

# The Breeze

JMU'S AWARD-WINNING NEWSPAPER SINCE 1922

MARCH 23, 2023 VOL. 101 NO.22 BREEZEJMU.ORG

## JMU club ice hockey battles time demands in turnaround season

By **ZACH MENDENHALL**  
*The Breeze*

Having an ice rink on campus serves much to the convenience of schools like the University of Kentucky, North Carolina and NC State, all of whom are common opponents of JMU club ice hockey.

These teams may be in the same league as the Dukes, but they're not traveling almost 100 miles just to practice.

Every Tuesday, JMU club ice hockey makes a 90-minute drive north on Interstate-81 and east on Interstate-66 to practice at a facility in Haymarket, Virginia. The teams it faces often have on-campus facilities, practice two to three times a week and have a bigger budget.

Despite this, JMU finished 7-2 this year after enduring four straight losing seasons from 2018-22. The Dukes advanced to the playoffs for the first time in five years where they lost to Denison University, 5-3, in the quarterfinals in Winston Salem, North Carolina, on Feb. 17.

The first couple weeks are the hardest part for the team, former club ice hockey president and senior international business major Mark Sangster said, as they normally get just one or two practices before diving into games with top-ranked teams. Once the group was properly "knitted down," he said, everyone had bought into the process, and after losing two games their first weekend, they won the remainder of the semester.

JMU didn't carry excuses for its losing seasons; instead, players on the ice turned up the heat.

see **HOCKEY**, page 14

## Opinion | Odds are stacked against young people in politics

By **MARY MABRY**  
contributing writer

The average age of a voting member of the U.S. House of Representatives is 57.9 years old. The average age of someone in the Senate is 65.3 years, according to Pew Research Center. Baby Boomers are the dominant generation in both the House and the Senate.

With only one Generation Z lawmaker in Congress, young Americans are left feeling hopelessly unrepresented — even before considering other aspects of identity, such as race and gender.

Grace Smith, a senior political science and sociology double major at JMU and Student Government Association's (SGA) legislative affairs chair, mentioned some of the negative effects of underrepresentation.

When decisions on a national level are made from a limited number of viewpoints, they are "not painting a really diverse picture of everyone who's voting," Smith said. It's hard for college students to see a lack of younger representation in legislation, and the issues might not be reflective of their interests.

see **LEGISLATION**, page 18



From left to right: President Nate Hazen, Vice President Faith Forman, Executive Treasurer Matt Haynicz and Student Representative to the Board of Visitors Abigail Cannella. Graphic by Ben Moulse / *The Breeze*. Photos by Ryan Sauer / *The Breeze*.

## Newly elected SGA leadership discuss visions for future

By **LIZZIE STONE & ELEANOR SHAW**  
*The Breeze*

Students elected four new leaders within the Student Government Association (SGA) on Tuesday: President Nate Hazen, Vice President Faith Forman, Executive Treasurer Matt Haynicz and Student Representative to the Board of Visitors Abigail Cannella.

Election results were announced Wednesday evening, with SGA reporting a total of 1,894 students voted on Tuesday — a 47% increase from last year.

### Student body president

Nate Hazen defeated Alexis Alston and Brielle Lacroix. Hazen won with 47.9% of 1,763 votes cast for the position, while Alston earned 25% and Lacroix earned 24.8%. Thirty-seven students voted for write-in candidates.

Hazen, a junior, ran for the position last year but lost to current student body president Shawdee Bakhtiari — an outcome Hazen said he's now grateful for.

"I'm thankful every day because I've learned so many awesome lessons last year without

having the title of president," Hazen said. "She is a terrific president and terrific role model."

Hazen said his experience as class president and academic senator gave him a strong understanding of the SGA, making him a "swiss army knife" of student government.

"I wasn't tied down to a single role of responsibility," Hazen said. "I could float around and see other people."

Serving the JMU community as a present and active member is something Hazen said he's looking forward to. He said he hopes to use the presidency as "a place of counsel and advice" as SGA works to make campus a better place.

As president, Hazen said he plans on giving JMU "everything I've got" during his final year as a student.

"There'll be highs and lows on this journey," Hazen said. "I want to be ready and prepared to help the student body through it all."

### Student body vice president

Faith Forman ran unopposed for student body vice president. A total of 1,561 students

voted in the race, with 96% voting for Forman and the remaining 61 students voting for write-in candidates.

Throughout her campaign, Forman said she hoped to "modernize traditions" of JMU's past, a goal she said will be fulfilled during her time as vice president.

"I really think the traditions at JMU are super important, and because of [COVID-19] they haven't been as prominent," Forman said. "I'm really hoping the student body can get more involved with traditional events at JMU."

One of these events referenced by Forman is the Ring Premiere, an SGA-sponsored event where current sophomores can attend the unveiling of their class ring.

"JMU's actually one of only [a few] schools that gets to design a new ring every year," Forman said. "Over 1,000 people used to come stop by ... Obviously students enjoy these events and these super cool things that are JMU-specific."

see **SGA ELECTIONS**, page 4



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# What's inside...



LillyAnne Day / The Breeze



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CULTURE 10 **ART AND INCLUSIVITY**  
VALLEY ART COUNCIL INVOLVES JMU STUDENTS TO CREATE ARTISTIC DOORS

SPORTS 16 **END OF AN ERA**  
JMU WOMEN'S BASKETBALL REFLECTS ON HISTORIC SEASON

OPINION 20 **UREC USAGE**  
STUDENTS SHOULD UTILIZE ON-CAMPUS RECREATION OPPORTUNITIES

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### MISSION

The Breeze, the student-run newspaper of James Madison University, serves student, faculty and staff readership by reporting news involving the campus and local community. The Breeze strives to be impartial and fair in its reporting and firmly believes in First Amendment rights.

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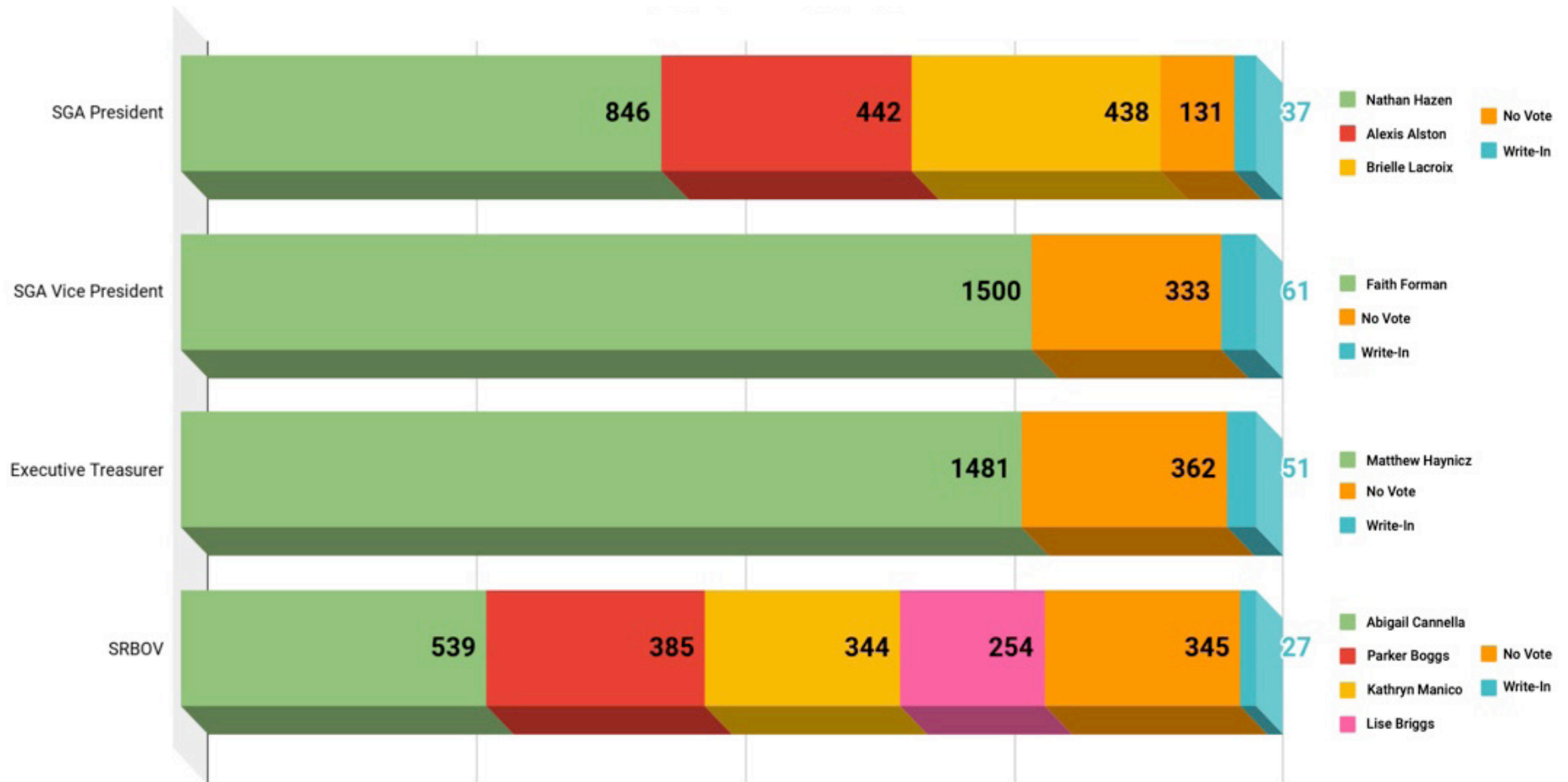


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The Breeze breaks down this year's voting data for student body president, vice president, executive treasurer and student representative to the Board of Visitors. Shirin Zia Faqiri / The Breeze

# Votes to victory

## SGA election results announced, 4 major postions filled

from **SGA ELECTIONS**, page 1

As vice president, Forman said they hope to increase attendance at these traditional events and believes it'll make a lasting impact.

Her focus on events originates from her experience as the unofficial "event planner of SGA," Forman said, and she's excited to take on a more active role in event-planning and execution.

"I wanted to have more of an active role in figuring out what the JMU community wants and needs with events and making sure I'm serving them as best I can," Forman said. "I'm just super excited."

### Executive Treasurer

Matt Haynicz ran unopposed for executive treasurer, earning 96.6% of the 1,532 votes cast for the position. The remaining 51 students voted for write-in candidates.

Haynicz said he's confident and passionate about serving as treasurer. He's been a member of the finance committee for one year and is excited to step into a leadership role on the committee as treasurer.

