

A stylized signpost with three signs. The top sign is dark blue with a grid of white dots and the word 'SLAM' in pink neon. The middle sign is dark blue with the text 'Student Liberal Arts Mosaic' in cyan neon. The bottom sign is dark blue with the date 'April 21, 2020' in white. The signpost is set against a background of purple and blue light rays, with a dark blue wavy shape at the bottom.

SLAM

Student Liberal
Arts Mosaic

April 21, 2020

ORDER OF CEREMONIES

IN THE ONE HUNDRED SIXTY FOURTH YEAR OF MARS HILL UNIVERSITY

APRIL 21, 2020

[ONLINE VIA ZOOM](#)

THE FANFARE:

10:30 A.M.

MHU Percussion Ensemble

Performance from SLAM 2019 & other recent years' performances

Dr. Brian Tinkel and Mr. Justin Mabry, directors

OPENING CELEBRATION:

10:45-11:00 A.M.

The Invocation

Ryan Davis

SLAM Committee Student Representative

The President's Welcome

President Tony Floyd

Welcome from the SLAM Committee & Overview of SLAM

Mrs. Joy Clifton

SLAM Committee Chair

PLENARY SESSION

11:00 – 11:45 A.M.

Introduction of the Speaker

Fajhenee Bradford
SLAM Committee Student Representative

Ed Mabrey

Ed Mabrey, actor, author, and speaker, exemplifies the modern-day renaissance artist.

From the page to the stage and the script to the screen, Ed captivates, motivates, and promulgates the performing arts. He is the winningest poet in the history of Poetry Slam—4 World Championships, 5 consecutive Regional Championships, and over 500 wins in his career.

Ed tours the country professionally as a poet, comedian, and professional speaker. Also, an Emmy award winner, Ed has been on Seasons 3, 5, and 6 of Verses and Flow (TV One), as well as appearing on broadcasts on ABC, FOX, HBO All Def Digital, Crackle, CNN, and C-SPAN. Ed was a speaker at 2015 TEDx Dayton and 2017 TEDx Evans Street.

As the 2019 APCA Spoken Word Artist of the Year, Ed has performed at over 100 colleges and universities around the country teaching workshops and conducting seminars. On the comedy front, Ed has opened for DL Hughley, Ian Bagg, Rob Schneider, Roy Wood Jr., Charlie Murphy, and many more.

Ed is a two-time finalist in The World Series Of Comedy held in Las Vegas. Also, he has been the voice of companies ranging from the Ohio State Medical Center to Lexus.



PRESENTATION ABSTRACTS

This year's presentations are being delivered online as video recordings..

To access any presentation, click on the title, which will link you to the presentation, or use the presenter grid at SpringSlam.com.

To access your online passport to document which presentations you viewed, go to

<https://form.jotform.com/201076328726051>

Note: Presentation videos will show as "Private" until Tuesday, April 21, following the plenary presentation.

Study of an Ulnar Collateral Ligament Injury on NCAA Division II Athlete

Bryce Banks

Case study of an ulnar collateral ligament avulsion, elbow dislocation and rupture of the flexor pronator muscle mass at the myotendinous junction, in an NCAA division II athlete. Following the athlete's surgery he underwent rehabilitation, however he had to be careful to not re-tear the stitched flexor pronator longus muscle. The focus for post-operative rehabilitation was restoring range of motion and reducing inflammation. Once the flexor pronator longus was healed and reattached the athlete could begin workouts that involved grip strength and overall muscle regeneration.

The Immediate Effects of Mindfulness on Appraisals

Amanda Benavente

This presentation will focus on different ways mindfulness can impact conflicts, specifically conflict in romantic relationships. The foundation for mindfulness comes from ancient eastern thought and has been adapted for use in modern medicine. Previous research in mindfulness suggests that, overtime, practices can improve individuals' mental and physical well-being as well as their interpersonal relationships. Previous studies have focused on mindfulness as an overall change in a person over long periods of practicing. This research looks at whether short mindfulness practices can also create positive changes. The hypothesis is that a short mindfulness activity will create a more positive appraisal of a relationship conflict.

