

PANORAMA

EST. 2016



Lifestyle
Auburn
Health

Meet the Author

Hi!! My name is Shelby, and I'm a senior at Auburn University studying public relations and business. Originally from Birmingham, Alabama, I've always felt at home in a southern city, and I learned my yes ma'am and no sirs at an early age. The lessons on politeness that were instilled in me so young are still some of my most cherished values. My family of four is everything I could have asked for. At the age of two my parents blessed me with a baby brother who is one of my best friends and my life-long side-kick. From my father I learned the value of hard work, to have a tender heart, and to have a spirit that is unashamed. My



mother taught me to be fiercely independent, to chase my dreams, and that it is always better to stay true to yourself, even when it may be difficult.

In 2012 I made a huge decision that will forever impact the person I am- I chose to attend Auburn University. This decision is one I still stand by and I owe my time at Auburn for helping mold me into the woman I have always wanted to become.

I chose to name this magazine Panorama because the definition means a complete and unbroken view of an entire area surrounding an observer, which I feel describes my magazine well. This magazine features articles about life at Auburn University and the charming town that hosts it.

I hope by reading these stories that you gain an insight into what it is like to attend our beautiful university.

Sincerely,
Shelby Baker

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Smart Snacking: Healthy Ways to Beat Hunger

BY: SHELBY BAKER



Christina LeVert, a regional human nutrition diet and health agent with the Alabama Cooperative Extension System gave us an insight into just how we should be snacking.

Auburn, Ala.—Each person's taste buds are different, so how you snack may differ from your peers. Many people have their traditional go-to snack that they grab when they get hungry, but ask yourself if what you are snacking on is the best option for your body.

Here are a few snack options as well as some healthier, guilt free alternatives to junk food snacks. It's always a good rule of thumb to

keep a few go-to food items handy so when you begin to feel hungry, you have healthy options ready. This will also help you choose a healthy snack instead of reaching for chips or cookies.

Apple slices with a dollop of peanut butter is a great snack that will fill you up and knock out sweets cravings. It's an easy and convenient snack that you can make quickly and take on the go with minimal clean

up. If you are feeling adventurous, sprinkle cinnamon on top or add a few dark chocolate chips to your peanut butter. If you don't like apples, or don't want to eat an apple, make the snack with a banana instead.

Christina LeVert, a regional human nutrition diet and health agent with the Alabama Cooperative Extension System, said that some of her go-to snacks include, "an apple or

banana with peanut butter if I am craving something sweet, or low-fat cheese and whole wheat crackers if I'm wanting something salty, or fresh veggies and hummus."

Hummus dip with vegetables is a great option when you are hungry, but not wanting something sweet. It is simple and quick. Decide which vegetables you want to pair with your hummus, and you are set. Popular choices include sliced bell peppers, carrots, snap peas or celery. Those are just a few choices but the possibilities are endless.

For those with a more salty pallet, low-fat cheese and wheat crackers are an excellent snack. Depending on your mood, you can change the cheeses and types of crackers. Since it only uses two ingredients, there are endless delicious combinations.

is to snack in between meals when you are hungry. This keeps your metabolism higher helps maintain your energy levels. When snacking at night, pay attention to your body, and make sure you are snacking only when you are hungry, and not because you are bored.

If you can't shake your craving for chips and dip, a healthier option is to make chip dip with greek yogurt. Combine the yogurt with ranch or french onion seasoning. For the chips, use vegetables, sweet potato chips, or even a dried vegetables. This will cure your craving and leave you feeling better afterward.

If you can't curb your craving for cupcakes or something extra sweet, try these no bake cupcakes.

"an apple or banana is my favorite if I'm craving something sweet."

Combine in a food processor until well blended the following:

16 oz dried white mulberries

16 oz pitted dates

1 tsp ground cinnamon

Place cupcake liners in a muffin pan and put some of the date mixture into each cup so that the bottom and sides of the liner are covered.

