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JMU'S AWARD-WINNING NEWSPAPER SINCE 1922

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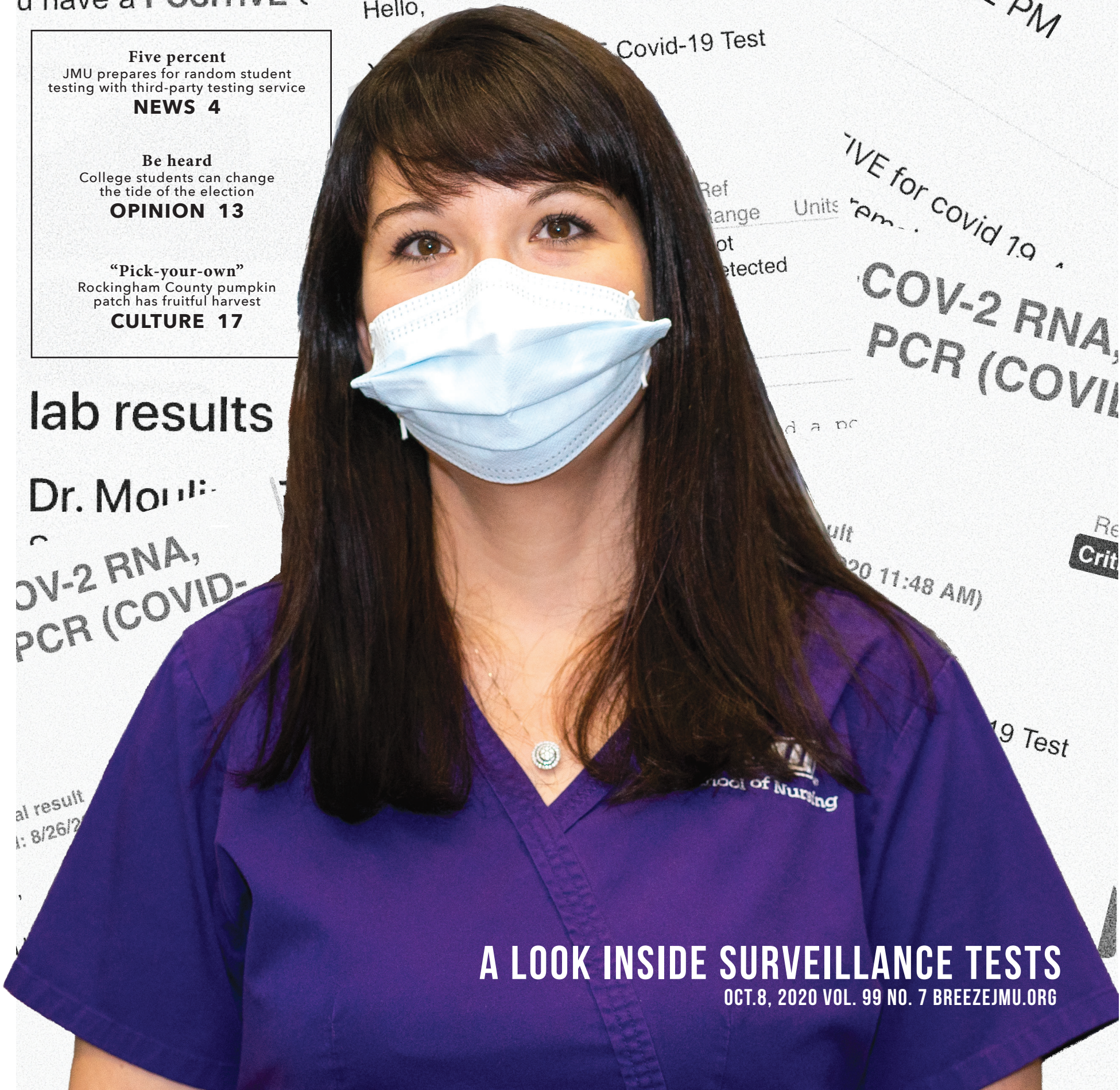
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A LOOK INSIDE SURVEILLANCE TESTS

OCT. 8, 2020 VOL. 99 NO. 7 BREEZEJMU.ORG



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Thursday, October 8, 2020



Random surveillance testing began Oct. 5.



Students will be sent an email with assigned testing dates. Photos courtesy of Tribune News Services

Testing will occur Mondays in Madison Union room 502. Photo illustration by Tristan Lorei / The Breeze

AT RANDOM

JMU introduces surveillance tests to monitor COVID-19 cases

By **KAMRYN KOCH**
The Breeze

An email notification popped up on students' phones and laptops in the afternoon Sept. 18 announcing the news — in-person classes are returning Oct. 5.

Listed in the email were additional measures to the university's original reopening plan to prepare for students to come back. The first change on the list was to launch a mandatory COVID-19 surveillance testing program for on-campus students once they arrive.

In an email, Vice President for Student Affairs Tim Miller said 5% of each residence hall will be tested weekly until Thanksgiving break. He said the Office of Residence Life will compose a list of all students with a 2020-21 housing contract who are on campus and that students who've withdrawn from the university or are in isolation spaces will be removed from the list. Athletes will also be removed from the list, he said, because they're being tested separately.

Once students are selected, Miller said that the Surveillance Testing Team will email them the Tuesday prior to their intended test day, which will be the following Monday. He said this email will contain information about the testing site, the test itself, what to

bring with them, exemption forms and how to sign up for their appointment. He said students will receive a reminder the day before their appointment.

"The purpose of surveillance testing is to monitor the current state of the pandemic," Miller said in an email. "We can use this testing to monitor things like whether the virus is moving into a new area, affecting some groups of people more than other groups or whether its prevalence is increasing or decreasing."

Miller said in an email that surveillance testing will occur every Monday from 9:30 a.m. – 12 p.m. and 12:30 p.m. – 4 p.m. at 502 Madison Union beginning Oct. 5. There'll be 12 30-minute time slots with 25 people in each slot, he said, and the maximum occupancy at the site is 40 people.

In an email, JMU Director of Communications and University Spokesperson Caitlyn Read said the university partnered with ARCpoint Labs to provide data entry and collection services for the surveillance testing. ARCpoint's website states that the company is "following all recommendations and safety protocols put in place by federal agencies to ensure ... safe service." ARCpoint Labs' Salem location is the collection services provider for Virginia Tech and Roanoke College, and in addition

to universities, it provides testing services to government agencies and companies throughout southwest Virginia.

"As we examined the need for this type of testing, we looked to our colleagues across the Commonwealth and had heard that VA Tech and Roanoke had a good experience with ARCpoint," Miller said in an email. "This led to us reaching out to them."

The original email sent to students introducing the surveillance testing stated that JMU won't be testing all students prior to their return to campus. The reasoning behind this that the email provided was because research and the Centers for Disease Control and Prevention have asserted that "entry testing has no sound basis in science and is a misuse of testing resources."

However, junior sports and recreation management major Kevin McTiernan said he feels differently. He said JMU should've tested all the on-campus students who've gone home during the in-person closure to make sure they're not bringing COVID-19 back with them once they return.

"I don't feel like this is a smart or effective way of testing kids," McTiernan said. "What legal obligations do they have to randomly test us?"

McTiernan said he lives in Paul Jennings

Hall, where he's been able to stay after most on-campus students were sent home. He said he's worried cases will spike once students return to campus. The original email sent to students said surveillance testing will help the university "get ahead of potential outbreaks."

Miller said in an email that students who don't schedule an appointment or don't attend their assigned testing day will be automatically assigned to the following week's date. Failure to go to their second testing day, he said, may result in a hold on their student account.

Surveillance testing may eventually expand to off-campus students. In an email, Miller said once testing for approximately 40% of the on-campus population is completed, the university plans on extending surveillance testing to off-campus students.

"We believe the addition of surveillance testing is an important step to monitor the health of our community by getting a sense of the virus," Miller said. "As part of a comprehensive approach to returning, I believe this can really make a difference."

CONTACT Kamryn Koch at kochkr@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

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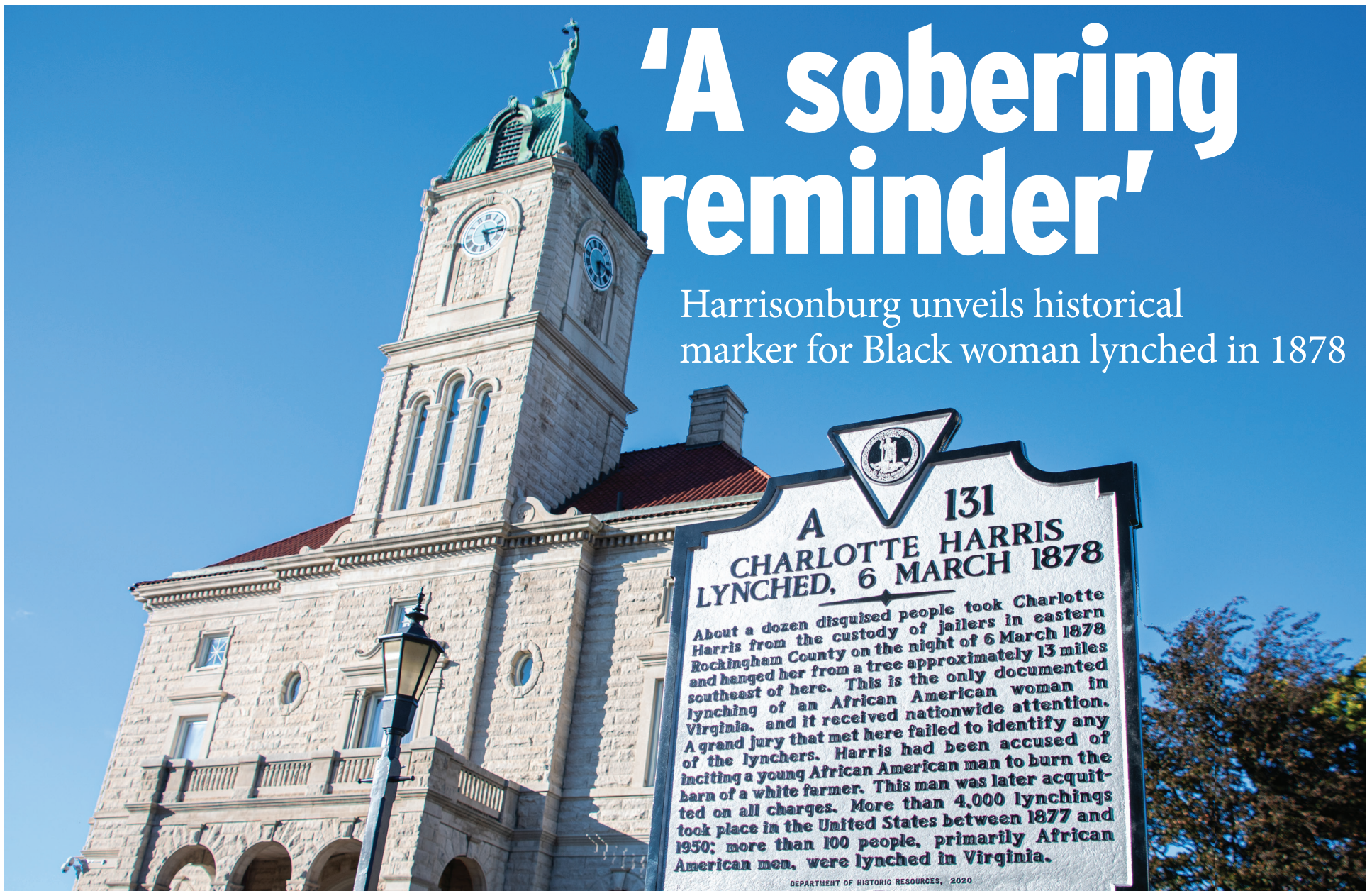
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'A sobering reminder'

