail mix to get your whole grains, Protein, and fiber. These are all essential to the human body. If you have dry granola, put it in a cup of yogurt. Yogurt is a healthy breakfast that often tastes like dessert. What's not to like about that?

Let's say you woke up just a little early this morning, and you actually have time to make something for breakfast. The easiest thing to prepare, if you don't feel like making an elaborate meal, is a peanut butter and jelly sandwich. This easy and delicious option is a great source of protein for a great start of the day. You can always pair that with a glass of milk or juice.

Wide Horizons, Open Minds

Morghan Prude

Broaden your horizon. We hear this phrase constantly during our time in college, but what does it mean? Why should we have to do it?

Although the saying has nothing to do with an actual skyline, it does have everything to do with your perception. Broadening your horizon simply means being open and willing to experience new things and differing ideas. The wider your horizon is, the more susceptible you are to learn about the world around you. Being aware, well-versed, and open to different cultures can enhance not only students' educational journey, but their personal and professional journey as well.

At AUM, there are many opportunities for students to broaden their horizon by studying abroad. AUM's Study Abroad program offers life-changing opportunities that aim to be your gateways to the rest of the world. Headed by Program Manager Achala Gunasekera-Rockwell, AUM Study Abroad offers a number of programs to be that very gateway.

Currently, the Office of Global Initiatives (formerly known as International Affairs) has announced that it is offering a program to Sri Lanka to learn about the religious traditions of the area. Cultural Field Experience in Sri Lanka is a two-week course this June. During this trip, students will learn how Buddhism, Hinduism, Islam and Christianity have developed the culture and history of Sri Lanka over time and will visit many historical sites associated



There are many different ways to start your day off with a healthy breakfast.

