## JMU'S AWARD-WINNING NEWSPAPER SINCE 1922 lhe Breeze

MARCH 2, 2023 VOL. 101 NO.21 BREEZEJMU.ORG



Freshman Grace Mensch plays piano for fun in a practice room in the Music Building. Alex Clarke / The Breeze

#### JMU's music program brings high demand, heavy workload

By EVAN MOODY & MORGAN BLAIR

The Breeze

It's the "Juilliard of the South," as Jessica Haddock said her voice teacher calls it.

JMU's School of Music (SOM) is nationally recognized for its prestige as part of the National Association of Schools of Music (NASM). The program also provides state-of-the-art music facilities such as the Forbes Center for the Performing Arts and Steinway pianos across campus, according to the JMU Music Facilities website.

The school, however, is said to be ultra-competitive in its admissions and requires abundant credits for graduation. It all starts with the audition process.

The process of admittance into the School of Music is to be expected for a program of its caliber, Haddock, a junior music education major, said. All applicants, including students studying music industry, must audition with an instrument and musical portfolio.

"It's not for everybody," Haddock said.

Haddock's in the music education concentration, the largest in the School of Music. She said the influence of JMU music education graduates has always been present.

see MUSIC, page 10

#### Families reflect on healing, support following student losses

By CHARLOTTE MATHERLY & SHIRIN ZIA FAQIRI

The Breeze

On Feb. 3, three families lost a son and a sibling, when John "Luke" Fergusson, Joshua Mardis and Nicholas Troutman died in a car accident.

The past few weeks have been difficult — and each of the families struggled to pinpoint exactly what the hardest part has been.

"Certain days are just unbearable," Anne Fergusson, Luke's mom, said, "and others are a little better."

But the three families have banded together to support each other — they're "forever bound," as Joshua's mom, Yvette Mardis, said. They've also received support from not only friends and family, but the IMU community as well.

see SUPPORT, page 4

#### Softball pitcher shares mindset, motivation for 2023

By SAVANNAH REGER

The Breeze

Alissa Humphrey's name was called.

The junior pitcher had been in the dugout since the sixth inning, stoic, as the commentators called her. Sophomore pitcher Rebecca Muh was dealing, and Humphrey said she expected her to close out the game. Humphrey started JMU softball's final Wolfpack Classic contest against host NC State and after giving up seven runs during her stint in the circle, she said she was caught by surprise having to reenter.

"It was a little bit of a laugh, but it wasn't my best moment," Humphrey said after realizing

she'd pitch in the eighth inning. "I just really, right when [head coach Loren] LaPorte told me, 'Hey, you're going to finish this,' I was like, 'If she has the amount of confidence to let me go in after not throwing for two innings, then I'd have that confidence in myself."

She cruised out to the circle. The first two outs came back to back - a fly out and a strikeout. So, with a runner on second base, a college softball extra-inning rule and two outs, Humphrey broke her stoic stance and screamed, excited.

"Sometimes you go with your gut," LaPorte said. "We needed someone to be able to go in there and get some big strikeout for us."

Women's hoops primed for Sun Belt tournament run

By MADISON HRICIK

The Breeze

JMU women's basketball head coach Sean O'Regan didn't want to talk about 2021-22. He was determined to put it as far out of his mind as he could

"I'm so done [talking] about last season," he said during 2022-23 preseason media availability. "I'm just like, 'Let's go.' But we learned the value of relationships and chemistry."

The 2021-22 season was the first year the Dukes finished with a losing record in the O'Regan era. There wasn't a conference tournament to play in — JMU was banned after announcing its move to the Sun Belt — but O'Regan kept going back to his team's lack of "fearlessness."

Then the Dukes adopted a mantra -1% better, every day.

"I feel like we took it because [O'Regan] started preaching it to us," junior guard Peyton McDaniel said in December. "It's building off of everything and trying to get better."

Now in 2023, JMU clinched the No. 1 seed in the Sun Belt tournament in its first year in the conference, the conference Player of the Year, the Sixth Woman of the Year and a share in the three-way tie for the Sun Belt regular season championship.

The near-180-degree turnaround had the Dukes boasting one of the top mid-major programs in the country, a 13-game winning streak and, now, a chance to appear in either the NCAA tournament or the WNIT tournament for the first time since 2019.

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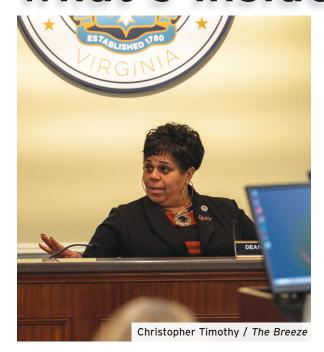


#### SOFTBALL COMING SOON...

POST-GAME AUTOGRAPHS



## What's inside...



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OLD DORMS DON'T MEET THE NEEDS OF **CURRENT STUDENTS** 

**CORRECTION:** A sports article about Shelley Klaes ("JMU royalty," Feb. 23) incorrectly stated that Klaes has six conference titles. She has seven. The online article has been updated.

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Ŋ 2023



Nicholas Troutman (right) with his parents John and Jessica (center) and his brother Jack. Courtesy of



At John "Luke" Fergusson's memorial service, a table was set up with pictures and other items representing Luke's life. Shirin Zia Faqiri / The Breeze



Joshua Mardis (center right) with his parents, Yvette (left) and Kirk (right), and sister Haley during

of, now," Haley said. "It's just weird to think, like, all of these things that he's supposed to be a part of, like, I don't get to be an aunt to

# Love & support

Families reflect on healing after loss of sons, brothers in car accident

from **SUPPORT**, page 1

The Fergussons and Troutmans found out about the accident after police knocked on their doors at 3:30 a.m. the morning of Feb. 3. The Mardis family, in England at the time, said they were in suspense for hours trying to get home.

Yvette said her first thought was, "This can't possibly be real."

"That's the mind at work," Yvette said.
"The news is too terrible to want to believe. So the mind doesn't want to believe it, and you don't."

Joshua's father, Kirk Mardis, added to his wife's answer: "I think you think you're in a nightmare, honestly, and you're hoping to wake up."

When Elizabeth "Liza" Fergusson, Luke's younger sister, found out, she said it was something she never could've imagined and the "worst thing ever."

"It was never something that crossed my mind, that I was gonna lose my brother," Liza said.

John Troutman, Nicholas' father, said his son and his friends always took measures to keep everyone safe — "it didn't make any sense." he said.

Nicholas would've turned 20 years old Feb. 23, and Luke would've turned 20 on Feb. 18. Anne said those were "harder days."

For Jessica Troutman, Nicholas' mother, there's no single thing that stands out as the hardest part of it all. It's "everything," she said. For Kirk, as others echoed, it's knowing his son won't physically be in his life anymore.

"Something beautiful's been ripped out of your life forever, but you fight against that despair to try to go forward," Kirk said.

Haley Mardis, Joshua's sister, said the hardest part has been thinking about her future and all the parts of it that Joshua will miss, and all the things she'll miss out on because he's gone. Choking up, she listed several things that have come to mind in the past few weeks.

"Knowing that he's not gonna be at my

wedding and he's not gonna be a groomsman

... Just knowing that I'm an only child, kind

a hard time."

The Fergussons are coping in different

his kids and I don't get to give his girlfriend

The Fergussons are coping in different ways, Anne said. She uses humor, like Luke. John Fergusson, Luke's dad, has gone back to work and copes with a to-do checklist. Liza's gone back to school, but Anne said she's basically given up on homework. Liza agreed, saying when everyone else is slacking off in their last semester of high school, she slacks off a bit more and is "just spiraling."

But each family has leaned on one another. Each set of parents attended all three memorial services on the weekend of Feb. 17-20. The moms and siblings have group text chains together to keep in touch.

Each family is in their own little world, "grieving and tired," Jessica said. Yvette said they're all attempting to "come out of the funk and the grief" and back to a "semblance of normal life." But they still reach out to check in on each other.

This past weekend, Yvette said, Anne texted the other moms to say, "I hope everyone has a good tomorrow."

"That's it right now, we hope we have a good tomorrow," Yvette said. "We hope we get up out of bed tomorrow, you know, and then we have, we can function and have a good day."

Haley also said she's been talking with Jack Troutman, Nicholas' older brother, and Liza. She said it's been comforting. They're all only children now: Joshua, Nicholas and Luke were their only siblings.

Yvette said moving forward isn't something anyone can do alone.

"We're trying to find comfort and support with each other and trying to remember our boys and find comfort and remember their love," Yvette said. "And hopefully, one day we're gonna be more happy than sad having these memories right now. But we get support from each other that way as well because there were three families that lost their children that evening."

Jessica said her family and Fergussons knew each other only a little bit before the accident, as Nicholas and Luke were roommates. Joshua was a new friend to Luke and Nicholas, so the Fergussons and Troutmans didn't know the Mardises beforehand. But through their grief, she said, they've forged a lifelong bond.

been so supportive."

John Fergusson said his family drove with the Troutmans to Joshua's memorial service in Williamsburg, Virginia, so they were in the car together for a few hours.

Throughout the hardship, all three families said they've received overwhelming support — from each other, from their hometowns and from JMU.

John and Anne Fergusson said Hollie Hall, JMU's dean of students, was a tremendous help keeping them updated on the day of the accident and working with them to bring their son back while crossing state lines from the accident in West Virginia. Jessica said JMU helped with things that hadn't even crossed her mind.

"JMU didn't even blink," Jessica said.

She got an email the day after the accident, Jessica said, saying their tuition payments had been stopped.

While the Mardises were in the U.K., Yvette and Kirk said they received so much support and help — not just from JMU, friends and family but also from their hotel and airline carrier.

"Our refrigerators are full, we never have to think about meals, we never have to think about getting things that we need," Yvette said. "If I need something ... my friends are here, and they're there supporting me and they're supporting us, and this is the kind of thing you can't do alone."

Each family said the vigil held at JMU was helpful to them, and John Fergusson said seeing different colleges light up with JMU colors and the thousands of people who showed up for the vigil meant a lot to them. Anne said she thought it was really helpful for the kids and Luke's, Joshua's and Nicholas' friends.

Each family has received support from people within their home communities, too. The Troutmans got a letter from Nicholas' friend from JMU in their mailbox, and Anne said the Fergussons received bags with plastic lights and messages about

Luke on them.

"Just hearing all those [stories] just helps us, you know, it feels really good to hear all those stories and things from his friends," Jessica said.

Yvette, who works at NASA Langley Research Center, and Kirk, who works at FCN IT, said their places of work have been helpful accommodating them as they grieve and get everything settled.

With the support of the community, friends and family, each of the families said seeing all of the photos and videos sent in of their sons gives them a great comfort, seeing how their boys were and the men they were becoming.

"Things that have been shared from [Joshua's] friends and from the JMU community have made us so really, really proud of him and so sorry that, you know, he's not going to be here to become the wonderful man that he was, he was becoming," Yvette said.

Although Nicholas was known as a social butterfly, his dad said he often came home to recharge with his family. Jessica also said he was a hard worker who ran a business in the summer and took on jobs in the neighborhood to earn money before going back to school. Nicholas was a business major, but he was still figuring out what to do after college.

"He was different than ... when he was in the videos and pictures we've seen. He, I think when he came home, he came home to recharge, you know? Slept late, and you know, kind of watch TV with us and stuff like that," John Troutman said. "Of course he made time for his friends, but he also, you know, never slouched on doing things with us and his brother and his grandparents."

The Fergussons said their son Luke was just an "easy baby," that he was kind and funny and cared about his family. John Fergusson said Luke took Liza wherever she wanted to go — like Cookout and Starbucks — whenever he came back from college, and Anne said she'd purposefully take the long way back to JMU for vacations just to hear him speak.

"He would just talk, talk, talk and tell me everything," Anne said, and he'd eventually notice and ask, "Where are we, and why is this drive taking so long?"

Yvette said Joshua loved JMU, and on the night of the accident, he told her about how much he loved it there and how happy he was.

"Josh was just very resilient and very kind," Kirk said. "That's the two things that kind of make his legacy, it was that he never gave up."

Michael Dye, one of Joshua's friends from Walsingham Academy, said during his memorial service that Joshua worked very hard to get into JMU and that it was where he wanted to be. Joshua was very proud of being a Duke, Dye said.

"He keeps me going every day," Dye said. "I know we will keep his memory alive ... As he wrote in my senior yearbook, 'I love you, bro. Friends for life."

While they still don't know exactly how or why the accident happened, the Fergussons, Mardises and Troutmans have found leaning on each other for support means a lot during this time of healing and moving forward.