The Effect of Climate Change on Canine Heartworm in the Blue Ridge Mountains

Kailee Bennett

Dirofilaria immitis, or canine heartworm, is a parasite that infects the heart and lungs of dogs. It is transmitted by multiple mosquito species. Studies show that areas with higher mosquito species diversity have higher rates of heartworm infection. Different mosquito species are acclimated to different environmental conditions. Climate change is allowing some mosquito species to inhabit new areas. This phenomenon is causing an increase in mosquito diversity, and therefore an increase in heartworm prevalence. This study aims to reveal the changes in heartworm prevalence in the Blue Ridge Mountains in relation to the mosquito species present each year and changes in climatic patterns. The results will provide the audience with a better understanding of how to protect their pets against heartworm infection in relation to their local environment.

STUDENT LIBERAL ARTS MOSAIC ... RESEARCH, PERFORMANCE, AND CREATIVITY

Which Witch is Witchier: Why Wicca

Madeline Boles

There is a Wiccan amongst us! (Me!) Wicca is one of the most stereotyped and misunderstood - even intentionally misunderstood - spiritualities in America today. Every week, I spend much time educating persons at MHU about my spiritual commitment to Wicca. So my goal is to provide an introductory education that will include truths and explode myths about Wicca and Wiccans. The presentation will introduce the history, culture, and practices of various Wiccan groups that have arisen in the United States. This will include examination of the first Wiccans, development of Wiccan cultures, and exploration of Western North Carolina regional Wiccan groups. Everyone who hears this presentation will hopefully come away surprised and glad to hear the truth about Wiccans, from a Wiccan herself.

Exploring how maltreatment impacts disclosure among child abuse victims

Mian Brown

There is little research on how specific forms of maltreatment impact disclosure among child abuse victims. Although there are several contributing factors in the disclosure of abuse, this study's purpose was to explore how maltreatment impacts disclosure among child abuse victims in relation to race, gender and age. Data was provided by two forensic interviewers from Kids Advocacy Resource Effort (K.A.R.E.), a children's advocacy center in western North Carolina. Sexual abuse cases are more likely to be referred to these agencies and are more frequently reported. This data was hypothesized to display more disclosure of sexual abuse. To take the research further, race, age, and gender were analyzed to explore the factors that potentially influence disclosure.

Factors that Affect Animal Behavioral Response to Drones

Christopher Brugnoli

Advances in drone technology have provided new tools for field biologists when studying animal behavior in their natural habitat. While drones are less noticeable than humans, drones can also be noisy or visible. The impact of the presence of drones on animal behavior or stress levels has yet to be fully analyzed. In this meta-analysis, I tested what factors affect how high drones must be flown to avoid changes in observed animal behavior. Factors considered were taxa, the weight of the animal, and the type of drone being used. In my meta-analysis I found the factor that had the strongest correlation was the type of drone being used in the study. There was also a correlation with animal taxa as well but not weight.

Breaking the Glass Ceiling: Women's Road to Governance

Maria Castro

Many scholars suggest that women who run for political office win at the same or at greater levels than men. It appears that the issue of underrepresentation is not a result of getting women elected, but rather getting women to initially consider running. This research shows that women do not run for political office due to three types of traditional gender socialization impairments they face when deciding to run for office and, because of this, it affects the opportunity for gender parity. This paper and presentation suggest effective methods for overcoming these barriers through a discussion of the use of programs currently in effect or that have been discussed for the future. The presentation will also provide a reflection of our current political climate and a provide a learning opportunity for people desiring to become more politically active in the future.