Harrisonburg unveils historical marker for Black woman lynched in 1878



Harris was kidnapped and lynched while awaiting trial after she was accused of inciting a Black boy to burn a barn, who was later acquitted. Christine Brady / The Breeze

By **ASHLYN CAMPBELL**
contributing writer

A historical marker honoring Charlotte Harris, a formerly enslaved Black woman who was lynched in Rockingham County in 1878, was unveiled Sept. 26 in Court Square.

The marker was unveiled after it was approved by the Virginia Department of Historical Resources (DHR) in June. JMU professor and member of the Harrisonburg Community Remembrance Project Gianluca De Fazio has worked with community members to have this marker installed since 2017.

"She was a person no matter what ... she was a person with aspirations and dreams that we'll never know about," De Fazio said. "All of her basic rights were completely denied ... the justice system failed her."

Harris was kidnapped while awaiting trial and lynched after being accused of inciting a Black boy to burn a barn, who was later acquitted. Harris is the only known Black woman that was lynched in Virginia.

A grand jury in Rockingham County in 1878 said it wasn't able to identify Harris' killers.

"It was a community event, it wasn't just a simple murder," De Fazio said. "This was an act of terrorism to intimidate the African American community in this county."

In 2017, De Fazio said he met Steven Thomas, part-time staff and restorative justice coordinator at the Northeast Neighborhood Association, after he conducted research on lynchings in Virginia and couldn't find much information about

Harris. De Fazio said he began meeting with Thomas to keep Harris' story alive.

"We really know very little about her ... not a single newspaper article mentioned her age, if she was married, if she had children, if she had any relatives — her story is completely in the background," De Fazio said.

The Harrisonburg Community Remembrance Project was created in 2018, with representatives from institutions in Harrisonburg and Rockingham County. The committee consists of De Fazio, Thomas, JMU professor Sarah Zurbrigg, county representative Bradford Dyjak, city representative Amy Snider and Vice-Mayor Sal Romero.

"The idea was trying to find ways of how we could honor Charlotte Harris," De Fazio said. "We quickly found the idea of the historical marker to be an important first step."

De Fazio said the committee arranged a

proposal to send to the Virginia Department of Historic Resources (DHR). The

application was sent last year and approved in June after the DHR vetted the historical information and approved the marker, he said.

"It's a sobering reminder of the untold history that really resonates with the community at this time," Bradford Dyjak, the director of planning of Rockingham County, said. "It's really brought an awareness to a really horrific and dark chapter of ... our collective history."

De Fazio said that he was pleasantly surprised by the support of the City and the County in the creation of the historical marker. He said there were unanimous votes on both the City

and County level for the marker, and they showed their commitment to the project.

"Her story was not told, we're only recently, properly, remembering her," Dyjak

"She was a person no matter what ... she was a person with aspirations and dreams that we'll never know about. All of her basic rights were completely denied ... the justice system failed her."

Gianluca De Fazio

JMU professor and member of the Harrisonburg Community Remembrance Project

said. "She was not able to write her own story."

Amy Snider, assistant to the city manager, said that it's important to acknowledge and discuss the horrific and traumatic historical events in order to create more just communities.

"The purpose of the historical marker ... is to provide everyone in the community exposure to the shared history of racial injustice in our community as well as to memorialize Charlotte Harris and elevate her story," Snider said.

Both Snider and Dyjak emphasized the impact that De Fazio and Thomas had on the project before the committee was assembled. Snider said it was an honor to take part in the committee as a representative for the City.

"It was a good opportunity to collaborate with our community partners as well as the City and JMU, to find the appropriate means to remember Ms. Harris' life and then also the legacy of the unfortunate and horrific incident," Dyjak said.

De Fazio said that it's important to look at the long history of oppression for African Americans and connect it to issues in the present day.

"Look at [the marker] as a form of warning, when people think that they can take justice into their own hands ... and doing so with impunity," De Fazio said. "That is a very very dangerous message, it's something we should never repeat."

CONTACT Ashlyn Campbell at campbeab@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



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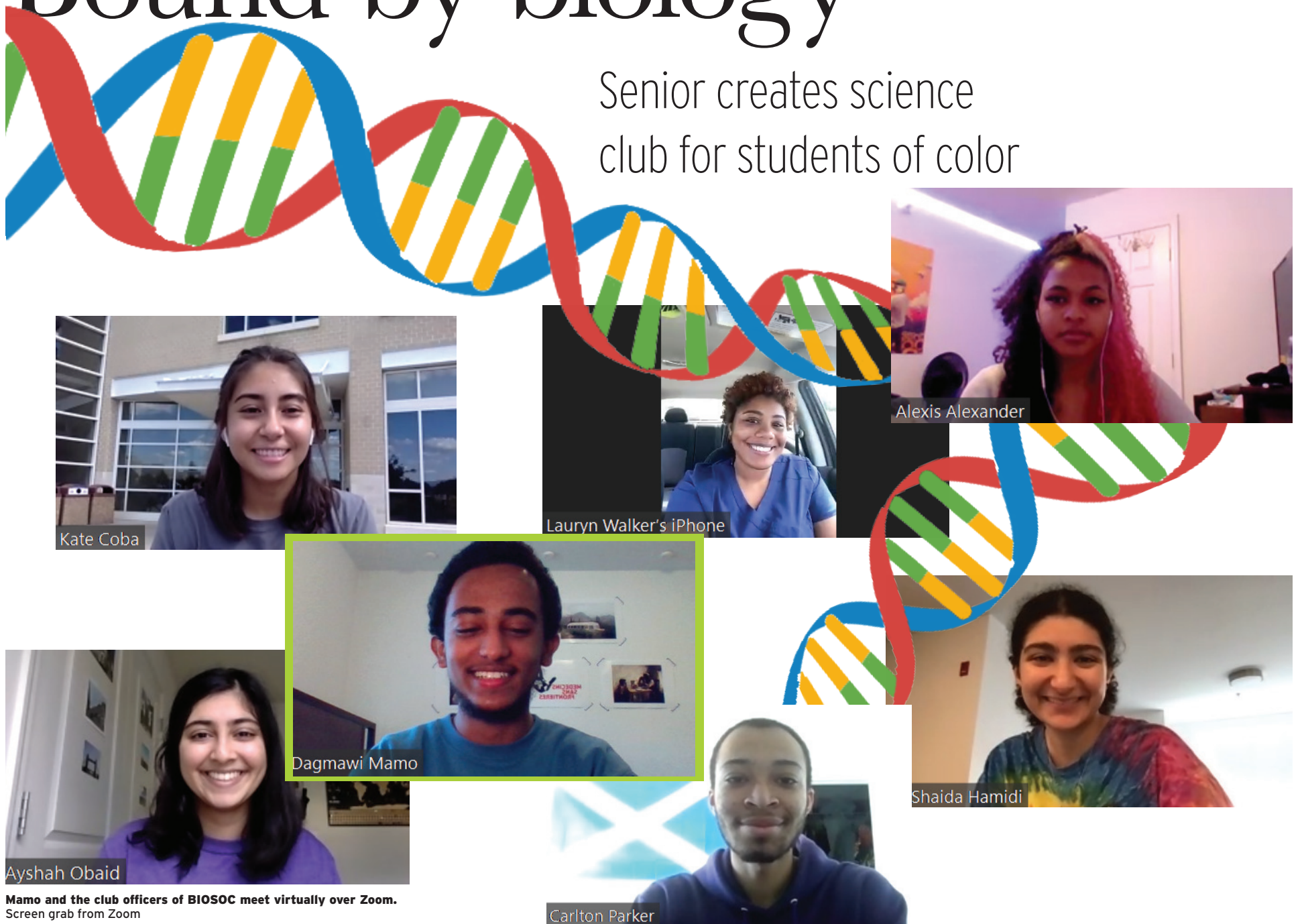
Thursday, October 8, 2020

**BLACK
LIVES
MATTER**



Bound by biology

Senior creates science club for students of color



Mamo and the club officers of BIOSOC meet virtually over Zoom. Screen grab from Zoom

By **KAMRYN KOCH**
The Breeze

Dagmawi Mamo transferred to JMU from Northern Virginia Community College in 2019, excited to pursue a major in biology. However, he said he realized that reality wasn't the same as what was depicted on university brochures.

"As soon as I started going to my classes, there was a very glaring disparity when it came to the numbers of students of color compared to white students," Mamo said. "I almost felt like I got misled by false advertising."

It was during a meeting with biology professor Rocky Parker, Mamo said, that he first brought up this issue. Parker then connected him with department head Casonya Johnson, who suggested creating an organization for biology students of color. After discussing the club with Johnson and another student, Mamo said they decided to put things in motion.

Mamo said he waited outside of his biology classes to ask students of color if they'd be interested in joining the organization. As the club began to gain members in the spring, Mamo said he wanted it to be officially recognized, but they missed the deadline by a couple weeks. So he and other founding members met virtually nearly every week over the summer to build a solid foundation for the fall semester.

Now a fully recognized and running

organization, Biology Students of Color has about 40 members following its interest meeting last week. Mamo, senior and president of the club, said faculty and other clubs for students of color have helped spread the word about BIOSOC, which has helped build membership. He said the enthusiasm and number of responses to the organization's interest forms were encouraging and exciting to see.

