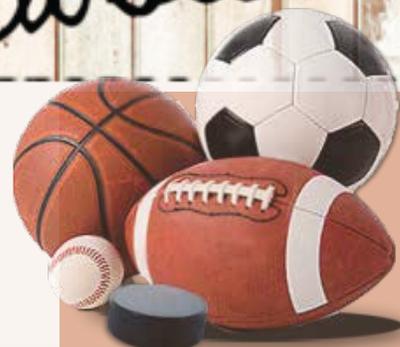




# October Newsletter

## STAYING FIT IN FALL



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### UMD CLUB SPORTS & INTRAMURALS

BY MIRISH SHAH

Are you looking for new ways to get involved on campus while remaining active? If so, then club sports and intramurals are for you. The University offers a wide variety of sports and activities for students to partake in, so your desires are sure to be met.

The Intramural Sports program offers a unique opportunity for all members of the University to come together and compete in sports leagues and tournaments. People of all athletic abilities are welcome, as the primary goal of the program is recreation. Participants can choose to be in either the competitive “A” division or the recreational “B” division for any sport. There are co-ed leagues and fraternity leagues as well.



<http://recwell.umd.edu/Sport-Clubs>  
<http://recwell.umd.edu/intramural-sports>

Students can participate in team sports, individual sports and tournaments or Gym Class Heroes. Team Sports include soccer, basketball, volleyball and flag football, featuring a regular season and playoff tournament. Individual sports and tournaments include tennis, ultimate frisbee, badminton and Terps After Dark events. These are typically playoff tournaments that take place in one week or weekend. The Gym Class Heroes series offer sports and activities such as kickball, capture the flag and indoor soccer, designed to be less competitive and more social.

The Sports Clubs at Maryland are student-run organizations, recognized by RecWell. Clubs offer opportunities to learn a new sport and improve skills in an existing sport at various skill levels. Sports clubs range from common sports such as soccer, football and basketball to more unique sports such as water polo, wushu and sailing. In short, there is something for everyone.

Intramural sports registration information can be found at the UMD IMLeagues website. Sports clubs registration information can be found at the UMD RecWell website.

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## UMD GYM FACILITIES

BY ASHLEY CARTER



[http://www.umd.edu/CampusMaps/bld\\_detail.cfm?bld\\_code=SPH](http://www.umd.edu/CampusMaps/bld_detail.cfm?bld_code=SPH)



<http://www.panoramio.com/photo/51118244>



<https://colleges.niche.com/university-of-maryland---college-park/athletics/>

Whether you are looking for stress relief after your exam or procrastinating from studying, there is always a healthier option than a Netflix binge. The University has provided several gyms in all corners of campus for students to work on their fitness.

If you like to do your own thing, then head over to Eppley Recreation Center, the ERC for short. Do not let the hoards of people coming in and out fool you; half of them probably went in to get a smoothie. The ERC is open Monday through Friday from 6 a.m. until midnight, with reduced hours on the weekends. The possibilities are endless with four floors of fun. Students can easily mix up their routines with the weight room, basketball courts, racquetball courts, table tennis, cardio machines and pools.

But what if you live on South Campus? Making the hike to ERC is a work out in itself. Instead, students can visit Cole Field house. There are group fitness classes in a bike studio in the basement, or students can take a few laps around the track.

For the students in Leonardtown or the Landmark, there is Ritchie Coliseum. The basement has a weight room and numerous machines, but it is smaller than ERC. The last hidden gym is the fitness center in the School of Public Health. This gym has limited hours for student use, so check the hours online before making the trek.

For those students who will only workout if dragged to they gym kicking and screaming, fitness classes are for you. The University has excellent instructors politely yelling encouraging statements for at least 30 minutes. The Group Fit classes are available to all students after you sign a form at the member services desk. From Yoga to Zumba to Body Pump, there is a class for every fitness level and style.

## UPCOMING UMD FITNESS EVENTS & ATHLETIC GAMES

October 31st 1 PM: Women's Basketball Game vs. Goldey-Beacom

November 3rd 5:30-7:30 PM: fitness Rave at Ritchie

November 4th 7 PM: Women's Basketball Game vs. Indiana (Pa.)

November 6th 7:30 PM: Men's Basketball Game vs. Southern New Hampshire

November 7th 3:30 PM: Homecoming Football Game vs. Wisconsin

November 13th 4-7 PM: Terrapin Fitness Combine



www.washingtonpost.com  
<http://www.history.com/topics/halloween>

## HAPPY HALLOWEEN!

BY LANCE TINANA

Halloween is a festive time for University of Maryland students, as the stress of midterm exams and the anxieties of adulthood disappear for one night. College students are able to dress up as their favorite cartoon character, book protagonist and even their spirit animal. However, fun times do come with serious risks, especially when partying is involved.