Next, place a dollop of almond butter or peanut butter in the center of each cup. Add more date mixture to form a top on the cupcake, enclosing the almond butter inside for a gooey center.

For frosting: combine 1.5 cups of raw cashews and 8 oz of coconut water into your food processor. Blend to a frothy, whipped consistency. Spread on the cupcakes and enjoy!

Keep these snacks in mind next time you reach for a bag of chips. When you snack smart, you will feel full longer and you won't crash after. Happy Snacking!

"Eating snacks that pair carbohydrates with protein will help you feel full longer, especially if the food is high in fiber."

Metrics Fitness Lab

Provides Unique Gym Experience for College Students

BY: SHELBY BAKER

After developing their own personal training clientele, trainers Ike Stephens and Chappy Chapman decided to merge their services together to create local gym Metrics Fitness Lab last summer.

“We started the company because there was not really anything like this in Auburn,” Chapman said. “It’s a good model for people that are wanting to get into shape. It has the group concept but the workout is much like working out with a personal trainer, also it helps us to serve a larger population by allowing us to serve multiple clients at once.”

In August 2015, Metrics Fitness Lab opened at 2408 E. University Drive, and they began training their first clients together as a joint business.

Metrics Fitness Lab focuses on small group circuit training and specific moves that target different areas of the body. Throughout a workout with Stephens and Chapman, clients will partake in four different stations with three to four assigned exercises per

station. One station will be cardio and the other three will be strengthening moves.

This is a unique experience for college students because it is much like working out on a sports team where the coach is there to keep you accountable and encouraged. Stephens and Chapman both try to keep the vibe of the workout upbeat, even during

the harder portions of the workout. During the workout, clients wear a heart rate monitor called a move band that measures heart rate, calories burned and effort points.

At the beginning of each class there is a goal number of effort points each student is expected to meet by the end of the workout, his ensures that each client is giving each workout their all.





There are two boards in the gym that display points throughout the workout.

“The group atmosphere pushes people to train harder naturally, versus working out alone,” Chapman said. Stephens’s and Chapman’s goals are to continue to grow their business and help their clients meet their goals.

“With Auburn being such a small town, we really want to build community in our gym and affect our community through a sense of fitness,” Chapman said.

They hope to provide a positive environment to bring people to-

gether to better themselves and promote a healthier lifestyle.

For more on Metrics Fitness Lab, check out their Facebook and

Instagram. <https://www.facebook.com/MetricsFitnessLab/>
Instagram: @metrics-fitnesslab



Leaving Auburn: Here's What You'll Miss

BY: SHELBY BAKER



1. Being super close to everything.

Whether you're talking about campus, restaurants you go to with friends or your BFFs we certainly take being close for granted. Once you leave Auburn you will really start to realize how nice it was having everything so close.

2. Aubie

Aubie because who doesn't love that guy. Running into him on campus is still like seeing a celebrity every time, even when you're a senior.

3. Tiger Card money

Tiger card money is one of those things that is meant for when you want to grab a quick bite on campus, but it is actually used when your bank account is running low and so is your pantry. After you leave Auburn you no longer have that luxury. It looks like it's finally time to learn about that budgeting thing your mom always talks about.

4. Toomer's ice cream sandwiches

While Toomer's Drugs is typically known for their lemonade (which is also delicious), an insider secret is their ice cream sandwich. Whether you learned this tip from going to school at Auburn, or you are one of the lucky ones who discovered them on your own either way they are a must have. You get to pick your own blue bell ice cream flavor and they stick it between a fresh baked cookie. It's practically heaven on a plate.

5. Your roommates

Whether you have had a bad roommate experience or an amazing one, there is still something nice about not coming home to an empty home after a long day. Your roommates are always there to binge watch Netflix, to eat with, and to help you out when you're stressed and need someone to clean the house. Appreciate your college roommates because you won't have them forever.