"I'm really honored to be able to serve," Haynicz said. "I'm also really happy and excited."

Haynicz said one of his goals is to support students, especially by informing them of existing resources on campus. He said he wants to create some kind of centralized location to organize opportunities and support available for students.

"Money is a big deal," Haynicz said. "It puts a lot of strain

and a lot of stress on a lot of families and students, and I would like to do what I can to help the students have a little bit more peace of mind."

During the SGA Senate's March 7 meeting, Haynicz said SGA should use its funds responsibly, using a "fresh perspective" with each fund request, a belief he said he'll carry into his role as executive treasurer. Haynicz said contingency funds are an "excellent way" to support students, and it's his hope that all possible funds are given out every year.

"This position is something that takes a lot of responsibility to handle," Haynicz said. "We love to grant money to student orgs, but we always have to make sure that it's being used responsibly."

### Student Representative to the Board of Visitors

Abigail Cannella was elected as student representative to the Board of Visitors (SRBoV), defeating Parker Boggs, Lise Briggs and Kathryn Manico. Cannella won with 34.7% of the 1,549 student votes for the position, while 24.8% voted for Boggs, 16.3% voted for Briggs and 22.2% voted for Manico. A total of 27 students voted for a write-in candidate.

"I am so thrilled," Cannella said. "I'm just so excited that the student body trusted me in this position."

Cannella said she wants to increase communication and make sure the student body stays well-informed about the university's governing bodies. She also wants to maintain relationships with the administration so she can work effectively for students.

One of Cannella's main goals is also to establish a student vote on the Board of Visitors, she said. Next year, she'll work on a bill of opinion to petition the board, as well as to someday bring the change to other schools in the state.

"I have ideas and a vision of what the position could be," Cannella said. "I didn't want to sit around and hope that others did what I wanted to see for the position, that I think would be so beneficial for the entire student body."

Cannella said the previous SRBoV, Xavier Williams, has focused on bringing the community together, something she wants to continue. Events like Halftime on the Quad will have a lasting positive impact, and his work for the school has been "admirable," she said.

Cannella's glad there was an increase in student participation in the election, no matter who they voted for, she said. An increase in voters means more students are aware and keeping tabs on the student government, and she wants to help students stay informed, she said.

"This is probably the greatest honor of my life ... It's so just incredible and mind-boggling for me," Cannella said. "I know that I will do a good job for the entire student body."

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# Heating up

Finicky weather may be sign of climate change for Harrisonburg, Shenandoah Valley

By **GRETCHEN NAGLE**  
contributing writer

Abnormally high temperatures have been recorded so far for the 2023 winter season in Virginia and across the East Coast — especially in February when temperatures were at an all time high so far for the season, according to The Washington Post.

Though the JMU community has been out on the Quad enjoying the warm weather, the real causes and effects may actually be altering for the future of Harrisonburg and the Shenandoah Valley's climate, according to the Community Climate Outlook.

Harrisonburg reached unusual highs in the 80-degree range on Feb. 23. These increased warm temperatures are more typical for late spring and early summer rather than late February for the area, according to National Weather Service temperature trends.

Bill Lukens, paleoclimatology specialist and JMU professor in the department of geology and environmental science, told The Breeze that this isn't the first year Harrisonburg and the East Coast have had an abnormally warmer winter, and certainly not the last.

"What is abnormal," Lukens said, "is that these unusually warm years keep on happening more recently and recurring. The last few years have all been unusually warm, which is a fingerprint of climate change."

Lukens said Harrisonburg and the Shenandoah Valley are already seeing evidence of the future effects

that climate change will have on the area.

While this winter's pattern aligns with La Niña — meaning winter temperatures are warmer than normal in the South and cooler than normal in the North — Lukens said this is uncharted territory, seeing that La Niña typically only lasts 1-2 years. But Lukens said that this year is the third time in recorded history that there's a third La Niña year in a row. Climatologists don't know the cause for this phenomenon but are pointing to signs that climate change could be a contributing factor, Lukens said.

"When people think of climate change," Lukens said, "they tend to think, 'Oh it's getting hotter,' but we are actually expected to experience extreme rain events — generally in this part of Virginia [and] in the Appalachian region — which is a threat to the Shenandoah Valley, causing big implications on infrastructure, roads, bridges [and] drainage."

While these effects won't be experienced locally for a while, Lukens said, they're still something to keep in the back of our minds to protect the future community.

"We know that it's greenhouse gasses [and] fossil fuel emissions primarily that are causing climate change," Lukens said. "Right now, the biggest emission of CO2 is transportation, driving big trucks and cars, and that's one thing that JMU students don't do a lot of in town. We've got great buses, a walkable campus [and] a lot of JMU students are doing what they need to do to not be a part of the problem."

see **CLIMATE CHANGE**, page 6



JMU's Environmental Management Club hosts a climate strike in Harrisonburg each year. Breeze file photo



When temperatures in Harrisonburg hit 80 degrees in February, students swarmed the Quad. Ryan Sauer / The Breeze



# Weather worries

## Abnormally warm temperatures a ‘fingerprint of climate change,’ experts say

from **CLIMATE CHANGE**, page 5

As for JMU’s contribution, JMU specifically isn’t to blame for climate change around the area, as it’s more of a global phenomenon. JMU has taken some action to lower its environmental footprint, including recycling and waste management, the University Recreation Center’s (UREC) environmental stewardship and sustainability for facilities management, according to JMU’s website. In 2022, The Princeton Review ranked JMU 27th out of 50 Green Colleges, meaning the university exemplified excellent sustainability practices, a solid foundation in sustainability education and a healthy quality of life for students on campus. JMU did not make the 2023 list.

Junior Obrine Tamon, treasurer of the Association for Women Geoscientists (AWG) — an on-campus nationwide foundation that works to obtain equality of opportunity for women in the geosciences — said he thinks climate change is affecting Harrisonburg and the Shenandoah Valley, specifically suggesting that in the future, climate change will have a much bigger impact.

“Climate change is very much impacting Harrisonburg,” Tamon said, “but since the population is mainly students, the community is much more aware of trying to reduce JMU’s carbon footprint — hence the buses, solar panels and windmill.”

Tamon said he believes that AWG can reach a large body of students to recognize climate change locally, regardless of their area of study, and talk about prevalent climate issues through its conferences and seminars for climate change and other aspects of the geosciences.

“I believe that AWG can get more people, possibly even beyond JMU’s campus, since AWG is a nationwide organization,” Tamon said. “We can work on bringing more publicity to the topic to make more people aware of how serious the issue at hand is.”

Sophomore Rebecca McCann is the treasurer of JMU’s Environmental Management Club (EMC), an organization on campus that actively advocates work on the big issues regarding climate change — specifically with its annual climate strike that aims to raise awareness and get the community to acknowledge that climate change is a prevalent problem.

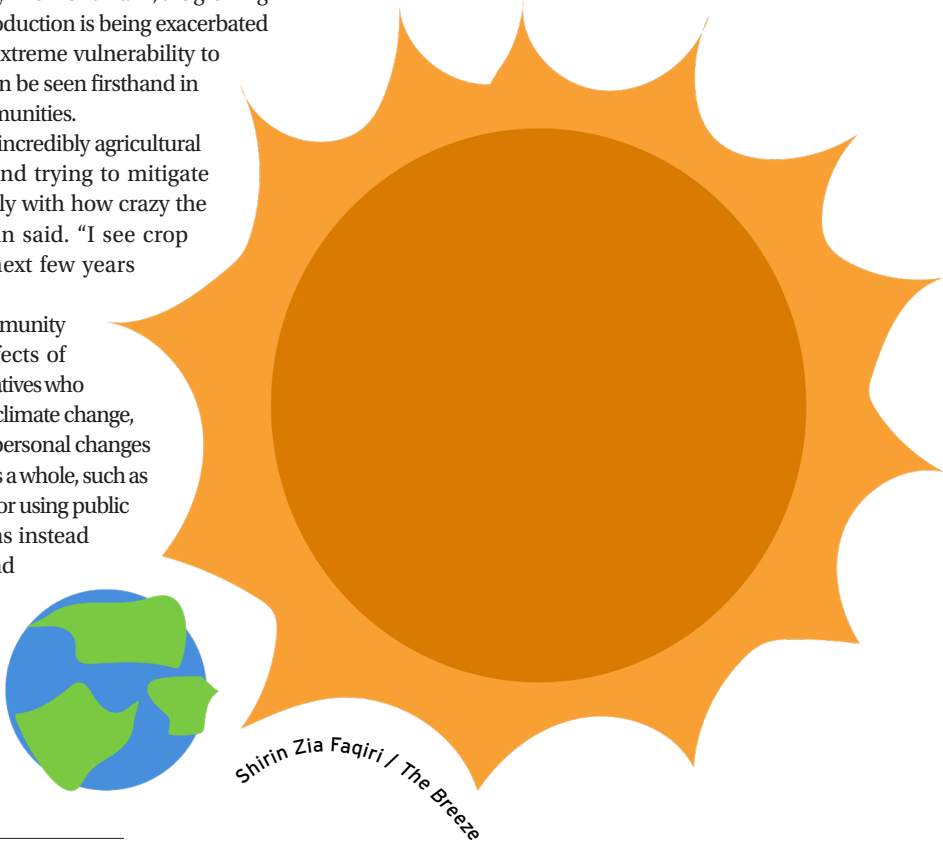
According to an article published by The World Bank, the growing problem surrounding agriculture production is being exacerbated around the world by agriculture’s extreme vulnerability to climate change. McCann said this can be seen firsthand in Harrisonburg and surrounding communities.

“With [these] communities being incredibly agricultural based, I’m sure they’re worried and trying to mitigate uncertainty of the season, especially with how crazy the temperatures have been,” McCann said. “I see crop production fluctuating over the next few years depending on the temperatures.”

McCann said she believes the community can work toward lessening the effects of climate change by voting for representatives who can help create legislation to address climate change, as well as individually making small personal changes and steps that help the environment as a whole, such as recycling, reducing waste, carpooling or using public transportation, using reusable items instead of single-use plastics and reusing and repurposing items that would otherwise end up in the trash.

“Even our [EMC] merchandise this year we did tote bags that were sustainably made and we got our design locally in Harrisonburg,” said McCann. “We try our best for Mother Earth.”

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# ‘Immensely humbled’

## Harrisonburg fire chief named Virginia Fire Chief of the Year

By **JASMINE MOORE**  
*The Breeze*

Harrisonburg’s Fire Chief Matthew Tobia was named the Virginia Fire Chief of the Year, announced and awarded by Gov. Glenn Youngkin on Feb. 22 at the annual Virginia Fire Rescue Conference in Virginia Beach.