Jessica said something Rabbi Mordy Leimdorfer said at JMU's vigil stuck with her:

"You know, we can ask why a million times and ... we may never know why ... but we can ask the question, 'What?"" Jessica said. "What can we do to support each other? What can we do to get through this? What can we do to honor Nicholas and Luke and Josh's memories? Yeah, what can we do to support each other and heal? And so we can't look back. We can't change anything, but we can look forward."

While the families didn't know each other well before the accident, after losing their sons and brothers, each mom said it's a bond they wouldn't wish on any family.

"I think that'll keep the Fergussons, Troutmans and Mardises together for a while," Anne said. "We now share this forever."

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## 'An Intense Increase'

#### Harrisonburg schools navigate nationwide book restrictions

By ELEANOR SHAW

The Breeze

Banning and censoring books have been hotbutton issues of late, particularly within education. The implications of censoring or not censoring content in public schools have wracked the public consciousness for decades but have picked up speed within the past few years.

According to PEN America, a nonprofit organization that works to defend free expression in the U.S. and worldwide through the advancement of literature and human rights, the number of books being banned across U.S. school boards has increased in recent years — affecting 1,700 individual titles nationwide — and Harrisonburg is no exception.

While the city has contended with pressure to ban books, a bill proposed in the Virginia House of Delegates has halted Harrisonburg's attempts to update book challenge policies.

#### **HCPS contends** with policy disuse

PEN America isn't alone in identifying a trend. Deb Fitzgerald, chairperson of Harrisonburg City Public Schools (HCPS) School Board, said she noticed "an intense increase" in book-related complaints. Fitzgerald credits this attention around books to the increased accessibility of social media and technology.

"The culture is changing so fast and opening up and becoming so combative that parents are losing a little bit of ... influence about what their kids get exposed to," Fitzgerald said.

Fitzgerald said the majority of challenges she's seen are unofficial.

As HCPS's policy currently stands, to issue an official complaint, parents are required to

read the book, perform research on the book and administrative policy, consider content appropriateness and prepare a report to be given to the school's principal within 15 work days of the complaint's issuing.

Once the complaint is issued, the report is first handled by the principal. If the outcome is unsatisfactory, the original complainant can escalate it to the superintendent's office, which could then be escalated to the HCPS School Board.

HCPS Superintendent Michael Richards said he's seen zero official complaints during his four years in the office.

However, both Richards and Fitzgerald said one challenge in recent years has stood out from the rest.

#### **HCPS and "Gender Queer"**

Released in May 2019, author Maia Kobabe's autobiographical book, "Gender Queer," joined the American Library Association (ALA)'s list of 2021's most banned books. The novel chronicles Kobabe's journey to understanding sexuality and gender identity during adolescence.

The book's sources of controversy originate from its subject matter, illustrations of genitals and sexually suggestive scenarios.

In November 2021, HCPS handled an unofficial book challenge for "Gender Queer" that involved community members issuing a personnel complaint against HCPS employees.

The personnel complaint implicated Richards and others in distributing obscene content in schools, violating Virginia obscenity laws. Richards said he legally wasn't allowed to tell The Breeze who else was specifically involved in the complaint or who issued the complaint due to the nature of the personnel complaint's protocol.

For something to be considered obscene in Virginia, Richards said, it must fulfill three

criteria: It must be sexually explicit, lack educational value and lack literary merit.

Richards said a local council of experts found "Gender Queer" couldn't be considered obscene after analyzing the novel, industry standards and reviews.

According to PEN America, 41% of banned content involves LGBTQ themes and/or characters. Among the unofficial challenges he's seen, Richards said nearly all implicate LGBTQ subject matter — much like the content in "Gender Queer."

"If you look nationally and through Virginia and you look at the way state governors and legislatures are targeting LGBTQ people and especially students, you see that is kind of the way people are bringing books forward because they tend to have more LGBTQ themes than otherwise," Richards said.

Fitzgerald said she's found that sex and sexuality have been the most targeted topics among the Harrisonburg community throughout her time on the school board.

"I don't think I've had any public comment period over the last three or four meetings where someone hasn't talked about either sex or sexuality," Fitzgerald said.

Richards said "Gender Queer" became an important book within HCPS when it came to determining what content could be considered obscene.

"["Gender Queer"] became ... a measurement to say to staff what would not have been illegal," Richards said.

#### HCPS to revise materials review policy

Richards said HCPS employees — including himself and Fitzgerald — have invited community members from a wide variety of racial, ethnic,



"Gender Queer" is one of the main books under scrutiny in school across the U.S. Ryan Sauer / The Breeze

national and cultural backgrounds as well as political orientations to work to encourage increased submissions of official complaints rather than unofficial complaints.

According to Fitzgerald, the group, which has already been formed, will aim to create a more widely used system over a series of three or four meetings.

"As people begin becoming concerned about books and want to do something about them, we want to make sure our policy is clear ... and says all the things it needs to say," Fitzgerald said.

Richards said the group — intended to begin operating at the beginning of spring — has paused its operations due to Bill 1379, which passed the Virginia House of Delegates Jan. 26 and moved to the Senate.

The bill — proposed by Delegate Timothy Anderson (R) — mirrors HCPS's current policy. Much like the policy, the bill's process of reviewing books will begin at the principal level, then the superintendent and finally the school board.

This bill has the potential of restricting HCPS's flexibility when changing their policy, Richards said.

"This bill would set [the current] policy," Richards said. "There would be no other policy."

Until the bill's implementation is decided, the committee's activities have been paused by Fitzgerald. Richards said "it doesn't make sense" for the committee to formulate new processes only for them to be reversed by the bill.

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## App arguments

#### National TikTok bans could impact JMU

#### By LIZZIE STONE

The Breeze

Nineteen universities across 10 states have now banned TikTok for national security concerns — while not yet impacted, JMU could be affected soon as criticism for the app continues to pick up.

On Dec. 16, 2022, Virginia Gov. Youngkin (R) released an executive order banning TikTok and other applications owned by the Chinese company ByteDance from state government technology. Public universities aren't currently affected by the order.

Other states, as well as individual schools, have taken action to ban the app on their devices. NBC News published a comprehensive list of public universities that have taken a wide variety of actions. Schools like Boise State University and the University of Oklahoma have banned the app on university networks, while others like Auburn University have only restricted the app on university-owned devices.

Several states that have instituted bans on TikTok have done so through executive orders from the state governors. Many of those executive orders cite security concerns over Chinese-owned apps.

"TikTok and WeChat data are a channel to the Chinese Communist Party, and their continued presence represents a threat to national security, the intelligence community, and the personal privacy of every single American," Youngkin said in the press release for his executive order.

One bill being considered in Congress will open TikTok up to being banned by the president, according to CNBC. Opponents of the bill argue that a move to ban the app will censor Americans and go against the First Amendment.

Keith Grant, associate professor of political science at JMU, said TikTok could be a threat in terms of data collection. The app's algorithm can figure out how to target a user's beliefs and interests, and it collects physical data from user's devices, such as location and contacts, and by default, has access to phones, microphones and files, Grant said.



"The concern is that it's collecting more information than it really has a valid reason to," Grant said.

National security law in China is one of the main concerns surrounding TikTok, opening the possibility that the government could obtain access to any data in the app, according to The Washington Post, and states that ban the app are concerned that any data it collects could be going straight to a foreign power.

"This is a company that, if it already isn't working with Chinese intelligence, based on this law could be subjected to turning all

that information over," Grant said.

Universities have information that can be considered confidential including student records, financial and health information, and student and staff projects that are classified or sensitive, Grant said. He added there are reasons to be cautious about university security.

Official policies about the app will most likely be left to the states, Grant said. As a public university, JMU will have to follow state laws.

In December, the university posted a video to its official account, @jamesmadisonu on TikTok, saying they were "signing off (for now)" from the app. The video was captioned with a reminder to look at other social media accounts run by JMU.

Ginny Cramer, associate director of communications for JMU, said in a written statement to The Breeze that the university stopped posting on TikTok until the state further clarified that higher education institutions were exempt from the ban. The university will continue to follow guidance from the state regarding the app, Cramer said.

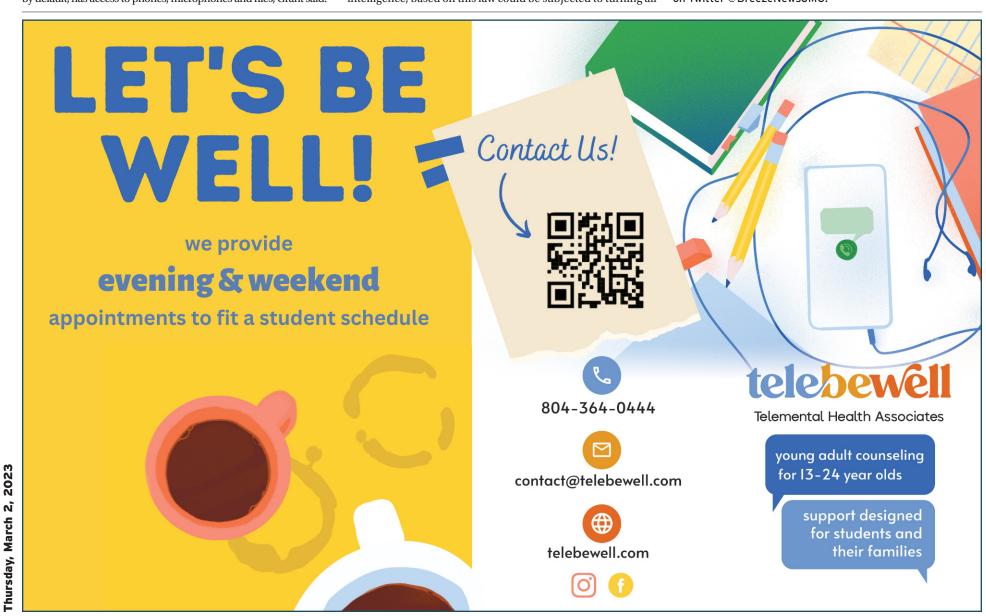
"There are many other social channels to communicate with our audiences, so we will continue to utilize those resources to share information," Cramer wrote.

JMU posted its first Tik Tok since December on Feb. 22. Commenters addressed the absence of posts, stating they missed the account during its break. Since then, the university has continued to make posts on TikTok about life in Harrisonburg and studying at JMU.

Angelina Clapp, graduate assistant at the James Madison Center for Civic Engagement, said any further actions from the state would most likely affect university communications rather than student use.

"It's harder and near to impossible to actually ban TikTok on individual devices," Clapp said. "Students would have the ability to not use the university Wi-Fi if it were to be banned on university Wi-Fi."

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**NEWS** 

#### This week's key takeaways from SGA Senate

By ELEANOR SHAW

The Breeze

The Student Government Association (SGA) Senate passed an amendment expanding the responsibilities of the Diversity, Equity, Inclusion, Justice and Accessibility (DEIJA+) Committee Chair, approved a program grant for JMU Unaccompanied and heard from Big Brothers Big Sisters during Tuesday's meeting.

#### **SGA passes DEIJA+** Chair Amendment

The SGA Senate unanimously passed an amendment requiring the DEIJA+ committee Chair to "maintain a working relationship" with the Vice President and Associate Vice President for Diversity, Equity and Inclusion (DEI) and the chief diversity officer at JMU, Malika-Carter Hoyt.

Sophomore Takiyah Monrose-Richardson, a DEIJA Committee member, said previous versions of SGA's constitution didn't provide sufficient information about who the DEIJA chair should remain in contact with. Monrose-Richardson said the amendment will help future DEIJA+ committee chairs know who to talk to within the JMU community.

'That just shows we are not just doing things to benefit SGA but doing things to benefit the entire university," sophomore DEIJA+ committee member Lexi Alston said.

#### **SGA** approves program grant

The SGA Senate unanimously approved a \$5,000 program grant for JMU Unaccompanied, a student acapella group. The grant will fund the group's upcoming April 30 concert at Memorial Hall.

JMU Unaccompanied was represented by its treasurer, junior Lillie Jerome.

Jerome said the concert will feature the debut of the group's EP and won't require entry fees for the estimated 300 attendees. The grant will go toward funding the concert's sound, lighting, advertisements, photography and food. Jerome said.

She added the group's fundraising efforts

have included merchandise sales, paid appearances, a GoFundMe and a Grilled Cheese Mania Night. Jerome said the majority of the money raised went toward auditions, callbacks and the creation of the group's EP.

"JMU Unaccompanied works really hard for this concert, and this event caters to the JMU student body, so I think we should vote pro," junior Mahek Shroff, SGA's finance liaison, said.

#### **Big Brothers** Big Sisters presents to SGA

The Senate heard a presentation from Big Brothers Big Sisters, an off-campus organization that works to connect JMU students with local children — aged 6 to 14 to provide role models and forge friendships. The organization was represented by Program Specialist Talia Paez.