If you're looking for something safe to do on Halloween, but you're tired of receiving Kit-Kats and Snicker's from your neighbors at home, you may want to visit the embassies in Washinton, D.C.

Trick-or-treaters can head to the British Embassy and receive Cadbury's chocolates from people with British accents. If you're not in the mood for chocolate, you can walk over to the Bulgarian Embassy, where you'll be receiving Amphora pralines coated with sugar and nuts. However, not all of the embassies will be hosting students, so be sure to check out the details on this link:

<https://www.facebook.com/events/911835598893439/>.

On Halloween, the embassies will be open to trick-or-treaters from approximately 2 p.m. until 5 p.m. Take the 104 Shuttle bus from Regents Drive garage to the College Park Metro Station, then ride the metro to the Dupont Circle metro stop.

If you still want to go out that night to a friend's house or to a party, be sure to act responsibly and always have a buddy. If you're going to consume alcohol, remember the Gold Code:

1. Pre-Game with Protein
2. Know What's in Your Cup
3. Leave No Terp Behind
4. Terps Who Pace Win the Race

Following the Gold Code and exploring alternate Halloween festivities will make for a fun and safe holiday. Happy Halloween!



## PUMPKIN SPICE & EVERYTHING NICE

BY SANA HAIDER

What do salsa, lip balm, hummus, gum, water, cream cheese and cookies all have in common?

Pumpkin spice! Our society's fixation with this trend has grown beyond a popular latte flavor at Starbucks.

Because this flavor-craze phenomenon can be seen with other flavors like peppermint in winter, a concept called reactance theory can point us to the reason for why it occurs. In 1966, a psychologist named Jack Brehm studied the effects of product availability in its attractiveness to consumers. The idea requires a mix of both psychology and marketing principles to understand. The companies that have products with pumpkin spice options do not fail to incorporate and emphasize the factor of limited availability, so knowing it will only be available for a few weeks makes the option much more appealing.

Another explanation for the craze could be social conformity. Because of our desires, intentional or unintentional, to conform to social norms, we sometimes match our behaviors with those of the society we live in. The bottom line is if others are picking the pumpkin spice alternative, we are also more likely to do the same.

If you can't beat the trend, join it! Use the opportunity to explore healthy recipes this time of year that incorporate the beloved pumpkin spice. Grab a friend or family member and bring one of them to life. A few options include pumpkin spice chia almond butter, energy bars, and yogurt and granola parfaits. Maybe the pumpkin spice bread pudding, smoothie or trail mix sounds more appealing. The vegan pumpkin oatmeal chocolate chip cookies and pumpkin spice protein pancakes can also be great. Whatever recipe you choose, enjoy your pumpkin spice while the season lasts.



<http://www.healthfulpursuit.com/2011/09/pumpkin-spice-smoothie/>



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<https://www.facebook.com/PrimannumHonorSociety>



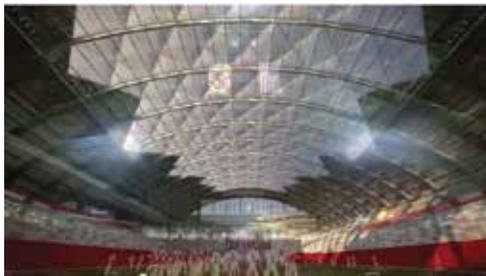
[https://twitter.com/Primannum\\_UMD](https://twitter.com/Primannum_UMD)

## WHERE WILL THE MONEY GO?

BY GRAHYA GUNTUR

“This is ridiculous! I can’t believe they are raising the tuition for computer science majors!” my friend exclaimed; she was flabbergasted. “Why would they do this?” she kept repeating over and over again.

Recently, the University of Maryland applied a tuition raise of \$700 for juniors and seniors that were business, computer science or engineering majors. This was an extra \$700 that college students had to dig up. A minimum wage job would require 70 hours to pay this amount off. In order to oppose this raise, students implemented protesting efforts. Many people signed a petition against raising tuition, but in the end the officials stood by their original decision.



In 2014, the University of Maryland decided to spend money from various sources, including students, on renovating Cole Field House. It was decided that the University would spend \$155 million improving Cole Field House into a better practice facility. Had even half of this money been spent on academics to hire more faculty members to teach business, computer science and engineering classes or to build more classrooms, the university could have avoided raising tuition.

This leaves us students to wonder: are we paying our tuition for academic reasons? Or are we paying our tuition to benefit the athletic department? Where is our money going?



<http://www.cbssports.com/collegefootball/eye-on-college-football/24826136/look-marylands-155-renovation-plan-for-cole-field-house>

The Primannum Honor Society is a University of Maryland Honor Society that represents two national honor societies, Alpha Lambda Delta and Phi Eta Sigma. Both of these national honor societies recognize academic excellence during a student’s first year in college.

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