Tobia, the Harrisonburg Fire Department’s (HFD) fire chief since 2020, has been a firefighter for 35 years.

Tobia said he had no idea his name was submitted into consideration for the Virginia Fire Chief of the Year award and didn’t find out about it until the winner was announced at the conference.

“I was quite stunned and immensely humbled to be able to be recognized in this way,” Tobia said.

While Tobia didn’t know about the award, his wife did, he said. Through the help of friends, his wife surprised him at the conference when his name was announced.

“So not only was I stunned to find I won, that I had been selected for the award,” Tobia said, “but then when I went up on stage to receive the award, I turned around and saw my wife standing in the audience. Quite honestly, she is the biggest reason why I have been able to be successful in this unbelievable calling.”

Tobia said he’s known some “really unbelievably talented individuals” who’ve been recognized as Virginia Fire Chief of the Year in the past but never thought he’d receive the award himself. He credits much of his success to HFD and to the “dedicated women and men who carry [its] reputation every day.”

“It is incredibly easy to be successful in this job when you have been handed the gift of an incredibly amazing high-performing fire department,” Tobia said.

Tobia emphasized that people don’t get into fire service and law enforcement to receive awards and trophies but to provide public safety.

“I’m also indescribably uncomfortable in even talking about this award,” Tobia said, “because what I’d really much rather be talking about are the women and men who wear our uniform every day and do great things every single day.”

“I’m the first member of my family to pursue a career in public

safety,” Tobia said. “And I wouldn’t trade my life for one minute — not for anything. It has been the most amazing opportunity and one that has been immensely fulfilling.”

However, Tobia didn’t always know he wanted to be a firefighter — “a very funny thing happened on the way to law school,” he said.

From a young age, Tobia wanted to be an attorney and attended Franklin and Marshall College in Lancaster, Pennsylvania, where he majored in government. Tobia said he had a part-time job as a security officer, and during one of his shifts, he saw an ambulance and asked how he could get involved. That’s when it all changed.

Tobia began taking classes to become an emergency medical technician (EMT) and officially started in the summer of 1987. After realizing his new passion, he said, he transferred schools and finished college at the University of Maryland in Baltimore County (UMBC), where he got his bachelor’s degree in emergency health services management. In 1990, he became a registered paramedic and has been one ever since.

After college, Tobia began his career as a volunteer firefighter in 1987 in Lancaster County, Pennsylvania, until he became a full-time firefighter in 1992. In 2019, he began at HFD as deputy chief of support services and worked in the department as a member of the command team until being promoted to fire chief in 2020.

Michael Parks, director of communications for Harrisonburg and a friend of Tobia’s for four years, said he’s seen Tobia help the community in many ways since he’s been in Harrisonburg.

“Outside of being a fire chief and all the responsibilities that it has,” Parks said, “one of the most important things about Tobia is the role he plays as a community leader and being someone who wants to be involved in multiple aspects of our community.”

Parks said Tobia is always at community events and wants to be involved in the community — meeting people, talking with them and hearing concerns they have about the community.

“You know it’s not just a job for him,” Parks said. “He very much cares about the people here from Harrisonburg and making this community a better place.”

Parks said Tobia is “eager to share his wealth of knowledge” and trains new HFD members to ensure they have the opportunity to grow into leaders for future departments.



**Matthew Tobia has been a firefighter for 35 years.** Courtesy of Matthew Tobia

Tobia said he realizes his job is passed down from one fire chief to the next and said his hope is that he’ll hand the next fire chief an organization that’s even better than the one he was given.

“I could go my entire life and not receive one formal recognition for getting to do this — the greatest job imaginable,” Tobia said, “because the greatest recognition comes in knowing that we have made a difference in people’s lives and knowing that we have made a difference in leaving our department better than we found it.”

**CONTACT** Jasmine Moore at [moore5ja@dukes.jmu.edu](mailto:moore5ja@dukes.jmu.edu). For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



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The SGA Senate approved program grants for DREAM Weekend and the Lambda Chi chapter of the Alpha Kappa Alpha sorority. Ryan Sauer / The Breeze

## Key takeaways from this week's SGA Senate

By **ELEANOR SHAW**  
*The Breeze*

The Student Government Association (SGA) Senate approved funding for the Madison Aerospace Club, DREAM Weekend and Alpha Kappa Alpha and passed an amendment providing more support to new members during Tuesday's meeting.

### SGA approves contingency funds

The SGA Senate unanimously passed a \$3,000 contingency fund request for the Madison Aerospace Club, which was formed to compete in the NASA Micro-G competition, according to its website. Senior Matthew Caufield, the group's treasurer, said the funds will finance the group's participation in the competition.

The NASA Micro-G nationwide competition challenges teams to create devices "that address an authentic, current space exploration challenge," according to its website.

The competition has exposed members to the engineering design process and hands-on experience, Caufield said, with JMU being one of 15 universities selected to participate.

While the group has fundraised \$9,000 through its partnership with the Kern Entrepreneurial Engineering Network (KEEN) and a JMU Student Engagement Mini-Grant, Caufield said the organization has fallen \$3,000 short of its goal.

Caufield said the contingency money would be used to fund materials and supplies, Science, Technology, Engineering and Math (STEM) engagement, travel costs and the group's contingency plan.

### SGA approves program grants

The Senate unanimously approved DREAM Weekend — an organization providing prospective students of color with a unique experience prior to enrollment — a \$5,000 program grant.

DREAM Weekend was represented by its vice president, senior Jay Norton, and is intended to "recruit and retain" multicultural students to JMU, Norton said. DREAM Weekend consists of two events taking place in both the fall and spring. Norton said the prospective students will participate in a scheduled series of events, including dinner, a silent headphone party and field day — which includes an egg race, three-legged race, toss game and dance competition.

The \$5,000 will be used to finance the group's field day supplies, breakfast, snacks, DJ and silent headphone party.

"I think we should vote pro for this because it offers a lot for potential minority students," freshman SGA senator Caroline Woodson said.

The group has fundraised \$301.60 thus far. They haven't been able to fundraise during the past two years because services had to be online, Norton said, which has resulted in a lack of fundraising experience.

The Lambda Chi chapter of the Alpha Kappa

Alpha sorority requested a \$3,753.06 program grant to finance its annual Black Girls Rock! Awards Gala that will take place on April 7 in Festival's Highland Room. The SGA Senate unanimously approved the sorority's request.

Senior Cheyenne Sewell, the sorority's treasurer and vice president, represented the sorority. She said the event honors and celebrates JMU's African American female students, faculty and staff, Divine Nine sorority members, community members and former members of Lambda Chi.

The sorority hasn't been able to fundraise money for the gala because of Lambda Chi's status as a nonprofit, Sewell said. Any money the sorority raises goes back out to the community, she said.

The grant will finance food, transportation and supplies.

### SGA passes New Member Orientation Amendment

SGA passed an amendment modifying new member orientation. The amendment places the responsibility of "organizing and administering" new member orientation every year onto the Speaker of the Student Senate. Senior Melody Haak, SGA communications committee chair, submitted the amendment.

Haak said she previously built the SGA Canvas page as her capstone project, consolidating materials for new members to help them "acclimate." She said the communications committee has to recreate and reconsolidate the information needed to prepare new members every year, but the Canvas page would eliminate that need.

After consulting her committee, Haak said she believed the Senate Speaker would be the right person to manage the Canvas page.

Junior Abigail Cannella, SGA's membership committee chair, vocalized her opposition to the amendment, arguing that it'd interfere with the membership committee's responsibility of planning the New Member Retreat, which Cannella said serves as an orientation.

Cannella said Haak hadn't communicated her plans to write the amendment with her or Senate Speaker Daniel Gaffin, which she argued sets "a bad precedent to not talk to the current people it would affect."

In response, Haak said she had "text and email evidence" disproving Cannella's claim that Haak didn't communicate her intentions.

Other members of the Senate expressed support for the resolution.

"I think this will create a better relationship with upperclassmen that I do not really see in this org," sophomore Kathryn Manico, 2025 class president, said.

SGA approved the amendment with opposing votes from Cannella and sophomore Kylie Susic, SGA Senator and membership committee member.

**CONTACT** Eleanor Shaw at shaweo@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



# In with the new

## JMU students voice concerns on switch from Yik Yak to Sidechat

By **BRIANNA THWEATT**  
*The Breeze*

In the past few weeks, JMU students have said goodbye to the popular anonymous app Yik Yak and said hello to its replacement: Sidechat.

The app's changeover has gained widespread attention from a variety of different media sources, so much so that the switch has made headlines in The New York Times, which mentions that beyond just JMU, the app has sparked conversations on other campuses, including Harvard, Cornell, Tufts and Columbia.

Sidechat is similar to Yik Yak in many ways. Sharing the same purpose of anonymous communication, the apps came together through a merger. Like Yik Yak, Sidechat has become popular at and around colleges and universities.

Much of students' data from the previous app has transferred over onto Sidechat, including emoji profiles and Yakarma. The new app also continues to ensure anonymity. Nonetheless, students have concerns — and the unexpected switch has come as a surprise for many students who spoke to The Breeze.

Sophomore Rachel Sandoval said she used Yik Yak to see what people were talking about.

"I downloaded Sidechat," Sandoval said, "but not by choice, since no one could use Yik Yak after the switch."

This is consistent with the app change. Since the switch occurred, several students, including those who've talked to The Breeze, have reported that Yik Yak is no longer available for any type of virtual interaction.

Aside from no longer being able to access Yik Yak anymore, another concern students have is that now, an email login is required while registering for the app — for JMU students, this would be their Dukes email address specifically. Sandoval called the new login process "invasive."

Another sophomore, Evan Marshall, agreed.

"Having our email is a bad thing, being that it's a social app that should not be associated with academics," Marshall added.

The Breeze reached out to University Communications with questions about these privacy concerns. Ginny Cramer, JMU's associate director of communications and deputy spokesperson, said JMU isn't affiliated with Yik Yak or Sidechat and declined to answer.

Sandoval said Sidechat is "nice" yet a little unsettling, mentioning that it can be inconsistent at times. While she was scrolling, she said, it could quickly change from content that's uplifting and motivational to something explicit and uncensored. Sidechat offers different groups based on different interests that students can join.

"It's nice seeing the different groups but at the same time, it just does not have the same vibe as Yik Yak did," Sandoval said. "With the different topics coming together in one feed, it can be a bit uncomfortable at times."

Senior Jenny Olcott, on the other hand, said she's never used Sidechat or Yik Yak at all. Olcott said aside from the fact that she doesn't spend a lot of time on social media, she's never been tempted to use either app simply because "the app is not a good use of my time."