Paez said the organization is made up of three programs. The community-based program connects mentors, or "bigs," to mentees, or "littles," with the pairs meeting at least twice a week. The school-based program has JMU students work and play with Spotswood Elementary students once a week, and the Sports Buddies Program consists of organized activities occurring twice a month in which JMU students and the children participate.

'We like our kids to be exposed to ... fun things that are ideally educational and help them develop healthy life skills," Paez said.

Paez said the organization's efforts to match children with their mentors were made difficult during the pandemic, leaving 150 children without mentors.

Paez encouraged SGA members to spread information on Big Brothers Big Sisters through word of mouth or by inviting the group to present elsewhere.

"We are hoping to get more bigs in the door and engage more with JMU's campus," Paez said. 'You are excellent role models to kids who will hopefully be first-generation college students."

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City council approved the Bluestone Town Center development after extended controversial discussion. Christopher Timothy / The Breeze

#### Key takeaways from city council

By LIZZIE STONE The Breeze

#### **Council approves Bluestone Town Center development**

A narrow vote in favor of the Bluestone Town Center development ended weeks of disagreement on Tuesday. Vice Mayor Laura Dent and councilmembers Monica Robinson and Dany Fleming voted in favor of the project, while councilmember Chris Jones and Mayor Deanna Reed voted against it.

Debate over the proposal has been consistent since January, with residents voicing their opinions at commission and council meetings. The last city council meeting included so much public discussion that it lasted eight hours until the issue was tabled.

Major concerns involved the scope of the development project, according to the Harrisonburg Citizen. Both sides agree that affordable housing is needed in Harrison burg, but opponents argue this isn't the solution the city needs.

City officials have also been torn on the issue. Tuesday's meeting was preceded by a special work session to discuss the controversial item. which stretched past the allotted time. Further discussion before the vote showed the council was still heavily split.

Jones said he felt the pressure of the housing issue was pushing the council into making an "emotional decision."

"I believe that this could be an overreaction to a problem that the entire country is chasing," Jones said. "And I just don't think that this is a wise decision. I think it's going to put a lot of pressure and strain on our staff."

Reed said this isn't the only opportunity the council will have for housing. Another development had already been approved at that meeting, and more are on the way, she said.

"Don't come at me saying we ain't doing nothing," Reed said. "Because we are. There's a lot of unknowns here. A lot of questions."

Fleming said that the problem with housing in Harrisonburg is obvious, and the council isn't making progress fast enough.

"I believe if we vote no, it's not gonna get any easier," Fleming said. "I stepped into this with a really clear conscience that I've done my due diligence. I've done all the work I can do for this."

Fleming brought up other projects that were controversial in the past. Putting in a water line, creating a park system, becoming a refugee community and creating Martin Luther King Jr. (MLK) Way were all big decisions, he said.

"It's always met with questions and resistance and concerns, many valid concerns, but it's those exact things, to me, that have made us a stronger city," Fleming said.

Reed said the development is supported by people who are disconnected from the issue, not by those who would actually benefit from affordable housing. Other decisions made by the city were controversial but had huge support from the Black and brown people who were affected, she said.

Jones said the majority of people council

has heard from aren't representative of the communities that'll be served by the project. People in the workforce haven't expressed their support, and city officials have been overwhelmingly worried about the project, he said.

"I feel like we've excluded the people that are going to live there and have moved on a political agenda versus moving on a people agenda," Jones said.

Councilmember Monica Robinson said the decision didn't feel rushed to her. Robinson and the other council members have been debating the decision for a long time, doing research and talking to the community, she said.

"No matter how this vote goes tonight, I will have nothing but the greatest assurance in my heart that each councilmember that is sitting here .. have used every bit of themselves, every bit of their knowledge, every bit of the resources available to them to make a decision that they think is right for this town, for this community," Robinson said.

#### **Council approves housing** development near JMU

Plans were unanimously approved for a highdensity housing development at the intersection of Peach Grove Avenue and Port Republic Road near UPark and The Hills Southview. The proposed development would include 376 units of mostly two bedrooms or less.

The request was delayed by the Harrisonburg Planning Commission in December because it lacked a plan for a bus pull-off to accommodate public transportation needs. Developers now plan to put a bus stop along Peach Grove Avenue, near an entrance to the development.

Public feedback was mixed on the anticipated impact of the development.

Despite traffic analysis included in the request that anticipates limited impact on congestion, some residents worry about an increase in traffic. They also brought up concerns about parking in the city.

Todd Rhea, an attorney who worked with project developers, said the space is an "infill location" with developed services nearby that will reduce car trips and parking needs for residents.

One public commenter said to help with parking issues, developers should sell parking passes separately from units to discourage car use. Another said developers should target residents other than students, who clog city parking, by selling units rather than single rooms.

Currently, the land is zoned as governmental because it's owned by JMU, a public university. Rezoning will make it eligible for taxation and bring more revenue to the city, Rhea said.

"It's a fortunate reversal that JMU is turning land back to the city instead of gobbling it up," Dent said. "And it will become a thriving, tax revenuegenerating parcel."

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## Safety accessibility

#### SGA Narcan resolution meets question of implementation

#### By ELEANOR SHAW

The Breeze

A resolution to place naloxone in all on-campus residence halls was passed during the Feb. 1 Student Government Association (SGA) Senate meeting. The resolution's passage coincides with JMU's efforts to make naloxone more accessible on campus.

Naloxone, also known as Narcan, is defined by the National Institute on Drug Abuse as a drug that reverses opioid overdose.

The resolution, drafted by senior SGA Senator Emily Butters, argues that Narcan and resources on proper administration should be available in all on-campus residence halls. Butters said her inspiration for the resolution stemmed from an opinion article published by The Breeze addressing the topic of naloxone in residence halls.

"I really liked the idea of promoting that Narcan should be more accessible on campus," Butters said. "I wanted to both start a conversation and also provide that we should be doing something about it."

Butters said she believes residence halls are an ideal location for naloxone since they're open at night.

Although the SGA resolution passed, the question of how naloxone would be accessible remains an issue. Butters said she believes it's best to leave the decision up to JMU.

While drafting the resolution, Butters received help from her peers to refine the resolution's wording, including Student Body President Shawdee Bakhtiari and senior Melody Haak, SGA's communications committee chair.

Bakhtiari said SGA strives to fulfill the needs identified by SGA members and destigmatize the potential struggles of JMU community members.

"As a college campus, through student leadership and administration, we have a responsibility to uphold the safety of our students and our community," Bakhtiari said, "and so I think that is a really big proponent of [the resolution]. The more resources, the better."

#### JMU to increase awareness and opportunities

Butters said she met with Kristina Blyer, associate vice president for health and well-being after the resolution's passage. Butters said Blyer spoke of strides being made to train students and JMU police officers in Narcan administration.

In an email to The Breeze, Blyer said there's been hesitation to implement naloxone in residence halls since not all resident advisers (RAs) may feel comfortable with administering the drug. However, Blyer said all JMU police officers carry and have been trained in administering naloxone.

In her email, Blyer identified other campus-wide efforts, including a new student-run organization. Blyer said she worked with the Virginia Department of Health (VDH) to provide two on-campus Narcan trainings, called Revive!, last Fall. Blyer credited Emma Ashley, a JMU student, in assisting her with Revive! and in creating a student organization "whose mission is to continue Narcan training for students."

Blyer wrote of Revive!'s current objective to begin providing training to students this spring. These trainings are available to all students and groups, Blyer said.

"Students should have the option to be trained in Narcan and have a resource to get it if they want to," Butters said.

Blyer said Revive! will be advised by Anne Brenneman, director of the University Health Center (UHC). Brenneman and student members have been trained by VDH in the administration and teaching of administration of naloxone.

"We have been working with other student leaders and made significant progress in increasing access to Narcan on campus,"

Blyer wrote. "We feel this is a concern that everyone can buy into and we can work together to save lives."

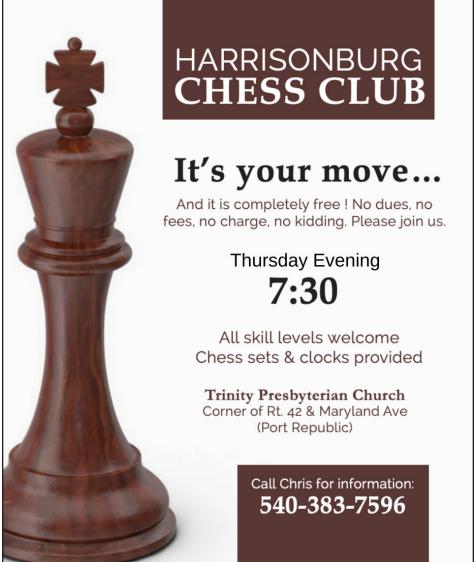
Both Butters and  $\overset{\smile}{\text{Bakhtiari}}$  voiced their support for these efforts. "Allowing those resources and ... creating those spaces for people who may not be well-versed in healthcare ... is a great opportunity," Bakhtiari said. "It's a really great step forward."

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Ben Moulse / The Breeze





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JMU's music program has a high reputation to uphold, partly due to its membership in the National Association of Schools of Music. Photos by Alex Clarke / The Breeze

#### Students discuss the great expectations of JMU's School of Music

from **MUSIC**, page 1

"Both my choir directors from high school are JMU alums," Haddock said, who had a multitude of other high school music teachers as alumni. "I may have students go to JMU myself."

Also adamant on maintaining a musical academic career is Jocelyn Moyer, a freshman music education major. Moyer said her first experience with the School of Music was during JMU's summer band camps.

Moyer also said she quickly recognized the credential standards of the music education concentration, which pairs both music and education courses needed to obtain a degree

'In the eyes of other School of Music people, probably they see me — music ed majors — like, 'Why are you doing that?" Mover said.

The music education concentration has the highest credit requirements in the program, John Allemeier, director of the School of Music, wrote in an email to The Breeze, According to the JMU 2022-2023 Undergraduate Catalog the concentration requires 39 to 42 depending on the specialty. Additionally, a portion of the Bachelor of Music degree courses are also professional education classes.

The requirements of this degree are common across most high-level music programs in the country because the degree has to "satisfy NASM accreditation requirements and state licensure requirements." Allemeier further wrote. The National Association School of Music provides guidelines for music instruction that schools within the association must abide by for membership.

#### 'A push and pull'

Fulfilling these requirements can be challenging, especially for first-year students who are unaccustomed to the universitylevel workload. For this reason, freshmen, such as Moyer, are discouraged from taking more than 19 credits in a semester.

'The practice in the School of Music is that we discourage first-year students from taking overloads because they are not accustomed to the workload at the college level," Allemeier wrote. "The School of Music exercises caution when advising first-year students while they acclimate to the college experience.

In a follow-up interview with The Breeze, Allemeier elaborated on the School of Music's curriculum.

"With our program, there's no room for elective study," Allemeier said. "But, students come to college because they want to experiment and explore different areas of interest ... so those students have to apply for credit hour overloads in order to have that exploration."

Allemeier said the Bachelor of Arts in Music degree, which started last semester, is part of the School of Music's effort to allow students interested in the field to study it without having to give up electives and additional courses in other areas of interest. Students have only begun enrolling in the program this semester,

Allemeier said. The degree isn't a professional one like a Bachelor of Music degree, so it allows for less strict course requirements.

To better ensure an on-time graduation, however, special permission forms can be used throughout the school so students can take more than 21 credits in a semester and meet requirements.

In addition to students with GPAs above 3.25, the form can grant access to students with a GPA below that to take more than 19 credits in a semester.

At the top of the School of Music Handbooks, Forms, and Templates online page is the Overload Request Form. Aside from SOM curriculum, students are also taking general education courses often between semesters and building their music portfolio during this time.

Allemeier said JMU would not allow the school to have a program that required students to take on overloaded schedules and that instead, overloads usually come from students who wish to take classes outside of the School of Music's regular courses. He also added that it's very rare for students to have to take an extra semester or more to graduate, something he has to approve personally.

Liliya Petrosyan, a senior music composition major, said "the grind never stops," even on breaks.

"Like, you can't really relax for too long, because then it's like, 'Well you could have done this while you were relaxing over spring [or] summer break." Petrosyan said.

Competitions, compositions, student teaching for education majors and the aforementioned summer marching band camps are also completed during breaks. Approximately 25-30% of music majors participate in the Marching Royal Dukes, Allemeier wrote.

To combat credit requirements, School of Music students can refer to undergraduate catalogs and suggested timelines provided online for each concentration. Some students, such as Haddock, keep track of their credits using Google Docs or Excel spreadsheets.