"That kind of showed to us that this wasn't just a random thought that came to us," Mamo said. "It was a need that other students were looking for."

Mamo said BIOSOC's mission is to support students of color in the biology department by providing them with resources to "better gear them for success." He said the first half of club meetings will be a workshop where members are provided with research and internship opportunities. This half may also have career exploration activities or guest speaker presentations. Founding member and co-chair of events Alexis Alexander said

she's excited to come up with activities and help create an inclusive space for people of color in biology.

"From personal experience, we have seen that there's not much representation of people of color in the STEM field," Alexander said. "We want to make sure that people of color at JMU understand that we're here for them."

"We want to make sure that people of color at JMU understand that we're here for them."

Alexis Alexander
Founding member and co-chair of events

The second half of meetings, Mamo said, will focus on bonding with one another and having discussions about what was presented in the first half. He said this will help build a stronger community for biology students of color.

In addition to preparing for the fall semester, the founding members of BIOSOC crafted a statement in response to the murder of George Floyd and other Black individuals who were victims of police brutality over the summer. They sent this letter to the university, and Mamo said this created recognition for their club by JMU administration and faculty before BIOSOC was considered official. Johnson

said this transformed the organization's mission to include anti-racism, which she said is important in establishing a community for students of color.

"Giving those students the support they need includes anti-racism, anti-violence, and inclusive learning and an inclusive environment all the way around," Johnson said. "Something beyond words — something that's actually substantive that they can feel they're going for."

Though many of the founding members are seniors, Johnson said they're thoughtful of the needs of future freshman classes and that they want to create an organization that'll help students all four years. Alexander said she hopes BIOSOC will continue to grow both at JMU and elsewhere. What they accomplish, she said, may help their mission become more widespread.

"Hopefully we'll inspire other colleges to do the same thing that we're doing," Alexander said.

BIOSOC plans to meet on the first and third Wednesdays of every month over Zoom. Its first meeting was held on Oct. 7.

"It's an incredible honor and something that brings me so much joy," Mamo said. "This, to me, feels like making my mark at JMU."

CONTACT Kamryn Koch at kochkr@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



Students didn't have the opportunity to wander the streets overseas this past summer or fall. Courtesy of Tribune News Services



During the spring semester, hundreds of JMU students had to fly home because of the coronavirus. Courtesy of Tribune News Services

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The future of study abroad uncertain

JMU to make decisions on what future study abroad programs will look like

By **MAGGIE RICKERBY**
contributing writer

Hundreds of students were making packing lists and updating their passport photos in anticipation for studying abroad this past summer and current fall semester — then COVID-19 came. In response to the pandemic, JMU has canceled dozens of study abroad programs, and now some wonder if studying abroad will be feasible anytime soon.

Study Abroad Director Taryn Roberts said that there hasn't been an official decision made if studying abroad will occur this year. However, students will be notified of the university's decision by Nov. 1 — the same day study abroad applications are due.

"We are monitoring things daily, weekly, we're really looking at the landscape of countries abroad where our students will be studying," Roberts said. "We're, of course, looking at travel regulations, guidance from health officials, seeing what other institutions are doing to help guide us in some of our decision making."

Several people are involved in this decision-making process, such as Interim Executive Director of the Center for Global Engagement Dietrech Maune, JMU senior leadership, health professionals and program coordinators that live in the study abroad countries.

Some students expressed concern if

signing up to study abroad is worth spending money on something that's uncertain. Roberts said that the study abroad program will have safeguards in place for students and that they plan to provide updates to students before they make any financial commitments to programs.

Regarding applications, Roberts notes that there's been a slight decrease in applicants as of this point in the cycle compared to years past. However, she said that over 700 students registered for the virtual information sessions that took place from Sept. 28 to Oct. 2. She said during many of these sessions, students had questions about the future of study abroad during the pandemic.

"We're trying to share what we can with students and let them know that we're committed to running programs when it is safe to do so," Roberts said.

Mackenzie Bosco, a senior geographic science major, was studying abroad during

"I definitely want to go back to Europe and travel more and do whatever I didn't get to do when I was sent home."

Mackenzie Bosco
Senior geographic science major and former study abroad student

her spring semester of 2020 when she suddenly had to cut her experience short. Bosco was approximately two months into her three-month study abroad program in Florence, Italy when she was sent home due to concerns surrounding COVID-19.

Despite an early end to her study abroad experience, Bosco said JMU was accommodating with refunds, reimbursements and even gave her a week off of classes from her sudden return home, in addition to the week of spring break she had already enjoyed.

Bosco also said she doesn't think she'd study abroad again due to the cost, but hopes to continue traveling soon.

"I definitely will go back to Europe," Bosco said. "I definitely won't be doing a study abroad program with the school just because it's so expensive ... I definitely want to go back to Europe and travel more and do

whatever I didn't get to do when I was sent home."

Kat Sparagno, a junior media arts and design major, is planning to go on the Los Angeles trip in summer 2021. She said that she has concerns about applying to study abroad during the pandemic.

"There's a possibility that I apply and then maybe the programs get altered or canceled all together, but I am just going to try anyways and go from there," Sparagno said.

Sparagno decided to apply to a program in the U.S. rather than out of the country after weighing the pros and cons of both.

"I am looking into more in-country study-away programs because I feel like they're more likely to happen because a lot of travel outside the U.S. has been banned," Sparagno said.

While there hasn't been an official decision made on whether or not upcoming study abroad programs will occur, Roberts said, "We are hopeful that we will be able to continue with study abroad sooner than later."

Connor Murphy and Carley Welch contributed to this report.

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PARK IT

JMU offers various parking pass options as students return to campus



A total of 2,558 parking passes were returned to parking services in September. Breeze file photo

By **EDA TERCAN**
The Breeze

Despite JMU's refunds for year-long parking passes earlier this semester, new parking permit options are available with the return of in-person classes at JMU on Oct. 5.

In an email sent out Sept. 28, parking services said the new options to purchase include a \$70 permit valid through Nov. 20 — the last day of school before Thanksgiving break — and a \$113 permit valid through Jan. 15. Both types can be purchased as a commuter or resident permit. Field Operations Manager for Parking Services Ben Lundy said the options were made available for students who don't plan on returning to campus after Nov. 20.

When classes moved online, students were offered the option of returning their permit to parking services for a full refund. Lundy said that when they offered the permit refunds, they processed a total of 2,558 returns of the 6,640 students who had parking passes.

"It was up to the individual student whether they wanted to return their permit based on their own circumstances," Lundy said.

Lundy said that 1,242 permits have been sold as of Oct. 7.

The permits valid through Nov. 20 have to be printed and displayed on the dashboard, while the semester permits are the same stickers as usual. Permits purchased at the beginning of the semester that weren't returned before the transition to online classes remain valid.

Sarah Holz, a junior nursing major, returned her parking pass for a full refund in September. She said she sought out a refund because she "wasn't sure if students would get to come back or if we would be required to buy a new one."

In order to return the pass, she had to scrape the sticker off her car and bring it to the parking service's office.

"I thought money-wise, it would make the

most sense to return it," Holz said.

Despite now having to buy a new pass, she said she still thinks it was a good idea for JMU to allow refunds and would've done it regardless of returning to in-person instruction.

A limited number of permits are available to freshmen on a first-come, first-served basis in order to make it easier for freshmen to be able to leave campus. The price and length of time for the permits are the same as all other student parking permits.

"Understanding that families face an unusual set of circumstances this year, we felt it was important to provide increased flexibility in their transportation options so that they can make arrangements for students to return to and depart from campus," Lundy said.

With these permits, only available for the fall semester, freshmen can park in lots R2 and R10 on Port Republic Road.

Freshman undecided major Joshua Brewington said he wished that the university allowing freshmen to have parking permits was a permanent change.

"If we were allowed to have a car, it would just make things so much easier," Brewington said. "We could leave whenever we want."

While Brewington said he won't be getting a pass, he said that the change is a great idea because it'd make "everything more convenient."

All parking regulations return to normal Oct. 8, so students who have in-person classes and want to park on campus need to have a parking permit by that date or they may be ticketed.

With in-person classes returning and some remaining virtual, students have been given the choice to decide if they want to buy a new parking permit.

"Without a car and parking pass, it's really hard to get around," Brewington said.

CONTACT Eda Tercan at tercanea@dukes.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

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Thursday, October 8, 2020



Want to praise someone or get something off your chest? Darts & Pats is the place to do it. Submit your own at breezejmu.org.

A **"fall-is-here!!!"** pat to the pumpkin patch.

From someone who now has several tiny yet equally adorable pumpkins on her counter.

A **"thank-God"** pat to my crazy roommate for going home for a week and giving me a breath of fresh air.

From a guy who just needs some space.

A **"took-you-long-enough"** dart to maintenance for taking a week to fix my garbage disposal.

From a girl with a stinky apartment.

A **"loves-it"** pat to Instagram for letting you change the icon back to the old version.

From someone who's nostalgic.



Those berating freshmen as they drive by create an unwelcoming atmosphere. Photo illustration by Tristan Lorei / The Breeze

"FRESHMEN!"

Walking down the street can cause anxiety for freshmen, thanks to those who enjoy yelling at them from their cars

ALEX DAVIS | contributing writer



Harmless tradition or unsolicited harassment: hollering at students as they walk through campus creates an unwelcoming and hostile environment.

Like many first-years at JMU, a main pull factor for me to attend the school was the welcoming environment of energetic and outgoing students. Coming to JMU with this idea of what the atmosphere would be like, I was shocked and disappointed by the behavior of some students driving around campus.

The first remarks I heard from upperclassmen drivers — "freshmen" or "first-years" — didn't phase me. I figured it was all in good spirits, some harmless hazing to put us freshies in our place. I began to take issue when the remarks I heard became direct attacks on individuals, including derogatory, vulgar and even

ableist insults. When a friend of mine from back home came to tour campus, he was greeted on our walk to D-Hall by a car full of jeering boys, one of whom shouted, "Nice beanie; do you have cancer?"

To make such comments demonstrates lamentable immaturity and blights the entire student body as well as the Harrisonburg community.

On another occasion, I was singled out by a group of boys driving at night. It was one of those nights where your Freshens smoothie gets taken by someone else with your basic name — I will henceforth be ordering under "Katara" — so it was already off to a bad start.

On my walk back to East Campus, I was looking down at my phone and didn't notice as the boys sped around in their car. They pulled right up to the curb where I was walking and started yelling at me all at once. I don't think anything they said was coherent, nor was it meant to be — their clear intent was just to spook me.