Olcott said she'd heard about the switch, but she didn't necessarily understand why it happened. Olcott said she doesn't feel like she's missing out on anything going on around campus by not using the apps.

Despite Marshall having used Yik Yak previously, she said she hasn't downloaded Sidechat because she'd rarely used Yik Yak beforehand — there was "no purpose in continuing and switching over," she said. However, despite her reluctance in getting Sidechat, she can see it being the "new thing" around campus.

"From what I've heard, I see Sidechat is going places," Marshall said. "It could be the new Yik Yak"

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SHENANDOAH VALLEY  
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Sydney Hunter and Alex Hazard painted their door to represent motherhood in today's society in the U.S. Photos by LillyAnne Day / The Breeze



By **LILLYANNE DAY**  
contributing writer

Sasha Thompson, a senior studio art major, said she felt compelled to focus on the LGBTQ community when designing a door for the Opening Doors: Art of Inclusion initiative. Her design is reflected by the rainbow colors representative of the pride flag.

Opening Doors, an initiative by the Arts Council of the Valley, caught the attention of Thompson, Alex Hazard and Sydney Hunter, three JMU students who applied and were approved to illustrate a display that encompassed a cause they felt needed more inclusion in the city of Harrisonburg.

"I hope that people can look at the door with love and not hate and with an understanding of people's different lifestyles and not see it as a stain on Harrisonburg," Thompson said. "The whole idea for the project is to be inclusive of everybody."

The Arts Council of the Valley and the Arc of Harrisonburg provided each artist with a household door to begin working on in December and have finished by March 25. Artists will

be matched with a local business that focuses on the needs of members of the community who are underrepresented. The Arts Council will help display the 20 doors in different locations during Spring and Summer throughout Harrisonburg and Rockingham County.

Thompson was introduced to this opportunity by a former figure-drawing professor, Erin Murray, who urged her to apply for the project since there's a commission involved, as well as the exposure that comes with having your artwork displayed in downtown Harrisonburg. Murray also helped applicants edit their cover letters and write their artist statements for the Opening Doors initiative.

The application process looked at each candidate and the specific topics the Arts Council of the Valley felt needed more inclusion in Harrisonburg.

An artist statement, design submission, resume and artist's biography were required to apply. Each artist will receive a \$250 stipend for materials and a \$500 dollar commission once the project is finished.

Although the final destination of each door hasn't been

determined yet, once each artist completes the design on their door, it'll replace an existing door belonging to current businesses in downtown Harrisonburg.

The doors will be on display for four months, allowing time for people to view and interact with them. The project focused on the idea of inclusivity, whether that's with gender, sexuality, race or ethnicity, Thompson said.

Thompson has designed a door with a variety of flowers, each with the colors of the rainbow, to represent the pride flag. Her goal is to promote inclusion of the LGBTQ community.

Thompson said she decided to craft this message on her door because she's surrounded by many people who are members of that community.

She hopes her door can inspire others to be more understanding of themselves and those around them, and she said her main takeaway from this project was a desire to continue having the confidence to be herself.

"I hope that what comes out of it is that every college student who's going through questioning who they are can look at [the door] and understand and appreciate the value of being accepting of themselves," Thompson said. "It doesn't even have to be that society would accept them, it's more that you look at your inner self and know that it's OK to be you."

Thompson said she's hopeful her door will be perceived positively in the community and that each person who sees it can walk away with a more positive mindset.

Another pair of students, Sydney Hunter, a senior marketing major with a minor in environmental studies, and Alex Hazard, a senior international business and Chinese double major, were also inspired to apply and design a door. Hunter and Hazard have designed a door together that they feel encompasses what motherhood and being a mother in today's society looks like.

The duo's door will have a stork alongside a nude woman who is visibly pregnant. Their painting will show what motherhood really looks like in addition to the stork, which evokes maternal images in many minds.

"It's more that you look at your inner self and know that it's OK to be you."

**Sasha Thompson**

Senior studio art major





**Sasha Thompson painted her door to represent the LGBTQ community with each of the flowers on the door representing the colors of the pride flag.**

"We're bringing together what it looks like to be a real mother and also what it is to be a free mother bird, overlooking everything," Hunter said.

For the project, the pair said they wanted to focus on the realities of motherhood and specifically what aspects of motherhood aren't being represented or talked about enough in the community.

"One main issue is maternity leave for people who are underprivileged or don't have a stable salary-based job," Hazard said. "It's like the systems in place just aren't inclusive. They're set up for people to fail or be out of work or not have security to function."

Their inspiration came from a lecture Hunter attended in a business law class at JMU, she said, in which her professor was detailing the differences between the maternity leave options in the U.S. compared to those of other countries. She learned about the inequities mothers have to face, she said, and brought the idea to Hazard when brainstorming how to focus their design.

The duo said they're interested in raising awareness for individuals who may not have a voice but are being affected by the cards that seem to be stacked against them.

The pair believes each individual experience with motherhood is special and should be celebrated instead

of hidden.

"I think, especially in Harrisonburg where there is a large working community and a lot of multi-job households, just to feel seen a little bit and [say], 'Oh, that happened to me and I didn't have the right resources. No one talks about it or no one helped me,'" Hazard said. "So it's nice to be seen. It's nice to be heard a little bit and included, which is kind of the whole point."

Hunter and Hazard are one of the few duos involved in this project, but both said they feel they couldn't have taken on a project of this size by themselves. They also encouraged students to look for local art opportunities.

"It's been nice to have another perspective and be able to take a step back with someone else and analyze the work," Hunter said. "I would also encourage other JMU students to actively seek out and be involved in the Harrisonburg community. I feel like people just stick to their JMU community, but we're a part of something a lot larger."

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## A WEALTH OF HEALTH

### The risks and benefits of social media on mental health

**By HANNAH LIFRIERI**  
*The Breeze*

Social media isn't going away any time soon.

Social media, while beneficial for some groups, like small business owners, also has some negatives. It can replace face-to-face interactions, also known as social displacement, according to the American Psychological Association (APA). However you choose to use social media outlets — whether it's for business, school or a way to connect with others — too much social media can distract us from reality and even show behavioral changes, according to NeuLine Health.

In the early 2000s, the APA reported only 5% of the adult population in the U.S. were social media users; since then, it's jumped to 70%. Apps such as Facebook, Instagram, Twitter and Snapchat have become more popular to users throughout the years due to their easy accessibility and even easier connections with others.

#### An addictive replacement

Jaime Kurtz, a JMU psychology professor, said the effects of social media can be harmful to our mental and physical health for many reasons. She mentioned that social media has "become a replacement for more rewarding face-to-face contacts," and human interaction seems to be the new "reward."

Kurtz also explained that it's important to acknowledge the apps that attract your attention span, especially if you find yourself constantly on your phone, as well as asking yourself how these specific platforms make you feel. If you find you're comparing yourself to others, Kurtz said, there can be negative effects.

With this in mind, Kurtz said, social media can become addictive. As social beings, we enjoy the satisfaction of receiving notifications, and people will want to go back for more without even noticing how much time is dedicated to social media. Trying to reduce your time online can be challenging, Kurtz said, but it's not designed to be an easy task. Kurtz suggests taking time away from social media and instead enjoying time with friends or even taking a nap is a step in the right direction.

Social media is part of our daily routines. The issue lies when social media is overused or used for the wrong reasons. As explained by researchers, our brains are susceptible to a poor attention span when constantly consuming and refreshing new content. While it allows us to connect with others, it's important to stay aware of what you're absorbing and how much time you spend scrolling.

*Read the full article at [breezejmu.org](http://breezejmu.org).*





Ellen Atwood ('18) sought out the Fulbright scholarship after completing a summer study abroad program in Florence. Photos courtesy of Ellen Atwood

# From the 'Burg to Bremen

JMU Fulbright recipient pursues music career in Germany

By K. MAUSER  
The Breeze

As the clock strikes noon in Harrisonburg, it's 5 p.m. in Bremen, Germany, where JMU alum and Fulbright recipient Ellen Atwood ('18) resides.

During her time at JMU, Atwood studied vocal music education. Since graduating with a Bachelor of Science, she has released one studio album and is working on her next EP, which she said will be released this September.

Atwood discovered her desire to live abroad after graduating from JMU when completing a summer study abroad program in Florence, Italy, she said.

"That was a huge turning point in my trajectory because I discovered what it's like to live abroad, work abroad and navigate myself in a foreign environment," Atwood said.

Soon after completing this program, she began to seek out programs to live in foreign countries.

"I fervently went on a hunt for opportunities to live abroad," Atwood said, "because I knew it would be difficult to jump right into the workforce in a foreign country."

During this search, Atwood said, she got an email through JMU's server that there was a Fulbright Q&A being offered. Atwood also said she was told this would be a chance to live abroad — the primary motivator for her application.

"I was like, 'Yes, I'm all in,'" she said.

The Fulbright Program for U.S. students, which is available to graduating seniors, graduate students and young professionals, allows participants to pursue additional study, conduct research or teach English in a number of foreign countries, according to the Fulbright website. Each individual receives a grant to support themselves for the time they're abroad.

The application consisted of two essays, a personal statement and the statement of grant purpose, Atwood said. Overall, she said it took about six months to complete in full.

"Then, it was kind of a waiting game to see if I got in," Atwood said.

Eric Ruple, a piano professor at JMU who worked closely with Atwood, had no doubts about her musical abilities, he said.

"She was an outstanding student," Ruple said. "She exceeded my expectations in the kind of difficulty of the music she played and how quickly she learned music."

In the School of Music at JMU, there are multiple concentrations available to achieve a music degree. Ruple said a performance major at JMU is what the highest level music students study.

"This is probably the most significant thing: She was not a performance major ... but she could have been that if she wanted to," Ruple said. "She [performed at a] very, very high level."

Atwood was also confident in her abilities to get the scholarship and actually moved to Germany before she knew she was accepted.

"I ended up doing an au pair semester right after I graduated," she said. "In the middle of my au pair time, I found out that I got the Fulbright and then was allowed to stay. I was very eager to get abroad."

However, as a December 2018 graduate, Atwood had only spent a short amount of time in Germany before being affected by COVID-19.

"Around March of 2020, they told all of the Fulbrighters that we had to go back to the United States or we had to prove that we had enough means and support to stay in the country," Atwood said. "Pretty much everyone went back to the United States except for about 20 of the 140 Fulbrighters who decided to stay in Germany — including myself."