STUDENT LIBERAL ARTS MOSAIC

... RESEARCH, PERFORMANCE, AND CREATIVITY

The Act of Restorative Justice: Black Reparations in Various Forms

Jerry Clark

In 1989, Rep. John Conyers of Michigan, introduced House Resolution 40 calling for the establishment of a commission to study the impacts of slavery. Since then, there has been much research into identifying enslaved people, and acknowledging what they endured, but few have investigate their economic value in creating the world which we enjoy to this day. In 1860, enslaved persons, as an asset, were worth more than all of America's manufacturing, railroads, and the productive capacity of the United States, combined. In our legal system, when an injury is committed by someone, there should be reparable steps taken, usually in terms of financial reparation, to restore any damages caused to remedy the harm, however, it is important to note that reparations can involve more than monetary compensation as prescribed in the law. I will discuss the need for, and the various ways our society can benefit from, various forms of reparation in a manner that serves as a form of justice for crimes committed against the African-American community.

The Power of Percussion

Elizabeth Daniel

The Power of Percussion develops a clear understanding of the history of percussion orchestra as there have been no scholarly writings that have included Luigi Russolo, George Antheil, and John Cage together in the history. Throughout the first half of the 20th century, each of these composers advocated for the development of percussion as a legitimate instrumentation choice for composers. These composers embraced the new technologies and industries of that time; and their efforts positively changed the mentality towards percussion-only music. This presentation will introduce the lenses of Futurism and Modernism, discuss each composer's personal influences that guided them to percussion, and present primary source materials and musical excerpts, and provide a clear understanding of the history of percussion ensemble.

Protective Properties of Plant Extracts on *Saccharomyces cerevisiae* Under Stress

Ryan Davis

Excess reactive oxygen species (ROS) produced during cellular respiration may overwhelm cellular antioxidants, causing oxidative stress and mitochondrial dysfunction. The addition of antioxidants can decrease ROS. Plants have antioxidants and other phytochemicals that protect the plants from ROS. This study tested the effects of phytochemicals within *Rhododendron maximum* (great laurel) and *Kalmia latifolia* (mountain laurel) on the viability of *Saccharomyces cerevisiae* (yeast cells) under oxidative stress or heat stress. The results of this research could support the use of these plant extracts as supplemental treatments for multiple diseases.

STUDENT LIBERAL ARTS MOSAIC ... RESEARCH, PERFORMANCE, AND CREATIVITY

Diet and Stress: Can What We Eat Affect Our Moods and Stress Levels?

Danielle Griffin

Can our food intake play a role in our moods? Can what we eat directly affect our stress levels? These are the types of questions that the field of nutrition psychology is working to answer. Recent research suggests that certain diets or food groups can help lift mood, reduce stress, and even reduce symptoms of both anxiety and depression (Molendijk et. al., 2018). The Mediterranean diet, which is mainly comprised of fruits, vegetables, legumes, etc. is one of the leading diets to boost mood and relieve stress. During the Spring 2020 semester, students were recruited to participate in a research survey that takes a closer look at how these questions are reflected on college students.

“The Farmer Has Got to Save Himself:” James McClure and the Farmer’s Federation, 1920-1960

Austin Herlocker

In the 1930s, when much of the United States was suffering from the Great Depression, farmers in Western North Carolina were prospering. The improved agricultural economy in the mountains was due, in part, to the efforts of an Illinois transplant, James McClure, and his cooperative business, the Farmers’ Federation. The federation sold a variety of supplies and equipment at lower costs to its members, educated farmers on the newest farm techniques, and provided fulltime and seasonal jobs for the farming community. McClure’s vision used Progressive Era ideas of both cooperative farming and the religious values of the Social Gospel Movement. Between 1890 to 1920 Progressives sought broad reform politically, economically, and socially, while Social Gospel morals emphasized Christ-like actions to help your neighbor.

