

# The Breeze

Serving James Madison University Since 1922

## Event Calendar

### Saturday, Jan. 30

- Two Day Beginner's Stained Glass Class @ BrydgethWorks Glass, \$75, 10:30 a.m. to 1:30 p.m.
- GALentine's Day Calligraphy Workshop with special guest Mrs. Maghon Taylor @ Blakemore's Flowers, \$99, 1 to 3 p.m.
- Special Consensus @ Court Square Theater, advance tickets \$12, at the door \$15, 8 to 11 p.m.

### Sunday, Jan. 31

- Sunday Brunch @ Bella Luna Wood-Fired Pizza, 11:30 a.m. to 9 p.m.
- Sunday Tea @ Heritage Bakery & Cafe, 1 to 5 p.m.
- Dodger After Dark @ The Artful Dodger, 21+, \$5, 10 p.m.

### Monday, Feb. 1

- Coming Forth By Day: Life and Death in Ancient Egypt @ Lisanby Museum, 10 a.m. to 4 p.m.
- Chris Cornelius, Architectural Design/Mixed Media @ Duke Hall Gallery, 10 a.m. to 5 p.m. until Feb. 19
- Band & the Beat/Cool Ghost/Humanzee @ The Golden Pony, 18+, \$5, 9 to 11 p.m.

### Thursday, Jan. 28

- Visiting Speaker: Nikolas Rose @ Madison Union Ballroom, 11 a.m.
- Study Abroad Resume and Cover Letter Workshop @ Student Success Center Room 4049, 3:30 to 5 p.m.
- Throwback Thursdays with Live DJ/House Music @ The Artful Dodger, free admission with college ID, 9 p.m. to midnight

### Friday, Jan. 29

- Philosophy Colloquium: Brent Adkins @ Cleveland Hall 114, 3:30 to 5 p.m.
- Men's Chorus Invitational @ Concert Hall, Forbes Center, regular \$10, students \$5, 5 p.m.
- Salsa Night @ The Artful Dodger, \$5, 21+ and dress well, 9 p.m. to 2 a.m.

### Tuesday, Feb. 2

- The Danish Girl @ Court Square Theater, regular tickets \$9.50, students \$8.50, 7:15 p.m.
- For Thee We Sing, Marian Anderson's 1939 Easter Concert: A Retrospective with Dr. Sonya Baker @ Recital Hall, Forbes Center, regular \$15, students \$8, 8 p.m.
- Team Trivia @ Clementine, Teams of six or less, 9 p.m.

### Wednesday, Feb. 3

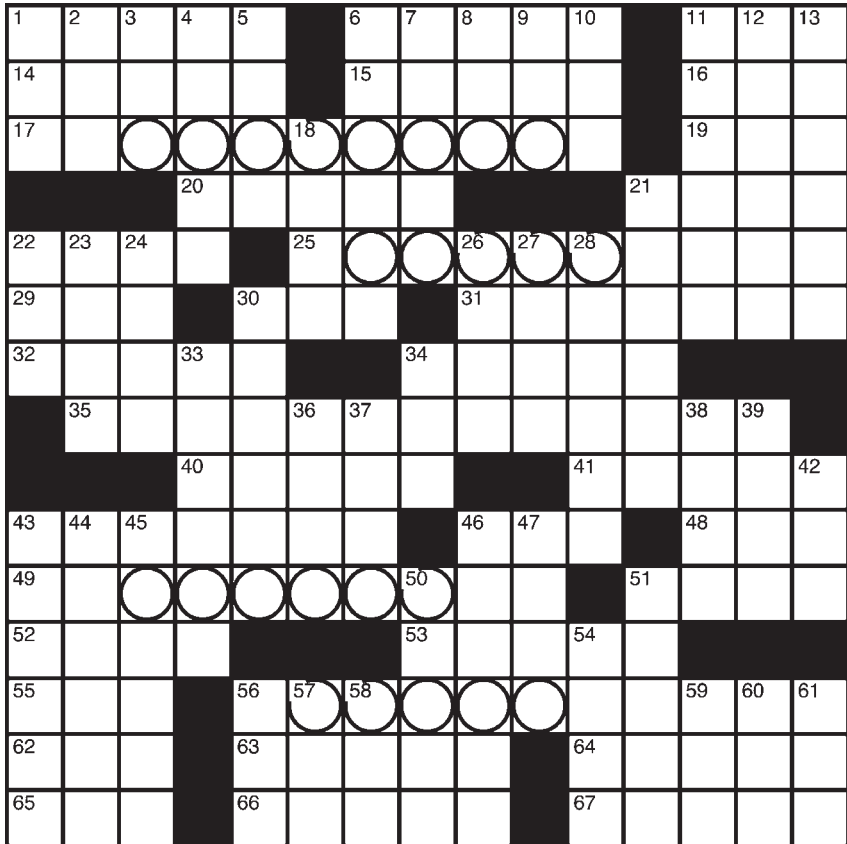
- African Drumming Class @ 17 E. Johnson St., 1 to 3 p.m.
- LinkedIn Hands On Workshop @ Student Success Center Room 3270, 2:30 to 3:30 p.m.
- The Day the Music Died: A Remembrance @ The Golden Pony, \$6, 9 p.m.

### CARTOON: HAVING A SENIOR MOMENT

The snow destroyed the remaining 10 percent of my motivation



KELSEY HARDING / THE BREEZE



By Robert E. Lee Morris

1/28/16

### Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

#### Across

- 1 Takes shape
- 6 Military installations
- 11 Armonk, N.Y.-based tech company
- 14 Quarterback with the 2011 autobiography "Through My Eyes"
- 15 Tell's target
- 16 PBS funder
- 17 Downpour
- 19 40-yr.-old NBC show
- 20 Mature insect
- 21 Singer Vannelli
- 22 Fairy tale word
- 25 Weasel relative
- 29 Horned Frogs' sch.
- 30 Spot
- 31 Forward, in a way
- 32 Ankle bones
- 34 Put up
- 35 1980 sci-fi thriller, and a hint to this puzzle's circles
- 40 Sister of Clio
- 41 Drive respondent
- 43 It's usually taken in twos
- 46 Rival
- 48 Reason for adolescent angst
- 49 1988 Best Supporting Actress Oscar winner
- 51 Only

#### Down

- 1 Former Ford model
- 2 Poetic preposition
- 3 Japanese sash
- 4 Tinseltown vehicle
- 5 Show off a butterfly, perhaps
- 6 Snack sack
- 7 Grilling garment
- 8 Place to kick back
- 9 Whitney, by birth and by education
- 10 D.C. VIP
- 11 As found
- 12 "Pride and Prejudice" family name
- 13 NBA great Karl
- 18 Scruff

- 21 Underground chamber
- 22 Polo Grounds slugger
- 23 Univ. sports organizer
- 24 Circular lock
- 26 Drops the ball
- 27 Track competition
- 28 Penny \_\_
- 30 "The Treasure of the \_\_ Madre": Bogart classic
- 33 Beer orders
- 34 Tokyo, long ago
- 36 Vice squad tactic
- 37 Peak south of Stromboli
- 38 Automaker Ferrari
- 39 Get dirty
- 42 Map abbr.
- 43 Generation-to-generation span
- 44 Calm
- 45 Illinois county or its seat
- 46 Drops a line
- 47 European capital
- 50 Tape, maybe
- 51 "Goosebumps" series author
- 54 Ben Gurion carrier
- 56 Drive!
- 57 Emptied the feedbag
- 58 Govt. collection agency
- 59 Twice cinq
- 60 Pac-12 sch.
- 61 "Of course"

Find the answers online at: [breezejmu.org/sites/crossword\\_answers](http://breezejmu.org/sites/crossword_answers)

## The Breeze

Serving James Madison University Since 1922

1598 S. Main Street  
Harrisonburg, VA 22801  
PHONE: 540-568-6127  
FAX: 540-568-7889

### MISSION

The Breeze is 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.

Published on Thursday mornings, The Breeze is distributed throughout James Madison University and the local Harrisonburg community. Single copies of The Breeze are distributed free of charge. Additional copies are available for 50 cents by contacting our business office. Comments and complaints should be addressed to Wayne Epps Jr., editor.

### Editorial Staff

#### EDITOR-IN-CHIEF

WAYNE EPPS JR.  
[breezeeeditor@gmail.com](mailto:breezeeeditor@gmail.com)

#### MANAGING EDITOR

LAUREN HUNT  
[breezepress@gmail.com](mailto:breezepress@gmail.com)

#### NEWS EDITORS

CHRIS KENT & ALYSSA MILLER  
[breezenews@gmail.com](mailto:breezenews@gmail.com)

#### LIFE EDITORS

MIKE DOLZER & ROBYN SMITH  
[breezearts@gmail.com](mailto:breezearts@gmail.com)

#### SPORTS EDITORS

RICHIE BOZEK & PETER CAGNO  
[breezesports@gmail.com](mailto:breezesports@gmail.com)

#### OPINION EDITOR

ASHLEIGH BALSAMO  
[breezeeopinion@gmail.com](mailto:breezeeopinion@gmail.com)

#### COPY EDITORS

OLIVIA COLEMAN, DREW FAGAN, KAYLA MARSH  
[breezecopy@gmail.com](mailto:breezecopy@gmail.com)

#### PHOTO EDITORS

MARK OWEN & ERIN WILLIAMS  
[breezephotography@gmail.com](mailto:breezephotography@gmail.com)

#### VIDEO EDITOR

SHELBY MATYUS  
[breezevideo1@gmail.com](mailto:breezevideo1@gmail.com)

#### ART DIRECTOR

JACOB SANFORD  
[breezeartdirector@gmail.com](mailto:breezeartdirector@gmail.com)

#### GRAPHICS EDITOR

KELSEY HARDING  
[thebreezegraphics@gmail.com](mailto:thebreezegraphics@gmail.com)

#### ONLINE EDITOR

BESS PREDDY  
[thebreezeweb@gmail.com](mailto:thebreezeweb@gmail.com)

### Advertising Staff

#### ADVERTISING MANAGER

MITCHELL MYERS

#### ASST. ADVERTISING MANAGER

MICHAEL VESPA

#### SPECIAL PUBLICATION

HUNTER WHITE

#### CREATIVE DIRECTOR

CAROLINE DAVIS

#### ASST. CREATIVE DIRECTOR

BETHANY ADAMS

#### AD DESIGNERS

KAYLAN WOODS  
IZZY CIANO

B

Download our mobile app at [breezejmu.org](http://breezejmu.org).