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Originally, Atwood worked in Germany at a Waldorf school teaching music, which she said is a “very tight-knit, social, private school environment.” However, she soon transitioned to focusing only on producing her own music and giving piano lessons on the side to support herself.

Since beginning her singer-songwriter career, Atwood released her first studio album titled, “David,” in February 2022. Currently, she’s working on producing her next EP, which will be more electronic-focused, she said. She regularly updates her music Instagram page with her musical endeavors.

William “Bryce” Hayes, another JMU professor who worked closely with Atwood, said he thoroughly enjoys the music that she’s produced in Germany.

“It’s been incredible to watch the songwriting that she has done after graduating,” Hayes said. “I am pleased to say that I’ve downloaded some of her music simply for pleasure, just to listen to, like, when I’m out for a walk.”

Hayes also said her music’s “beautiful stuff,” and that Atwood’s an “exemplary musician.”

After such success in the past years, Atwood said she thanks the “beautiful, nourishing environment” that is JMU for giving her a strong foundation to succeed.

“JMU allowed her to be a music education major but still pursue voice as well as piano,” Ruple said. “She just thrived in that environment ... The environment that allowed her to follow her dreams more.”

Through JMU’s music department, Atwood said she learned how to “grind” in the real world and stay focused on her passion.

Even early in her musical career, Atwood’s been able to achieve at a high level.

Ellen says she’s done a couple of live music shows around Bremen. She also says she’s playing now with a drummer, a cellist and a bassist that she’s networked with in Germany.

“If [music is] your calling, I’d say you have to listen to that,” Atwood said. “You may explore other avenues, but if you keep coming back to that art as your nourishing flame, then listen to that. The world needs art from everyone. I think everyone has a little artist inside of them. I just say go for it, if that’s what you want to do. Do it.”

**CONTACT** K. Mauser at [mauserkk@dukes.jmu.edu](mailto:mauserkk@dukes.jmu.edu). For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter and Instagram @Breeze\_Culture.



Ellen Atwood is currently working on producing her next EP, which she’ll release in September.

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Junior defensemen and current team president Shane Brisland gathers the puck during a game for JMU Ice Hockey. Photo courtesy of Shane Brisland

# Ice Dogs

## JMU club ice hockey season turnaround gives future hope

from **Ice hockey**, page 1

"Nothing's always going to be fair," Jack Stanley, senior defensemen and former vice president, said. "If you really want something, you need to be willing to do anything for it."

Stanley added that throughout this season, he's learned what's truly important is leaving it all out on the ice, so he doesn't have any regrets about his time at JMU or losing to Denison.

"We didn't get a couple bounces we could have gotten. A couple things here and there and that game could have been different," Stanley said. "But I'm glad that we're not sitting here wishing we tried harder."

### Managing time, on and off the ice

Throughout the season, players had to allocate a six-hour window of their Tuesdays for hockey alone. Between finding time for meals and completing schoolwork, it made time management a challenge for the team. Junior defensemen and current team president Shane Brisland said teammates used their phones as WiFi hotspots and did homework on their laptops in the JMU-provided vans up to Haymarket.

The importance of time management among the team came to light when a video of Sangster writing an essay on his laptop in the locker room midgame was reposted by @achashow, a hockey Instagram account with 22.9k followers.

Sangster said he had one assignment left that day but didn't finish it in the car, where his laptop was about to die. Though the WiFi in the rink "was a bit touchy," he said, he had to finish it on the bench during the game because the assignment was on deadline.

Sangster scored a goal minutes after working on his paper.

"We do it just because we love the game," Sangster said. "This is kind of our last four years playing the game before we go on to play [men's league] and have regular jobs."

Sangster said instead of celebrating his goal, he hopped on the bench, took his gloves off and got back to work, all the while his teammates laughed at him. In the end, though, Sangster got the last laugh: He got a 100 on the assignment.

Stanley and the rest of the bunch still find time to laugh together off the rink. On car rides up to Haymarket, they play "contract," which, Stanley admits, is hard to explain. As he puts it: "One guy comes up with a word and gets a single letter as a hint, and then everybody else has to sort of work together and guess what the word is."

Club ice hockey sometimes gets a vehicle provided to them by JMU, and sometimes the team drives itself. Regardless, the car ride allows the team to spend hours of quality time together, Stanley and Brisland said, whether it's talking, watching hockey or playing "contact."

"There's something about a car ride that kind of brings people together," Stanley said.

### The struggles of commitment

One issue club ice hockey has struggled with over the past couple seasons is retaining a full roster.

Brisland said a lack of commitment made it hard for the team to have the same wealth of stamina as their opponents. The team often struggled in the final period, forced to run just two or three lines during a game compared to its usual four.

New members are also intimidated by the travel distance, Stanley said. He said he knows "for a fact" there's a handful of students at JMU who have high-level youth ice hockey experience but haven't joined the club team because the rink is too far away.

Plus, 12 of the team's 25 players are also involved in fraternities, which Brisland said makes it hard to prioritize the rigorous schedule.

"We've had issues in the past where it's like, 'Oh, I'd rather party than play and go out of town or drive hours to play,'" Brisland said. He added that the people who show up to practice consistently have been huge in driving enthusiasm for the team. "Your best ability is your availability."

For Brisland, it wasn't anything off the ice that kept him sidelined this year. He dislocated his wrist in October against Georgetown, which he said made it hard for him to be involved with the team this year. Instead, he said, he's trying to get JMU ready for next season.

After losing his freshman year of playing due to COVID-19, Brisland said it was tough for him to lose yet another season, this time to injury. He distracted himself by stepping away from hockey for a few months and focused more on studying, watching TV shows and learning to take it one day at a time by "putting one foot in front of the other," while also taking the attention off himself putting it toward his teammates on the ice.

"This has kind of been the first major injury of my hockey career," Brisland said. "So it's just learning how to be patient and be supportive, and to just be grateful for the team and just kind of putting the focus on them, and not making it about myself and my injury," he said.

Brisland said he realized the true force

the team carries — making the playoffs after being plagued with injuries throughout the season is no easy task. He's already looking ahead to using more street hockey courts as a team to work on stickhandling, holding more bonding events and bringing back largely the same cast of characters from this year's 7-2 team.

"Just imagine what we can do next season," Brisland said.

### Building a winning team

Brisland said he'd like to improve off-ice chemistry for years ahead. Between finding it hard for teammates to host anything and the pandemic throwing "a wrench in things," club ice hockey has been forced to reestablish its culture. Brisland has currently been renting the street hockey courts once a week located on campus next to the tennis courts in an attempt to get guys out and bond, which he said he hopes continues past his time with the team.

The street hockey courts will also act as a form of recruitment, allowing freshmen who are interested to come out and feel like a part of the team, Brisland said. It's important to get freshmen on board as early as possible, he said, as it's "typical" of them to rush a frat, occupying their time.

"This is like the first time we've made the playoffs in this division," Brisland said, as the team plays in the ACCHL Division II. "It just meant a lot for the organization that we can grow as a culture and grow as a group of brothers."

Some of the recruiting has already paid off. In the past two seasons, club ice hockey has recruited "two great goalies," along with multiple defensemen and a rookie class of nine players, six forwards, two defensemen and a goalkeeper, Stanley said.





JMU club ice hockey poses for their team photo. The team finished the season with a winning record after four straight losing seasons. Photos courtesy of Shane Brisland

One standout presence among the team is junior goalkeeper Ben Bottiglieri, who Brisland believes will be the best player come next season with his athleticism post to post and how he’s always in the best position possible when a shot comes to the net.

“The team will go as far as he takes us because he’s just that good,” Brisland said. “We gotta help him out.”

Sangster said he’d also like to see club ice hockey hold more social events after he’s gone. Sangster said these are connections that players will have the rest of their life and it’s important to create positive environments as it will also carry over to the ice.

When Sangster started for the team, he was quiet, kept his head down and “did what he was told,” Stanley said, but after being forced to learn how to be president for two years, he has morphed into a true leader.

“He’s on top of everything ... he’s so talented at, I guess, communicating with everybody, and keeping everybody kind of up to date and on track,” Stanley said.

Sangster battled with the choice of going to play for Junior League at a high level of competition after high school, but he said coming to JMU to get his degree and play is one of the best choices he has made. He said the friends and connections he has now have made this one of his favorite hockey experiences of all time.

Throughout his time with the team, Sangster has learned to improve his off-ice conditioning and build his body better, adding to what he called a more dominant gameplay. The experience he earned from being an executive member for three years has also helped him develop leadership skills, he says.

After playing his final game of JMU club ice hockey, Sangster says “it still stings,” but he is proud to see how far the team has come since his freshman year.

Seniors entered this season with a “last-dance mentality,” Stanley said. Going below .500 their previous two years gave them the will to give it all they had, especially because they understood they were never going to play another game. Stanley said he’s been trying to tell the younger players that there’s going to be a day they play their last game of contact ice hockey ever.

“It sneaks up on you,” Stanley said. “It’s a freaky feeling.”

The game, result & future

In the Denison game, JMU led 2-1 after the first period despite being outshot 23-10. Bottiglieri made 22 saves, but Denison scored three unanswered throughout the second.

A late JMU goal from freshman right winger Colin Leahey, his second of the game, gave the Dukes hope as the team entered the third period down 4-3.

But Denison scored once more in the final period, and JMU lost 5-3. Denison outshot JMU 40-32, , though Bottiglieri finished the game with 35 saves. Although this isn’t a season high for Bottiglieri, as he achieved 45 saves on two different occasions along with a 40-save shutout, he put on another display showing his promise for next season.

At first, Stanley found it hard to put a positive spin on this season after losing in the first round of the playoffs, but he said he’s content in realizing that he, alongside the other seniors, helped put JMU on a great path for the future.

Stanley said he has no regrets about this season and the way the team played, as he’s confident it tried its hardest.

“As a senior, I’m not gonna be sitting at a desk job next year pissed off because my club hockey playoff didn’t go the way I wanted it to,” Stanley said. “You can’t be doing that.”

Even with five seniors leaving, Sangster feels expectations for next season are just as high as they were this year. He said he “strongly” believes JMU will be in the same spot next year and that he’s already seeing returning players motivated to maintain the team’s positive momentum.

Sangster has played hockey all his life and would love to remain a part of the team, he said, continuing to help future members grow in the sport. He wants hockey to be a part of his life no matter where he is. Whenever he’s in town, he wants to help out behind the bench as a coach.

As the next president, Brisland gave praise to seniors Jack Stanley, Philip Ruta and Thomas Coiley for sticking through the hard times and making the team what it is today, including the hour-plus drives to Northern Virginia. But maybe, club ice hockey won’t have to make those drives anymore.