The Superpower of Politics: Comic Books in the Reagan Years

Nicholas Hoffman

My presentation analyzes how two comic books (The Dark Knight Returns and Watchmen) used traditional narrative methods (setting, plot, and characters) to denounce the policies and actions of the Reagan Administration (1981-1989). Specifically, it discusses how the budget cuts to certain areas of the social welfare system affected the poor and were portrayed in the comic book characters. I will also show how the Reagan Presidency supported programs that benefited the upper middle class while the lower classes fell through the cracks of the system and never received the adequate treatment that they so desperately needed.

Does Race Matter In Fatal Police Shootings?

Ashley Holland

In the United States, the crime statistics and criminal justice policies, including law enforcement tactics and procedures, are monitored by federal agencies. They are also highly scrutinized by the press and media and watched closely by the public. Because of this, the police officers’ handling of ethnic and racial crime and arrests draws more attention than that of Caucasian’s crime and arrests. Something that is watched and monitored closely is police shootings, especially the fatal shootings of African-American males. The issue explored in this paper is the question of disproportionality. That is to say, “Are there more fatal shootings by police officers of people of color than of whites?” Also, a follow up question is, “What are the factors associated with police shootings of unarmed citizens?”

Utilizing Social Norms Approach to increase sense of Belonging in First Year Students

Kat Kathalynas

The purpose of this study is to examine how a social norms intervention can impact a first-year student's sense of belonging at university. This study identifies the capacity a social norms intervention has on individuals to elicit levels of change. This study further identifies the impact a sense of belonging has on the individuals in conjunction to their perception location within society. Hypothesis: To examine how a social norms intervention could increase a sense of belonging among first-year students, the application of a social norms intervention it will help to establish a group-membership and social identity for first-year students increasing sense of belonging, the social norms intervention will help to establish the beginning of a communal relationship path for first-year students. This study will help to further identify additional steps universities can take to help reduce attrition.

Finding Resilience in Art: How Art Therapy Affects Resiliency in Disadvantaged Children and Adolescents

Katie Lanier

Resilience is a part of development where one has the ability to overcome and process adverse or traumatic experiences by using coping skills and other resources to diminish the negative effects of those experiences. This is important because research shows that many people experience at least one adverse or traumatic experience in their lifetime. Adverse experiences, especially during childhood, can create significant challenges to cognitive, emotional, and behavioral functions and decrease an individual's well-being and resilience. Preventative care focused on resilience can ease the negative impacts of adverse childhood experiences. Past studies suggest that art therapy interventions may be a way of promoting resilience while diminishing the negative impacts of adversity. This presentation will uncover the connections between adversity, resilience, and how continued research in the field of art therapy may provide a channel of healing, hope, and preventative care.

Microbial Warfare: Bactericidal Effects of Oxidative Stress

River Medlin

As infectious agents mutate and adapt to overcome modern treatments, the need for new, innovative, and effective therapy increases. Drug resistance is on the rise, and it is critical that antibiotic innovations stay ahead of drug resistance organisms. There are a variety of bacterial species that cause disease among humans. An increase in treatment options promotes the future of microbiology and health care. One idea to combat microbes is to induce toxic metabolites, specifically reactive oxygen species (ROS), that promote cell death. Correlations between different classes of antibiotics and ROS formation have been observed. If each of these classes of antibiotics possess a common alternate pathway that produces antibiotic-related oxidative stress, then it may be possible to utilize such alternate pathway as a means of combating bacterial disease.

STUDENT LIBERAL ARTS MOSAIC ... RESEARCH, PERFORMANCE, AND CREATIVITY

The Effects of Visual Art Production on Cognition

Jessica Minton

Creating art activates every lobe of the brain and many perceptual processes, when we do not even realize it. Art provides many benefits to the brain such as increasing neurogenesis and stimulating connectivity across the brain. This cognitive stimulation has been shown to promote certain brain functions such as memory, decision making, flexible thinking, and object recognition. In this presentation I will be sharing my research on how a visual art activity can alter different cognitive functions and what specific functions changed or stayed the same. I used the Brain Gauge tool, the same one used for concussion assessments, to measure cognitive performance in my participants. My hypothesis was that visual art activities would increase speed of processing, focus, fatigue, accuracy, plasticity, connectivity, and an overall score in college students.