They were successful; I looked up and jumped out of my skin, worried that I was about to be hit by their car. Then they sped off laughing. Why it's such fun to shout at a girl walking alone in the dark for the sole

purpose of scaring her is something I can't understand, and it sits differently with me than the playful calls of "freshmen!" during the day.

As students of JMU and members of the Harrisonburg community, we have a responsibility to cultivate an environment to be proud of. No visitor or prospective student should have to leave JMU thinking that it's a hostile place where they'll be ridiculed and harassed while walking about minding their own business. No student should be made to feel unsafe on campus by their peers.

During the painstakingly uneventful days under coronavirus-related restrictions to student activities, shouting from cars at freshmen walking through campus seems to be an especially popular pastime. I know COVID-19 has made things a little slow around campus, but there must be a better way to pass the time than asking a kid in a beanie if he has cancer.

As Dukes, we represent something larger than ourselves. Let's start to act like it.

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Editorial Policies

The Breeze
1598 S. Main Street
Harrisonburg, VA 22801

The Breeze welcomes and encourages readers to voice their opinions through letters and guest columns. Letters must be no longer than 250 words. Guest columns must be no more than 650 words.

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The right way

People won't trust and respect police without proof that they're trustworthy and respectable. Courtesy of Tribune News Service

Instagram: @TheBreezeJmu
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Norway should serve as a model for U.S. police

CHARLOTTE MATHERLY | conscious contemplation



As protests continue across the U.S., the country is experiencing a racial reckoning. People are beginning to learn about the racism and police brutality rooted in our criminal justice system and other long-standing institutions.

One of the largest problems, perhaps, is the continued violence of police against citizens, particularly those who are Black.

U.S. police have shot and killed 1,005 people in the past year, as of Oct. 6.

There are many issues that must be tackled within the U.S.'s broken policing practices. Officers don't attend the academy for a long period of time nor are they trained to peacefully deescalate tense situations. Some are even told to racially profile people when making arrests.

The homicide rate in America is about five per 100,000 people — only 62% of which lead to arrests. To realize how discouraging these numbers are, one must look no further than Norway, where about 0.5 per 100,000 people are murdered. Ninety-seven percent of the murders that do occur lead to arrests.

Put simply, Norway is a much safer place to live. Why?

It could be because of Norway's strict gun laws, where people can only obtain a weapon after filing official documentation with the police department and taking extensive training related to the intended use of the gun.

It could also be because of the way Norway sends drug offenders to rehab instead of jail. The practice has proven effective in curtailing drug misuse when paired with other prevention and law enforcement strategies.

Or, it could be Norway's safer policing system. According to Time magazine, there are three major distinctions between American and Norwegian police that could make all the difference.

Norway is one of 19 nations that police "by consent," meaning that officers do their jobs with the consent of citizens rather than by threat of force.

"Countries with a philosophy of policing by consent ... believe that police should not gain their power by instilling fear in the population but rather should gain legitimacy and authority by maintaining the respect and approval of the public," Mélissa Godin wrote in Time.

Norway also has a better training program for its police. There, the profession is seen as elite, and in 2015, only 14% of people who applied to police schools were accepted. Those accepted must complete a three-year degree where they learn ethics, shadow other officers and write a thesis. Even after graduation, each officer must undergo 50 hours of operational training every year.

America, by contrast, trains its police officers for a mere 21 weeks — less than six months — in a bootcamp-style academy. Paul Hirschfield, a sociology professor at Rutgers University who specializes in policing, told Time that if U.S. officers were trained as thoroughly as they are in Norway, they'd rely less on the use and threat of deadly force.

Norway often sends medical experts and psychiatric specialists with its police officers when dealing with people who are mentally

ill. The Washington Post found that in a six month period in 2015, 25% of Americans shot by police showed signs of mental illness.

America has recently begun to take after Norway in regard to this method. In Eugene, Oregon, mental health professionals respond to noncriminal emergency calls rather than the police. These professionals are better equipped to de-escalate tense situations, and if it's noncriminal, there's no real need for police.

Minneapolis's city council, in the wake of George Floyd's death, voted June 26 to dismantle its police department, beginning

what some may see as the long, arduous process of defunding the police in the U.S. Instead of a police department, the city will create a "department of community safety and violence prevention" and reallocate funds to social services for mental health, domestic violence and homelessness, among others.

The third thing that Norway does differently is that it enforces laws on police. In America, police are often protected by qualified immunity, a judicial doctrine that shields government officials from being prosecuted, paying fines and other consequences for violating people's constitutional rights.

Ending qualified immunity would make it easier to prosecute officers for misconduct. Citizens could hold the police — a government institution that's supposed to

work for the people — accountable.

In addition to holding its officers accountable for misconduct, Norway allows its police to shoot only when deemed absolutely necessary and after getting permission from a senior officer.

However, high levels of gun ownership in the U.S. have contributed to more police shootings. Americans hold 40% of the world's firearms, and studies show that more lenient gun laws and restrictions can lead to police fearing that people have a gun on them. That apprehension results in police officers shooting prematurely and more often.

There are, of course, many other factors that play a part in America's high rates of crime and police-involved deaths — the economy, criminal justice system and gun laws, to name a few. However, by implementing the practices used in Norway, America could potentially see less violence and fewer deaths at the hands of police.

While it may seem a distant dream, U.S. police could become a source of comfort and pride for their communities instead of this threatening shadow of violence and chaos.

The first and easiest step that every police department in America can do is to send mental health professionals along with police officers when responding to calls. This small addition could save lives across the country.

After that, cities must reallocate money to social services that actually prevent crime.

Finally, America must heighten its standard for policing. Training must be drastically increased and extended. Qualified immunity must end, and law enforcement officers must be held accountable for their actions.

There's a better, brighter future for policing in America, one where citizens don't die at the hands of police and where police can be a resource rather than a menace.

Charlotte Matherly is a junior media arts and design major. Contact Charlotte at mathercg@dukes.jmu.edu.

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Don't rush perfection

It's more important to make the COVID-19 vaccine right, not fast



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Rushing the vaccine could lead to greater risks than COVID-19 alone. Courtesy of Tribune News Service

HALEY HUCHLER | contributing writer



Since early March, the world has been waiting with bated breath for a vaccine that will alleviate the impact of COVID-19. Responding to this global

pressure, scientists are racing to create a safe and effective vaccine that can be made available for public use as soon as possible. However, this process shouldn't be viewed as a race, and right now, that's what it seems like. Rushing the vaccine could backfire tremendously, so it's crucial that scientists follow the appropriate procedures and don't aim to just produce the vaccine as fast as possible — it must also be as safe, effective and successful as it can be.

According to The New York Times, there are 42 vaccines being tested in clinical trials on people and an estimated 93 trials using animals. Johnson and Johnson, an American pharmaceutical company, announced recently that it has entered into the final stage of its clinical trials. Chinese company Cansio Biologics and British-

Swedish company AstraZeneca have also already moved its vaccines into the final stages of testing. A COVID-19 vaccine could become available as soon as late 2020 or early 2021, setting a new record for the amount of time taken to develop a vaccine.

Developing a vaccine is a feat that takes years of research and testing to accomplish. From beginning to end, the process usually spans more than a decade. The quickest vaccine to ever be created was the mumps vaccine, which took four years to develop. The 12-18 month timeline most scientists are looking at for the COVID-19 vaccine is unheard of.

However, necessity is the mother of invention. Almost a million deaths worldwide from the virus has presented a dire need for a solution. As economies suffer, healthcare systems become overwhelmed and jobs are lost, a vaccine seems more like a saving grace every day. But, rushing the vaccine could prove to be the most dangerous path in this situation.

Fast-tracking the COVID-19 vaccine could result in an unsafe vaccine being released to the public. The AstraZeneca trial is on hold because of neurological illnesses that some of the participants have presented since being treated with the vaccine. Scientists are trying to determine whether these reactions were caused by the vaccine or outside factors. Trying to complete testing for a vaccine within such a short period of time doesn't allow for extensive testing and monitoring to make sure it doesn't cause adverse side effects. A faulty vaccine will only put healthy people at an even higher risk than the coronavirus would.

To combat this risk, the FDA issued stricter guidelines concerning the release of a vaccine. These guidelines will provide detailed benchmarks for safety and success and ensure that a hastily made vaccine won't make its way to the market prematurely. However, political motives have become entwined with the scientific process.

President Trump continuously promises the public that a vaccine will be released before the presidential election in November. He's expressed his criticism of the FDA's strict vaccine standards, which will likely push back the release date of the vaccine. Trump even claims the White House has the power to override the FDA's regulations, a statement that has no basis in fact but proves concerning nonetheless.

Public concerns among Americans that a vaccine may be rushed in order to serve Trump's political goals are growing.

In recent polls, only 51% of Americans responded that they'd get a COVID-19 vaccine if it was available today, compared to 72% in late April. Top health officials, including FDA Commissioner Stephen Hahn and NIAID Director Anthony Fauci, have vowed there'll be no political involvement in the vaccine process, but despite their efforts, public trust has already plummeted.

In light of this, the biggest risk of rushing the vaccine might not be safety but widespread skepticism. Convincing people to get the vaccine may be a greater challenge than creating it. The anti-vaccine movement in the U.S. has been growing larger in recent years, and coupled with a downward trend in trust of the government and public health administration, many people will be doubtful of the benefits of vaccination against COVID-19.

Anti-vaxxers already harbor doubts about the safety of vaccines and the standards against which government agencies hold them to. Rushing the vaccine will only create more doubt and worry around it, and the number of people who'll actually get vaccinated may not be enough to put an end to the pandemic.

The whole world is desperate for a vaccine to put a stop to this global nightmare; however, rushing the process of developing a vaccine isn't helpful to anybody. Releasing a novel vaccine to the public without properly vetting it and monitoring its effects first could lead to an entirely new health crisis. Without sufficient safety guarantees, a vaccine is useless. Regulations must be strictly adhered to in order to make sure no one suffers negative side effects from this vaccine.

Safety isn't the only reason to slow down the vaccine process. Rushing the vaccine will cause more people to distrust it, and many may even choose not to get it when it finally arrives. Skepticism is a virus in itself. As it continues to spread, the chances of vaccinating the majority of the population decreases.

Regardless of pressures from the government or society, scientists must take the proper steps needed to ensure the absolute safety and efficiency of the COVID-19 vaccine. Although the consequences of living without a vaccine are grim, the consequences of releasing one before it's ready will be even worse.

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Since early March, the world has been waiting with bated breath for a vaccine that will alleviate the impact of COVID-19. Responding to this global pressure, scientists are racing to create a safe and effective vaccine that can be made available for public use as soon as possible.