6. Looking like you just rolled out of bed

In college, it's common practice to see students who, quite frankly, didn't even look in the mirror before going to class. In college sometimes you just have those days and no one is judging you. We've all been there. While personal hygiene and looking more put together is still encouraged, we understand sometimes today is just not your day. Embrace this time in college because once you're in the real world, people don't wear pajamas to work. Ever.

7. Getting to see your friends everyday

After graduation, most of your friends will accept jobs in other cities than you. Some may go where you are going and some may not but either way, you will always have Auburn tying you together. Not seeing them everyday will be weird at first, but keep your head up. Come football season you'll all return to the plains and what a reunion that'll be.

8. Saturday morning brunch

Because after Friday nights, you're mostly looking forward to Saturday brunch. Or even

9. Sharing things with your roommates

While not everyone is as into sharing as others, most people do share at least a couple things with their roommates simply because it's easier than buying multiple of the same thing. Once you're on your own, you have to buy one of everything and you'll really miss sharing with your roommates.

10. Saturdays in Jordan-Hare Student Section

Yes, some memories of the student section on football games may be a nightmare due to over-seating, but most of your memories are fond ones that you will cherish forever. There is something special about being surrounded by your fellow students and cheering on your school together. Especially when you get to roll Toomer's Corner or storm Pat Dye Field after.

Cultivate Your Own Garden

And we're not talking about the plant kind.

BY: SHELBY BAKER



Love
more
↔️❤️↔️
worry
less

We're talking about yours inner garden. While actual plant gardening is fun, cultivating your own garden is much more rewarding. What exactly does it mean to cultivate ones inner garden?

Just as you would an actual garden, it's meaning can be found in the nurturing and investment in your personal wellbeing. Listening to your body and what it's telling you is a good place to start. Do what is going to make you feel happy and fulfilled.

Loving and taking care of yourself is often viewed as selfish or narcissistic, but in actuality, it's not. Narcissism is selfishness but self-love starts by giving love, attention and care to yourself.

Another key to cultivating your garden and loving yourself is to make sure you are present in every moment. When you are feeling down, let that feeling in and feel it and then move on. The same goes

“Being able to truly love yourself sets the foundation for how you’ll love others.”

for happiness, make sure to take second and truly take in the happiness you feel in that moment. The more you pay attention to the happiness you feel in a fleeting moment, the more overall happiness you’re going to feel. It is too easy to get bogged down when negative things are happening and not notice the positive ones.

Mental Health is a topic that is increasingly being brought up in conversation, and for good reasons. According to

the National Alliance on Mental Health, 1 in 4 students struggle with a mental illness. That’s a lot of people struggling with something that no one wants to talk about. Simply getting the conversation started could make a greater impact on someone’s life than you could have ever imagined.

Being able to truly love yourself sets the foundation of how you will be able to love others. Once you love yourself, flaws and all, you will accept yourself and this can lead to being an overall more confident and charismatic you. It may sound cheesy but reaping the benefits of self-love will make it so worth it. You are the only person that is in control of your life. Love yourself enough to accept this and make the changes that are necessary for you to live your best life. Each day is a new one and by cultivating your own spiritual garden you can be that much closer to reaching your goals and living a life that is fulfilled and whole.

Just like actual gardening, the fruits of your labor will be evident. By reviewing your past, taking time to figure yourself out and aligning your goals, you will be moving toward a successful future.



Taste of East Alabama

BY: SHELBY BAKER

The Museum of East Alabama host their fourth annual Taste of the Town fundraiser. Each year the event features food from numerous restaurants around town, local wine, and a silent auction.

All proceeds from this event, provided through sponsors, ticket sales, and general donations, will go to East Alabama for repairs and upkeep of the museum.



This year's sponsors include East Alabama Medical Center, the Opelika Observer, Auburn Bank, Round House and Smith T Building Supply.