"The Bachelor of Music is a strictly structured degree because of accreditation requirements," Allemeier wrote. "The average B.M. in the JMU School of Music is 126 credits, which means that at least 82 of those credits are required to be in music." The other credits can be attributed to general education courses and

Upon closer inspection of the 4-year plans, the credentials differ greatly from those of majors outside of the School of Music. Most concentrations feature courses that range from 1-3 credits with some courses valued as zero credits.

Allemeier said there are a number of reasons for why the courses vary so much in credit value, the main reason being that Virginia only allows degrees to require so many credits but their accreditation and licensures for music education also require a lot of courses and at times will add more, meaning the faculty have to adapt to stay below the credit limit.

"It's kind of a push and pull between our accreditation and the state of Virginia," Allemeier said. "The state will come in and say 'Every one of your students has to do X,' but then at the same time they'll say 'You can't raise the credits in that degree.' So if [the state requires] a three-credit class we're not going to just jam a new three-credit class in or we'd have to take something else away, which is either a state or accreditation requirement. So what happens is when we get a new three-credit class we take one credit away from three other three-credit classes.'

Music education, in both the instrumental and vocal specialties, features the most prominent number of low-credithour courses, according to the suggested timelines.

"I'm only taking like 17 or 18 credits right now, but the thing is, [that's] 12 classes, you know?" Haddock said. "We have zerocredit classes. Most of my classes are one-credit classes that meet three times a week."

#### 'A frickin' beast'

These one-credit classes include musical skill and ensemble classes, according to the Music Education (Vocal) 4-year plan.

On top of homework, instrument practice, vocal lessons and required recital attendance, coursework can be burdensome to students. Required classes across concentrations, such as Keyboard Skills and Aural Skills, that are recommended to be completed the first two years, can be especially tedious.

"It is just so ridiculously stressful," Haddock said. "I made a TikTok of me literally sobbing because of [the] last few piano classes."

As for other students, the keyboard courses, specifically, can be frustrating. In their fourth semester of Keyboard Skills, students must pass the Keyboard Proficiency Exam (KPE) which can be both "rigorous and very difficult," Haddock said. The content of this exam is determined by instructors, Allemeier wrote.

"It's a frickin' beast," Haddock said. "I disagree with the way that the piano program is run from the top down."

Allemeier said that while students can agree or disagree with how the school does certain things, when it comes to accreditation, there's little room for change.

Allemeier said students pursuing a Bachelor of Music degree have to take the KPE because it's required by the school's accreditor. He added that since the new B.A. doesn't require the KPE, it'll allow students who find the exam restrictive to bypass it and still study music.

Students are able to test out of the Keyboarding Skill courses with their completion of the KPE. This can be done to clear room in schedules for other program-based courses and electives. Petrosyan took advantage of this option.

"I tested out as soon as I could," Petrosyan said. "It was pushing my schedule around in a way that I couldn't take a class that I needed to take.

Cooperation to take on the KPE is key throughout the School of Music. In many cases, graduate piano students are teaching the keyboard skill courses individually to prepare underclassmen for the final test. Haddock said.

**CULTURE** 



With an intensive workload, students in the School of Music face long hours of practice and rehearsal in addition to their coursework.

#### 'Mutual bond of respect'

Collaboration among School of Music students is encouraged not only in the classroom but also in music-based fraternities and clubs. Dylan Gonzales, an undeclared freshman, is taking courses to become a music industry major and is a brother of Phi Mu Alpha Sinfonia, a music fraternity.

There are 35 music student organizations listed on the 2022-23 Undergraduate Music Student Handbook alongside Pi Kappa Lambda, the National Music Honor Society. In these groups, there's a certain connection between musically inclined members, Gonzales said.

'We all have the sort of mutual bond of respect for each other and that we feel the struggles of playing our instrument and having to learn it and the challenges of constantly trying to improve," Gonzales said. "I think that also helps bond us as fraternity brothers."

Haddock's a member of Sigma Alpha Iota, another professional music fraternity. Aside from music-centered organizations are service organizations within the School of Music.

Allemeier said in his position, he doesn't have many interactions with these organizations, though he thought music fraternities and clubs were "a critical and valuable aspect" of the School of Music because of the social experiences they offer.

"Ask a parent or adult who went to college what they most remember about college," Allemeier said. "It's unlikely to be the curriculum. It will be the experiences they had at that college. To me, that's the value that those organizations bring, like I'm not in touch with any of my professors, but I'm in touch with the friends I had in college."

Organizations can be especially helpful during the time of juries, the School of Music assessment period, Petrosyan said. As part of the piano collective. Petrosvan receives emails with news and any information related to her instrument.

The extent of collaboration and helpfulness in the School of Music environment vastly combats the overly competitive image of the school, students say.

'There is no competitiveness really, because the fraternity strives to just help out each other," Gonzales said. "A lot of times ... since I'm a freshman, I've gotten lessons from easily, like, five different brothers on, like, helping me improve my instrument [skills] and that's been

This lessened sense of competitiveness exists not only in musical fraternities but throughout concentrations as well.

"A lot of things that music majors will say is like, 'These are our coworkers, like our future coworkers," Haddock said. "We just want to see each other succeed and help each other."

Though there may be an angst of winning a chair over another student and a continuous joking about the overall workload of music education majors, Petrosyan said, there's a fairly positive culture between students" in the bubble of the Music Building and Forbes Center.

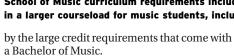
#### More flexibility

As students continue to assist each other through coursework stress, the School of Music has made substantial changes to provide opportunities to those who are interested in music academics but are hesitant to complete a Bachelor of Music degree, Allemeier wrote.

After a two-year development, the Bachelor of Arts in Music debuted in the fall 2022 semester. The degree has a liberal arts foundation and music credits are limited to 45% of the overall credits, with the remaining allocated to general education and electives. The degree also offers the option to take keyboard courses, unlike the requirement of the courses for the Bachelor of Music.

"In contrast to the strictly structured B.M., the B.A. has a lot of freedom with electives and makes double majoring in music much easier for our students," Allemeier wrote.

He said the school was inspired to add the Bachelor of Arts in Music because it didn't want to scare away students who may be intimidated



Also offered to students interested in the alternative is the aforementioned music industry concentration. This program covers a wide array of information on the current industry. The concentration also does not require an application and students submit a portfolio instead of a performance assessment.

"It's a very broad major, which is what I like about it," Gonzales said. "I can go into anything from songwriting, producing, into concert promoting venues - stuff like that."

#### 'Getting the message'

Despite solutions being constructed for courseload, one class in particular, MUS 195: Recital Attendance, continues to cause difficulty for students. The class is required for each of a student's six semesters of Bachelor of Music majors and the first four semesters for Bachelor of Arts in Music majors. This zero-credit course requires all students to attend 10 approved performances in a semester.

"It's usually manageable. It's just really annoying to have to pay," Petrosyan said. "If you don't go to any free things, you could be spending upwards of \$50 a semester. I've heard of people having to do an extra semester because they didn't [go]."

While efforts to lessen costs of performances have been attempted since a 2019 petition reached over 800 signatures, the average required attendance fee has not changed from

The School of Music is, however, "piloting an arrangement where we're encouraged to volunteer to usher concerts and in exchange, we get to attend it for free and get credit," Moyer said. Though a small fix to a larger

issue, students said they're beginning to feel recognized for their critiques.

"I think the school is getting the message that people are frustrated about the cost of recital attendance," Petrosyan said.

As for the 2019 petition, Allemeier had no comment because he wasn't the school's director until fall 2021. In an from The Breeze at the time of the petition, the interim director of the School of Music, Eric Ruple, said that lowering the prices of the tickets would hurt the quality of the productions the tickets were for because ticket revenue goes to producing the shows and paying those who work them.

"When I became director there was an informal agreement made in the School of Music, and I made a commitment that there would be at least 15 [free performances that were eligible for MUS 195] because the class requires 10," Allemeier said. "That way, if a student schedules it right, they can go to 10 of those 15 concerts."

In a meeting with two representatives of the Student Government Association during the fall 2021 semester, Allemeier said, he acknowledged and agreed that 15 concerts probably weren't enough due to many students' already busy schedules and committed to raising the number to 20 per semester. However, Allemeier said it's been difficult to put on 20 free performances in certain semesters, especially during the pandemic when there wasn't a full performance calendar anyway

IMU's School of Music has shown consistent efforts to better the student experience and dismiss the competitive, overworking image. Still, musically inclined students are provided a state-of-the-art experience to further their academic careers.

"I would say that, you know, the School of Music is a great place," Gonzales said. "If you can, I would take the opportunity to take a music class because they're always really fun."

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in a larger courseload for music students, including those on the vocal music education track.

"We just want to see each other succeed and help each other."

#### Jessica Haddock

Junior music education major

1 ? CULTURE



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#### FOLLOW THE MANIA







Members of JMU's GIVE Club help with renovations of the Little Grill before it opens this spring under new management. Courtesy of Andy Luong

## GIVE back to the Grill

Little Grill Collective set to reopen with help of JMU GIVE Club

#### By SABINE SOLTYS

The Breeze

The drill begins to scream as Andy Luong places it against the last rusty bolt of the Little Grill sign, spinning it around and around until it shoots out. Luong gathers his tools and signals to his partner. Carefully climbing down the shaky ladder, Luong grips the gray metal sign of The Little Grill Collective as he slowly lowers it down to the concrete.

Luong, a junior sociology and psychology double major, is the head volunteer coordinator for the JMU GIVE (Growth International Volunteer Excursions) Club, focusing its most recent project of working with small local businesses on the Little Grill in downtown Harrisonburg.

JMU's GIVE Club began in 2013 as a small group, part of the organization's international network. The JMU chapter now has about 300 current members, an increase from its original 20. JMU GIVE started its work collaborating with the New Community Project and has since expanded its service to other projects, just as its membership has grown. The larger GIVE organization sends people to different

parts of the world to serve as volunteers in any way they can, nationally and internationally.

"They are very focused on sustainability, community, empowering world citizens, making a lasting impression and being the roots of change," Luong said. "So, our club was based on bringing that back to Harrisonburg and leaving our roots here making a lasting change as students."

As part of one of the club's short term programs, it's partnering with local businesses like The Little Grill. For owners Ron Copeland and his wife, Melanie, working with JMU GIVE Club has been a perfect opportunity to involve the community and those who love The Little Grill. Having previously owned the restaurant in 2003, they bought it back when they heard it was getting shut down due to the other owners' lack of interest in owning it. Ron and his wife knew they wanted to take a new direction with the restaurant and decided to use the time that it was shut down to reinvent the place with a little assistance.

"People are so into the restaurant, and they were asking how they could help," Ron said. "So we were like, if you want to help you can definitely come out."

**CULTURE** 

When the Copelands put this message on The Little Grill's Instagram account, it quickly caught the attention of the club, Luong said he saw this as another chance for students to step outside of campus and help out.

'Volunteering [for GIVE] allows you to see outside the JMU bubble," Luong said. "So, it's been very enriching to have that space where you can not only let go but also learn about the community and how you can make a better impact on the world."

On Feb. 18, Luong and five other volunteers went to the Little Grill to wait tables. Together with Ron and Melanie, they worked to take down the Little Grill sign, power washed the walls and prepped the inside for painting. Syd Jones, a junior health communications major and a GIVE Club member, was one of these volunteers and helped bring down the sign and power wash the building.

"When we went there it was very wholesome because the owners were very happy and well-spirited about reopening," Jones said. "They told us how they couldn't just sit and do nothing, which really resonates with what we do because we also can't just sit and do nothing, so seeing how spirited they were about it was really nice."

As JMU alumni, Ron ('90) and Melanie ('92) said they know how important The Little Grill is a second home to the JMU community and a place where everyone knows their name. And they wanted to do these renovations to preserve this well-loved restaurant and its history. Even before it was a restaurant, The Little Grill bonded the community when it was a communal bathhouse in the 20s and an antique store in the '30s. The restaurant itself has been around since 1940, but the Copelands originally owned the restaurant from 1992-2003 before selling it to a cooperative of owners, including Ron himself, he explained. Eventually, they bought it back from the cooperative in 2022 and decided to update the restaurant so they could keep it

"It is a normal restaurant, but there's something about it that people are crazy about; if you look on Facebook you will see that people are fanatical about it," Ron said. "And I am fanatical about it, and that's one of the reasons I wanted to see it keep going, and I felt that I had the skills and resources to manage it."

Even before he was an owner, Ron said, The Little Grill was an essential part of his college experience. He used to work there as a waiter and watched as multiple generations fell in love with it. He said he noticed how people always see their friends there and feel welcome - and that's what he wanted to preserve with the help of the GIVE Club.