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Show up

There's no excuse for college students not to vote

JULIA CHENG | contributing writer



With the upcoming presidential election Nov. 3, the importance for student voters increases. The lack of college voters is alarming, as only 48% voted in 2016. As a proud citizen of the U.S., I'm appalled at the lack of responsibility and concern college students have, especially when our daily lives are affected by COVID-19. No matter their political ideology, college students need to realize their civic responsibility and how they can play a part in having a voice in our nation.

It's a common belief that a single vote doesn't matter. However, after the shocking

victory of Donald Trump, non-voters regret not voting, according to The Guardian. Even Trump himself began to accept that he lost before the results were revealed. Out of eligible voters, Hillary Clinton received 28.43%, Trump earned 27.2% and "Did Not Vote" won out with 44.37%.

In fact, the 2016 election was the fifth election where the winner of the popular vote lost. Virginia was one of the states where "Did Not Vote" beat the votes for the candidates.

As young people, being involved as U.S. citizens is a privilege we're given. We're lucky to live in a country that permits us to use our voices and express our concerns. Yet, very few young Americans vote, as fewer than one in five cast their ballots. Millennials and Gen Z tend to lean toward the left, making their votes in the 2020 election key to bringing a Democrat into office.

COVID-19 opens up more barriers for

student voters. Notre Dame, for example, closed the day before the election, leaving students registered on campus having to change their plans. Many students registering similarly don't know if they'll be on campus or at home on Nov. 3. In a poll conducted by the John S. and James L. Knight Foundation, over half of college students planned to vote by mail.

However, Trump shared his worries about voting fraud after claiming that military ballots that had his vote were found in the trash, according to AP News. Investigators later found the military ballots, seven of the nine voting for Trump. Trump also claimed that mailmen were selling the ballots, which has been proven false. For college students planning on voting Republican, these claims may be unsettling if they use mail-in ballots.

For JMU students, the university has thoroughly taken part in helping to increase voter turnout. Dukes Vote encourages students to be civically engaged and

provides resources and answers regarding the election. Dukes Vote also holds debate watch parties, allowing students to discuss in real time.

Understanding one's political stance is crucial to increase college student voters. Many students already know what they identify as, but I encourage them to research policies and issues that matter to them.

Before voting for the 2020 election, research each candidate carefully and use legitimate resources. Both Joe Biden and Donald Trump have websites that explain what actions they'll take if elected. This election, I hope to see a higher turnout of college students and for them to become more politically engaged.

As the next generation of Americans, our votes can bring changes that'll help grow our country.

Julia Cheng is a freshman media arts and design major. Contact Julia at chengjm@brezejmu.org

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The Broad Porch Coffee Co. menu offers brewed coffee, espresso drinks and teas. Matt Young / The Breeze



The coffee shop selects beans that are fair trade and organic. Breeze file photo

Broad Porch lands in Luray

Coffee shop in Agora Downtown Market expands to new location

By **MADISON STEVENS**
The Breeze

Phil Duntemann started roasting coffee beans on the front porch of his home on Broad Street. Later, this would be how Broad Porch Coffee Co. got its name.

The founders and owners of Broad Porch, JMU alumni Duntemann ('12) and Jill McMullan ('15), have recently expanded their Agora Downtown Market shop and have larger plans for expanding to a new location.

"They really round each other out as far as business partners go," Dan Luther, a JMU alumna ('19) and Broad Porch employee, said.

Luther said the business thrives because of the team's values for inclusivity, authenticity and a positive work environment.

"I was drawn to it from the beginning because Phil and Jill are great people to be working for," Luther said. "Working in Agora is full of energy all the time and supporting small businesses, it's just a cool place to be."

Broad Porch employees Luther and Kael Rison, a senior graphic design major, said the personal connection they felt with McMullan and Duntemann is what drew them to working for the company.

"I think just knowing where they came from, they didn't just have a bunch of money and then started buying all these things and getting a place and stuff," Rison said. "They started really small. My team is like a family; it's really cool. Phil and Jill have been the best bosses I've had, and everyone else on the team just cares about one another a lot, and they're not just in it for the money. They're in it because they love the craft of coffee."

There's a strong appreciation not just for the coffee but also the values McMullan and Duntemann have set in place when it comes to running their business, Rison and Luther said.

Duntemann began roasting beans for leisure and sold to his friends and family on a small scale. McMullan brought beans for personal use and even had beans shipped regularly to

where she lived in Florida at the time because she never found coffee she liked. She said she appreciated that her coffee came from someone she knew.

"I've always been, you know, a huge advocate for things locally and carefully [made] when you can," McMullan said.

McMullan was an interior architecture and design major looking for a hands-on career. She said she had hopes of becoming self-employed and found inspiration from a shop called The Commons in Charleston, South Carolina.

"I just felt like all of [The Commons' owner's] stuff was so carefully thought out and everything [the owner] was doing was beautifully done, and I was so enamored," McMullan said. "The only difference between [The Commons' owner] and I is that she was doing it and I wasn't. Of course, there's the risk of failure but without risking that, where do you get yourself?"

McMullan she said she knew that she had to take the chance and open the second Broad

Porch location to succeed.

"I started thinking about what sort of business I could go into that would be, you know, feasible financially and on a practicality level," McMullan said.

She said she knew there was a demand for coffee and that she knew it was something that'd be successful.

When McMullan had the idea of opening a trailer, she asked Duntemann if he was interested in expanding his roasting. He agreed, and soon enough, the coffee truck was up and running. Once they were offered a spot in Agora, they took it, knowing it'd thrive downtown.

"The big thing for me is community," Rison said. "Even when I didn't know Phil and Jill, even when I didn't know the rest of the people in Agora, you go in there and, in my experience, not even working there, but also being a part of a team of people that care about others and the customers. I just see a lot of life in this business."

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Broad Porch offers discounts to customers who bring reusable cups. Matt Young / The Breeze

Like Rison, McMullan said she also saw the potential life that'd accompany her business, especially in Agora, and decided to go all in.

"People want to come and shop, but they want something to stop and drink and, you know, you can carry a coffee around when you're perusing all the stores and stuff," McMullan said. "I was like, I feel like if we don't do it, someone else is going to do it; someone's going to jump on that opportunity."

This is exactly what Jay Dedman and Ryanne Hodson, friends and business partners of Duntemann and McMullan, did when they presented McMullan and Duntemann with a partnership to open another Broad Porch in Luray, Virginia.

McMullan and Duntemann weren't looking to open another shop. They said they initially wanted to focus on expanding their events, wholesale market and roasting capacities, but when the opportunity presented itself, they said they wanted to take advantage of it.

The owners and Downtown Agora employees said they hope Broad Porch will become thoroughly integrated into the community of Luray and that they look forward to the opportunities that come along with being in a new area, including the larger roasting space.

"I think it'll be great — one to have a secondary space that comes along with the cafe in Luray," Luther said. "That production area is exponentially going to improve the quality of the coffee that's being roasted."

Duntemann and McMullan's new partners, Dedman and Hodson, are contributing effort and money, while the two original partners are working on equipment and staffing needs.

"I think it will be helpful to, especially, younger people," Luther said. "And that was sort of like the vision for the two partners that came on to the team with Phil and Jill. They have just a big heart for Luray, and they want to see it grow and flourish, and they know that coffee is, like, a big way to that

happening in small towns."

The new location used to be an old furniture shop that's since been completely gutted. McMullan said she's excited about the location being a blank slate for them to do anything they want involving the design. She also said she was drawn to Luray because of its quaint, small-town feeling.

"The setting of the little town is just beautiful," McMullan said. "I love design and architecture. I feel like it's so cool to be in towns that preserve that stuff."

Luther said he's excited for the potential of the new shop but that with great opportunity comes responsibility.

"Phil and Jill are definitely gonna have to adapt to ... a stand-alone cafe versus one that's attached to other vendors; [it] will be very different," Luther said. "But I think it will allow them to take their business to the next level."

The building is located next to Hawksbill Creek, which is another draw for McMullan and the business. As for the interior design of the Luray location, she plans to give it its own style and character separate from the Agora location.

Rison said it's been exciting to watch the Downtown Agora location expand to its own structure in Luray. He said they've been deciding what plants to put in, what colors the upholstery should be, what tiling for the floors and what kind of wood will be used

for the bar.

McMullan said she's excited to get involved with the community in Luray and expand Broad Porch's cafe and roastery options.

"It's hard not to think of how it would benefit them without thinking of how it will benefit others," Rison said. "They would probably say that the benefit is just being able to watch how students come through, or how people in Luray can have a space where people can be freely."

CONTACT Madison Stevens at stevensmd@dukes.jmu.edu. For more on the culture, arts, and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Instagram and Twitter @Breeze_Culture.

"They started really small. My team is like a family; it's really cool. Phil and Jill have been the best bosses I've had, and everyone else on the team just cares about one another a lot."

Kael Rison

Employee at Broad Porch Coffee Co.

<p>Hours Tuesday - Saturday, 8 a.m. - 6 p.m. Sunday - Monday, closed</p>	<p>Locations 165 S. Main St. Harrisonburg, Virginia & Luray location and hours TBD</p>
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The Broad Porch owners said they select coffee based on the harvest cycle. Breeze file photo

Fall flavors

Gluten-free, vegan recipes to usher in the taste of autumn

By CHARLOTTE MATHERLY
The Breeze

As chilly weather rides the refreshing autumn breezes into Harrisonburg, some may be craving warm and comforting fall foods. Harvest vegetables like pumpkin, squash and sweet potatoes can be a welcome addition to one's meals.

A seasonal, vegetable-based menu can easily be turned healthy by making simple changes such as omitting unnecessary oil and finding dairy-free alternatives to some ingredients.

Here are five vegan fall recipes to usher in the first taste of fall.



This one pot chili mac is a bowl full of comfort.

Photos by Charlotte Matherly / *The Breeze*

One pot chili mac

This chili mac, packed with beans and vegetables, is a hearty and decadent meal that's sure to be filling and satisfying. It's also a quick recipe and can be made by any busy college student in one pot in under 30 minutes. Spices like cumin, chili powder and oregano are incorporated, giving this chili mac a bit of heat.

