

MESSAGE

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Murphy said to become a registered massage therapist she had to go through school and receive training.

"You need to know a lot of anatomy and physiology," she said. "It helps because you can find and feel where the problem is and instead of just treating the problem you could fix it. You can go in and feel a muscle spasm or feel the pulse in the brain and help to stop migraines. More and more people have been coming to us for migraines."

"It is getting back to the roots before science and drugs," Murphy said. "It is more personal. It is important for everyone to get a full body massage. It relaxes you and helps with your blood flow."

Murphy said touch is healing and it makes everyone feel better.

"Since we were little we have been told, 'do not touch other people,'" she said. "Everybody thinks a hug makes them feel better, but we don't let people touch us. Touch can make you feel better."

Victoria Pons, a junior business major, said she had her first massage after she got into a car accident.

"After a car accident, I had to go to a chiropractor, and having a massage was part of my rehabilitation," Pons said. "It was to relax the muscles because I had whiplash. I needed it for my back and shoulders."

"It helped a lot with my day to day activities," she said. "It helped with the soreness and the stress from the day. It was really relaxing."

Pons said she had to lie stomach-down on a special table.

"There was a cut out for your face to fit," she said. "They put this cream on you and it would heat up. Then they would rub the muscle to take away the soreness. Once they start working, you start drifting in and out of sleep. But you feel so refreshed; it is like you had slept all night and that you can take on the rest of the day."

Pons said from her experience with massage at the chiropractor's she recommends students to get a massage.

"It did not feel weird having them touch you," she said. "You know that they are professional, and in my case they were nurses and medical personnel so it made me feel even more comfortable. There are some students who definitely need to have massages. They need the help."

With the beginning of finals rolling around Friday, students are picking up tips to help them stay up and conquer their finals.

However, most students would not consider the relaxing techniques of a massage.

So, when the back begins to ache from the all-nighters and those shoulders become twisted into knots, think about squeezing in a massage before the noon molecular genetics final.

JAZZ

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"As we get bigger and better we hope to expand the organization and make sure all great jazz musicians are in the jazz band," he said.

Farrell also said the group's main goal is to "let

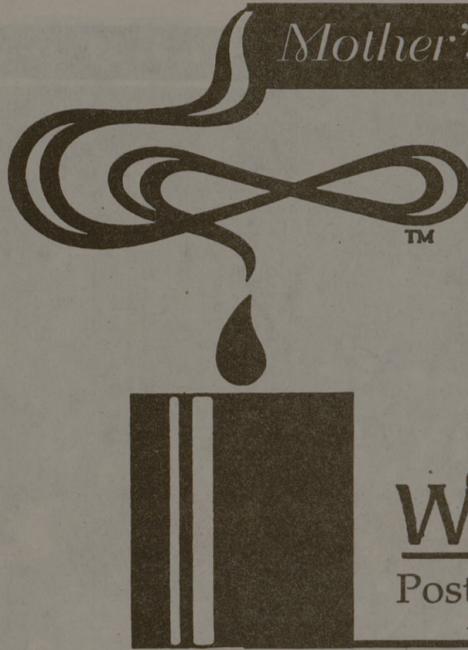
people know we're out there."

Douglass agreed the ensemble is just getting started and having a good time.

"We're just having fun," Douglass said. "Right now we are just trying to get our name out."

If interested in booking the jazz band or buying the CD, contact Derrick Farrell at 847-1539.

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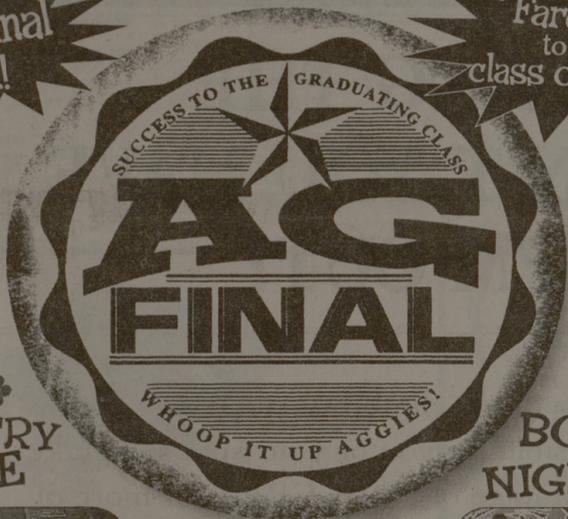
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