Clean Drinking Water: A Century of Concern

Jacob Oakes

The 1960s brought in a new wave of environmental awareness. University students protested the immoral practices of large industries that exploited the Earth and Rachel Carson published her book *Silent Spring* which served to inform people on the issues that pesticides were causing in the environment. This era serves as a time in which many people reflect on as an era of discovery, that these issues were being discovered and revealed to the public for the first time. Surely while events such as Carson's book brought issues of environmentalism to a large population, there is evidence that these issues were being written about and published long before her publication. By examining the issues of clean drinking water, it is revealed that many government officials and researchers were concerned with environmental destruction well before the era of the 60's.

The Effects of Art Participation on Mood

Allison Tomlin

The purpose of this presentation is to look at the effects of participating in an art group on mood in relation to a person's personality. In this study, two groups were used to see if art would impact mood. I predicted that individuals participating in an art experience would report more positive moods than those in a group who did not make art. Research has suggested that artistic endeavors may have positive effects on individuals and that this is different for various personality types. I will be sharing results and the implications of the study. It is important for individuals to know that participating in art activities can be a potentially beneficial way to help reduce stress and to provide self-reflection opportunities, especially in times where it may feel impossible to escape the distressing realities of the world.

STUDENT LIBERAL ARTS MOSAIC ... RESEARCH, PERFORMANCE, AND CREATIVITY

Herbarium Databasing and Bailey Mountain Preserve

Amber Towles

An herbarium is a collection of plants that are dried and pressed to preserve what a plant looks like. Herbaria have many uses, including a record of where different plant species occur, the timing of plant growth and development, characteristics of the plant's environment, and how all of these change over time. This information can be useful in many contexts, including for land management. My work is aimed towards examining what plant species exist in Bailey Mountain Preserve, where they are located, and providing information about what areas of Bailey Mountain need to be further surveyed to capture plant diversity in the preserve.

Biodiversity Representation in Refuges Along the Eastern Seaboard

Amber Towles

Biodiversity is the variation of species within a given location. Unfortunately, many species are going extinct due to human influences. Conservation efforts have been put in place to help lower the effects on nature from human impacts. One of these efforts was the establishment of wildlife refuges. Refuges provide a safe haven for species as well as provide opportunities for people to experience nature. My research was aimed towards knowing how various taxonomic groups were being protected along the eastern seaboard in wildlife refuges run by the U.S. Fish and Wildlife Service in order to determine the level of taxonomic diversity being protected by these refuges. I utilized the comprehensive conservation plans available through the U.S. Fish and Wildlife services to compile lists of species that are endangered, extinct, or of conservation concern that were then analyzed to determine taxonomic representation in the refuges.

The Impact of Juvenile Misdemeanor Deterrence Programs and Intervention

Heather Yochim

Everyone hears stories about how once juveniles start "going bad," there is no way to stop them from continuing their actions. The purpose of this presentation is to show how juvenile misdemeanor prevention programs and intervention can improve juveniles thinking, relationships and their self-control. In addition, show that these programs can help steer juveniles away from committing crimes in the future. This information was gathered through participants in the Juvenile Diversion Program in the Justice Resource Center at the Buncombe County courthouse in Asheville. The data gathered is from a pre-survey that is given to the participant before they start groups and the program. They are then given a post-program survey that asks the same questions to compare their responses. The survey asks questions related to thinking, relationships, and self-control. Different aspects of the survey are analyzed through SPSS and compares pre-scores to post-scores.