According to Jack Stanley, it remains the goal of the team to fund an ice hockey rink at JMU, not only for them, but for public skating in the Harrisonburg community.

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Between long car rides to the rink and playing on the street hockey courts on campus, the team's been able to bond this season.



The team's recruiting effort these past two years has helped bring more talent to the team, including two goalies that Stanley called "great."



# 'It's like *storybook* stuff'

## JMU women's basketball ready to go back-to-back after March Madness appearance

By **MADISON HRICIK**  
*The Breeze*

It circled back to one ranking: sixth place. That's where coaches in the Sun Belt placed JMU women's basketball in late October, just before head coach Sean O'Regan and senior guard Kiki Jefferson made the trip down to New Orleans for the conference's media days.

The Dukes didn't look phased by it. In fact, sixth place became motivation throughout the regular season.

Six months later, in a quiet press conference room at Ohio State, there were tears, and gratitude.

"I'm just so grateful to be a part of this journey," graduate guard Caroline Germond said. "James Madison was what I was looking for, so thank you, Coach O, for trusting me every day and thank you to my teammates too, they make me smile every day and that's really good."

But at the end of it all, with the Sun Belt Championship trophy just feet away from him and March Madness name plates on his desk, O'Regan sat in his office at the Atlantic Union Bank Center, still wanting more.

"My immediate goal is to win next year," he said. "It was long overdue for this program to have one. And, you know, I think it would just add to our group's hunger to get back to where it is, as opposed to the opposite. Like, 'We reached it, and now we're good.' I think it's the opposite. I think it's like, 'We want more of that.'"

O'Regan brought JMU its first women's basketball conference championship since the Kenny Brooks era (2002-16), bringing the Dukes back to March Madness. O'Regan led his star

senior, Jefferson, to her first-ever player of the year award, after receiving CAA Rookie of the Year during the 2019-20 season.

So when the final buzzer brought an abrupt end to this year's season, the Dukes had nothing left to do but sit back and reflect.

"In the postgame after, [O'Regan] was

like, 'Try and take a step back and just kind of look to see what we did and what we accomplished,'" junior guard Peyton McDaniel said. "Like, our season obviously wasn't defined by that one loss."

Now, the offseason work begins. O'Regan said he's given his team some time off but that his office door remains open if they need it. In the meantime, he said he gets to play "general manager."

"I think that's probably the biggest thing is, who's on your team, what the roles are going to be, etc.," O'Regan said. "And then when there are vacancies, filling them up and finding good quality student-athletes to come in here and play."

The majority of next season's nonconference schedule is complete, though unavailable to the public for now, O'Regan said, and it includes a few return games from previous opponents. So really, it's all about taking the next steps toward a repeat.

But the head coach wasn't afraid to relish in what 2022-23

O'Regan said there's always a level of hope and excitement, but this year was different: The Dukes had a little bit of luck on their side.

"I think you never really know how it's gonna happen," O'Regan said. "But I can't say I was surprised. I always thought we were in a position to do it, it's a matter of doing it. And there's so many factors that go into that, including luck, and you have to have some good luck for it to all come together."

To go along with that good fortune, O'Regan said the Dukes' team chemistry was unlike anything he'd ever worked with as a head coach. And after two seasons where the team's chemistry could've improved, O'Regan said, his team was willing to sacrifice whatever it took to win the Sun Belt — and it paid off.

"The sacrifices that were made, I think that's what makes this group really unique," O'Regan said. "Like I've never had a team with 15 players the whole year, all healthy, and they were in it this year and we didn't have chemistry

time to fully process what was happening — but it was all about "a mission," McDaniel said. It wasn't until after the season-ending loss to Ohio State when players took time on their own to really process what they accomplished.

"It's a lot, and the experience is super cool. But ultimately, we're there to win, like, we're there for one reason," McDaniel said. "There was definitely a mission on our mind."

For McDaniel, her junior year sported one of her biggest comebacks, going from completely sidelined with an injury to the Sun Belt Sixth Woman of the Year. That luck O'Regan referred to was all part of her "cycle," as she called it, and continuing to better herself.

That cycle will continue through the offseason — even though JMU has some time off for the foreseeable future, the junior is already itching to get back out on the court.

"We were able to do that last year, but that doesn't give us any extra points for next year or anything like that," McDaniel said.

"So, you just gotta keep working. We got to keep working on our craft over the summer, and everyone's getting better."

There's almost eight months until JMU plays again. But Wednesday morning marked a change JMU will have to tackle soon: Jefferson announced she's entering the transfer portal.

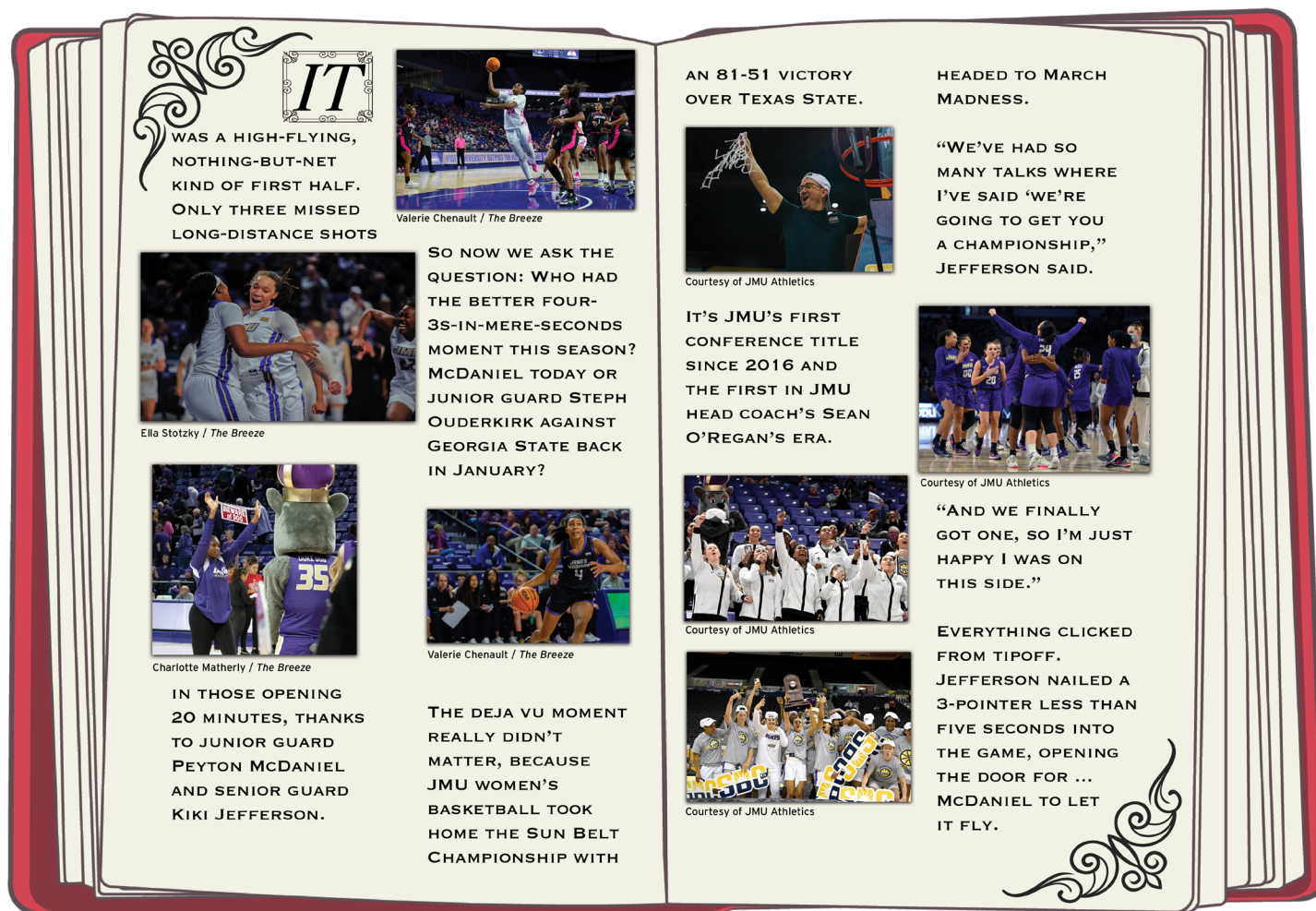
Nevertheless, those eight months give O'Regan and co. time to figure out their next steps. Their goal is the same as this year's — win a championship again.

But McDaniel said after tasting it this season, she's hungrier than ever before.

"The moment like when that happens, it's just surreal," McDaniel said. "There's a lot of times where you're just there and you're in the middle of it, and you're, like, that kind of rainstorm and you don't see a light at

the end of the tunnel. But, like, when you hold up the trophy, and you kind of feel that feeling, it's like, 'OK, like, it was worth it.'"

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JMU head coach Sean O'Regan called the Sun Belt Championship a 'storybook' postgame. Ben Moulse / The Breeze

meant to him.

There was a sense of chemistry, a long-term, injury-free roster and a hunger that O'Regan said made a difference. To the head coach, that was the it-factor between any other team he'd coached in his seven seasons at the helm.

problems, we didn't have negativity, we didn't have complaining. I think that's like, that's pretty special. That does not happen, it's like lightning striking."

The whirlwind of the postseason, both in the Sun Belt Tournament and the NCAA Tournament, didn't give the Dukes much



# ‘Put your head down and grind’

Thirteen former Dukes participate in strength and speed competitions during JMU's NFL Pro Day



Redshirt senior safety Sam Kidd sprints the final stretch of his shuttle run. Ella Stotzky / The Breeze

By **KAIDEN BRIDGES & JACKSON HEPHNER**  
*The Breeze*

As they stepped out onto Zane Showker Field for the final time together, JMU football's seniors plus former kicker, Ethan Ratke, showcased their skills in the school's NFL Pro Day on Monday in hopes of making it to the next step: a professional football league.

Scouts from NFL teams including the Seattle Seahawks, Carolina Panthers, Kansas City Chiefs, New York Giants, Baltimore Ravens and more watched with their respective team's gear, holding clipboards and tablets, taking notes as 12 Dukes dashed through cones, jumped as high as they could and bench pressed hundreds of pounds.

One prospective pro who showed out in the six drills was former JMU wide receiver Kris Thornton (2019-22). He earned the highest score of the day in the vertical jump (41 inches), L drill (6.76 seconds) and 40-yard dash (4.45), as well as the second-highest mark in the broad jump (10-foot-5) and the 5-10-5 drill (4.22).