/TheBreezeJMU



@TheBreezeJMU  
@BreezeNewsJMU  
@TheBreezeSports  
@BreezeLifeJMU



@breezejmu



[youtube.com/breezevideo](http://youtube.com/breezevideo)

*"To the press alone, chequered as it is with abuses, the world is indebted for all the triumphs which have been gained by reason and humanity over error and oppression."*

— JAMES MADISON, 1800



IN BRIEF

JMU

University to present talk on food in the Valley

JMuse Cafe and JMU libraries will present a talk called “Then and Now: Food in the Valley” on Thursday at 6:30 p.m. in Rose Library.

The talk will be about the history of food in the Shenandoah Valley and how it has been influenced by past history and present multiculturalism. Food and desserts from an 1855 recipe book will be served.

The event is free and open to all students and the public. It will take place on the third floor and free parking will be available in lots D2 and C10.

JMU to host guest speaker on the human brain

On Friday, Nikolas Rose will present “Beyond the Mind-Brain Problem? Problems and Perils of Intervening in the Human Brain” in the Madison Union Ballroom at 11 a.m. The talk will be part of the Cohen Center Speaker Series.

Rose, the co-director of the Centre for Synthetic Biology and Innovation in London, explores “how scientific developments have changed conceptions of human identity and governance, and what this means for our political, socio-economic and legal futures” in his work, according to the JMU website.

Rose was trained as a biologist, psychologist and sociologist, and co-founded two journals in the 1970s and 1980s. Rose helped introduce French post-structuralist critical thought to an English speaking audience. He is also a former managing editor of *Economy and Society* and joint editor-in-chief of *BioSocieties* journal.

HARRISONBURG

City dog license deadline approaches

Harrisonburg residents must pay for dog licenses by Saturday for each dog they own, according to a press release from Mary-Hope Vass, the City of Harrisonburg’s public information officer.

Dog owners must also submit a valid rabies certificate, signed by a veterinarian, for each dog.

Dog licenses can be obtained via the City Treasurer’s Office, located at 409 S. Main St. and open Monday through Friday from 8 a.m. to 5 p.m. They can also be obtained from the Harrisonburg-Rockingham SPCA, which is located at 2170 Old Furnace Road.

BLACKSBURG

Teen reported missing in Blacksburg

Virginia State Police have reported a missing child in the area of Blacksburg, Virginia.

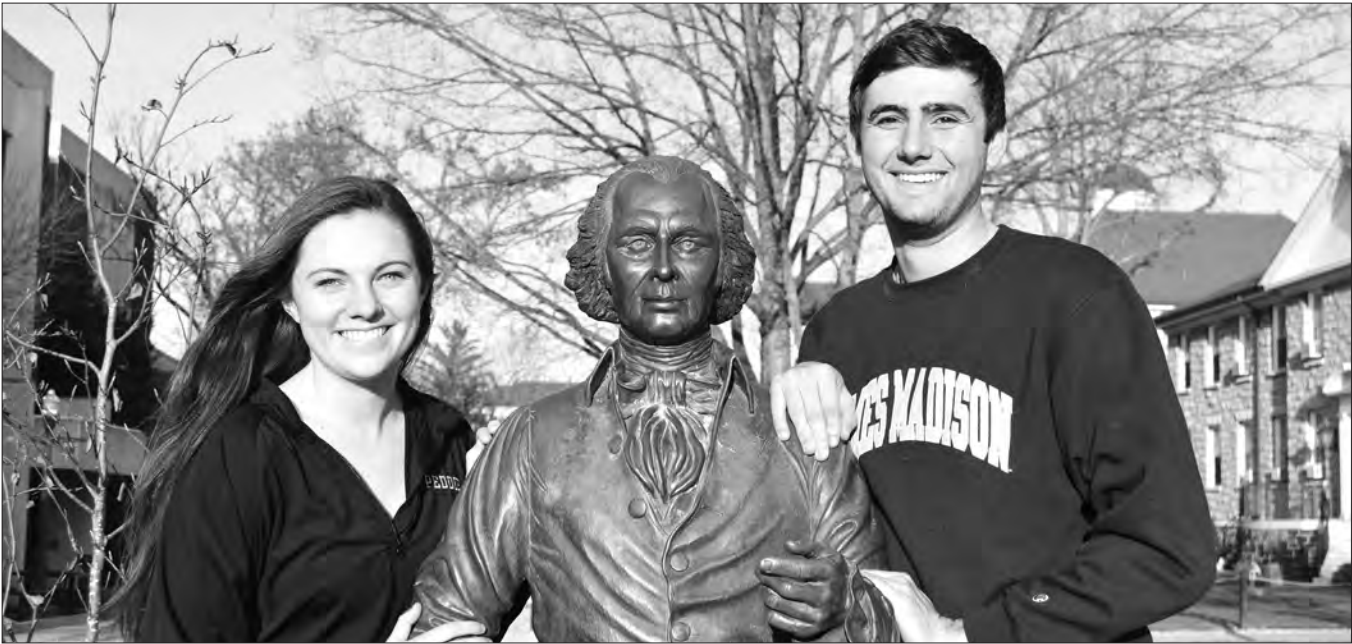
Nicole Madison Lovell was last seen at 1011 Fairfax Road in Blacksburg at 11:30 a.m. on Wednesday. Nicole is 13 years old, 4-feet-8-inches tall, and has brown hair and blue eyes. Nicole was last seen wearing black jeans, and a gray striped shirt, along with brown and pink patterned boots. She has a tracheotomy scar on her neck.

According to the police report, Nicole is believed to be in danger.

The alert was put out by the Virginia State Police Department and the Virginia Missing Children Clearinghouse. Anyone with information on this missing person can contact the Blacksburg Police Department at 540-961-1150 or the Virginia State Police at 1-800-822-4453 (1-800-VACHILD).

Making magic

Two students aim to bring special summer camp to JMU



COURTESY OF ADAM PARKER

Jenna Hart, a sophomore anthropology major, and Adam Parker, a senior justice studies major, are attempting to bring Camp Kesem, a camp for kids whose parents have or had cancer, to JMU this summer. The organization will choose the four to six schools with the most online support.

By KAYLA RINI  
*The Breeze*

Two JMU students are planning on expanding JMU’s connections to the community by bringing a special camp to campus for children whose parents have or had cancer.

Camp Kesem is a nonprofit organization that aims to support children through and beyond their parents’ cancer. Each year the national organization has a contest for universities across the country to receive funding to have a chapter at their school. They pick four to six schools with the most support, based on online voting. JMU is a national finalist competing with 11 other universities for funding.

Adam Parker, a senior justice studies and business double major, and Jenna Hart, a sophomore anthropology major, are both trying to get a Camp Kesem chapter to Harrisonburg. Parker and Hart are also members of the Alpha Phi Omega service fraternity, which is supporting their effort.

Last summer, Parker had the chance to work with Camp Kesem through the College of William & Mary and, from that experience, he believes the organization would have a great influence at JMU.

“JMU’s a great place and a huge amount of people are affected by cancer in the community,” Parker said. “As evidenced by the huge turnout at the previous Relay for Life event, students care.”

For Hart, having Camp Kesem at JMU would have a special meaning.

“When I was 13, my dad was diagnosed with stage 4 pancreatic cancer, and died when I was 14,” Hart said. “For me, I want to be involved with this organization that could help 13-year-old me so to speak, and be that support system for kids whose loved ones have cancer.”

According to campkesem.org, the organization was founded in 2000 at Stanford University and started out as a camp for Jewish kids. Kesem means “Magic” in Hebrew. Camp Kesem has since grown into a camp that children of all religions whose loved ones have cancer can attend, and has expanded to 34 states across the U.S with over 70 chapters.

According to Parker, the camp is rightly named because of its atmosphere, which allows kids to have fun and evolve.

see **CAMP**, page 4

A new generation

Counseling center to offer support group for students who are first in their family to attend college

FIRST-GENERATION COLLEGE STUDENTS

First-generation college students are those from families where neither parent earned a bachelor’s degree. These students have unique challenges and strengths they are presented with during college.

CHALLENGES

- Feeling pressure to succeed for the whole family
- Feeling confused about the university environment
- Feeling torn between family and academic responsibilities
- Feeling frustrated with the system
- Doubting ability to succeed
- Getting connected with activities on campus
- Feeling that family and friends don’t understand or don’t know how to help

By CAROLINE BRANDT  
*The Breeze*

A new program is coming to JMU’s Counseling Center specifically for first-generation college students. The group, created by Elijah Wise, a pre-doctoral intern at the Counseling Center, is scheduled to begin later this semester.