To Ron, as a JMU student, coming down to the Grill gave him an opportunity to meet all kinds of people going through different walks of life, in and out of poverty. He believes seeing the world this way is a healthy experience for students, like Jones and Luong.

"A lot of the time we don't think about what happens outside of student life," Luong said. "We are so stuck in the places we go that are only beneficial to us as students. So doing work like this is good at breaking down that wall that has been dividing us and it helps us get more involved with a community that we should be participating in."

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One of the most well-known entrances to the tunnels sits between Harrison and Harper Allen-Lee Hall. Ryan Sauer / The Breeze

## MYTH: BUSTED

#### Haunted Quad tunnels?

#### Misconceptions fuel urban legend on campus

By K. MAUSER

contributing writer

Lucy Griffith, a sophomore geographic sciences major, said she's heard the Quad tunnels are haunted.

There's rumors about ghosts," JMU alum Jackie Dupuy ('17) said.

The Quad tunnels are a source of fascination for many JMU students. Dupuy said their purpose was often speculated about by students- whether they were once used for students, faculty or even landscaping. Students have tried to find and enter them many times, some being successful, such as the Quad Squad on Youtube

Meg Mulrooney, a history professor and the chair of the Campus History Committee. said the historic Quad tunnels are a source for bizarre rumors.

"There's a lot of mythology around the tunnels, even about how many there are [and] where they are," Mulrooney said. "There's some really outlandish things. I've heard admissions tours say things like the women students used the tunnels so they wouldn't get their hair wet."

None of these stories, she said, are true. The truth is much less fantastical.

Mulrooney said the Campus History Committee thinks they were built for the janitorial staff to get between buildings. However, she also said there's no memorandum to prove this is why they were built sometime in the 1900s.

"I've been looking at this for a long time, trying to just understand the actual history of the buildings and how they were used," Mulrooney said.

Griffith said there are many misconceptions around campus about the purpose of the Quad tunnels and why they were made.

She also said she'd heard previously that the tunnels go underground and connect each building on the Quad, but she recently learned this isn't the case.

Mulrooney said there are only two Quad tunnels that connect three buildings on Main Campus, apart from the steam tunnels and pipes underground used by campus maintenance.

"It's just a covered passageway," Mulrooney said. "It connects between Darcus Johnson and Harrison, and Harrison and Harper Allen-Lee. That's all there is."

Dupuy said she visited the Quad tunnels during a senior crawl with a group of her close friends. During her senior crawl, they started on East Campus and walked through "memory lane," visiting each of the buildings they'd come in contact with during their years at JMU. This included their freshman dorms, the buildings they had classes in and many other areas of campus, and they ended up in the Quad tunnels.

"We had no intention of setting out to get in the tunnels," Dupuy said. "I think it was just on everyone's bucket list."

Dupuy also said there was a rumor spreading around the time of her graduation that a serial killer had murdered a female student in the Quad tunnels. She said she heard the ghost of the deceased woman now roams the tunnels.

"I'm sure it's not real, but it definitely got told to us." Dupuy said.

Mulrooney said she heard a similar rumor, but her variation included the lingering scent of the woman's perfume throughout the tunnels long after her death. Mulrooney shared others she's heard of as well.

There's also a rumor about the sound of babies crying in the tunnels, Mulrooney said.

This story seems to suggest that a young woman, probably a JMU student, had a hidden pregnancy and gave birth in the tunnel, Mulrooney said. Somehow, the baby died or was left down there, she said, and the infant's cry now haunts the tunnels for eternity.

"What these are called in folklore are cautionary tales," Mulrooney said. "It's kind of like saying, 'This is what happens to bad girls. Don't be like these women. Bad things happen to women who sneak out or who have affairs."

Mulrooney said many of these stories have to do with gender and sexism. She attributes this to JMU's rapidly changing campus, the sexual revolution and the women's movement, which all took place around the 1960s and 1970s.

Men were allowed to enroll in Madison College as residents for the first time in 1966. Mulrooney said the addition of men on campus could've contributed to the emergence of such dramatic stories in that era.

"If you talk to older alumni, they have heard more of these ghost stories and tunnels because I think they were created in the '60s and '70s," Mulrooney said.

JMU staff weren't the only people permitted to use the Quad tunnels back then; students were also allowed to use them to walk between the buildings they connect, Mulrooney said. She added that people would use them to get to Harrison Hall to collect their mail and eat when the third floor used to be a dining hall.

The Quad tunnels are still in use by JMU staff today, Mulrooney said, but it's "not a big deal" employees use them simply to work on heating and cooling systems and other maintenance.

"It's really boring," Mulrooney said. "Students [create] all these mythologies around them, and that's not what they are."

Mulrooney said she hopes to learn more about the rumors surrounding the tunnels and how they've changed over time.

'I think from some of that actual history, mythologies started to grow after students were no longer allowed to use those tunnels," Mulrooney said. "Some of these things are just part of students here wanting to have cool stories, to make it kind of a distinctive place, because it is a very distinctive college campus."

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## PORTS

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Following an offseason in which junior pitcher Alissa Humphrey focused on both her pitching and mental health, she recorded 31 strikeouts last weekend. Breeze file photo

#### Following 31-strikeout weekend, Alissa Humphrey reflects on newfound mindset

from **SOFTBALL**, page 1

She was an out away from the win. Then, after getting to an 0-2 count on the next batter, Humphrey tossed four straight balls, walking the batter and the tying run headed to the plate.

Humphrey ended it in a poetic way — she struck the next batter out swinging, her 31st strikeout of the weekend.

"I might not have had my best outing in the previous first six innings of that game," Humphrey said, "But of course, Coach LaPorte and the coaching staff and my teammates have my back. And they have that confidence in me then. I mean, all I can do is just go out there and dominate for them."

This offseason, Humphrey said she changed her game and her focus. LaPorte said in her program, pitchers make a big jump as they enter their upperclassmen years, and she's "absolutely" made that jump.

Humphrey changed her mindset heading into 2023, she said partly due to Lauren Bernett.

#### 2022 and the summer

Former JMU pitcher Alexis Bermudez (2020-22) said playing games last season was a fight for her and Humphrey day to day due to some of the mental battles.

"It took a lot of grit," Bermudez said. "We had to kind of look to each other for help and learn to complement each other well because it wasn't just going to be done by one person anymore."

Countless times, Bermudez Humphrey heard it: Who'd be the next Odicci Alexander? The next Megan Good? The next Jailyn Ford? These former pitchers carried JMU on their backs over the last decade and all went pro.

Well, Bermudez said, eventually the pressure got to them. Humphrey said herself that "last year wasn't me."

In 2022, Humphrey walked 71 batters in about 130 innings pitched — about 55%

of the batters got a free pass to first base. Humphrey also allowed 116 hits last year. LaPorte said last season that Humphrey was lacking confidence at times, and it showed in the circle.

Humphrey added that if her last-year's self was put in the same position in the NC State game, she would've been too nervous about messing up instead of just going on the field and playing her game.

"I let the pressure get to my head instead of letting it fuel me," Humphrey said. "So I was really, really determined to go out and have a much better year."

Humphrey said she's taken mental health awareness head on. The pitcher said that encompasses a lot of things - not only building confidence in herself and her game but understanding that it's OK to not be OK.

"Over the summer, I really worked on myself," Humphrey said. "I talked to professionals, I went to therapy, like I did all the stuff that people were really, really scared of. And so I've been really, really open with my teammates about what I've been through and how I've gotten through it."

Humphrey said she's grown closer with the pitching staff during the offseason. She said she's closest with freshman pitcher Kylah Berry, and they often talk about Florida since it's where they're both from.

She said she also talks about mental health with graduate pitcher Brittany Hook, who's in JMU's Clinical Mental Health Counseling program. Humphrey said she opened up to Hook frequently over the offseason, and she said she's made sure the team knows it's OK to open up, too.

"It's OK to have bad days, like, we're not perfect," Humphrey said. "And I think that this team is really, really vulnerable with one another."

Humphrey said in the offseason that people have reached out and thanked her for mental health social media posts she's made. She said she's talked to kids about it and that they've thanked her, too. Taking on this leadership role has not only helped the team, Humphrey said, but herself.

"I'm really trying to take pride in [mental health advocacy]," Humphrey said. "Not only in memory of Lauren but just for people who are also out there just struggling. Just know that like, we can struggle as athletes, like it's OK, and just trying to let people know that that's OK.

#### 2023: The best is yet to come

Humphrey posted a picture on her Instagram account on Dec. 9, 2022, from softball picture day when JMU wore its purple jerseys and players had their headshots taken for the website.

In addition, players did photoshoots for the JMU softball social media pages. Humphrey's first picture in her post features a purple cowboy hat with a boa around the brim. There's a Duke Dog logo in the middle. There are two other pictures attached — one of her looking at the tattoo on her arm with the initials "L.B." and one of her sitting in a locker staring into the camera.

The caption: "rather prove it to myself before I prove it to you."

That's the mindset Humphrey's taking into 2023. She's focusing on herself, her mental health and keeping her confidence high.

"I think that I'm a really self-motivated, self-driven person," Humphrey said. "I think if I can prove it to myself, then I can prove it to anyone, so I was really, really big on that."

Humphrey said last year wasn't her. In the fall, she put in training focused on herself. Even though pitching is mostly a mental game, Humphrey said, a big part of her preparation was cardio. She credited newly hired Matthew Mitcheroney, associate director of olympic sport strength and conditioning at JMU, for baseball and softball, for some of her workouts.

Pitching-wise, she said she's worked on perfecting her change-up. Humphrey's confident that it's her best pitch, and she wants it to be the best.

"When I have my change-up on, like not even on a cocky level, but when my changeup's on, it's pretty hard to hit," Humphrey said. "I was really working on throwing my rise to three levels. Just making sure I could really perfect the rise and the change-up."

Humphrey even said she's working on a new pitch but didn't specify which one. She's worked to get her pitches to the outer half of the plate more than the inner half, where she's previously dominated.

"I think that last year, I was in my head a lot," Humphrey said. "That's what kind of led to the walk, kind of led to the spiraling a little bit out of control. I just think this year, like, I just feel so much more under control, and so much more like, I'm more present."

Humphrey notices what people say online. She's constantly retweeting things that happen in the softball world and listens back to what commentators say about her during her game. She's "savvy," as LaPorte says, and every time she plays, Humphrey knows what she's facing, LaPorte said she understands the game at all levels.

"She understands hitters and understands what the offense is trying to do," LaPorte said. "Her maturity and her experience, you know, in some big time moments has helped her."

She said it's early in the season but with the close relationships she's built with the pitchers, team and herself, Humphrey's confident her game and the Dukes best play

"I'm really playing under control," Humphrey said. "I've usually been known to, like, think composed, stoic, like what the commentators say about me, but I'm trying to be a little more fired up this year. I think that if I can stay composed in that sense, like very, like high energy, letting my teammates feed off of that. I think that will lead to me playing my best softball."

**CONTACT** Savannah Reger at thebreezeweb@ gmail.com. For more softball coverage, follow the sports desk on Twitter @TheBreezeSports. SPORTS 15

## 'FROM THE HUNTER TO THE HUNTED'

How women's basketball bounced back from losing season to the No. 1 seed



Point guard Caroline Germond transfered to JMU for her final year of eligibility, and became one of the Dukes' leaders early on. Ella Stotzky / The Breeze

from **BASKETBALL**, page 1

"It's extremely different, right?" O'Regan said. "To go from this year to last year it's like polar opposites."

It took a long time for the head coach to get his understanding of what this team is: "strength in numbers." Still, O'Regan takes it one day at a time. Get to Pensacola, Florida, get his Dukes excited and chase down the conference title.

"That's the goal," O'Regan said during preseason. "That's what I'm thinking, and I think if we're healthy, we're going to be different."

#### FINDING THE RIGHT MIX

O'Regan used the transfer portal to his advantage, picking up four new players — junior guard Amira Williams from College of Charleston, graduate guard Caroline Germond from TCU, junior guard Kobe King-Hawea from Texas and junior forward Kseniia Kozlova from Middle Tennessee. Kozlova and Williams sat through the second half of last season after transferring in January 2022, but O'Regan said he still considers them part of the 2022-23 transfer class.

Germond and Kozlova started right out of the gate and haven't looked back. Kozlova averaged 6.6 points per game in her first 10 appearances, while Germond averaged 4.3.

But the two of them weren't the only thing O'Regan had to balance. A few familiar faces returned for the Dukes.

McDaniel made her debut after being out for the entire 2021-22 season, but it took her a few games to get going. And, of course, the Dukes had senior guard Kiki Jefferson to lead them into the year.

That's six players O'Regan started working with, and the list kept growing.