Ingredients

- * 1 tablespoon olive oil
- * 8 ounces (about 1 package) white mushrooms, chopped
- * 1 medium white onion, diced
- * 3 cloves garlic, minced or crushed
- * 1 tablespoon chili powder
- * 1 teaspoon cumin
- * 1 teaspoon dried oregano
- * 10 ounces uncooked elbow pasta
- * 2 15-ounce cans kidney beans, rinsed and drained
- * 1 15-ounce can crushed tomatoes
- * 4 ounces (½ cup) tomato sauce
- * 4 cups vegetable broth
- * 1 cup shredded vegan cheddar cheese
- * Chopped scallions for topping

Instructions

Saute the mushrooms and onions in a large pot with olive oil and a sprinkle of salt. Add the garlic and spices, then stir for 30 seconds to cook without burning. Pour in the remaining ingredients except the cheese and scallions, then simmer for 12 minutes or until the pasta is cooked. Stir in the shredded cheese, top with chopped scallions and enjoy.

Chef's note: One can saute the vegetables in water to eliminate oil.

Sweet potato noodle salad with chickpeas and arugula

This unusual salad tastes like fall while offering a yummy, refreshing twist. With spicy sweet potato noodles and a tangy chickpea paste, this salad capitalizes on spicy, warm fall flavors while incorporating the fresher taste of arugula and lemon juice.

Ingredients

For the sweet potato noodles:

- * 1 medium sweet potato
- * 2 tablespoons olive oil
- * ½ teaspoon coriander
- * ¼ teaspoon cumin
- * ¼ teaspoon cinnamon
- * ¼ teaspoon paprika

For the chickpea paste:

- * 1 15-ounce can chickpeas, rinsed and drained
- * 1 tablespoon tahini
- * 1 tablespoon apple cider vinegar
- * 2 tablespoons olive oil
- * Salt and pepper to taste

For the salad:

- * Arugula for the base
- * 1 handful pomegranate seeds
- * 1 avocado
- * 2 tablespoons sunflower seeds
- * 2 tablespoons lemon juice

Instructions

Preheat the oven to 180 degrees. Peel the sweet potato and turn into noodles by using a spiralizer or cutting into thin slices using the peeler. Cover the noodles

with olive oil and spices, then crisp in the preheated oven for 15 minutes. Flip them halfway through to ensure even cooking. Mash chickpeas with tahini, apple cider vinegar, olive oil, salt and pepper in a bowl. To make the salad, place the sweet potato noodles on top of a bed of arugula. Place a dollop of chickpea paste on top along with sliced avocado, pomegranate seeds and sunflower seeds. Squeeze lemon juice over the salad and enjoy.

Chef's note: This chef used an air fryer to cook the sweet potato noodles, which could produce an even crispier outcome. This chef also omitted the pomegranate seeds and olive oil from the recipe.



This bowl of butternut squash soup is tasty and beautiful.

Creamy butternut squash soup

This rich and creamy dish is a simple and healthy option for the struggling college student. This butternut squash soup is a quick and easy meal that uses minimal ingredients to create a simple yet savory taste. Roasted butternut squash fosters a decadent fall flavor.

Ingredients

- * 1 (about 4 cups chopped) large butternut squash
- * 1 tablespoon olive oil
- * 1 medium onion, diced
- * 1 teaspoon salt
- * 2 teaspoons sage or poultry seasoning
- * 4 cups vegetable broth
- * 1 ½ cups plain non-dairy milk
- * Salt and pepper to taste
- * Sour cream for topping

Instructions

To soften the butternut squash, stab the squash with a butter knife a few times, then place the whole squash in an oven preheated to 300 degrees and cook for 30 minutes. After cooling, peel and chop the squash into 1-inch cubes. Then, saute the onion over medium heat with olive oil for a few minutes. Add the salt and sage or poultry seasoning, then continue to cook until the onion softens and looks translucent.

Add the vegetable broth and cubed squash, then simmer for 15 minutes or until squash is soft. If a fork can cut through the squash like butter, it's ready. Add the non-dairy milk and blend the soup until smooth. Finally, top with sour cream, salt and pepper. Enjoy.

Chef's note: One can substitute vegan sour cream or eliminate if desired. Oil can also be eliminated by sauteing the onion in water. This chef also topped the dish with fresh rosemary to add extra flavor.

Vegan crustless pumpkin pie custard

This delicious pumpkin pie custard is a simple delight in any home. Adapted from the Minimalist Baker's vegan and gluten-free pumpkin pie, one can eliminate the pie crust and cook the pumpkin pie filling in a ramekin for an easy, tasty custard.

Ingredients

- * 2 ¾ cups pumpkin puree
- * ¼ cup maple syrup
- * ¼ brown sugar
- * ½ cup plain non-dairy milk
- * 1 tablespoon olive oil
- * 2 ½ tablespoons cornstarch or arrowroot powder
- * 1 ¾ teaspoon pumpkin pie spice
- * ¼ teaspoon salt

Instructions

Preheat the oven to 350 degrees. Blend all ingredients in a blender, then pour equal amounts into four or five 3.5-inch oven-safe ramekins. Place the ramekins in a 9-by-13-inch glass dish or roasting pan. Pour hot water in the glass pan, around but not in the ramekins, until the hot water is about halfway up the side of the ramekins. Bake for 55 minutes to an hour. Let cool and enjoy.

Baker's note: This baker topped the pumpkin pie custard with vegan coconut whipped cream, chopped pecans and a sprinkle of cinnamon to complete the flavor.

Cooking can be one of the many fun traditions that bring autumn to one's household. These gluten-free and vegan recipes can be a healthy addition to one's traditional fall menu. Decorating one's home with pumpkins and lights on a gray, chilly day can be made all the better by the warm smell of roasting vegetables or the sweet scent of cookies in the oven.

CONTACT Charlotte Matherly at mathercg@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter and Instagram at @Breeze_Culture.

Now in season

Local pumpkin farm celebrates successful harvest

By **SYDNEY DUDLEY**
contributing writer



The farm is open on Fridays, Saturdays and Sundays. Photo courtesy of Kimberly Williamson

After a summer consisting of hot spells and limited rain, North Mountain Homestead was pleasantly surprised by its successful pumpkin harvest this fall.

The farm, located in Rockingham County, is 11.7 miles away from JMU and managed by the Williamson family. For the past seven years, they've grown and sold pumpkins at the property, but the prospects for this season were uncertain in the summer months.

Kimberly Williamson, who manages the farm alongside her husband, Justin Williamson, described the tumultuous growing season because of the lack of rain early on.

"The plants were completely drooped over to the ground and were very thirsty, meaning that the pumpkins will get ripe faster since they don't have the foliage covering them from the sun and moisture coming in to keep them growing," Kimberly said. "We were scared we would have a smaller crop, but the heavens opened up, and it started to rain."

To kick off the season, the couple hosted a celebration Sept. 12 for families to pick pumpkins, play games and enjoy the weather. The event offered community members a safe opportunity to have fun as the pandemic continues.

"We thought about not having an opening celebration, but we just couldn't," Kimberly said. "People were looking forward to the change of the seasons and doing something outside. It was a picker-upper for us and the community."

In addition to offering visitors an array of pumpkins to choose from, Justin noted that the homestead has a variety of activities for families to enjoy.

"We have a commercial playset, a couple different games — a duck race, a little checkerboard. We also have goats, chickens, bunnies, dogs [and] cats," Justin said.

The farm is open to the public during October from 9 a.m. to 7 p.m. on Fridays and Saturdays and 1-7 p.m. on Sundays. Masks aren't required as appropriate social distancing is feasible while on the property.

While the official pumpkin season only lasts a few months, the Williamsons dedicate many hours of additional time to preparations during the spring and summer months. Justin said he especially enjoys parts of the plant selection process.

"My [favorite] part of working is picking out the pumpkin seeds," Justin said. "Me and [Kimberly] pick them out in the winter and get them ordered by February or March, getting them planted. And bees will cross-pollinate so you'll get some different colors, shapes and sizes."

The management of the farm is a family affair, as Justin and Kimberly's children and parents help with various tasks throughout the year like washing pumpkins and setting up for events.

Shelia Reedy, Kimberly's mother, said she loves being able to help the business while making memories with her family.

The work can be physically challenging at times as the family has to wash and haul large pumpkins. However, the family said the hours pass quickly and pleasantly as they enjoy working together.

"Time flies when you're having fun," Shelia said.

Reedy said at the end of each season, Kimberly and Justin host a private picnic to celebrate the season and thank their relatives for their contributions to the business. They enjoy a variety of pumpkin treats, including ice cream and pie.

"My favorite memories — I would just say the whole thing, spending time with the family," Reedy said. "It always ends up being a fun day, talking and laughing."

CONTACT Sydney Dudley at dudleysl@jmu.edu. For more on the culture, arts, and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Instagram and Twitter @Breeze_Culture.



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BRING THE RINGS

Opinion | CAA football should have a championship game this spring

By SAVANNAH REGER
The Breeze

On March 6, 2020, students were packing at JMU. It was the final day of classes before spring break, and many were excited to take a breather from school. The softball team was preparing for the JMU invitational at Veterans Memorial Park, and spring weather was finally starting to hit Harrisonburg.

That was before JMU closed its doors for the semester — before the class of 2020 lost their graduation and before JMU football postponed its fall season to the spring.

Now, potentially on March 6, 2021, JMU football will resume its journey to win the FCS National Championship again. It's not just JMU, though.

This year, FCS football will be different from previous years. Not all conferences will play, COVID-19 tests are as important as helmets and flexibility when scheduling games is a must.

The same goes for the CAA.

On July 17, the CAA suspended football for the 2020 year. JMU still looked for options, but no one wanted the Dukes on the schedule. Later, fall sports were suspended for the upcoming season, and all of JMU athletics' focus shifted to the spring.

Now, after months of mystery, the CAA has a plan for the spring. Though schedules have yet to be announced, the conference is splitting into a north and south division, with two out-of-conference games and six conference games. Two of the conference games will be a home and home series.

What the CAA should do now is hold a championship game between the north and south division for spring 2021.

An interesting aspect, though, is that the out-of-conference games don't count toward the standings this spring like they have in years past. Last year, JMU played West Virginia, Saint Francis (PA), Morgan State and Chattanooga for its out-of-conference opponents. The Dukes went 3-1 in these games and certainly helped their record before conference play started.

Yes, out-of-conference games are less important than conference games, but teams still need to look at them in the same way. They count toward the record, and teams have the chance to see what works and what doesn't.

However, those games need to be sacrificed. Football's lucky to be on right now at a time when the country's looking for an identity as well as a cure for the pandemic. So if the CAA is successfully able to play in March, conference games are more important.

The FCS Playoffs this spring will look different, too. In previous years, every conference had a winner based on a record from about 10 or 11 games, and then there were "at large" teams who didn't win their

conference, but their record or strength of schedule was good enough. Twenty-four teams made the playoffs, and the top eight teams earned seeds.