First-generation college students are defined as students from families where neither parent earned a bachelor’s degree, and Wise said that approximately 20 percent of incoming college students identify as a first-generation college students each year.

“There are more than 2,000 first-generation students at JMU, and efforts like the one developed by Elijah Wise in the Counseling Center, are what they need to succeed,” Lee Ward, the director of the University Health Center, said in an email.

Wise plans to further the support for first-generation college students at JMU by providing them with a space to share experiences and relate with one another.

“Our goal with the group is to give first-generation students an environment in which they can share their unique stories with individuals who have similar backgrounds,” Wise said in an email. “This will be a space for these students to support each other in discussing and working to address challenges they have encountered, while also recognizing and celebrating each other’s strengths.”

Co-facilitated with Counseling Center resident Stewart Nafziger, the First-Generation College Student Support Group will meet once a week and begin as soon as possible, with the goal of six to 10 students participating. An official start date has not yet been set.

Wise was inspired to start the program after listening to a talk on the subject given by Ward, even though he himself isn’t a first-generation student.

“I developed an appreciation for how this aspect of identity can have a unique impact on the college experience,” Wise said.

In a presentation titled “First Generation College Students: The Invisible Minority,” Ward, in conjunction with Mike Siegel from Suffolk University and Zebulun Davenport from Indiana University — Purdue University Indianapolis, detailed different ways campuses can attend to first-generation students.

One way JMU focuses on academic engagement with first-generation students, according to the presentation, is through first-generation mentors. Under the direction of Diane Strawbridge, executive director of student access and inclusion, the JMU Centennial Scholars Program provides faculty and staff mentors who were first-generation students for a current first-generation student.

“It has been proven nationwide that first-generation college students respond well to mentoring,” Ward said. “When they have someone who takes a personal interest in them and helps them navigate the mysteries of college life it makes a tremendous difference in terms of their social comfort and academic achievement.”

There are many reasons why members of a student’s family may decide not to attend college, and for Taylor Young, a sophomore interdisciplinary liberal studies major, it was due to financial reasons.

“Neither side of my family has a ton of money, so a lot of my relatives saw this as a major setback and chose to enlist in the military straight out of college or go into blue-collar jobs with hopes in advancing in the company,” Young said in an email.

Bailey Shackleford, a sophomore finance major, is a first-generation college student who had to come to the decision to attend college himself.

“Most people, their parents went to college and they kind of raised them in that aspect to go to college,” Shackleford said. “I wasn’t necessarily put in that spot, I just kind of made that decision on my own.”

According to Wise, first-generation college students may feel like they are living in two different cultures, have difficulty balancing academic and family responsibilities and think that their family might not understand their experience.

see **GROUP**, page 4



# A jack of all trades settles into JMU

New English professor discusses teaching poetry in the creative writing program

By **ELAINA TAYLOR**  
contributing writer

John Casteen recently joined JMU’s Department of English as a poetry professor. Casteen graduated with a bachelor’s degree in English from the University of Virginia and later a Master of Fine Arts in poetry from the University of Iowa. He’s written three books and his poems and essays have been published in The Best American Poetry, Field Notes, The Paris Review, the Virginia Quarterly Review, Shenandoah, Ploughshare, the Washington Post and Slate Magazine.

**What sparked your interest in poetry?**

When I was a kid, I was around a lot of different people who had very different relationships to language. My dad is a Medievalist, so I grew up hearing Anglo-Saxon and other kinds of poetry in the original, meaning my dad would read me Beowulf or [Geoffrey] Chaucer or the Icelandic Sagas but he would say them in original language, so I was picking up the sounds and the rhythms of that language. ... So in the contrasting accents and the diction of the people who lived in these places, I found a totally different relationship to language and way of expressing people’s experiences. Really, I started thinking about how to make expressive use of language, as soon as I could talk, probably; I just always played with language. And if you play with language habitually you eventually find poetry.

**Why did you choose these professions?**

When I was in college [in undergrad], the poet W.S. Merwin came to visit and gave a reading, and someone asked him in a Q&A session for advice about making a life in poetry. And he said, ‘Well, I’ll tell you how to do it, but it’s terrible career advice.’ And so all of us sort of sat forward a bit to listen more closely, you know, and what he said was, ‘If you want to be a writer, go to the place where you feel you can cultivate the best conditions for your work. Go where you need to be for the sake of your art, and find what work is there.’ What he meant was, you can make a living doing anything. If you decide your priority is your writing



COURTESY OF JOHN CASTEEN

John Casteen, a poetry professor in the English department, earned his bachelor’s degree in English from the University of Virginia and his master’s in poetry from the University of Iowa. Casteen has written three books.

or your art, you go where that is possible, you go where you really feel connected to it. So for him that meant going to France and working as a translator. For me it meant going to Maine and New Hampshire and being in the wilderness and working with young people in an experiential education setting. And so I chose those ways of earning a living because they were creative, because they were physically active and because they allowed me to connect with other people in certain ways, all of which for me was really connected to my own writing, but also just having a life.

**Why is poetry important to the human experience?**

Well, our ability to use language to communicate abstract thought is the one thing besides opposable thumbs that makes us different from wild animals. Most of the time, most people use language for communicating information. Poetry is vital to the human experience because it allows us to use that fundamentally human tool of language for the purpose of expressing something interior or hard to understand from one person to another, so poetry offers a kind of connection that is uniquely human.

**What did you do before becoming a professor?**

I worked on a farm when I was in

college. After college I guided canoeing and backpacking trips in Maine and New Hampshire. Beginning with some of the work I did on the farm, I then got into carpentry, building houses, later building furniture and cabinets.

**How do you inspire your students to write?**

Honestly, the best inspiration I’ve ever found for writing is a deep, personal relationship with reading. So the way that I try to inspire my students is by acquainting them with different ways that poems think, which in turn invites them to consider the different ways in which their own poems might think.

**What’s the hardest part about teaching poetry?**

The hardest thing about teaching poetry for me is keeping a very large, ready list of poems and poets that I can give to a student who runs into an obstacle or dilemma in his or her own work. Most of the times when I’ve had trouble with poetry over the years, it has been something I’ve read that has allowed me to move forward. I always want to be able to connect my students with something that will do that for them, so keeping current in my own reading so that I always have different kinds of writing by different kinds of writers to offer students who run into trouble in their own work, that’s the hardest thing. You sort of have to be a walking encyclopedia, and always have the right thing to offer somebody.

**What brought you to accept a teaching position at JMU?**

I’ve always known that this was a really strong [Creative Writing] program with great faculty, and I was familiar with JMU’s creative writing students because of a conference I ran where I used to teach, so I knew it was a strong program. So when an opening came up here, it was exactly the right time and place and with the right people. Consequently, I’m very, very happy here.

**CONTACT** Elaina Taylor at [taylor3em@jmu.edu](mailto:taylor3em@jmu.edu).

## CAMP | Attendees range from 6 to 16 years old



COURTESY OF ADAM PARKER

Camp Kesem selects four to six universities with the most support and awards them up to \$40,000 of seed money to help set up camp. Anyone interested in voting to bring Camp Kesem to JMU can submit their votes online starting Feb. 4 at midnight. Voting ends Feb. 5 at 11:59 p.m.

from page 3

“Working that week I saw how much of an impact it had on the kids,” Parker said. “I felt I really made a difference in their lives.” The organization will give selected universities \$40,000 of seed money, which would help set the camp up, including providing food, games and activities equipment. The activities are all based on based on camp location, which is decided by the national office. According to Parker, JMU’s location is perfect because it’s in the middle of Shenandoah Valley and would offer many outdoor activities. Campers range from 6 to 16 years old, and JMU students would be counselors and receive training from national Camp Kesem representatives. “I feel that the support here for cancer awareness is huge,” Hart said. “It would be so impactful for kids to find a JMU mentor.” According to Hart, the camp is catered to help the kids effectively deal with their emotions regarding their parents’ cancer. “Kids in cancer situations are often the forgotten ones; they’re viewed as too young. That they don’t get it,” Hart said. “But at this camp, the campers are free to express themselves and talk about whatever.” In addition, according to Parker, what makes this camp unique is it offers the kids a chance to be kids despite what they’re going through. “The kids are free to be themselves and it’s a safe place for them

to do fun things,” Parker said. “This past summer when I worked with them, it’s obvious that they’ve had to grow up but they’re able to just have fun.” The goal for Parker and Hart is to gain as much support as they can to bring Camp Kesem to JMU. “We have a list of 35 organizations [to] go to and talk to, like different sororities and fraternities,” Parker said. “It is something we want everyone to be involved in.” JMU alumna Lauren Trani (’15) formerly worked as a development associate for Camp Kesem in California and has seen the progression of the organization. “Camp Kesem is unique in that it acts as an umbrella over the university chapters they support,” Trani said. “Since it’s the chapters’ job to fundraise their costs, the national organization provides support for the chapters themselves and also fundraises to continue building out new chapters.” Online voting starts Feb. 4 at midnight and ends Feb. 5 at 11:59 p.m. Those interested can use their email addresses to vote for the chapter to come to JMU and share it with their friends to spread the word. “JMU does a great job with connecting to the Harrisonburg community,” Hart said. “Having Camp Kesem here would allow yet another connection to community.”