Junior guard Steph Ouderkirk had

Junior guard Steph Ouderkirk had progressed and found her way into the starting rotation a few times and gave O'Regan one of his favorite moments of the regular season — scoring four 3-pointers in less than five minutes against Georgia State on Jan. 14. King-Hawea slowly found her groove and became a late-season starter. O'Regan had

eight players, six of which he said he could play at point guard without hesitation.

"It's crazy because our team is like a pendulum," Jefferson said postgame against Arkansas State. "It's just our team stepping up whenever our number's called."

So while trying to sort out who plays when and where, the head coach relied on his two new assistants, Neil Harrow and Lexie Barrier, both of whom coached other Sun Belt programs before making their way to Harrisonburg.

O'Regan said he wasn't afraid to admit he wasn't completely confident in his knowledge of Sun Belt programs, but now that the Dukes played against those opponents, O'Regan said Harrow and Barrier's roles are shifting.

"They're going to be important, but at the same time now, I don't have to lean on them as much," O'Regan said. "That's where the experience of being in the Sun Belt or Conference USA will help. But it's not as massive as the first time we played those teams."

O'Regan said at the beginning of the season that Germond wasn't afraid to ask what didn't work during the 2021-22 season.

"They're both smart in their own way," he said. "they're both smart about putting that foot forward, so to speak. But it was natural. I don't I don't think anything can ever truly come to be if it's all natural. And so there was a very natural connection. They're still very connected now."

So the point guard just worked on fostering chemistry between Jefferson and other members of the team. Germond moves and thinks fast, O'Regan said, so he knew early on that she wanted to have strong connections as the starting point guard with everyone, but especially Jefferson. It quickly became a blend of maturity and a desire to learn for all the players, McDaniel said, and as JMU continued through its season and climbed the Sun Belt rankings, it grew.

"We just respond really well to each other," McDaniel said. "We have some really good leaders and some really strong followers."



Head coach Sean O'Regan helped install the team mantra "1% better, every day" during the offseason, according to guard Peyton McDaniel. Savannah Reger / The Breeze

#### **13 GAMES LATER**

The game-changer came throughout November, December and into January in JMU's 13-game winning streak.

O'Regan didn't acknowledge the streak very often at first, he said he just wanted to focus on whoever was next. But as the streak grew longer and longer, no one could deny it anymore. The Dukes quickly climbed the rankings, going 6-0 to start Sun Belt play.

Since JMU was picked sixth in the preseason polls, it was motivation for the Dukes to prove the conference wrong, O'Regan said.

"We got some belief that we can do this," O'Regan said. "And I think that that just grew right and so I think this team has become just, just more confident in our ability to find a way to win."

The streak ended with an "almost embarrassing" loss to Georgia Southern at home, O'Regan said, and while the Dukes turned it around to take down Troy by one point.

Winning 13 straight is a feat JMU hasn't accomplished since the 2018-19 season, and for almost all of the team, they'd never experienced such a long streak. The Dukes looked like they were just having fun throughout the streak — everything seemed to be clicking, whether it was Jefferson putting up back-to-back double-doubles, Ouderkirk dropping four threes, McDaniel sinking 25-plus points in 48 hours or Germond earning four steals.

It wasn't all sunshine and rainbows, though. O'Regan said several times postgame there was more for the team to grow and more things to fix. Rebounding was always mentioned, staying physical and genuine composure were things the head coach continued to remind JMU.

But looking back on the regular season, some of the most exciting moments for the head coach all come from when the Dukes had down-to-the-wire wins on top of the bright shining moments individual players head.

"I really think coming together and getting some really gritty wins at ODU and Texas State," O'Regan said. "I think, were moments where we really had to band together and finish the game."

#### THE FINAL STRETCH

The end of the regular season wasn't as magical as the start of the season was, but the Dukes' efforts clinched the No. 1 seed and a share of the regular season title.

Now, the real work begins for O'Regan.

"We're gonna go out there and put our best foot forward," he said, "if we can simplify it and kind of boil it down to that. Just focus on that."

Most of this year's team has little to no experience in a conference tournament, aside from the transfers and a handful of JMU players. O'Regan said it makes tournament time a lot more exciting, but once again, filled with the unknown.

Once the Dukes arrived in Pensacola, the head coach had his team watch Marshall and Coastal Carolina and start learning any changes the Thundering Herd made between last Friday's loss and next round.

During that same Friday loss, O'Regan put four freshmen and Williams in the game to see what they could do. Jefferson said it was a tactic the Dukes have used in practice throughout the season, and it worked for a while.

"We're proud of them," Jefferson said. "When their number was called, they were ready. And they do that in practice, too."

O'Regan and the Dukes believe anyone can step up for JMU, and that many players on hand means it won't always be the starters in that case.

It may be the next generation.

"I think it can be an exciting thing," O'Regan said. "And what I hope it does, is that it keeps our whole bench engaged. And so what is this thing about? It's about one award. One trophy and a chance to go to the NCAA tournament — that's what has to fuel us."

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## Steal the bags

With loss of prominent power hitters, JMU baseball's game is smaller this season

By JACKSON HEPHNER The Breeze

On a cold, damp Saturday at Veterans Memorial Park, redshirt junior shortstop Mason Dunaway is up to bat in the bottom of the first inning, with graduate center fielder Jack Cone already on first base.

During Dunaway's at-bat, Cone darts toward second base. Dunaway then gets walked, and during the next at-bat, both scamper toward the next base. With Cone now on third base and Dunaway on second, a double from sophomore right fielder Fenwick Trimble drives in Cone to score, while Dunaway tags out at third.

The sequence put the Dukes up 1-0 on day two of their three-game series with Cornell, which they swept.

Stealing bases is nothing new to JMU. When JMU defeated Fairleigh Dickinson, 12-2, in 2022, Dukes' head coach Marlin Ikenberry praised his team's base-running ability.

"We've got tremendous team speed," he said, "and we take extra bases when we can."

Exactly one year later, Ikenberry's stance on stealing bases hasn't changed, calling it a part of the Dukes' offense following Saturday's 9-2 win and said putting pressure on other teams is a "main focus."

In JMU's 10-8 win over George Washington on Tuesday, the Dukes stole four bases with two leading to runs and 14 bases

before the contest — tied for 27th in the nation — on 22 attempts. Ikenberry said the team is "running the bases hard" and it's something that's been emphasized by the coaching staff to start the year.

But a primary difference between this year and last year for JMU is hitting. JMU's offense has had to adapt to a lack of power hitters in the lineup.

Despite only appearing in 24 games last season, former redshirt sophomore outfielder and left-handed pitcher Chase DeLauter had the highest slugging percentage (.828) of any player with more than one at-bat. The next best percentage on the team was a .632 from redshirt junior catcher Travis Reifsnider. Both players are now gone — DeLauter was drafted by the Cleveland Guardians, and Reifsnider transferred to U.Va.

Some of JMU's power-hitting core remains. Sophomore infielder/outfielder Fenwick Trimble has started the year with a .808 slugging percentage. Redshirt senior utility player Trevon Dabney returned for a fifth year and has improved his percentage from .543 last season to .600.

Trimble and Dabney have helped bring power to the lineup, but only Dabney has led off so far, and just once. Instead, Cone and Dunaway have led off JMU's starting lineup in seven of its first eight games. Only in the final game against Cornell on Sunday was Dabney put in the first spot in the lineup. Trimble has yet to be put in the first or second spot.



Dunaway downplayed

his new position, saying it "doesn't really matter."

"I know the person in front of me is gonna do their job and the person behind me is gonna do their job," Dunaway said, "so anytime I'm in the lineup, it's fine."

Whether certain players are power hitters or soft contact, base-running has been emphasized across the board, JMU redshirt senior infielder Kyle Novak said. He added that the team runs bases every day with new assistant coach Michael Roberts.

Dunaway said JMU always preaches that if it puts the ball in play, good things will happen. He also said stealing bases isn't just for offensive production, but to make the other team feel uncomfortable. Ikenberry echoed the sentiment.

"That's how we run our offense." Ikenberry said on Saturday, "and you know, we're not gonna stop running that type of offense." Will Moran contributed to this report.

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## To the Big Leagues

Sport & Recreation Managment senior works the Super Bowl as part of short-term program

By KAIDEN BRIDGES

The Breeze

After working at JMU football and basketball games since October 2021, senior Libby Carver took her experiences to the professional level while working during Super Bowl LVII with 49 other college students, helping run one of the biggest sporting events in the world.

Carver spent 10 days in Phoenix, Arizona, participating in activities ranging from horseback riding in the desert to making TikToks with Jackson Olsen, a popular player on the Savannah Bananas, a baseball team known for circus acts akin to the Harlem Globetrotters.

Carver worked with Living Sport, a program that seeks to provide professional experiences to college students interested in sport and recreational management careers, according to it's website.

When it comes time each year for Living Sport to pick their teams for their events they release on their social media profiles that their applications are open for students to apply. Students fill out a questionnaire and interview with the Living Sport team to see if they'd be a good fit for the team. Once this process finishes, the hiring committee selects 50 students from colleges across the country.

Carver said that at first, she was Senior SRM major Libby Carver poses for photo hesitant to apply to mid-game during Super Bowl XVII. Photos courtesy the program because she didn't know

if she'd be accepted. But after consulting her mom about the decision, she took the chance. Carver remembers being worried for days after her interview as she waited for the response and finally, to Carver's surprise, she heard back. She'd made it.

Alyssa Bosley, a professor in JMU's Hart School for Hospitality, Sport and Recreation Management, is an advocate for programs like Living Sport. She said she believes college is an important time for students to take advantage of opportunities like ones through Living Sport in order to build their resumes and skills.

"I think if you're able to make it work from a financial and scheduling standpoint, that [students] should absolutely take advantage of it, especially with a program like sport and recreation management," Bosley said. "We encourage our students all the time: Find these opportunities and take advantage to get experience, connect with people and just put yourself ahead. I applaud Libby for doing this."

Living Sport also organizes talks and meetings with some well-known names in athletics so students can network and gain insight into what their day-to-day work looks like. Carver and others talked to Ethan Curtis, a social media strategy coordinator for the Phoenix Suns, as well as Joey Prebynski, director of player development for the Los Angeles Angels. Students also sat in on a podcast run by former Penn State tight end Adam Breneman and Carolina Panthers cornerback Jaycee Horn.

"No question's a dumb question," Carver said. "Network with anyone that you can. Just believe

in yourself and put yourself out there."

Before they worked the Super Bowl, students also helped put on the Super Bowl Fan Fest, where some of the high-end guests such as company CEOs and current and former athletes attended a pool party at a resort with a variety of different vendors who they received food and memorabilia from.

Carver said her role at the Fan Fest wasn't only helping attendees by answering questions but also running a booth for Stance, a clothing company that was giving out some of their products at the Fan Fest. Because they were short on representatives, Carver helped customers pick out their two free pairs of socks from their booth.

After the Fan Fest, it came time for all hands on deck for the Super Bowl.

During the game, Carver said she helped direct people through the main concourses,

helped fans find their seating and answered questions about where bathrooms and concessions were.

Carver said working the actual Super Bowl was her favorite part of the experience.

"I loved seeing fans from all over coming to one stadium for a game, even the fans for the teams that weren't playing but still wearing their team's jersey," Carver said. "The atmosphere was great, the fans were really enjoying themselves. something I hope to

experience again one day."

Carver is an event operations assistant for JMU and helps man special events. She said seeing what it takes to put on an event as big as the Super Bowl, compared to her work at JMU for football and basketball games, was eye-opening.

Living Sport brings students to work other major sporting events every year, like NCAA Final Four, NHL All Star Game and even some international trips, like to the Royal Windsor Triathlon in London. Allowing students to get hands-on experience at popular and professional events adds an extra element to their involvement within the sport management field that not many people have, Living Sport President Alicia Marinelli said.

"When you start putting those types of events on your resume, you then have speaking points," Marinelli said. "I think the best thing of it all is that we're developing networks to have people from around the world, you get to travel and have this intimate 10-day experience with. So it's all about gaining experience, building connections and, of course, seeing the world."

Leading up to game day, Living Sport sets up workshops to help their students get an inside look into what really goes into sport operations — specifically what it's like leading up to events like the Super Bowl. Alongside these workshops, students also get to take time to learn more about the city that the event is taking place in by visiting other professional sport facilities and indulging in activities that are notable from the region, such as horseback riding through the



Living Sport team spent 10 days in Phoenix, AZ attending workshops revolving around sport and recreation management.

Arizona desert.

"When we get on site, we basically dive into the culture of the host city," Marinelli said. "This year was Phoenix, last year it was Los Angeles, the year before that Tampa, Florida. So it's really cool that we get to travel and experience new events."