This year, only 16 teams will make it into the playoffs. Eleven teams will be automatic qualifiers, as they won their conference, but only five teams will be "at-large" teams. This means that with fewer games played, fewer teams will make it past the regular season.

The CAA should give each school one out-of-conference game and at the end of the year have a CAA football championship game.

There are many reasons for this. Firstly, many FBS schools, like Virginia Tech and the University of Virginia, have championship games in their conferences because they're usually split into two divisions. Since the CAA

decided to have a north and south division, a good way to determine a clear-cut champion would be to take the winner from the north division and the winner from the south division and put them into one game to determine which team would get the automatic bid.

A CAA championship game would work well because the out-of-conference games don't count. Usually in a season with about 10 or 11 games, there are four or five out-of-conference games. However, since they don't count this year and there aren't as many conference games, one should be cut. Teams can use their one out-of-conference game as a preseason game to shake the rust off and then

get into conference action.

In spring 2021, the playoffs will be shorter and look different. It's important that the best team from the CAA gets into the playoffs with the automatic bid, and for that to be determined, there needs to be a championship game.

The CAA has never had a championship game before. Usually there are no divisions, but with COVID-19 looming over everyone's heads, travel needs to be stricter, and therefore only certain teams can play each other during the regular season.

A championship game would bring views for the CAA as well. Fans from across the country would be interested to see how the process would work out and to see how the CAA could match other teams in the FCS playoffs.

A championship game is the only fair way to determine a winner this year, and if JMU wants to get back to the national stage, it needs to win the CAA championship.

“Football's lucky to be on right now ... If the CAA is successfully able to play in March, conference games are more important.”

Savannah Reger
Sports Editor for The Breeze



JMU players celebrate their 2016 FCS National Championship victory. Breeze File Photo



Wesley McCormick (center) celebrates JMU's CAA title in 2019. Tristan Lorei / The Breeze



Fans storm the field after JMU won its second National Championship in history. Breeze File Photo

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Thursday, October 8, 2020

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DOUBLE TAKE

Which NFL team looks the best through Week 4?



Seattle is one of two teams in the NFC that remains undefeated.

The Seattle Seahawks are the best team in the NFL

By **ANDREW OLIVEROS**
The Breeze

Following the end of Week 3 of the 2020-21 NFL season, the Seattle Seahawks are 3-0 and look like a team that can't be stopped. There are other teams that are 3-0, but none of them are on the same level.

In Week 1, Seahawks quarterback Russell Wilson completed 31-of-35 passing attempts and threw four touchdowns. Wilson finished the week with an 87.6 quarterback rating, listing as the fourth best in the NFL that week.

Seattle Seahawks wide receiver Tyler Lockett and Wilson had perfect chemistry that game as he caught 8-of-8 passes from Wilson for 92 yards. Seattle running back Chris Carson had himself a field day, scoring two receiving touchdowns and one rushing touchdown. Newly acquired tight end Greg Olsen caught 4-of-4 passes and had one touchdown out of it.

In Week 1, Seattle's defense was up against a top-tier Atlanta offense with former MVP and quarterback Matt Ryan and wide receivers Julio Jones and Calvin Ridley. On the other hand, the Kansas City Chiefs' defense in the first week was going up against the injury-prone Houston Texans running back David Johnson. The best wide receiver for the Texans that game was Will Fuller V, who only had 670 receiving yards and two receiving touchdowns in the 2019-20 NFL season. The Chiefs had an easier task at hand than what the Seahawks were going up against.

In Week 2, Wilson continued his magic with five more passing touchdowns against Bill Belichick's respected New England Patriots team. Seattle's offense was a jack

of all trades because Wilson connected with five different players for each of his touchdown passes. Seattle's defense did give up 397 passing yards but only allowed six points out of it.

The Kansas Chiefs won a close matchup in Week 2 against the Los Angeles Chargers, but it was no easy task. Los Angeles Chargers quarterback Justin Herbert — on his rookie debut — threw for 311 passing yards while Kansas City Chiefs quarterback Patrick Mahomes only threw for 302 yards.

The Chiefs were down against the Chargers — who were 5-11 the season prior — at the end of the fourth quarter 17-9. The Chiefs barely got the win against the Chargers in overtime, winning 23-20.

In Week 3, Wilson threw five more touchdowns, which brings his total to 14 through the first three weeks — the most ever in a three-week span in NFL history. Wilson was also the NFC Offensive Player of the Week in Weeks 1 and 3.

Wilson connected with wide receiver D.K. Metcalf for 110 receiving yards and Lockett for 100 receiving yards, with three receiving touchdowns against Dallas.

Seattle's defense made a statement against a top rushing squad in Dallas, holding the Cowboys running back and the second-best rusher in the 2019-20 NFL season, Ezekiel Elliott, to 34 rushing yards. Seattle's defense only allowed 61 total rushing yards from Dallas.

The Seattle Seahawks aren't a perfect team, but what they've shown on the field to be 3-0 proves why they're the best team in the NFL.

CONTACT Andrew Oliveros at oliverab@dukes.jmu.edu. For more sports coverage, follow the sports desk on Twitter at [@TheBreezeSports](https://twitter.com/TheBreezeSports).



The Chiefs won their second Super Bowl in 2019. Photos courtesy of Tribune News Service

Kansas City Chiefs are here to stay

By **MADISON HRICIK**
The Breeze

The Kansas City Chiefs took home the Super Bowl in February for the first time in 50 years, which was also the last time they made it to the championship prior to last season.

Since then, the offseason training despite the pandemic has made the team stronger. The Chiefs are 3-0 and first in the AFC West heading into Week 4. The team made a strong start and can easily maintain that record this season.

The results after three games into a 16-game season are fairly telling of a team's chemistry. Week 4 marks 25% of a completed regular season, and following the seven ACL injuries the NFL saw during Week 3, teams will do whatever they can to keep their best players healthy. Thankfully, the Chiefs have avoided major injuries on their starting lineups.

It goes without saying that starting quarterback Patrick Mahomes had an exceptional season last year. Now with his 10-year contract worth over \$500 million, Mahomes is already showing promise to help lead the Chiefs far this season. The record-breaking contract guarantees Mahomes' position through 2031, giving him the opportunity to earn yet another Super Bowl.

The Chiefs' offense is confident passing the ball. Within four games, the team has almost 900 yards in passing compared to 80 yards running. Wide receiver Tyreek Hill has 222 yards on the season so far and holds a projected 1,184 for the season. Hill was at a slower pace during the Chiefs' playoffs last season, but his speed and agility have improved throughout the offseason.

In the rushing offense, rookie running back Clyde Edwards-Helaire has shown the consistency of a multi-year veteran. Having 240 yards and 55 attempts, including a touchdown, Edwards-Helaire is projected to have nearly 1,300 yards his rookie season. Drafted in the first round from LSU, the newest starting running back has shown promise in the running game for the Chiefs, which will be key against opponents like the Pittsburgh Steelers and Tampa Bay Buccaneers, who are leading the NFL in sacks.

The offense for the Chiefs is starting off the

season like it's still the Super Bowl. Mahomes has made smart and consistent plays that are putting the Chiefs in good scoring positions early and often. Offensive coordinator Eric Bieniemy has improved the team's offensive game drastically since being appointed in 2018 and has built strong team chemistry and energy that's given the team what it needs to succeed.

For the defense, the entire team has shown its ability to adapt quickly. Having already made 10 sacks compared to the two sacks the Chiefs have been dealt, the speed and power of the defensive linemen have continually made the Chiefs an even larger threat. The defense has two forced turnovers so far and will most likely hit 10 prior to Thanksgiving weekend.

Lastly, one factor that can help boost a team's early success is the excitement from fans within the stands. However, this isn't necessarily something that can be done with COVID-19 restrictions. But that obstacle hasn't stopped the Chiefs' success and energy. After a Super Bowl championship, the fan base's excitement will be over the top, and it's prominent even with limited or no fans in the stands. The championship high from the players alone has been a major feed of excitement and energy during games and may build hope for yet another deep playoff run.

All these elements combined have proven to work in favor of the Chiefs so far this season. Avoiding major injuries will be key for the Chiefs to keep their early momentum for the remaining season. The defense will have to continue to be a fast threat for all quarterbacks, which includes the need for players like Chris Jones to be leaders in statistics and chemistry. The offense needs to continue its success in passing and build more with the rush.

A 3-0 record, along with leading the division, shows promise for the reigning champions. The elements are there as well as a strong support system from the coaching staff. The Chiefs are having a strong start to the 2020-21 season and are looking like the best team in the NFL.

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Head volleyball coach Lauren Steinbrecher coaches her team. Trevor Cockburn / The Breeze

It's a Family Thing

The Steinbrechers run
collegiate volleyball in Harrisonburg

By MADISON HRICK
The Breeze

Prior to 2020, JMU volleyball coaches Lauren and Casey Steinbrecher could be found on the sidelines of games and practices. However, in the spring, former assistant coach Casey Steinbrecher accepted a position to become head coach of women's volleyball down the road at Eastern Mennonite University. Now, the two are the leaders to successful volleyball programs, and they're only a five-minute drive away from each other.

Lauren's been the head coach at JMU for the past 10 years, earning a 180-106 all-time record and two back-to-back CAA championships. Throughout her time at JMU, she's made a name for herself as well as developed many personal connections with her roster. Despite it all, she often didn't get to meet any recruits in the early process, but that's where Casey came in.

Casey joined the JMU volleyball coaching staff in 2010 shortly after Lauren was hired. As the head for recruitment, Casey was the coach that recruits met first and developed early relationships with, particularly once a player has committed. Casey was the first coach on the JMU staff to demonstrate the team's open-door policy — where athletes are able to talk to the coaches about anything at any time — and has planned on bringing this policy to his new job at EMU.

"It's a huge honor for Casey," Lauren said. "I think he would've been a head coach much sooner than now if the dynamic we have at JMU wasn't so strong, but it's something to be very proud of."

Defensive specialist Zarah White was one of the players who were especially close to Casey. Many players, including herself, utilize the open-door policy often

and have grown close relationships with the coaching staff. White, a junior, is one of the older team members on the roster, and she's trained with the Steinbrecher duo for multiple seasons.

"A lot of the upperclassmen on the team were originally sad at first," White said. "We were super happy for him becoming a head coach. We knew that the two were looking for more time to spend with their family. It definitely was hard to see him go, but we all were so excited for him."

Now, with both Steinbrechers holding head coaching positions, the two have had a lifestyle change. The coaches balance being parents, coaching, working through a pandemic and adjusting to two head coaching jobs. Despite it all, they said they believe that the new schedule has helped their family grow closer together.