**CONTACT** Kayla Rini at [rinikm@dukes.jmu.edu](mailto:rinikm@dukes.jmu.edu).

## GROUP | First-generation students are often resilient

from page 3

Arnela Iseric, a sophomore international affairs major, can attest to experiencing some of these challenges. Iseric’s family is from Bosnia and Herzegovina, and both her parents are illiterate. Iseric’s parents grew up in a time where women were either prohibited to attend school like her grandmother was, or encouraged to take on more domestic duties while the men worked with their hands in the rural area. “I believe I am just the first person in my family to go to college because my family came to America after the war and it’s the standard of how to be successful here,” Iseric said in an email. Because education isn’t a priority, Iseric struggled with explaining the American college system to her parents who do not speak advanced English. “It was frustrating receiving absolutely ZERO [sic] support from my parents when applying to college because they just do not understand how college works in America,” Iseric said. “It is not that they did not support me, it’s just [they] did not understand that each college is different, there are different majors, that college tours exist, how admissions goes, how loans work, etc. I did everything virtually by myself. It was just stressful at times.” Shackleford confirmed these challenges as well with his own experiences.

“I just feel that I had to overcome certain things to get here that other people didn’t have to.”

**Bailey Shackleford**  
sophomore finance major and first-generation college student

“I just feel that I had to overcome certain things to get here that other people didn’t have to,” Shackleford said. Aside from overcoming many challenges, first-generation college students have many unique qualities that attest to their strengths. According to Wise, some of these qualities include being proactive, being resourceful and creative problem-solvers and having a strong sense of resiliency and work ethic. And while Iseric said she doesn’t necessarily think of herself as being a first-generation student, she agrees with Wise. “I think they are perhaps more motivated to finish college because of the title they are given as first-generation students and perhaps pressure and waiting from your family to graduate,” Iseric said. “Resilient as well, especially if they come from adversity.” Wise encourages anyone interested in the program to contact the Counseling Center for more information or to schedule an initial screening appointment.

**CONTACT** Caroline Brandt at [brandtcw@dukes.jmu.edu](mailto:brandtcw@dukes.jmu.edu).



MATT D'ANGELO | speaks for itself

# Clubs goin' up?

*JMU's club-choosing process needs revamping*



On Jan. 11, junior Tim Leavey submitted his application to form a UNICEF club at JMU. Leavey, whose passions lie in community service and philanthropy, was hoping to create another club on campus that would provide students with ample opportunities to connect with the community. After receiving support from UNICEF's national office, Leavey encountered a deflating reality: his bid for a new organization had been rejected by JMU.

The Office of Student Activities & Involvement is in charge of deciding what new organizations will be officially recognized by the university. The process includes submitting an application for the opportunity to be recognized, securing a faculty adviser and working through necessary paperwork. The process seems routine, however there's one tiny ripple that could result in Leavey's organization having to wait multiple semesters for recognition.

According to the application instructions on the Student Activities & Involvement website, "If more than 12 groups submit applications, a lottery will take place at 3 p.m. [on the semester's first day of classes] to select the 12 groups who will be considered for recognition."

In other words, Leavey's UNICEF bid was overlooked simply because it wasn't chosen in a random lottery. Is this the most efficient way to decide which organizations should have the opportunity to become clubs at JMU? Leavey doesn't seem to think so.

"To me, they should have some sort of group to determine who goes through to the next step in the recognition process," Leavey said. "I just think [the lottery] is not an adequate way to consider applicants."

While the process is random, the office has accounted for clubs that have applied multiple semesters in order to provide each application with an equal opportunity for selection.

Suzanne Kelly, the coordinator of organization development, said that the goal of Student Activities & Involvement is to make sure that each application is given a fair chance so that the random system doesn't work against students who show continued effort.

"Our office keeps a list of clubs that have applied in the past and did not get drawn in the lottery at that time," Kelly said in an email. "If we notice there is a club that has applied more than once, but the random nature of our process has kept them from establishing themselves as a recognized club, we often pull that

club in on top of the randomly selected twelve."

Sure, this system is technically fair — if Leavey continues to pursue the possibility of forming his UNICEF organization, his bid will hopefully be accepted within the next few semesters. But is this the best way to provide students with the opportunity to create a club?

After all, Leavey is graduating in May of 2017, which means he only has two more chances to receive recognition and begin the process of making UNICEF an official JMU club. This technically means that if his club is denied again for the next two semesters, he could graduate having not seen his organization attain recognition.

It should be in the interest of both students and the office to base the process on the weight or impact a certain club could have on the JMU community. According to Kelly, students generally submit between 20 and 30 applications for clubs depending on the semester. While Student Activities & Involvement is an extremely busy department at JMU, it doesn't seem outlandish to expect that they have the resources to adequately review and select each bid on the goals and vision of each organization, and how it will affect JMU's community.

There are over 350 clubs at JMU. In fact, that's why Student Activities & Involvement limits the addition of 12 new clubs per semester — so that the directors are able to effectively manage the massive amount of student activity. Based on the sheer volume of clubs already in existence, one would think that Student Activities & Involvement would be carefully reviewing each application in order to prioritize which clubs are selected based on how they contribute to the values established by students and the university.

Regardless of a club's focus and desired impact, whether it be recreation, service or student interest, it doesn't seem intuitive to outright reject a student's organization idea without a thorough review of their plans. While it's hard to completely vilify Student Activities & Involvement, there's a healthy balance that can be achieved by the office that includes review. The office should be working toward this balance so that students like Leavey can get their organizations up and running in an efficient manner.

What are Leavey's short-term plans for getting UNICEF on campus? He hopes that partnering with the Justice Studies Student Society and raising money will give his application a better chance of getting selected next semester.

Matt D'Angelo is a junior media arts and design major. Contact Matt at danglemv@dukes.jmu.edu.

NAHLA ABOUTABL | respect the riot

# Multicultural students need multicultural counselors



There's no denying that this stage of our lives is just as difficult as it is formative. The rest of our lives depend on how we spend these four years and how well we prepare ourselves for the next stage. That pressure alone is pretty hefty, so trying to balance your academic, social and spiritual lives can get very chaotic at times. Add anxiety and other emotional complications to that mix and you get a distressed student with a not-so-ideal state of mental and psychological health. Or at least that's been my personal experience as a college student.

I've been dealing with anxiety, among other emotional problems, for the past two years. Many of these problems center around trying to find a balance between my parents' background and my own upbringing here in America.

But these aren't problems personal to just me — they're problems that many young first-generation Americans face, especially in college when we're all trying to figure ourselves out.

Having to work with two cultures, or sometimes even more, is as rewarding as it's difficult, and multicultural students often find themselves without proper counseling and therapy resources from people who would be able to relate to their problems and give them advice on how to move forward.

Being a multicultural student who has previously sought counseling at the Counseling Center, I can say it definitely was an unpleasant experience trying to explain why I was seeking help and my whole life story so that the counselor could even begin to understand why I was having certain issues.

Sometimes you need advice from someone who's been in your shoes and has overcome their problems, rather than just someone who has a limited understanding of your culture or religion.

This isn't the fault of the counselor I spoke to, but it can be hard to help people solve problems that you might not even see as problems in the first place. This is why there's a real need for multicultural therapists and counselors to work with students from different cultural backgrounds. Sometimes you need advice from someone who's been in your shoes and has overcome their problems, rather than just someone who has a limited understanding of your culture or religion.

I can say that, as a Muslim-American woman, I've had to deal with many issues (that I'm sure a plethora of other Muslim-American women have had to deal with) on my own without the advice of someone who can understand the issues I was facing. First-generation Americans also can't always go to our parents because they, too, can't relate to what it feels like to be multicultural and feeling like you have to choose between one aspect of your identity over another.

I hope that more first-generation Americans enter the psychological field so that future students receive the proper help they need. I also hope that more cultures become accepting and understanding of those with psychological issues as opposed to brushing such problems under the rug. Staying healthy, both physically and psychologically, is very important, especially during a stage that greatly impacts the rest of our lives. Finding the proper resources and help to get through college will surely make things at least a tad bit easier on multicultural students.

Nahla Aboutabl is a senior international affairs major. Contact Nahla at aboutnm@dukes.jmu.edu.

ARNELA ISERIC | letter to the editor

# Students need to take time for themselves

Entering sophomore year, life happened as it usually does, and I became barraged with a series of events leading to lifelong health consequences. One of the catalysts that contributed to my fluctuating glucose and episodes of dizziness and unconsciousness was stress.

Between managing a high GPA, a social life, exercising and applying to internships, stress got the best of me and contributed to a decline in my health.

Upon extensive reading and sitting in on lectures of the consequences of chronic stress, I decided to try yoga and meditation. Complementary and alternative medicine research and testimonials have shown that yoga and meditation can help manage your stress and stabilize glucose in place of using conventional medicine.

So I thought, what the heck. After attending yoga classes, meditating and drinking an occasional cup of

tea, I noticed that, during the day, I wasn't internally overreacting to events (as I usually would've), and my heart rate wasn't racing during lectures, nor did I feel dizzy every time I tried to stand up.

Though it may not be for everyone, nor does it fully eradicate the issue, taking some time out of the day to focus on breathing and relaxing improved my stress and health on more than one spectrum — emotionally, intellectually and mentally.

Setting aside personal health can become commonplace, especially at college. However, this year, I learned that I'm not superhuman. Anyone can fall victim to stress.