ARTS BREAKS

Bailey Mountain Cloggers: Individually Unique, Together Complete

Allyson Puckett, AnahBelle Hall, Augusta Holder, Bailey Clayton, Courtney Baswell, Dayleigh Martin, Enrique Rodriguez, Hannah Auriemma, Hannah Batten, Jackie Freeman, Makenzie Osborne, Mian Brown, Naomi Jack, Olivia Heim, Taylor Davis, Travis Davis, Tèa Pennell

The Bailey Mountain Cloggers began in 1974 by students at Mars Hill University. The purpose of the dance group was to continue the traditions of the Southern Appalachian Dance and Music that began in this region of the North Carolina Mountain years ago. Today the group continues these traditions of Smooth Mountain Square Dance, Kentucky Running Set Precision, Buck Dancing, Flatfooting, and Drag Slide Clogging. The Bailey Mountain Cloggers want to teach, and share what we do throughout the entire year. BMC practices, performs, competes, and travels all year long (the entire school year as well as international traveling through the summer)! Some of our athletes will share their personal experiences they have had while on the team. We traveled to Portugal and Ireland back in August, 2019 and won our 28th National Title back in October, 2019. This presentation will showcase some of our performances overseas, as well as share what the team goes through to allow a concert/competition/performance occur.

Cadenza

A'Mera Bellamy, Kendall Bines, Ryan Davis, Natalie DeBruhl, Indiana Rotundo

The Cadenza Art and Literature magazine is a student-led magazine that exhibits student art and literature. We will be discussing the editors' process and hearing from some of our featured artists and writers about their works and their creative processes during our SLAM Session.

Woodwind Ensemble

Danielle Fann and Hannah Shoaf, flute; Tailynn Pardue, oboe; Kari Gibson, Joyner Myers, Cailyn Plummer, and Abigail Wilson, clarinet; Luke Millsaps, alto saxophone; J.P. Pearson, tenor saxophone; Tyler Reese, baritone saxophone; directed by Misty Theisen & Alan Theisen

The Mars Hill University Woodwind Ensemble, under the direction of Prof. Misty Theisen and Dr. Alan Theisen, proudly performed at ten area schools during the Spring 2020 MHU Band Tour. The work you'll hear is Tico Tico composed by Zequinha de Abreu in 1917. It has been arranged for several different musical ensembles. Our version features Danielle Fann, a junior music education/music performance double major, on piccolo.

OTHER APPROVED ABSTRACTS

The following presentations were approved for inclusion in this year's SLAM, but due to impact of the coronavirus pandemic on the academic schedule, were not able to be completed.

Where is the United States' "Folkhemmet" (People's Home)? A Comparative Study Between Sweden and the United States

Christine Foresha

Currently, in the US political figures are running national campaigns with platforms supporting universal programs. In the last 100 years the US has seen many social movements looking to obtain negative rights for disenfranchised peoples and while many of those fights are still happening, the current fight for positive rights, like the right to healthcare and free education, is relatively new. Under the US constitution, though, no such rights are guaranteed to its citizens; so how does the government implement such policies if there are no binding laws that press them to? The US constitution is not unique in this lack of explicit positive rights for its people, states, such as Sweden, have similar constitutions but have been able to pass legislation that provides their citizens with universal access to various programs; see healthcare and education. Both states have negative right-oriented constitutions but differing positive right outcomes. Many theories seek to understand why this is including Robert Putnam in "Bowling Alone: The Collapse and Revival of American Community" where he discusses social capital and its effects on community health. Putnam laid a foundational theory that many authors have expanded on and even applied to other states, such as Sweden, to explain the level of sociability within communities and as a reflection of states sociability as a whole. This essay seeks to expand on Putnam's theory and the various literature surrounding social capital to explain why the US is still fighting for positive rights in relation to a state who has thrived as an outcome of positive rights.