"I was training six days a week," Thornton, who led JMU in receiving yards this past season with 1,015, said. "It's really just, 'Put your head down and grind' for about two months. That's all I was doing."

During that time, Thornton said, he trained to become leaner and faster.

"I feel like I came here and did what I wanted to do," Thornton said. "I feel like everything I prepped for I just came out here and put it into motion."

Alongside Thornton, with an above-average performance, was former wide receiver Devin Ravenel (2018-22). He tied Thornton for best time in the 40-yard dash at 4.45, notched the longest broad jump (10-foot-6) and finished second in the vertical jump (37.5 inches).

While graduate quarterback Todd Centeio, Thornton and Ravenel played in JMU's season finale, redshirt senior safety Sam Kidd missed the end of the last season with a shoulder injury.

Kidd, after abstaining from the bench press due to his injury, put up solid numbers in the vertical jump (33 inches), 40-yard dash (4.64) and L drill (7.01).

"It's just a blessing to be able to come back here," Kidd said. "Just to be out here being able to run around like that, it was awesome."

Kidd said he emphasized yoga in his recovery the past few months, which he'll continue post-rehab. He added that although it was difficult, he believes that it's beneficial, both physically and mentally. Going through surgery put

him in a "dark spot," he said, but he knew he'd get stronger.

"I just like to duck my head and, you know, be patient, and stay the course," Kidd said. "And that's what I've learned and that's how I go about it."

Centeio, on the other hand, took up boxing in the offseason.

"One thing I really fixed on was using my back kick more, and I did a little bit of boxing to incorporate my back kick," Centeio said. "I feel like it showed today ... I felt good out here."

While Centeio also didn't participate in the bench press, he completed the vertical jump (34.5 inches) and the 40-yard dash (4.83 seconds), taking part in offensive drills throwing different routes to his receivers.

The seniors now play the waiting game over the next month-plus leading up to the NFL Draft, which runs April 27-29.

"When the opportunity arrives," Centeio said, "you have to be ready."

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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](http://breezejmu.org).**

A **"how-am-I-supposed-to-work"** dart to my dorm Wi-Fi.

*From someone who returned from spring break and still hasn't been able to connect to the "upgraded" Wi-Fi in their apartment all week.*

An **"exceeding-my-expectations"** pat to Amazon for shipping an algae specimen early and double in quantity.

*From a psychopath who chose biology as their major.*

A **"give-me-a-break"** dart to my professor for assigning work over spring break.

*From someone who waited until Sunday to complete it.*

An **"are-you-kidding-me"** dart to JMU for making me pay for an honors cord.

*From someone who feels like they were punished for doing well in school.*

# Representation of a younger Generation

Young people are discouraged from pursuing politics due to financial and time constraints



**MARY MABRY** | contributing columnist

from **LEGISLATION**, page 1

The current lack of representation in regard to age is not the result of a lack of interest. Smith emphasized how involved Generation Z is due to the political climate in recent years and the information that's accessible through social media.

For example, Smith said there are "a ton of people" on the legislative affairs committee, and she credits this to an interest in politics and advocacy in regard to the struggles students face.

There are also benefits of young representation.

"I think we could really have a great, politically engaged generation of people coming into office that really do care about making change and care about being educated on issues and care about representing different communities that haven't necessarily been represented," Smith said.

Despite interest and benefits, there are many barriers that hold young people back in politics.

According to Tufts University's Center for Information and Research on Civic Learning and Engagement (CIRCLE), financial security is "a major barrier for young people to run for office."

CIRCLE reports that costs are high for local and federal political campaigns; the average amount spent by a House of Representatives candidate in 2014 was around \$700,000, and "a single LA school district's top two candidates together spent more than \$500,000" in 2020.

For young people earning entry-level salaries or lacking experience with consistent yearly income, costly elections aren't realistic. Youth making \$50,000 or less per year are less likely to run for office, according to CIRCLE.

Opportunity cost also plays a role. CIRCLE cites an estimate that 540 work days are needed to work on an election in order to win. For young people still pursuing higher education or trying to build a foundation in the workforce, the time demanded to run for office isn't feasible.

Smith says "not being taken seriously" in the political realm is another reason it's harder for youth to get elected. When "the status quo is working against you" and you don't look "like your average person in power," Smith said, it can be even more difficult to run for office.

Lastly, incumbency and seniority work against young politicians. Master Class states that incumbents are at an advantage because they are known by their constituents, have established networks, and obtain substantial experience. Because of this, young people have a much smaller chance of holding office when running against older legislators attempting to get reelected.

Seniority becomes more prevalent when it comes to legislative leadership. According to the U.S. Senate's website, "seniority remains an important factor in determining many committee assignments, and committee chairs are typically the most senior member."

So, even if elected, young politicians will have an even harder time holding any sort of leadership position or being on the committee they are most interested in.

There's not necessarily a single way to break down these barriers, and there might not even be a way through the federal government. But, change doesn't always come from the top; Smith argues that what's really affecting someone and their community is happening at a local level, and that's also where someone can create change.

Smith said her experience as a student representative to the Harrisonburg City Council helped her understand why involvement in local politics is important: It's a great way to stay connected to the community and learn more about politics in general.

"You see what it means to have effective bipartisan dialogue," Smith said.

Advocacy takes many different forms, though; Smith said politics isn't the only avenue to being an advocate.

Getting out into the community, learning

about issues facing Harrisonburg residents and volunteering with local nonprofits are ways that Smith recommends getting involved in the community.

However, it's important for JMU to not intrude or drown out the voices of local residents. Smith encouraged students to listen and learn, as well as empower and uplift these voices.

JMU presents many opportunities for civic engagement; there are plenty of clubs on campus — partisan and nonpartisan — that students can be involved in. Smith even mentioned that JMU has very high voter registration rates compared to other college campuses.

"Overall, JMU is a really great place for somebody looking to get involved in politics, it's just a matter of if you use those resources and you seek out those opportunities because the opportunities are there," Smith said.

College can be a very influential time for students, and it's a great opportunity for students to not only be politically active but also figure out what they believe. Smith emphasizes having an open mind, seeking out multiple perspectives and being open to change.

Being involved in politics as a young person is difficult — especially when trying to run for office. Although there is no easy fix for this, there are opportunities for students to learn, broaden their horizons and get involved in local politics.

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**New SGA members at their induction in October of 2022.** Ryan Sauer / The Breeze

## Editorial Policies

The Breeze  
1598 S. Main Street  
Harrisonburg, VA 22801

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

The Breeze reserves the right to edit submissions for length, grammar and if material is libelous, factually inaccurate or unclear. The Breeze assumes the rights to any published work. Opinions expressed in this page, with the exception of editorials, are not necessarily those of The Breeze or its staff.

Letters and guest columns should be submitted in print or via e-mail and must include name, phone number, major/year if author is a current student (or year of graduation), professional title (if applicable) and place of residence if author is not a JMU student.



# Accept AI

Instead of banning ChatGPT in education, it should be used to enhance learning



**ORIANA LUKAS** | opinions with oriana

Civilization is constantly evolving. There's a never-ending cycle of innovations that re-shape society from generation to generation. Technology has advanced rapidly in the last century with the mass popularization of many technological advancements such as computers, the internet, bluetooth and smartphones.

After each launch, there's generally a sense of concern of the damage this new invention could potentially create. Society tends to reject these new technologies that pose a threat to substitute humanity, according to Calestous Juma, former executive secretary for UN Convention on Biological Diversity, in an article in the World Economic Forum.

The rapid growth of artificial intelligence (AI) is no different.

Though many of the concerns that revolve around AI are valid and there should be various laws and repercussions made, society must acknowledge that AI will continue to advance regardless of people's concerns — so people should try to accept it rather than defying it.

With the popularization of ChatGPT, AI — technology that can complete tasks typically done by humans — has become a hot topic. ChatGPT was released Nov. 30, 2022, and is part of a set of technologies designed by the San Francisco-based startup, OpenAI. ChatGPT is a free online chatbot that specializes in computing essays, business plans, code and translations. The chatbot uses Natural Language Processing (NLP) and retrieves its data from textbooks, websites and various articles. It can do a human's work in seconds. Unsurprisingly, there's been a whirlwind of concern from the general public about what this means for the future of learning, day-to-day tasks and the functionality of jobs.

Technology has already started to replace jobs. For example, in most dining areas on JMU campus, kiosks have replaced workers taking orders. AI and ChatGPT are predicted to do something similar. In a CBS article about the replacement of clerical and administrative jobs by ChatGPT. ChatGPT has been proven to write such documents at a higher proficiency than people, indicating the possible termination of those positions.

Though the idea of a bot taking over certain jobs is unsettling, there are other working professionals who've stated they utilize the bot to help improve their work. Jeff Maggioncalda, CEO of online provider Coursera, told CBS he treats the bot like a member of his team.

"I ask ChatGPT to become aware of where my biases and blindspots might be, and the answers it gives are a really, really good starting point to check your thinking," said Maggioncalda.

Another major concern is ethical questions concerning education: Should students be allowed to use ChatGPT for their schoolwork? Can they cite it? If students are prohibited, can

professors use it for their lectures due to its proficiency? There aren't really any black and white answers.

Johnny Craddock, a sophomore business major at JMU, said in his opinion, it shouldn't be used for schoolwork unless under certain circumstances.

"I don't think it should be used in school because in the long run it's not going to help anyone learn if you're just using it to look up answers," Craddock said. "Although, it could be beneficial if you're looking at steps of how to solve a problem."

Some school districts subscribe to that same view. According to NBC, New York City has already restricted the use of ChatGPT on all public school devices and networks. New York City school spokesperson, Jenna Lyle, said she believes AI is restrictive of students' overall learning.

"While the tool may be able to provide quick and easy answers to questions, it does not build critical-thinking and problem-solving skills, which are essential for academic and lifelong success," Lyle told NBC.

While there should be restrictions on how and what students use ChatGPT for — there's still a chance for error and bias from the chatbot as OpenAI states the chatbot isn't informed about events after 2021 — it's a fairly reputable source that gives accurate information in seconds. So, why shouldn't students be allowed to use it to fact check their work or grab bits of information for research as long as it's cited?

There should be an age limit for ChatGPT like there is for other technology — but if schools can find a good balance, students and teachers should be able to use AI to improve research efficiency and proficiency. According to The New York Times, an English teacher from Oregon tested the chatbot with her students by having them use it to outline a research paper. She reported this method allowed her students to more deeply understand the material while simultaneously teaching them how to appropriately use AI models.