Placebo effect? Possibly. Do I feel better than before? Absolutely.

Arnela Iseric is a sophomore international affairs major.



Darts & Pats are anonymously submitted and printed on a space-available basis. Submissions creatively depict a given situation, person or event and do not necessarily reflect the truth. Submit Darts & Pats at breezejmu.org

A "man-this-is-boring" dart to Title IX for ending male sports.

From a lifelong JMU denizen who remembers the good ol' days when he could see wrestling matches in Godwin Hall.

A "thank-you-snow-much" pat to the girls who helped me and six of my other neighbors dig out our cars.

From a very thankful and exhausted senior.

A "keep-it-updated-or-discontinue-the-service" dart to the "JMU is open/closed" telephone number, which last

Friday morning was still stating that JMU was open when it was actually closed.

From two employees who rely on that service and made their way to work on Friday before discovering their trip was in vain.

A "thanks-for-so-generously-giving-your-time-and-expertise" pat to the SMAD senior who provided valuable input that'll help improve the operation of a JMU project and will benefit the community.

From a JMU volunteer who knows your contribution will help make the project better, and who still owes you a Starbucks latte.

A "service-knows-good-service" pat to the Fairfield Inn and other area hotels for their wonderful hospitality that allowed Dining Services to serve our great students.

From a grateful employee.

A big "thank-you" pat to the hardworking men and women who spent all hours of the night clearing the sidewalks on campus while we celebrated our snow days away.

From a girl who was able to make it to work today without slipping and falling and wants you to know that your service to our school doesn't go unnoticed.

An "is-that-in-your-job-description?" pat to the JMU employee who skied to campus to keep campus functioning during Winter Storm Jonas.

From an uncoordinated colleague who could hardly walk through the blizzard.

A "get-your-s\*\*\*-together" dart to the Squire Hill resident who's decided that they don't have to pick up their dog's poop since there's snow on the ground.

From a neighbor who has a hard enough time walking through the snow and doesn't want to worry about stepping in dog poop, too.

An "enjoy-every-moment" pat to all seniors in their last semester.

From a graduate who misses her H-Burg home.

A "what's-your-problem?" dart to the guys throwing snowballs from their apartment at everyone shoveling snow in Sunchase.

From a junior who thinks you could have helped instead.

An "mmm-tasty" pat to Billy Jack's \$2 sliders.

From someone who never knew about the deal and just happened to be there on a Tuesday.

## 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.



SATIRICAL NEWS COLUMN

# New university building to be named after Dave from Cook-Out

By MATT MURPHY  
The Breeze

JMU has seen multiple construction projects lately, including the new College of Health and Behavioral Studies building adjacent to the Student Success Center. Slated to be completed by June, the new building will host several academic departments as the student body continues to grow.

A traditional practice for any new building is assigning it a name, which at JMU has often paid tribute to past notable figures of the campus. Appropriately, it sounds like another admirable community member will be enshrined when Dave, a Cook-Out employee in Harrisonburg, becomes the name of JMU's newest building.

"Friendly," "helpful" and "attentive" are just some of the words used to describe Dave by patrons of the local Cook-Out. Everyone seems to think that it's only fitting that he's the namesake for a new university building project because of his cheery greetings and stellar service. JMU's local Cook-Out boasts a 3 out of 5 star rating on Yelp, which is

Let's be honest, Dave Hall has an irresistible ring to it that should on its own justify the enshrinement of his name onto a campus building.

definitely pretty decent.

It's easy to believe that Dave is one of the main reasons for that solid review.

The move has sparked some controversy from proponents of other names for the building.

Some charitable JMU alumni appear to have been in contention, along with others including "Quad Cat" and "The Jimmy Johns Delivery Guy."

It had to have been a tough choice for the administration, but it seems heroes like Dave will always come out on top.

Let's be honest, Dave Hall has an irresistible ring to it that should on its own justify the enshrinement of his name onto a campus building.

Next time you're in Cook-Out, be sure to tell Dave how much he means to you and that he feels like a part of your family.

With a warm smile and your milkshake in his hand, he'll always be appreciative. We love you, Dave!

CONTACT Matt Murphy at [murph4ma@dukes.jmu.edu](mailto:murph4ma@dukes.jmu.edu).

ROBYN SMITH | spoonful of sugar



KELSEY HARDING / THE BREEZE



I never thought that I could relate to a divorced father of two in his 40s.

But Louis C.K., with his not-so-heartwarming, ever-so-relatable comedy, has changed that. His half-stand up, half-vignette style show on FX touches on every aspect of human life that most people never thought they'd laugh at. Pedophilia. Masturbation. How every "positive decision" we make in life only ends in pain and/or death.

C.K.'s show, "Louie," originally aired in 2010, and since then, the show has been nominated for multiple Emmys and won two, one in 2012 and another in 2014, for outstanding writing in a comedy series.

And all of the awards have gone straight to the show's creator. C.K. could've accepted a bigger deal with a larger network (FX only offered him \$200,000 for the pilot), but FX gave him complete creative control. C.K. is the star as well as the sole writer and director, and he has edited many of his episodes on his own laptop.

That makes C.K.'s comedy all the more

stunning, whether his hapless character is on a date or just sitting on the subway, trying to go home.

New York City, where Louie lives with his two young daughters, is essentially a character in the story. It serves not just as a backdrop, but as a huge player in whatever misadventure Louie goes on. In one episode he travels to the Bronx, following an attractive cashier home in hopes of asking her out on a date, and in another, he helps guide a bus driver to the zoo, only to take him on a highway that's illegal for buses.

As for relatability, one particular scene from season one comes to mind: Louie, in a weekend without his daughters, binges on three pints of ice cream and many, many slices of pizza. He wakes up in a haze, ashamed of the empty cartons and boxes still stained with grease and sugar. We've all been there, or at least somewhere similar.

I recommend watching Louie on a weekend when you have a lot of time to yourself. Maybe there's snow outside, maybe you just don't feel like getting out of bed.

Either way, you'll come out happy that you don't have too many wrinkles or suspicious spots yet.

HAYLEY MOORE | historical nonfiction

# Protect the past

Actions need to be taken to stop the Islamic State from destroying historic artifacts



It's probably safe to say that everyone pays attention to the news when it comes to the Islamic State these days. I feel like I can't go a day without getting a notification from various news sources about people the group has killed or places it has destroyed. And I'll admit, there are times when I brush over these notifications. However, last week was different.

On Jan. 20, it was confirmed by satellite images that the Islamic State had destroyed St. Elijah's monastery, or Deir Mar Elia, in Iraq. For those not familiar with this monastery, it's one of the oldest Christian monasteries in the country and is believed to have stood for 1,400 years.

I'll admit, it's the history major in me that caused my heart to slightly break after reading more into this. I like old stuff and I want it to be preserved for the future. What's worse, though, is that this isn't the first time something like this has happened.

Last February, Islamic State militant groups stormed the Mosul museum in Iraq and destroyed hundreds of statues and priceless artifacts that were thousands of years old.

Since this seems to be a pattern with extremist groups in the Middle East, wouldn't someone think that it's time to try and do something to prevent further ancient sites or

artifacts from being destroyed? Maybe I'm just not reading the right sources, but I don't see anything being done.

I understand that it would be a difficult task, especially when it came to entire buildings and if there was an air strike, but smaller objects could be sent away for further protection. The military could begin to have more of a presence at these sites, but in the case of whether or not they should protect human life or a building, human life comes first.

Regardless, some attempts should be made in order to preserve the historic values of these sites. For someone who wants to go into the museum field professionally, I really would like to have a career where I can tell the stories of places or objects. Without them, I may not.

These ancient sites and artifacts are history. Without them we have little knowledge of the past. From my own perspective, a lot of the conflict in the Middle East is a clash of various lifestyles. It's important that we understand all these ways of life in order to have a clear understanding to tell future generations. While I always feel flattened when reading headlines about the Islamic State, I hope to see a lot less headlines regarding the destruction of history.

Hayley Moore is a senior history and writing, rhetoric and technical communication major. Contact Hayley at [moorehe@dukes.jmu.edu](mailto:moorehe@dukes.jmu.edu).

BRIANA ELLISON | off topic

# Donald Trump and political citizenship

Ted Cruz is latest presidential candidate to fall victim to fear-mongering and the "birther" movement



A few days into the new year, Republican presidential candidate Donald Trump revived his birther tendencies by questioning GOP rival Ted Cruz's citizenship status. Trump's line of questioning is the latest in a series of attacks he's launched against Cruz, who has recently climbed the polls as the No. 2 GOP frontrunner for the 2016 election.

The questions regarding Cruz's citizenship — and thus his eligibility to run for president — have come up because he was born in Canada to an American mother. By law, not only is Cruz a naturalized citizen (and therefore eligible for the presidency), but he also holds dual citizenship in Canada and the U.S. This is all information that Trump should be — and probably is — aware of, and renders his claims unfounded and ridiculous.

Regardless of your political standings (I, personally, can't stand Cruz, but that doesn't change my opinion on this issue), you must realize that Trump and the rest of the "birthers" who constantly question the citizenship of their opponents are employing a defense mechanism that's pathetic and uneducated. Unfortunately, Cruz isn't the first — and most likely won't be the last — victim of the birther movement.

Remember in 2011 when Trump couldn't stop asking to see President Barack Obama's birth certificate? Trump was convinced Obama wasn't

eligible to be president because he was born in Hawaii and his father was Kenyan. Last time I checked, Hawaii is part of the U.S.