Gender Bias Among Patrol Officers: The Causes and Effects

Dean Fox

Gender bias can be defined as a preference or prejudice of one gender above another. It is something that can exhibit in conscious and unconscious, plain and discreet forms. The civil rights act of 1972 is one of the largest monumental acts that aimed at eliminating gender bias and promoting the equality of sexes. The current presentation focuses on existing literature that has explored the causes and forms of gender bias in the law enforcement field. I will highlight the adverse effects that arise in male and female officers from the experiencing gender bias and discuss policies and procedures that have been enacted in order to help protect from and prevent gender bias from occurring in the law enforcement field.

Understanding Fort San Juan and the Town of Joara Through Archaeology

Malik Frost

This presentation gives background on the town of Joara and Spanish Fort San Juan using evidence discovered through archaeology. Joara was a Native American town whose inhabitants were part of the Mississippian culture. The town was located in present-day Morganton, North Carolina. Juan Pardo built Fort San Juan on the same site in 1567. The Joara and Fort San Juan site offers historians and archaeologists a glimpse into one of the earliest sustained interactions between the Spanish and Native Americans in this country. I will present discoveries made while I attended the summer 2019 Exploring Joara Foundation archaeological field school.

STUDENT LIBERAL ARTS MOSAIC ... RESEARCH, PERFORMANCE, AND CREATIVITY

The Establishment of a Native Prairie on Mars Hill's Campus

Claire Jones & Rachel Lowry

Prairie ecosystems occupy in less than 1% of their historic volume and require human intervention in order to avoid extinction. Prairies are dry grasslands which lack trees, and are often managed by fires. They support diverse plant and animal species, including important pollinators, birds, and small mammals. In collaboration with the Grounds Team, we are beginning the process of establishing a native prairie on Mars Hill's campus. We will examine the effectiveness of various establishment techniques including deep cultivation of soil, black shade cloth, and clear plastic used to trap heat. We will quadrant off the site and examine various methods of seeding as well, such as seed dispersal and planting germinated seeds. Our motivation for creating this prairie on campus is to provide a subject of study for science classes, improve sustainability of grounds maintenance, increase local prairie species diversity, and create a place for people to remove themselves from everyday life and step out into nature.

Exploring Ethical Service: Serving tornado victims in Nashville, Tennessee

Joyner Myers, Kayla Durette, Kelly Jakaitis, Naomi Llamas, Veronica O'dette, Sadie Taylor, Sarah Boler

Several MHU students traveled to Nashville, TN, during Spring Break to serve the people of North Nashville who had been hit with a devastating tornado just a week earlier. The students' journey to Nashville and their service experience was based on the principles of ethical service which include: demonstrate humility, ensure service is community-led, make service reciprocal, and engage in reflection and action. The group will share their experience in Nashville, discuss ethical service, and explore issues that were highlighted during their service including gentrification and the vulnerability of people living in poverty.

MixedFit

Michaella Simmons & Maggie Reigle

MixedFit is PEOPLE-INSPIRED dance fitness program that incorporates explosive movement and bootcamp toning (bodyweight toning). There are five key differences that make MixedFit different from Zumba. They are that: We are PEOPLE-INSPIRED, We play all genres of music – our lyrics are always in English, Our moves are repetitive and easy to follow, We make sure we focus on toning when dancing, and Everything we do is EXPLOSIVE. I decided to become an instructor and take the required class to acquire my license because I wanted to express my passion and shared my excitement with you. MixedFit provided an alternative exercising route for me. I went to the gym on a fairly regular basis, but sometimes I found it hard to complete a workout because of a number of reasons. I love to dance. Dancing is apart of my blood because it is one of the main routes I truly express who I am. That is why I have brought MixedFit to you. I want you to be able to express yourself, laugh with your friends, and not give a care in the world who is watching you. MixedFit is a judgement free zone. I have a zero tolerance policy for it. If he or she wishes to dance the way their bodies feel free to move more power to them. MixedFit is here to empower and help people grow inside and outside.

STUDENT LIBERAL ARTS MOSAIC
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THE SLAM COMMITTEE

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