Despite the overall trip lasting just a little over a week, Marinelli stressed how important it is for students to step out of their comfort zone. She said it's important for students to network during these trips, too, because the people they meet on the trip could mean a business relationship that lasts much longer than 10 days.

"Really, [networking] ultimately provides you a base to surround yourself with people who want to support you, and you want to support them," Marinelli said. "It's really cool in this industry to have not only a friend but a business. People, likeminded people, peers that have the same drive that are going to keep people accountable throughout the years as they grow as professionals."

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Head coach Lauren Steinbrecher has been leading JMU since 2010. Savannah Reger / *The Breeze* 

By SPORTS DESK The Breeze

JMU Director of Athletics Jeff Bourne announced JMU volleyball head coach Lauren Steinbrecher received a contract extension through the 2027 season Wednesday morning. She's the third-longest serving JMU head coach with an uninterrupted tenure behind men's tennis Coach Steve Secord and lacrosse coach Shelley Klaes.

"Lauren is the winningest coach in our program's history and keeps finding ways to raise the bar higher," Bourne said to JMU Athletics. "Volleyball will forever be remembered as our first program to achieve a Sun Belt Championship, and they did it with a team that worked hard with great talent, but that also had fun and genuinely enjoyed their experience as JMU student-athletes."

Steinbrecher is coming off her 13th season leading the Dukes. This year, she won the first Sun Belt Championship in JMU history and helped the school reach the NCAA tournament for the first time since 2017.

Steinbrecher extended four years

She's gone 241-119 at JMU with eight 20win seasons.

"JMU is home, and there is so much to be thankful for here," Steinbrecher said to JMU Athletics. "I love going to work every day and I am excited to develop studentathletes as we continue to push for Sun Belt Championships and consistent runs in the NCAA Tournament."

The head coach also earned JMU one of its first Player of the Year honors in the Sun Belt when junior middle blocker Sophie Davis won the title as well as the VaSID Virginia Player of the Year. Steinbrecher has earned four conference Coach of the Year awards and made three NCAA tournaments.

JMU finished its 2022 season 24-5 (15-1 Sun Belt), and its upcoming schedule has yet to be released. The Dukes are relocating next season to the newly renovated Convocation Center, which has been under renovation since 2020.

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Thursday, March 2, 2023

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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 "feeling-encouraged" pat to the girl who walked up to me and gave me a sticky note that said "Prioritize your mental health! You matter."

From someone who smiled.

An "ageist" dart to my roommate for calling my 6-year-old dog old.

From a highly offended roommate who just misses her dog.

A "how-did-you-dothat" pat to the Quad girl who climbed all the way to the top of the tree in front of Harrison Hall.

From someone who wishes they had your climbing skills and is glad you didn't get hurt.

A **"good-morning"** pat to my professor for moving my 8 a.m. class to Zoom.

From someone who definitely needed that extra hour of sleep.

### DARTS Never too late to renovate

## Old dorms on campus need a modern refresh despite sustainability interests

#### PATRICK HANOVER | contributing columnist

From a lack of air conditioning in some of the older dorms to fire drill pranks in Eagle Hall, there are a lot of issues that students often

complain about. The inconveniences are often spoken about when discussing dorms not on East Campus. Considering this, some dorms on campus may be due for an update.

Holmes Browne, assistant director for business operations at JMU's Office of Residence Life (ORL), acknowledges these student complaints.

When it comes to conditions in JMU housing, certain buildings such as Eagle Hall and Shorts Hall might be due for either renovation or replacement with a newer style building. However, those in management indicated why they don't replace old buildings with newer buildings often or at all.

"Ultimately, we would like for all of our facilities to be current and brand new, but that's just not realistic," Browne said. "We have facilities that were built in the early 1900s, and we've got buildings that are three years, four years old. We strive to make them consistent; we try to have them to be equitable across campus."

Browne also explained the reasoning behind the large differences in the dorms, saying the Village was the "suite style" and Bluestone had the feature of bathrooms between two student rooms, which he said a lot of people like. He mentioned the Hillside and Lakeside areas, too, selling the idea of more hallways and community bathrooms. He also said ORL is doing its best to accommodate students' desires, but wants to make sure it can keep a vision of efficiency going. While this is true, it's also debatable as to what degree of efficiency is actually attributable to the older buildings, and how well they're holding up in reality.

Despite what ORL might say about the drawbacks about knocking down old buildings, there could still be some benefits to replacing old buildings with new ones, if the current style was kept up. However, if a better look for buildings was granted altogether, the suite style could be kept in the Village, for example, but be renewed to accompany the new ways of university life. It's also important to keep in mind the potential inefficiencies in appliances that can come with older buildings, and it could end in a tougher situation if JMU does not address these problems earlier.

Keeping this in mind, it would seem JMU's

ORL is more oriented toward the idea of renovation rather than replacement.

"It would be great if we could just renew our facilities but that's not sustainable to knock a building down to build new five years later,

you know, efficiency is building something

that's going to be there, so you don't have to get a whole bunch of new raw materials," Browne said.

Browne explained that keeping the buildings for as long as possible has many benefits, and that newer buildings might not

be the best idea.

"So you want to build something that's got a lifespan that's going to work, and these Village halls have worked. They've stood here for 60 years, that's longer than they were designed

for," Browne said.

This is why the Village is being renovated now. Knocking down buildings and replacing them with new ones may not be ideal in all situations, and it could also be true that it's not sustainable to knock down buildings and replace them. However, buildings designed between five and seven decades ago could have designs that might disregard sustainability altogether given the fact not as much was know

about sustainability back then.

In regards to the implications of actually knocking down old buildings and rebuilding, Browne describes the actions of other universities as a "knee jerk reaction." He said buildings will have to be rebuilt every decade or two due to the quick and cheap design and that JMU wants to try to build things that last, rather than constantly replacing old buildings with new ones.

Perhaps, the issues with these buildings that currently require renovation is that their lifespan may have been exhausted beyond what their normal lifespan should've been, rather than that they're standing the test of time.

The benefits brought from short-term building operations could also outweigh their costs, due to the fact that newer buildings could be built with sustainability in mind whereas the older buildings weren't. The significance of these older buildings lasting so long and having a special style to them is valid, however it doesn't change the fact that students have expressed concerns with various elements of the older buildings.

**CONTACT** Patrick Hanover at hanovepy@ dukes.jmu.edu. For more editorials regarding the JMU and Harrisonburg communities, follow the opinion desk on Instagram and Twitter @Breeze\_Opinion.



Construction of Shorts Hall was completed in 1968. Valerie Chenault / The Breeze

## **CLIMATE CRISIS**

#### Capitalism is not equipped to deal with global warming

**ELIOT ZEDD** | contributing columnist

Our capitalist American society has grown greedy, selfish and ignorant, and climate

change is a direct byproduct of these societal failures. The pursuit of wealth and goods has blinded Americans from the real problems at hand. Negative capitalist traits have been passed down from generation to generation, worsening as time goes on. Generation Z has inherited these characteristics in one of the most dire environmental crises in history.

In the Journal of Sustainable Devlopment, Jonathan Park, a professor at the University of Utah, explains that capitalist theory says we don't need to worry about climate change because pure capitalists will adapt. Eventually, pure capitalists will realize the cost of fossil fuels outweigh the benefits of what products they may aid in producing. This isn't the case quite yet.

Capitalism is built on the pillars of supply and demand theory, which argues that every consumer considers a cost-benefit analysis before making a purchase. If the benefits outweigh the costs, then a person will likely choose to consume the product. This should in turn lead to economic growth and, eventually, social prosperity. The problem with this assumption is that it expects all buyers to use the most accurate form of cost-benefit analysis. In addition, supply is supposed to be driven by buyer demand, but this isn't how our society works anymore.

"Ideally, companies in a capitalist system should not have to wage multibillion-dollar ad campaigns to generate demand for their products, as their products would be in response to an existing demand," Park writes.

Mass consumerism stems from our capitalist society. People are constantly convinced to purchase goods they don't need. Renee Cho, a contributor to Columbia Climate School's news site State of the Planet, helps provide context as to how American mass consumerism began. American consumption was very low in the early 1900s but spiked

post-World War II. The Great Depression in 1929 caused Americans to return to more efficient habits, and many U.S.

citizens started to support the idea

of a regulated economy. Negative American buying habits went down significantly until the end of World War II. Post war, frugality was completely abandoned. The U.S. and its corporations wanted to expand and they got greedy. A new era of consumerism and waste production swept across the nation.

America's annual fossil fuel emissions per person have become more than five times the world's average, according to Cho. In 2009, U.S. citizens with over \$100,000 in yearly

in year household income made up 22.3% of the population

produced almost one-third of the U.S.'s household's

emissions.
Oxfam, a nonprofit organization
dedicated to mitigating
global poverty, reports
that from 1990 to 2015,

over half of the emissions added to the atmosphere came from the richest 10%.

Even so, the bulk of the consequences will impact the lives of lower-income families more than those most responsible for

Evan Weaver / The Breeze

emissions. Environmental Protection Agency (EPA) Administrator Michael S. Regan said

in a 2021 report that the results of climate change are only expected to worsen, and those who are least able to adapt to the changes are the most vulnerable.

It's a common misconception that climate regulation is detrimental to the economy. The U.S. Global Change Research Program's Fourth National Climate Assessment published in April 2022 estimated that without any mitigation of greenhouse gasses

(GHG), "over \$160 billion could be lost in U.S. wages per year by 2090 owing to the effects of extreme heat on working conditions." The study shows that with the

current climate
mitigation
efforts, losses
over that
same period
are still
estimated
to be at least
\$80 billion.
It can be
concluded

from this
data that
not only is
the belief that
GHG mitigation
is terrible for the
economy untrue, but
rather that GHG mitigation
has positive economic

Professor Chris Colocousis, an environmental sociologist and professor at JMU, believes there's a tendency in the U.S. to think about a problem like climate change and focus on individual-level solutions — for

implications.

example, considering where you get your electricity from and adding solar panels to your roof. He said Gen Z must pursue "collective structural solutions" rather than individual change. We need to pursue policies that change not where citizens get their energy, but where energy companies get their power. Colocousis emphasized that this generation must advocate for "policies that reduce the burden on citizens to make different decisions on a day-to-day basis, rather enact policies where our energy comes from cleaner sources, so citizens don't even have to think about it."

Harrisonburg's creation of an Environmental Action Plan (EAP) is an example of these collective structural solutions. Harrisonburg is currently in the third phase of the EAP, approved by the city council. In phase one, the city laid out goals and strategies, and identified those who are most responsible for emissions. Phase two consisted of the collection of the inventory of GHG between 2016-2019. Now in phase three, Harrisonburg is developing strategies using the goals and strategies from phase one, and the inventory is taken from phase two to create policies to combat GHG emissions.

Harrisonburg's meticulous efforts to mitigate emissions are what should be done everywhere. In addition, consumer habits of the middle and upper classes must be reduced, and companies must be held accountable for their actions. The endless and droning pursuit of monetary wealth will be the inevitable downfall of our world, and it's now Gen Z's responsibility to influence policymakers to enact actual change. Throughout history, humans have gotten their act together when the doomsday clock has begun to wind down, but the clock is about to hit zero — and it's hard to see an end in sight.

contact Eliot Zedd at zeddej@dukes.jmu. edu. For more editorials regarding the JMU and Harrisonburg communities, follow the opinion desk on Instagram and Twitter @Breeze\_Opinion.

## 'Words matter'

Casual use of words and expressions related to mental health can be harmful

EMMA SELI | compromising controversy

Despite recent societal attempts to normalize mental health issues and prop up the practically non-existent mental health care system in America, mental health remains a profound problem. The language used around mental health discourse significantly contributes to this crisis.

Discrimination of all types is reprehensible, including discrimination against those with mental health issues and disabilities. Harmful language targeted at these individuals only increases the stigmatization of mental health and normalizes the use of words such as "crazy," "retard," "mental" and "psycho."

20 OPINION

#### from MENTAL HEALTH, page 19

In his article "Why the language we use to describe mental health matters," Dr. Antonis Kousoulis gives examples of overexaggeration: calling someone thin "anorexic," using the phrase "I'm going to kill myself" in a sarcastic manner and saying "I'm so depressed" when feeling a little down. This use of language disregards the lived experiences and feelings of those seriously afflicted by mental illness. This includes not just those struggling, but their family and friends, too.

Such language can perpetuate the shame felt by individuals when struggling with their mental health, and it can dissuade them from getting the help they need. America's system is built to aid people when a crisis hits, but it continuously fails to prevent such situations.

This semester, I'm taking WRTC 430, a course focused on writing as healing. The class stresses the importance of family, community and language when addressing trauma and mental health issues.