When it comes to his anti-Cruz arguments, there are a number of reasons besides the obvious if-you-knew-anything-about-this-country-you'd-know-he's-definitely-a-citizen logic.

First off, if Cruz wasn't a citizen, don't you think the guy would be smart enough to know this? You don't make such a weighted decision like deciding to run for the most powerful job in the country without making sure you fit all of the necessary criteria.

Second, if Cruz didn't fit the criteria, someone from the Department of Homeland Security would've realized by now and informed him. And he wouldn't be running. But he is, which implies to me (and most other people) that he is, indeed, a citizen.

Questioning Cruz's citizenship appears to be the latest ploy in Trump's attempt to convince constituents that people he deems "un-American" have no right to live in this country. Over the past few months, Trump has been steadily bringing his immigration fear-mongering to an all-time high, abandoning all fact as he mercilessly criticizes and degrades different minorities, religious groups and the like.

Briana Ellison is a junior media arts and design major. Contact Briana at [ellisobr@dukes.jmu.edu](mailto:ellisobr@dukes.jmu.edu).



KELSEY HARDING / THE BREEZE

Submit your darts and pats at [breezejmu.org](http://breezejmu.org)!





# Measure for measure

PHOTO ILLUSTRATION BY ALEXIS MILLER / THE BREEZE

Calorie-counting apps, such as MyFitnessPal, and Fitbits are popular ways to stay healthy.

## The rise of Fitbits, calorie-counting and knowing your numbers

By JOANNA McNEILLY  
The Breeze

“New year, new me” is a contagious attitude this year as people become determined to stay active and eat healthy. With the recent release of Fitbits and other heart rate monitor watches, 2016 is looking like a healthy, conscious year. But when it comes to counting calories and reading nutritional facts, there are things to avoid and things to take on for a new you.

Calories are units of energy that we burn when we exercise. However, Hannah Jehring, a registered dietitian who’s a health and wellness manager at JMU Dining Services, explained that there’s more to food than calories.

“It is important to keep in mind all the nutrients food can provide,” Jehring said. “Protein, fiber, healthy fats, antioxidants, minerals are all important to not only achieve weight loss, but also achieve a healthier you.”

Jehring stresses that every individual has different nutritional needs. She said that calorie-counting may be successful for one individual because it can help them learn portion control, whereas another individual might find it hard to keep track of counting calories every single meal.

But is it considered a trend to count calories? Jeremy Akers, associate professor and dietetics graduate program coordinator in the Department of Health Sciences, doesn’t think so.

“Individuals have tracked calories for many years,” Akers said. “It has been a well-established and efficacious way to assist in successful weight management.”

Akers believes that being educated in moderation and variety in daily food as well as beverage intake is important for weight management. By looking at the nutrient panel on foods, it can be easier to understand what you’re eating.

“If you can’t pronounce the ingredients in a food then it is a food to avoid,” Akers said. “It’s a small rule that is a large step in reducing the amount of processed food in your diet.”

Jehring and Akers also discussed the myths of dieting and staying healthy, such as the famous myth that skipping meals will help you lose weight.

“Fact is, skipping meals puts your body into starvation mode and slows your metabolism,” Jehring said.

Akers further explained that it’s a myth that eliminating macronutrients, like carbohydrates and fats, nutrients that provide calories or energy,

are healthy long-term.

“Each nutrient is extremely important in a balanced diet,” Akers said. “There are many smaller components within that macronutrient that are essential to adequate health.”

But how can we learn to avoid these myths and learn to eat a balanced and nutritious diet every day? Both Jehring and Akers emphasize that the most important thing to do when dieting or making life changes in your diet is education.

Jehring especially promotes using MyPlate as a guide to choosing healthier options.

According to choosemyplate.gov, MyPlate is an online guide that helps individual needs when it comes to eating in variety, amount and nutrition for each food group.

“Instead of focusing on what to eat and not to eat, it focuses on the food groups itself,” Jehring said.

Not only is eating healthy a goal for students this year, but so is exercising. To keep track of their activity and heart rate, many students are wearing the new technology trend: Fitbits. Fitbits are pedometers that count, track and measure steps, mileage, calories as well as food and water intake.

Shannon Lee Hagerty, a freshman dietetics major, believes that owning a Fitbit has changed her health and activity by making her more aware of her body and its daily needs.

“It has become a part of my daily life,” Hagerty said. “I’m certain I wouldn’t be pacing around at night to get my goal of 10,000 steps if it wasn’t for the Fitbit.”

Hagerty considers the Fitbit her own personal trainer because of its motivational appeal.

“I have lost over 15 pounds since having a Fitbit,” Hagerty said. “I’m a huge believer of the positive influence a Fitbit has to strengthen one’s drive to a healthy life.”

So if your New Year’s Resolution is to stay fit and eat healthy, Jehring and Akers want you to remember to make realistic, short-term goals and to educate yourself on what you’re eating. They believe that, rather than focusing on counting calories, focusing on eating in moderation and in variety is a more practical step for a healthy lifestyle.

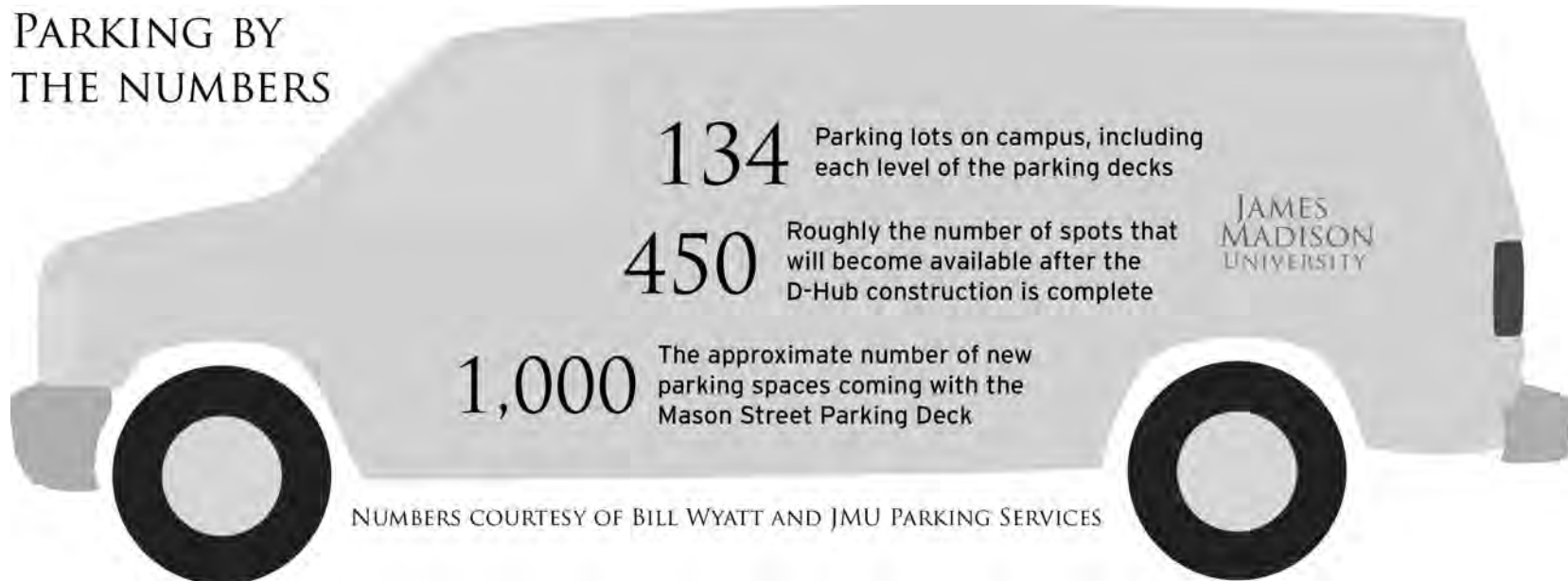
“Simple changes make a big difference,” Jehring said. “You want to look at the whole picture when choosing what to eat, not just the calories.”

**CONTACT** Joanna McNeilly at mcneilje@dukes.jmu.edu.

# The face behind the ticket

*An inside look at Parking Services*

## PARKING BY THE NUMBERS



KELSEY HARDING / THE BREEZE

By TERESA CUMMINGS  
contributing writer

When racing for fame and glory, a driver yearns for that black-and-white striped space that signals one thing: victory. At JMU, students, faculty and staff see two white lines on black pavement as a small victory of the day. That is, the perfect parking spot.

“It’s a game,” senior chemistry major Devon Shircliff said describing her search for parking.

According to the JMU Lot Directory, there are 134 parking lots, including each level of the four parking decks, scattered around campus for students, faculty and staff. From large lots like the Convocation Center lot to smaller lots like R7 in the Village, there’s a variety of parking locations and sizes offered by JMU Parking Services. Yet not everyone can find a place to park.

Despite the criticism they receive, employees like their job.

“I enjoy the job,” a Parking Services employee who wished to stay anonymous said. “It’s fine. I think we do good for the school, more than people realize.”

Just as various students have voiced, faculty and staff agree that the key to finding the perfect parking spot is to get to campus early.

“As you would expect, those lots [close to the buildings] fill quickest in the mornings, with periphery lots then filling later in the day,” Ben Lundy, the field operations manager for JMU Parking Services, said.