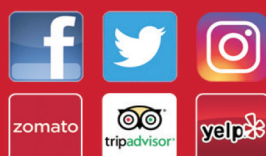
"We both just started training with our team," Lauren said. "So the dynamic has definitely changed a little more. In some ways he'll have a smaller workload than he would at JMU, but it's now a completely different schedule instead. However, he's been able to be with the kids to help with late nights and school, which has been really helpful."

Casey's been adjusting to the new position for nearly eight months now. Although there are limited practices and no games, the new Royals head coach has said he's enjoying the change. He's noticed that the responsibility of making decisions carries more weight now and that he found that head coaching has been an interesting change for him.

"The biggest change is that all the decisions are my fault now," Casey said. "Before, I could recommend things to Lauren and it would be her decision, but now the role changed. It puts a little more pressure on me, but I don't think I can really tell until we get to play."



FOLLOW THE MANIA



Making the change from a Division I program to a Division III program can be a challenge. There are multiple levels of change between the two, ranging from scholarships to an expanded roster. However, the work ethic is the same, which is a benefit for Casey. He's worked to implement the same open-door policy and build early connections at EMU prior to a hopeful spring season.

Alongside Casey, EMU also has former JMU volleyball player Tilbe Yaglioglu as a graduate assistant. Yaglioglu played with the Steinbrechers as her coaches, so the connection helped Casey's adjustment.

"She's been great so far," Casey said. "She's making the transition from player to coach, so there's some pieces of support that I had at JMU that aren't there now. But she's been able to help make it easier."

For JMU, the volleyball team has introduced Charlie Condon as the newest assistant coach, and Travis Magorien has become the recruitment coordinator for the Dukes following the announcement. The ease of transition is prominent for the team and coaching staff, with the athletes growing new bonds with Condon during practices and meetings.

"It's been different in that Casey has had that long-term relationship with the athletes and experience in recruitment," Lauren said. "Travis has been a great help showing Charlie the ropes — and they were teammates, which helps as well. However, we won't really see many major changes outside of relationship building

until the recruiting dead period ends and we get to play."

Despite all the change the team's endured since the beginning of 2020, the members kept their motivations and spirits high. The excitement for Casey when the announcement was made was clear, even with the sadness of losing a close coach.

However, both Steinbrechers have been family oriented in all aspects they participate in. They've held dinners, laughed with the athletes and been there for everyone involved in the program.

"They're very family-based with the team," White said. "When we're in practice, they're very much our coaches, but outside of practice, we do a lot of stuff with them, even over the summer. We'll do team activities together and dinners at their house and all these things to grow us closer together."

JMU has intentions to hold fall sports in the spring, but EMU hasn't made a decision. The NCAA has announced dates for DI fall sports championships but not DII or DIII. Regardless, the two head coaches have made their place at JMU. They've been great resources for their athletes, and now they're able to expand themselves to two schools and programs, taking over collegiate volleyball in Harrisonburg.

CONTACT Madison Hricik at hricikmn@dukes.jmu.edu. For more coverage, follow The Breeze Sports on Twitter @TheBreezeSports.



Casey Steinbrecher coaches JMU on the sideline in 2014. Breeze File Photo



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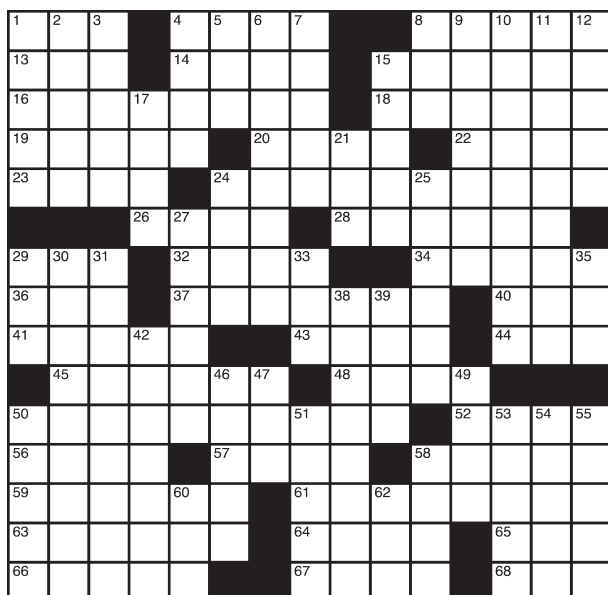
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Edited by Rich Norris and Joyce Lewis

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 - 4 Influence
 - 8 African capital on the Gulf of Guinea
 - 13 Tip jar bill
 - 14 "Boo'd Up" Grammy winner ___ Mai
 - 15 Fissile rocks
 - 16 Figurative setting for many deals
 - 18 Locker hangers
 - 19 Bring upon oneself
 - 20 Samoan capital
 - 22 Big name in razors
 - 23 Almost at hand
 - 24 Alpha Centauri, for one
 - 26 Fizzles out
 - 28 Hams it up
 - 29 2008 Visa milestone, briefly
 - 32 Weho or Soho, in slang
 - 34 Nostrils
 - 36 Recyclable item
 - 37 Terra firma
 - 40 Brian of ambient music
 - 41 In ___: awaiting delivery
 - 43 Arctic sight
 - 44 Rehab hurdle
 - 45 Colorful ring
 - 48 Animal fat
 - 50 Clash of personalities, say
 - 52 They may be wild
 - 56 Grimace
 - 57 San Joaquin Valley haze
 - 58 "Blue Ain't Your Color" country singer Keith
 - 59 Ill-judged, as a plan
 - 61 Colleague ... and, when preceded by "the," what the end of 16-, 24-, 37- or 50-Across is
 - 63 Groundbreaking invention
 - 64 Art Deco artist
 - 65 "Comprende?"
 - 66 Final word



By Paul Coulter 10/8/20

- 67 Turns to gold, perhaps
- 68 Zig when one should have zagged, say

DOWN

- 1 Givens of "Riverdale"
- 2 Absurd
- 3 Muslim holy city
- 4 Berlin address
- 5 Jeff Lynne rock gp.
- 6 Passes on a lazy river
- 7 Florida host of the Outback Bowl
- 8 Sushi-grade tuna
- 9 Game with melds
- 10 Like an untidy desk
- 11 Stand for
- 12 Indian silk region
- 15 Jerk
- 17 Western Asia native
- 21 Anger
- 24 Scorch
- 25 Over there
- 27 Weatherproof, as a swimming pool
- 29 Post-op area
- 30 Barren region in southern South America
- 31 In a burdensome way
- 33 Tolkien figure
- 35 "Help!" on the briny
- 38 Story with symbolism
- 39 First name in linguistics
- 42 Takes off the books
- 46 Sore ___
- 47 SDI weapon
- 49 Quad building
- 50 Gives forth
- 51 Moored
- 53 Belittle
- 54 Russet, informally
- 55 Curled-lip look
- 58 Hawaiian strings
- 60 "The Matrix" hero
- 62 GPS suggestion

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level



5		6				4		9
			1		4			
		3				7		
		5	8					
2								4
			3	6	9	5		
		2				3		
			7		1			
3		4					6	1

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, please visit sudoku.org.uk

10/8/20

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MADISON MARKETPLACE

Madison Marketplace is open for business, and all text-only listings are **FREE!** Post job listings, announcements, rentals and more using our online placement tool. Ads run two weeks online and in two print editions.

SERVICES

Arabic Conversation Lessons

Learn Arabic conversation fast. One on one Skype lessons. Ideal for Arabic 101-102 Students. immediatearabic@fts-training.com

Appliance Repair

Home Appliance Repair services anywhere near Harrisonburg and JMU. 540 208 5476 or visit www.appliancerepairharrisonburg.com for more info.

JOBS

Drivers Wanted

Come join the team delivering the best pizza in town! Chanello's Pizza has been serving JMU since 1998. Drivers should be 18yo with reliable car, insurance and clean driving record. You will take cash home every two weeks. Earning at least \$100 a night is common while averaging \$14-\$20/hr. MUST be available late nights (2 a.m. daily, 3:30 a.m. Fri/Sat) and required to work at least one weekend night per week. Apply to chanellospizzajmu@gmail.com.

Part Time Help Wanted

Help Wanted. Need firewood spit and stacked. \$20 hourly. Rt.33 One mile East of H'burg Mall. Call (540) 908-0350

FOR SALE

Shih Tzu Puppy

Cute Shih Tzu puppy. female, 12 wks, UTD on shots, de-wormed. Email: bradleydelman@yahoo.com



HOUSING

One Bedroom Available for Rent Immediately

Seeking 1-2 renters. 3 bedroom apartment has one very large bedroom currently available. Newly remodeled shared living space with a private entrance in a family home in a quiet neighborhood adjacent to the JMU Arboretum. No smoking. No pets. Utilities included. \$500 for one renter/ \$600 for two. 540-405-1513.

For Rent Very Large 7 Bedroom House

Available now. Very large seven bedroom 2 full bathroom brick house. Legal for 8 tenants. Hardwood floors. Covered porch. Large living room. Two full kitchens/dishwashers/microwaves. Washer/dryer. Plenty of off street parking. Unfinished basement with half bath. Managed by owners. tenant references available. Lease dates may be flexible.



Post your ad at BreezeJMU.org/classifieds

@breezejmu

@TheBreezeJMU

The Breeze

BreezeVideo

breezejmu.org

Thursday, October 8, 2020

MAKE YOUR PLAN TO **VOTE!** TODAY

HERE ARE THE **3 WAYS** YOU CAN CAST YOUR BALLOT:



EARLY VOTING

YOU CAN VOTE EARLY IN-PERSON FROM **SEPTEMBER 18 TO OCTOBER 31**.

Early voting is a great way to cast your ballot. **Go to iwillvote.com/VA for early voting locations.**



VOTE BY MAIL

REQUEST AN ABSENTEE BALLOT **BY OCTOBER 23**.

Voting by mail is easy and convenient. Request your ballot today at **iwillvote.com/VA**.



ELECTION DAY

ELECTION DAY IS TUESDAY, NOVEMBER 3. POLLS ARE OPEN 6:00 AM TO 7:00 PM.

Find your voting location and learn about acceptable forms of ID by:

- > visiting **iwillvote.com/VA**
- > calling **844-4VA-VOTE**
- > texting **"voteVA" to 24365**



Joe Biden
FOR **President**



Mark Warner
FOR **U.S. Senate**



Nicholas Betts
FOR **Congress**

Working with public health experts to defeat COVID-19

Expanding access to healthcare and lowering prescription drug costs

Protecting Social Security and Medicare

Rebuilding our economy and creating jobs here in Virginia