One of the books assigned in the class, called "Healing: Our Path From Mental Illness to Mental Health" by Dr. Thomas Insel, the former director of the National Institute of Mental Health (NIMH), explains that language used in the field and in mental health discourse can be challenging to navigate, but using correct vocabulary is essential when discussing mental health.

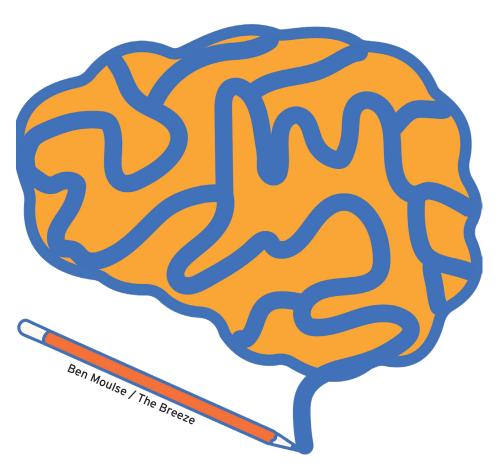
"Are we dealing with mental illness, mental health, mental health disorders, brain disorders, or behavioral disorders?" Insel writes. "Are these illnesses, disorders, or conditions? Is the field mental health or behavioral health? Are the people affected patients, clients, consumers, or survivors? Words matter."

So, not only is the correct language necessary to prevent any form of discrimination, it's also vital when diagnosing individuals, talking to patients and families and even when defining the name of the field and the disorders themselves.

The class has helped me develop my own trusting community within the classroom and has created a space in which mental health is not stigmatized. Students have a safe space to express themselves and work through their emotions and trauma via verbal discourse among classmates and, most importantly, through writing.

Language, community and trust are all important aspects of the path toward understanding and destigmatizing mental health issues and constructing a system in which mental health crises are prevented, not just treated on the spot or after the fact. Changing the rhetoric surrounding mental health discourse is vital to creating influential change. And while it's just one piece of the incomprehensible puzzle that is the U.S. mental health care system, it's a start.

**CONTACT** Emma Seli at seliek@dukes. jmu.edu. For more editorials regarding the JMU and Harrisonburg communities, follow the opinion desk on Instagram and Twitter @Breeze\_Opinion.





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## This week in JMU history...

#### WEATHER



TODAY: Rain, high 50°F, low 29°F. TUESDAY: Partly cloudy, high 45°F, low 27°F.

WEDNESDAY: Partly cloudy, high 46°F, low 29°F.



On Dec. 2, 1922, The Breeze was born. Since then, it's been the indispensable source of news for the JMU and Harrisonburg communities for 100 years. The Breeze is celebrating its centennial this year, so we're traveling back in time.

Each week, The Breeze takes a look back on historic moments in JMU and Breeze history by publishing the cover from the same publication day, just years in the past.

#### Art project sparks **Harrison Hall fire**

by Julia Filz

senior writer

A kiln fire forced the evacuation of Harrison Hall Friday afternoon.

Harrisonburg Fire and Rescue Department responded to the incident at 2:30 p.m. Friday after a kiln in the Harrison sculpture studio began smoking, said Kevin Howdeyshell, public information officer for the depart-

Lee Shifflett, chief of JMU police, said the blaze occurred after art students put a block of aluminum in the furnace. Students were reportedly using the aluminum to make sculptures. "It melted down and kept

burning," he said. HFD Captain Nick Astarb said it was a minor fire. "Apparently the aluminum got a little too hot," he said. "We were there to

watch the cooling process."

The fire crew also put Metal Type-X powder on the aluminum to speed the cooling process and to ensure the fire wouldn't flare up again, Astarb said.

About seven students were in the studio when the fire began. None would comment on the incident because they said they were worried about being in trouble because of their roles in

the fire. They said a professor was with them when the fire occurred, but they refused to give

The building was evacuated and everyone in the building was checked out medically and is stable," Howdeyshell said. "A hazardous material" was involved in the incident, but no one was affected by it, he said.

a student was in distress [due to the fumes], but he's okay,"

Howdeyshell said.

JMU Police rerouted traffic to

Harrison Hall at 4 p.m.

Some students and faculty in the building didn't think the fire was real and left their books and belongings in Harrison and the

Berlin Zirk, operations manager for the Media Production Center in Harrison, said, "Usually, when this happens, it'll

"There [was] a possibility that

go through W-lot behind Way-land Hall and blocked off the Bluestone Drive entrance to campus from South Main Street for most of the afternoon. But the Port Republic road entrance to Bluestone Drive remained open.

Shifflett said HFD reopened

Astarb said the building wasn't damaged. "It was just a matter we needed to watch," he said.

see FIRE page 2



DYLAN BOUCHERLE/senior photographer

#### **Auto-graph**

Hip-hop star Wyclef Jean takes time out before his concert at the JMU Convocation Center yesterday to sign freshman Chris Thomas's motorcycle in Howard Johnson's parking lot.

#### Alconor aeaths at UVa., Tech prompt JMU task force

by Shannon Ballard

contributing writer

To supplement the variety of alcohol abuse education and prevention programs that already exist at JMU, the university created an Alcohol Task Force to respond to state-wide concerns about alcohol abuse on college

The task force held its first meeting Feb. 25 to introduce members and formulate a mission statement, according to task force member Donna Harper, director of health and recreation. The task force is composed of faculty and staff. It will address alcohol issues campus-wide.

"Based on some of the [alcohol-related deaths] on campuses throughout the country, there's a renewed commitment to look at some additional alternatives and opportunities for getting infor-mation to students and changing behavior," Harper said.

JMU joins other Virginia schools such as the College of William & Mary and the

Reusable containers failed last year

because the health department feared

cross-contamination, Larson said.

see ALCOHOL page 2

#### Dining Services might give reusable containers old college try

Director says new program would eliminate health department's cross-contamination fears, let students customize Let's Go dishes

by Jaime Johnston

contributing writer

JMU Dining Services is conducting a pilot project to test the feasibility of using various reusable food containers at Let's Go and Mrs. Greens.

Dining Services asked about 200 health science, integrated science and technology students and frequent Let's Go patrons to use one of four selected experimental containers at Let's Go at least twice a week during February.

After each use, Dining Services rinsed the container of food particles. It was then returned and exchanged at the next use for a clean, sanitized replacement.

Dining Services is now collecting student feedback. So far the general student response indicates students want containers with space for a lot of food, said Rick Larson, senior director of dining services.

IMU will choose one container to use after the experiment is complete.

is open to suggestions and is look- their own containers. ing at a variety of options, Larson said. Options include either offering

students a choice of containers or designing a custom container. Dining Services will decide whether or not it will create a custom container for students once they collect all of the information from the pilot project, he said.

Junior Chrissy Mittiga, a participant in the project, said, "I think the new system will be much more convenient for students

because they won't have to wash their

try that is attempting a reusable program as extensive as cleaning the containers for

JMU is the only institution in the coun-

own containers.

students, Larson said.

"I think the new system will be much more conve-Dining Services nient for students because they won't have to wash

nation can occur if a serving utensil touches an unclean container and is then put back into the food. Dining Services contacted the local health Chrissy Mittiga department and junior received app-roval for the pilot program

Cross- contami-

before its implementation.

"This time we aren't going to make the same mistake twice," Larson said. "So we contacted the health department and

see CONTAINERS page 2

#### Los Angeles Times Daily Crossword Puzzle

Edited by Patti Varol and Joyce Lewis

#### **ACROSS** 1 All-hrs. cash

- devices 5 Flower from a
- bulb
- 10 Hoppy brewpub orders, for short 14 Langston
- Hughes, for one
  15 "Step \_\_!"
  16 "Sticky" grain in some sushi
  17 Patterns recorded
- by an EEG 19 Native of ancient Peru 20 Prefix with natal
- 21 Gets the better of 23 Items on a TV
- headline ticker
- 28 WNW's opposite
- 29 Draft rating
- 30 Go up 31 Flavoring in a shaker 33 Camera letters
- 34 The Pointer Sisters' "\_\_ So
- Shy" 35 Passiveaggressive refusal to speak 41 Extinct New
- Zealand bird 42 TSA checkpoint
- 43 Flat-bottomed
- barge 44 Tablet downloads
- acronym
- 48 "Yoo-\_\_!" 49 .doc and .pdf, for
- example 53 Extent
- 54 Guitar store buy 55 Band that headlined the World Infestation Tour
- 56 Uninterrupted
- periods of success 62 Bordeaux bestie 63 Tennis star Naomi
- 64 "Iliad" city
- 65 Cards below iacks
- 66 Glossy fabric 67 Related

#### **DOWN**

- 1 Widespread PD
- 2 The Raptors, on schedules

#### By Doug Peterson

- 3 Have good
- intentions
  4 Pigpens
  5 Observed, to
  Tweety
  6 New Mexico's
- country: Abbr. 7 Actress Tyler
- 8 Standard of perfection
- 9 Joe of "Home Alone"
- 10 Idioms used on the Emerald Isle
- 11 Wine grapes 12 Place blame on
- 13 \_\_ belt 18 Big Apple nabe 22 Gulf Coast bird 23 Loch with a legend 24 Actor Morales
- 25 Social media
- app with video "Reels," familiarly 26 Hanukkah
- moolah 27 Abolitionist
- Tubman 32 Preformatted
- Excel documents, e.g.
- 34 Is wearing 36 Hardunsentimental
- 37 Slight advantage 38 Neighborhood near Dodger

STUMP

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SITE/CROSSWORD\_

ANSWERS/

- Stadium 39 Morning's end 40 Go Fish request
- 44 Steep-roofed house style
- 45 Bakery container 47 Bygone
- sovereign 50 Set of guiding beliefs
- 51 Language with click consonants 52 "\_\_ man with seven wives ..."

2/28/23

- 53 Pesky tyke 57 Skin design,
- briefly 58 Compete in the
- Super G, e.g. 59 Color of khakis 60 Colorful carp 61 Wd. found in Roget's

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			4				1	
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8	1							6

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#### Career Opportunity - Transit Bus Operator

Are you seeking a challenging yet rewarding full-time, benefits-eligible position that allows you to utilize your customer service and driving skills? If so, the Department of Public Transportation's Transit Bus Operator positions may be the right opportunity for you! Find out more/apply online: https://www.harrisonburgva.gov/employment. EOE.

#### **Career Opportunity - Deputy Fire Chief of Operations**

The City of Harrisonburg Fire Department is seeking qualified applicants for the position of Deputy Fire Chief of Operations. The ideal candidate is a dynamic, forward-thinking, experienced professional that will plan, supervise, direct, and coordinate the operations of the department. Find out more / apply online: https://www.harrisonburgva.gov/employment. EOE.

#### Seasonal Job Opportunity - Park Grounds Maintenance Laborer

Are you looking for a seasonal job that allows you to work primarily outdoors and utilize your maintenance skills to upkeep various park grounds? If so, apply to the City of Harrisonburg's seasonal Park Grounds Maintenance Laborer position! Find out more/apply online: https://www.harrisonburgva.gov/employment. EOE.

#### Job Opportunity - Water Service Technician

Do you want a part-time job that helps provide a meaningful service to the community through in-field customer service and related work? If so, the Public Utilities Department's Water Service Technician may be the right job for you! Find out more/apply online: https://www.harrisonburgva.gov/employment. EOE.

#### Career Opportunity - Community Paramedic

The City of Harrisonburg Fire Department is launching an inaugural program and is seeking to fill full-time and part-time Community Paramedic positions funded through a grant provided by the Department of Justice. To find out more/apply online, visit: https://www.harrisonburgva.gov/employment. EOE.

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Are you seeking a supervisory position that allows you to work outdoors while upkeeping the City's various athletic fields to ensure their suitability for use/enjoyment by the public? If so, the Crew Supervisor - Athletic Fields Maintenance position may be the right career for you! Find out more/apply: https://www.harrisonburgva.gov/employment. EOE.

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Do you have an excellent driving record and enjoy driving? If so, apply to become a Van/Car Driver in the Harrisonburg Department of Public Transportation and get paid for doing what you love! (A CDL is not required for this position.) Find out more/apply online: https://www.harrisonburgva.gov/employment. EOE.

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Do you want a part-time job that allows you to work outside while making a direct impact in the local community? If so, consider applying for the Public Utilities Trainee position! Multiple opportunities available in various project areas. Find out more/apply online: https://www.harrisonburgva.gov/employment. EOE.

#### **JOBS**

#### Career Opportunity - Technician II (Grounds Maintenance)

Do you want to use your technical skills to enhance the public's quality of life by developing/maintaining open spaces/facilities for the use/enjoyment by the public? If so, the Parks and Recreation Department's Technician II - Grounds Maintenance position may be the right career for you! Find out more/apply: https://www.harrisonburgva.gov/employment. EOE.



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