There are different permits available to the best accommodate student drivers. Each type of permit has a unique set of restrictions that may relate to either the length of time a driver can park or where they can park.

“Additionally, many regulations are in place for the safety of the campus community, such as fire lane and handicap space regulations,” Lundy said.

JMU and Parking Services have to balance many different concerns when dividing up campus territory to best utilize it for the school’s needs. New facilities take time to build.

“If the university were to greenlight four new parking decks tomorrow, that money would still have to come from Parking Services revenue, so we would have to raise the price of a permit by hundreds of dollars in order to cover the cost,” Lundy said.

The balancing act can relate to everyday university actions or populous events JMU

hosts, like football games or academic open houses. During these events, parking becomes a little more competitive than usual.

“Nightmare days,” Aaron Noland, a JMU communication studies instructor, said. “When they close stuff during the school week, it’s sort of one of those things that is like, ‘What’s going on here? I still got to teach.’ But I understand that those events are huge for the college, like ‘GameDay’ and Homecoming. You got to keep a balance.”

Many students propose that more parking decks should be built to help the flow of commuters on campus. The Mason Street Parking Deck will soon add over 1,000 parking spaces and is scheduled to be done by August.

“I think we really need a parking deck, maybe one [each] for faculty and students,” Shircliff said.

Parking Services manages a wide variety of needs. Campus construction, in particular as it continues this academic year, has had many Dukes worried about limited parking and increased parking tickets.

“While a finite amount of space exists on campus for expanding parking, we work hard to make the most of every area available to us,” Lundy said.

According to Lundy, and as previously reported by The Breeze, much of lot N6 on North campus behind Madison Hall and lot R1 behind the Village is unavailable because of construction. Metered parking will still be open, and JMU tried to open up new spots to make up for what was taken away.

“We received approval from the administration to create over 700 new parking spaces over the summer to compensate for the expected loss,” Lundy said.

Expanded parking is located in the C5, R12, R13 and R14 lots accessible from Grace Street, according to Lundy. Also in the C2, C17 and C19 lots on Harrison Street, and R10 and R11 lots on Port Republic Road.

“My advice to faculty, staff and students is to use the resources available to know where they are allowed to park, and where the closest parking is available to their destination,” Lundy said.

The resources on JMU Parking Services website include parking maps and regulations to assist drivers with finding the right parking spot.

“Every college campus has parking issues,” Noland said, “but depending on when you come, how early and where you go can impact how you feel about parking.”

**CONTACT** Teresa Cummings at cummint@dukes.jmu.edu.



# PEACE | Professor fought to create day to celebrate women



COURTESY OF ERICA CAVANAGH

**Solange Sotindjo (left), a close Beninese friend of Erica Cavanagh, helped Cavanagh braid her hair. Cavanagh was in Benin, Africa, for two years volunteering with the Peace Corps.**

from front

10-week training period in a town called Allada. She's still in touch with the family she lived with as well as some of the other volunteers that were in the same training group.

"Leaving the comfort of your own culture and country in your early 20s for two years of the unknown is daunting," Julia Cicéro said. "As we had already paid our taxi driver the full fare, we had no choice but to wait for him to do his magic. Although we were in a bind, we were together."

Cicéro distinctly remembers one time taking a long taxi ride with Cavanagh to the south of Benin. Unlike taxis in the U.S., Beninese taxis can cram at least eight people, a baby, a goat and everyone's belongings into a five-seater car.

About 30 minutes into the journey, the taxi's rear axle fell off after going over a speed bump. The driver had to go to another village to find a mechanic and many hours passed as the passengers sat on the side of the road in the unbearable heat. To add to the discomfort of the situation, the little water they had with them was just under boiling temperature.

"And yet we sat, Erica and I, watching other taxis pass by," Cicéro said. "They had already paid our taxi driver the full fare, we had no choice but to wait for him to do his magic. Although we were in a bind, we were together."

Another one of the volunteers from Cavanagh and Cicéro's training, Corey Taylor, can speak to the strong bond Peace Corps friends share. Since they go through so many moments of joy, tragedy and even rage over the course of only two years, Taylor likened their friendships during service to those that have lasted a lifetime.

"It's kind of comparable to people who have been in the military with each other," Taylor said. "They share war stories. People in Peace Corps, they share stories of traversing the developing world with a Western sensibility."

During her time in Benin, Cavanagh worked in a community center that was in charge of monitoring the weight of babies under 2 years old. If a child was at an unhealthy weight, the center would offer nutritional counseling for the mothers.

"I think often times we think about accomplishment in the U.S. as, 'What projects did you finish?' ... Really the most important things were the relationships that I made."

**Erica Cavanagh**  
JMU English professor and Peace Corps volunteer

She also helped start a women's cooperative in Bem-bereke to help them earn extra money. The co-op was lead by a Beninese woman named Madame Celestine who Cavanagh remained close with. The women in the village would work together to create products like soap or food and use the money to help other women in the co-op when they were in need.

"They used the money in that communal way, which I found very touching because it was so contrary to the capitalistic way of making money for yourself," Cavanagh said. "If somebody in the cooperative needed medical help or if someone's family member died and they needed to pay for a funeral or if one of their children graduated from an apprenticeship and they wanted to put on a party, the co-op would contribute for that member to pay for those things."

Cavanagh worked with her now longtime friend Kristin Fallon, another Peace Corps volunteer, in forming the co-op. Fallon said that Cavanagh's uncanny ability to connect with others is the reason the women's cooperative was so successful.

"The reason I was able to work with this women's group is because Erica had already built these relationships," Fallon said.

Cavanagh helped the village organize the first women's day event they ever had, despite the negative attitudes from the men in the village.

"Women are often treated as second-class citizens but the irony is that they're the ones holding the country together," Fallon said. "They're tilling the fields, raising the children. To celebrate women was really appropriate yet there were a lot of men in the village who sort of snickered at it. She worked with them against a lot of odds, against a lot of men who didn't want to see it happen and she didn't let that stop her."

Cavanagh has been working on a book about these relationships with the working title "Someone to Tell." A few of the Beninese people Cavanagh was closest with, including Celestine, have since passed away but will live on in the book. She still keeps in touch with many of the ones that are still living through Facebook and text messaging, now that communication across oceans is easier.

"It's just an incredible testament to me," Cavanagh said. "A testament to people caring about one another that we're all still friends."

Although Cavanagh and her volunteer friends did so many great things for the people in Benin, the reason her time in the Peace Corps was fulfilling is separate from those concrete accomplishments.

"I think often times we think about accomplishment in the U.S. as, 'What projects did you finish?' and 'How did you help those people?'" Cavanagh said. "It was hard to communicate to people or for some people to understand that really the most important things were the relationships that I made."

**CONTACT** Julia Nelson at nelso3jl@dukes.jmu.edu.



DANIEL STEIN / THE BREEZE

**Jeff Gorman (left) and Jake Cochran, 2012 JMU alumni, perform at Clementine last Thursday as experimental indie rock band Illiterate Light.**

## JMU alumni work odd jobs to support their full-time musical careers

**By EMMY FREEDMAN**  
*The Breeze*

Jake Cochran and Jeff Gorman, two 2012 JMU graduates with degrees in health science and history respectively, have mapped a different path for themselves since graduation and are now working as full-time musicians.

"A lot of our friends have gone into the career world after JMU, and to each their own," Jeff Gorman, the guitarist in Harrisonburg band Illiterate Light, said. "That's totally cool. But blazing our own trail is the most exciting and fun thing that I can do with my life and also some days daunting and defeating."

After graduating, the two managed a farm together and played with a band called Money Cannot Be Eaten. Then Cochran left for a year-long construction apprenticeship and Gorman worked as a solo artist. In the last year, the duo has been playing in and around Harrisonburg as Illiterate Light, a band that bills itself as experimental indie rock.

"We're at the point where we want to be playing pretty seriously," Gorman said. "I mean gigging out three or four times a week and practicing on a regular basis and putting in a lot of work."

Financing this lifestyle can be difficult at times, but the two have found ways to make extra money when needed.

"I can do some construction work here and there and Jeff is a substitute teacher," Cochran said. "Neither of them are regular but if we look at our finances and see we're not up to what we need, we start scheduling some side work."

The more difficult area for the two is learning how to balance their workload.

"When you're on the farm, after a day's labor you can look at the sweet potatoes you've planted or the tomatoes you've harvested, it's all so tangible. Now there's a feeling of, 'Have I accomplished anything?'" Gorman said. "Some weeks I feel like I've worked every second that I'm awake and some weeks I don't know if I've worked at all."

Writing new material has also proven to be difficult at times.

"Today I couldn't draw inspiration from anything so in a furious rage I paced around my house," Gorman said.

But the two have written quite a bit of music together by both connecting on their approach to writing and bringing their own background to the table. Gorman attributes some of his writing success to the trades he learned in his music industry classes at JMU.

"Some weeks I feel like I've worked every second that I'm awake and some weeks I don't know if I've worked at all."

**Jeff Gorman**  
2012 JMU alumnus and guitarist for Illiterate Light

"Ojo Taylor was really my favorite," Gorman said. "We'd break down songs, like taking the hood off a car and looking at the engine. It's basically the best class JMU offers."

Illiterate Light released its first EP, "Languet," last year, and will record another EP at Blue Sprocket Sound, a local recording studio, in a couple of weeks.

"That'll be released in May and at that point we'll be gearing up for another long tour to support that new release," Cochran said.