All proceeds from this event, provided through sponsors, ticket sales, and general donations, will go to East Alabama for repairs and upkeep of the museum. This year's participating restaurants include: Amsterdam Café, Martha Hick's Southern Hospitality Catering, Niffer's, Acre, Ursula's Catering, Zoe's Kitchen, Zazu, The Cup and Saucer, Taziki's Mediterranean Café, City Café, Outback Steakhouse, Jefferson's, Sweet Malisa's, and O Town Ice Cream. Along with the food, people are invited to come out and enjoy wine tastings. Hodges Vineyards, Wipporwill Vineyards, and The Warm Spring Winery will be providing samples of their wines.

The beauty of this event



and drink choices. Guests will be allowed to try many different food and drink choices.

Guests will be allowed to try many different foods from each restaurant ranging from appetizers all the way to desserts. As well as participate in the silent auction, or just browse the museum.

The museum hosts more than 5,000 area

artifacts and exhibits in the museum feature Roanoke Dolls, information on the WWII POW camp "Camp Opelika", Indian artifacts, early technology items, and other historic information.

"It's just a fun night to come to the museum," said Ann Cipperly, museum board member. "We'll have everything from hors d'oeuvres to main dishes and desserts, and (guests) can just browse the museum."

This event is taking place Tuesday, April 26th from 6- 8pm. Tickets are \$25 and can be purchased online or at the museum. The Museum of East Alabama is located in Downtown Opelika at 121 S. 9th Street.

"We'll have everything from hors d'oeuvres to main dishes and desserts, and (guests) can just browse the museum."

Ann Cipperly
Museum Board Member

A Letter to my Freshman Self

Written by a Senior

BY: SHELBY BAKER

Friendships will be lost, and it will break your heart. One of the hardest life lessons you'll learn is to let people go. Accepting their absence from your life will take time, but you will heal. Holding on to a friendship that isn't there will only hurt you more in the end. Sometimes it will be very confusing, and you won't understand, but try to recognize when their time is up. Not everyone is meant to stay in your life forever. People will come and go, so find the ones that always stay by your side and treasure them forever.

You don't like the person you've become? The only person who can make a change is you. You control your own life, and all it takes is one step in the right direction to get you going.

Let yourself off the hook. Every now and then you're going to mess up. You're going to be "that girl" at the party. You're going to make a bad grade. You're going to accidentally sleep through your alarm and miss something important. You're going to date that guy. So what. Give yourself a break and laugh at your mistakes. Grow from every situation and try to be a better you each day.

Recognize the moments that matter while you're living them. Don't let F.O.M.O. be the only reason you go out. Be present and understand when the time is right, and when it's not be okay with missing out. (except that one night you stayed in and everyone went and climbed on Foy Hall- you





that one.) There will be plenty of parties, but there won't be infinite nights with your best friends. Continue to make your friends a priority because they'll be the ones that'll pick you up when you're feeling lost.

Heart break happens. Cry it out with your girlfriends, eat some ice cream, and pick yourself up the next day. Just because it hurts now doesn't mean it'll hurt forever.

Stop trying to be perfect all of the time. Perfection is an unworthy goal simply because it cannot be met. No matter how hard you try, you can't control everything. Be okay with that sooner rather than later. Keep working hard and good things will happen.

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matter how hard you try, you can't control everything. Be okay with that sooner rather than later. Keep working hard and good things will happen.

Don't stop being a romantic, no matter how hopeless it may seem.

Be confident and remember that you are more than enough. You are smart enough. You are pretty enough. You are talented enough. You are funny enough. And you sure as hell are more than just

numbers on a scale. You are the way you treat your body, so treat it well—physically and mentally.

Be creative, be fanciful, be goal-oriented, be silly, and be hardworking. But most importantly be yourself.

and lastly,

Loving yourself first will be the best decision you ever make.

Relax and enjoy your time, I promise you'll figure it out.

"Stop trying to be perfect all the time. Perfection is an unworthy goal simply because it cannot be met."

SHELBY BAKER