There are various ethical and moral dilemmas that arise with the popularization of AI. It's terrifying to think of the possible negative outcomes: There are risks of it lowering students' critical thinking and motivation along with it taking over certain professions. But with a balance of ethics, rules and regulations, it could enhance our day-to-day lives instead of destroying them.

"I think at this point it's better to accept it because it's not going away," Craddock said. "Even if it does get shut down, someone can just create another one by coding, so it's pointless to not accept it."

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# MORE THAN A GYM

UREC, UPARK offer more than just a place to workout



**HAILEY RUFFNER** | contributing columnist

A giant gym. JMU's University Recreation Center (UREC) is most known for being a gym, but it can offer so much more: a park, a pool, a cooking class, all of which are available on campus at no cost.

Full-time students and staff should take advantage of these valuable resources while they're readily available.

The University Park (UPARK) is another resource available to students and a great way to spend time outdoors. Within the park, there are a variety of things to do. For example, there's the team challenge course, which offers a custom program for adventure team building, including leadership, communication, trust and community building.

UPARK also has an event lawn, a pavilion, 18-hole disc golf course, a gatehouse and a multi-activity turf. Even the turf has more to

offer with four tennis courts, two basketball courts and two sand volleyball courts.

Don't like being outside? UREC Aquatics Center features a lap pool, hot tub, sauna and a secondary pool with a resistance track that also provides water volleyball and water basketball. The Aquatics Center is supervised by three lifeguards who are on duty at all times for safety and provides certified courses for adult and pediatric first aid, CPR and AED (automated external defibrillator); CPR and AED for professional rescuers and a lifeguarding certification class. Log rolling, swim fitness and swim lessons can all be done through UREC too.

According to a poll done on The Breeze's instagram, when asked "Have you used UREC's Aquatics center?" 60% said yes. This leaves a significant amount of people not using or taking advantage of reliable and resourceful resources.

see **RECREATION**, page 20



Ben Moulse / The Breeze



from **RECREATION**, page 19

Enjoy or good at lifting? UREC has a weight club. If the sum total of your one-rep max for bench press, deadlift and squat meet or exceed 400 pounds for women and 600 pounds for men, then you can be a member of the UREC Weight Club. Within the club there are several levels ranging from 400, 600, 800, 1000 and 1200 pounds.

You can even benefit from UREC without even going with its podcast, “Well Dukes.” It’s a health and wellness podcast aimed at providing JMU students with programming, information and services to help them lead productive and healthy lives. Every other Wednesday, a new episode is released with a conversation

that may change how you think, what you know and what you do in regard to your overall wellness.

To top it all off, there are cooking classes and nutrition programs in the Demonstration Kitchen and annual events like real-life Battleship and the Halloween celebration.

UREC and other university recreation resources are more than sweaty bodies and slamming weights — it’s an opportunity. Take advantage of all the opportunities the recreation facilities have to offer.

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According to a poll on The Breeze’s instagram account, 40% of respondents have never used the Aquatics Center at UREC. Ryan Sauer / The Breeze

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A photograph of a woman with blonde hair, wearing a black top, standing in a boutique. She is looking at a rack of clothes. The rack has various items, including a pink top and a grey top.

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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.

MONDAY MARCH 23, 1992

## Race for SGA president challenges status quo

### Acosta proposes a new vision

Junior Jim Acosta promises to shake up the status quo if elected SGA president.

"My style as SGA president will be different from what we've seen in the past," Acosta said. "My campaign is about change. I don't think business as usual is working for the student body."

"I think we need someone in there with some vision, some voice, some determination, a leader who won't quit," he said.

Acosta, a mass communication major with a political science minor,

is the news director of WXJM. He said he decided to run for the office because he has ideas to transform the image of student government.

"A lot of people out there think SGA can't make a difference," Acosta said. "I'm telling them that SGA can really make a difference. It can improve just about every aspect of JMU."

As part of his plan to improve services, Acosta advocates putting

ACOSTA page 2

### Jim Acosta

"It [the SGA] can improve just about every aspect of JMU."

#### Positions

- Wants to transform the image of the SGA
- Increase services to students
- Decrease student apathy



### Danny Cruce

"I want to expand the dialogue between faculty and students. . ."

#### Positions

- Emphasizes his experience
- Believes communication is key to success
- Bring more student involvement to the SGA

## Cruce stresses his experience

According to junior Danny Cruce, his experience and improving communication and participation would be key to his success if elected SGA president.

"Experience is vital for a president," said Cruce, an international affairs major. "To step into the highest level of an organization, a person needs to know how to run it effectively."

"I want to expand the dialogue between faculty and students and

increase student participation in lobbying for higher education," he said.

One way to better communication, Cruce said, would be to create student voice organizations within each major. Cruce said that these organizations would be forums where students and department heads could meet and discuss problems and students could make suggestions. Through such

CRUCE page 2

## McLeod questions U.S. politics

Kembrew McLeod, a junior majoring in sociology, wants to bring his "skewed world view" to the office of SGA president — and show his contempt for all forms of American politics in the process.

"I feel qualified because I am the only candidate who has been contacted by extra-terrestrial powers," McLeod said. "They feel I would be best suited for the job."

As president, one of his major goals would be to convert the commons area into a landing pad for aliens. Another

item high on his agenda would be requiring JMU President Ronald Carrier to wear a foam rubber lobster costume to all major events.

If elected, McLeod says he would disband the SGA and change its title to the Legion of Gingivitis. To explain this, he said, "Politics can be equated with bad breath."

His next step would be to ban the SGA senators from doing anything

MCLEOD page 2

### Kembrew McLeod

"I see the SGA as an advisory to a greater bureaucracy."

#### Positions

- Will disband the SGA and change its title to the Legion of Gingivitis
- Ban the SGA senators from doing anything constructive



ARTICLES BY ALANE TEMPCHIN

PHOTOS BY RYAN KETCHUM

**INSIDE  
THE  
ELECTION**

### Cotton candy on the Commons

Find out how to exercise your rights and uphold your responsibilities as a JMU student. . . and vote/2



### Who in the world is running?

Learn more about the rest of the SGA and honor council candidates/3

### Letter to the editor bonanza

Hear what your peers have to say about the candidates, their qualifications and why you should vote for them/15





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 Thank You for Supporting Small

Thursday, March 23, 2023

FOR RELEASE MARCH 20, 2023

### Los Angeles Times Daily Crossword Puzzle

Edited by Patti Varol and Joyce Lewis

#### ACROSS

1 "Get outta here!"  
6 Enthralled  
10 Tinted  
14 Port-au-Prince's country  
15 Happily \_\_\_ after  
16 Norway's capital  
17 Director Welles  
18 Quayle follower  
19 Viral social media post  
20 First songs of musicals  
23 Countdown start  
24 Actress Arthur  
25 "Très \_\_\_!"  
26 Collectible once sold with bubble gum  
31 Bowls over  
34 Long journey  
35 Fannie \_\_\_: federal mortgage agency  
36 Igneous rock, before cooling  
37 Pt. of a minute  
38 Brand of spongy toys  
39 Single  
40 Italian tower city  
42 Worries no end  
44 Ideal partner  
47 Sanitizing cloth  
48 "Fortunate Son" band, for short  
49 Kim Kardashian, to North West  
52 In an advantageous position, or where both halves of the answers to 20-, 26-, and 44-Across can be placed?  
56 Top poker cards  
57 Like so  
58 Book of maps  
59 NBA Hall of Famer Frazier  
60 Watson of "Little Women"  
61 Invaders of ancient Rome  
62 8-Down capital  
63 Yes votes  
64 Writing contest entry

#### DOWN

1 "Dagnabbit!"  
2 \_\_\_ diem: seize the day  
3 Like a soufflé, if everything goes well  
4 Lots and lots  
5 Hotel room fridge stocked with drinks  
6 Peter Tosh's music genre  
7 Skininvincible cosmetics brand  
8 South American country whose capital is 62-Across  
9 Shake with fear  
10 Skills class rebranded as "family and consumer sciences," familiarly  
11 IDs entered before passwords  
12 Tall shade trees  
13 Marna deer  
21 Loch \_\_\_ monster  
22 Hornswoggle  
26 Feathery scarf  
27 Second-stringers  
28 Circle segment  
29 Hard to find, in Latin  
30 Highly skilled  
31 Graceless dive  
32 Rural road  
33 Inundate  
37 Retired fast jet, briefly  
38 To the \_\_\_ degree  
40 "A Salt With a Deadly \_\_\_": 1988 hip-hop album  
41 Pure Leaf beverage  
42 Carve in stone  
43 Land measure  
45 Small Ford model  
46 Plays the role of  
49 Ice cream drinks  
50 Nebraska city  
51 In need of tidying  
52 Superfood berry  
53 "Heavens!"  
54 Seethe  
55 Vintage Pontiac muscle cars  
56 Hole-making tool



By Jon Pennington

3/20/23



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



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## CITY OF HARRISONBURG JOBS

### 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.

## MORE CITY OF HARRISONBURG JOBS

### Career Opportunity - Crew Supervisor of Athletic Fields Maintenance

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.

### Career Opportunity - Van/Car Driver

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.

### Career Opportunity - Technology Support Specialist

Do you want to make a difference in the community by leveraging technology that will effectively serve internal and external customers? If so, the City of Harrisonburg's Technology Support Specialist position may be a great fit 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.

## MORE CITY OF HARRISONBURG JOBS

### Seasonal Job Opportunity - Athletic Fields Grounds Crew Worker

Are you looking for a seasonal job that allows you to work primarily outdoors and utilize your maintenance skills to upkeep the City's various athletic fields? If so, apply to the City of Harrisonburg's seasonal Athletic Fields Grounds Crew Worker position! Find out more/apply online: <https://www.harrisonburgva.gov/employment>. EOE.

### Seasonal Job Opportunity - Public Utilities Trainee

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.

### 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.

## JOBS

### Personal Care Attendant

ISO of Care Attendant for my disabled 16 year old boy in my home for summer. Perfect experience for nursing student. Hours would be 7:30 am to 6 pm. Hours could be split between multiple attendants. Pay is \$12.70/hour. If interested email resume to [thelopezflores@msn.com](mailto:thelopezflores@msn.com).

### Dance Instructor

NOW HIRING Dance Teachers for Fall 2023-Spring 2024 at well-established studio in downtown Harrisonburg. Seeking teachers with extensive dance training, performance experience and love of teaching! Send resume to [dancencompany@gmail.com](mailto:dancencompany@gmail.com) and call 540-810-3631 to begin the interview process. Interviews begin in April-Call Now! More info - [dancenco.com/employment-opportunities](http://dancenco.com/employment-opportunities).

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## Graphic Designer Wanted



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