As of now, the band treats Harrisonburg, along with Charlottesville, Richmond, Washington, D.C. and Baltimore as its hometowns.

For example, the two have worked closely with Three Notch'd Brewing Company since its opening in May 2014.

"Once Jeff and Jake got together to form Illiterate Light, they really brought a new

sound to the Taproom for our live Thursday shows that we hadn't seen before," Elsa Schultz, Three Notch'd's sales manager, said. The pair's "diverse sound makes them appealing to all generations."

Since its songs don't fit one category of music, the band can mold its set list to accommodate multiple atmospheres.

"Over the years we've played in a lot of different environments," Gorman said. "We're not a punk band playing in only punk venues. We play acoustic environments and some hard rock stuff doesn't work there."

It also frequently plays with other bands around Harrisonburg, like The Dawn Drapes.

"They bring a new idea to the table almost every time you see them play and you can really see that they mean and feel what they're playing," Daniel Rice, the guitarist and singer for The Dawn Drapes, said.

Illiterate Light also has some advice for students who want to take their music to the next level.

"Get out of JMU," Cochran said. "There is an interesting and thriving community in downtown Harrisonburg. It's not like there's not something cool going on at JMU, but it's really easy to not get a bigger picture of what you could be doing."

Gorman agrees on Harrisonburg's blossoming music scene.

"That's when our lives changed. I didn't even know downtown Harrisonburg existed until junior year, and that's bizarre because this is an awesome place," Gorman said. "Now we've played anywhere where they'll allow you to play music in Harrisonburg."

And for now that's exactly what they want.

"Neither of us are looking to be super rockstars," Cochran said. "We love to play music and it's what we do well and we just want to be able to support our meager lifestyles. And it seems pretty possible right now."

**CONTACT** Emmy Freedman at freedmee@dukes.jmu.edu.

# HARRISON

AT JMU

## REDEFINE SOCIAL.

Resort Style Pool • Basketball Courts • Volleyball Courts • Fully Furnished

Study Lounge with free wifi • 24 Hour Clubhouse • 24 Hour Fitness Center

Complementary Tanning • Pet Friendly • Coffee Bar

1191 Devon Lane      www.livetheharrison.com      540-432-1001



## WOMEN'S LACROSSE

## Repeat offenders

JMU women's lacrosse is predicted to win the Colonial Athletic Association for second year in a row



CONNOR WOISARD / THE BREEZE

Senior defender Carter Reifsnider runs downfield at practice on Wednesday with junior attacker Cristina McCarthy in pursuit.

By MATT TYSON  
The Breeze

The team has a challenging schedule, has been through postseason injuries and has been given high expectations. But the Dukes still have one more trick up their sleeve: confidence.

There may still be snow on the ground, but the season opener for JMU women's lacrosse is just around the corner.

Following a 2015 season that saw them go 15-5 overall and reach the first round of the NCAA tournament, the Dukes were picked to repeat as Colonial Athletic Association champions. This is despite graduating six seniors in 2015 and multiple injuries in the offseason last semester.

"It's a tribute. It shows that we have a lot of respect," head coach Shelley Klaes-Bawcombe said. "I think the country right now is just respecting the depth of this program and its work rate."

Due to the injuries, the coaching staff had to focus on working with the younger members of the team. From this, multiple players have begun to blossom, such as sophomore defender Rebecca Tooker and sophomore midfielder Haley Warden.

"I'm still learning how this team will be, and I kind of like that," Klaes-Bawcombe said. "I think we're going to surprise people."

In addition to younger players on the rise, the team also includes standout senior midfielder Jaci Gordon, who was recently named the CAA Preseason Player of the Year. In 2015, Gordon netted a career-best 40 goals and was a First Team All-CAA selection.

"It was definitely humbling. I was flattered, but I consider myself to be a modest person," Gordon said. "I see it is as compliment to our program, our team and our coaches."

Gordon was also named a team captain this season along with senior attacker Betsy Angel and senior defender Carter Reifsnider.

"I'm really happy about that. I've always wanted to be a captain ever since my freshman year," Gordon said. "It gives me the opportunity to give the team a part of me that I've always wanted to give it but never really could."

The accolades and standout players come with another kind of publicity. A successful reputation means that other teams will work to bring their best against the Dukes.

"I expect a player like Jaci to attract a

lot of defensive attention this year," Klaes-Bawcombe said. "She just needs to finish the chances she gets and go after it even though it's tough."

Angel, who led the Dukes with 49 goals last season, also expects the extra pressure.

"I know I'm going to have a target on my back, but our goal is to find our rapport on the field, make connections and finish the chances we get," Angel said.

Despite the added pressure of success, the team's end goal is to return to the NCAA tournament. After beating Towson University 13-6 to claim the CAA title, the Dukes went on to lose to the University of Southern California 13-10 last year. The early exit made the team re-examine its strategies, especially in its ability to attack zone systems like USC's zone defense.

"I feel as though we're making nice strides in those areas," Klaes-Bawcombe said. "In preseason our systems are really organized, and now we're just looking for that polish."

In order to reach nationals again, the team has worked to create a competitive dynamic that will help it over the course of the season. The captains have strived to create a new team culture to foster the desire.

"There's no sense of seniority on this team. As members of the senior class we wanted everyone to feel like an equal," Gordon said. "This creates a competition amongst the team that we need."

Gordon and the other captains believe this sense of equality enhances the play of the younger members of the team because there is no feeling of having to earn a place. This is contrary to the norm that these players entered into when they were freshmen, and have worked to alter as they have grown older.

Even with changes to their strategies and team dynamic, it won't be an easy road to the postseason for the Dukes. The schedule includes tough opponents such as a season opener against the University of North Carolina at Chapel Hill on Feb. 6 at University Park. The Tar Heels were the runners-up for last year's national title.

"We're taking it one game at a time because every team will be a challenge in its own way and we'll be starting with a bang," Klaes-Bawcombe said.

Klaes-Bawcombe sums up the team's attitude succinctly.

"We're hungry."

CONTACT Matt Tyson at  
tysonme@dukes.jmu.edu.

## FOOTBALL

## Coaching staff taking shape

Football head coach Mike Houston makes his first few hires



DANIEL STEIN / THE BREEZE

Assistant coaches look on during a game at Bridgeforth Stadium last season. New head coach Mike Houston from The Citadel has begun to hire his new staff of coordinators and assistants.

Amid the excitement and chaos that comes with hiring a new football coach, JMU's Mike Houston hasn't wasted any time finalizing his team of assistants for the upcoming season.

Houston made it abundantly clear at the welcoming press conference Jan. 19 that his first priority is to hire coordinators on both offense and defense.

Among those recently added to his staff are Bob Trott, Tripp Weaver, Bryan Stinespring, Byron Thweatt and Donnie Kirkpatrick.

Trott joins the Dukes this season after spending the last six seasons as the University of Richmond's defensive coordinator. Along with head coach Danny Rocco, Trott helped lead the Spiders to the Football Championship Subdivision semifinals last season, where they were downed by five-time defending champion North Dakota State University. Trott and Houston have had a tight-knit relationship for nearly 10 years, according to the Daily-News Record.

Another familiar face Houston plans to add is Weaver, former outside linebackers coach at The Citadel. Weaver will assume the role of defensive assistant coach. Weaver assisted Houston for the past two seasons in Charleston, South Carolina, and helped lead the Bulldogs to a 9-4 record in 2015 and a share of the Southern Conference title.

In addition, the Richmond Times-Dispatch reported that Houston will also add Stinespring, the former Virginia Tech offensive coordinator, to his staff. The '86 JMU graduate spent the past 16 seasons serving under legendary Hokies head coach Frank Beamer, holding various roles such as offensive coordinator from 2002-2012, and recruiting coordinator and tight ends coach most recently.

According to footbalscoop.com, Thweatt will join the Dukes' staff as a linebackers coach. Thweatt was the head coach at Virginia State University (Division II) and helped the Trojans to a 6-4 record. Prior to that, Thweatt served under Trott at Richmond as an inside linebackers coach and director of high school relations.

Late Wednesday night, footbalscoop.com reported that Kirkpatrick, East Carolina University's wide receivers coach, will be hired as JMU's offensive coordinator.

Houston's hire comes with National Signing Day fast approaching. This year's signing day is next Wednesday.

-staff report

There's more online:

www.breezejmu.org/sports  
@TheBreezeSports on TwitterKeep up with our coverage of  
men's and women's basketball  
this weekend at the Convo

Men's

Thursday  
7 p.m. vs. UNCW

Women's

Friday  
7 p.m. vs. DelawareSunday  
2 p.m. vs. UNCW



BOARDERLINE | Carving slopes



PHOTOS COURTESY OF LINDSEY MCCANN

Boarderline members such as Sam Stein (above) used the snow this weekend to turn sections of campus into a terrain park. Harrisonburg experienced approximately 25 inches of snow last weekend courtesy of Winter Storm Jonas.

from front

I probably never would have run into.”

The club goes on numerous trips throughout the school year, including three planned trips to Snowshoe Mountain in December, January and February.

“The trips to Snowshoe are my favorite,” Englebright said. “Staying with everyone in a huge house and skiing every day together is so much fun.”

Members of the club also visited Colorado over winter break and plan to go up to Canada during spring break.

Grimshaw said the Colorado trip last month was one of her favorites.

“It was like a different world out there,” Grimshaw said. “The mountains put the Shenandoah to shame. It was like heaven, honestly.”

The club uses a points system to keep track of how many active members it has. The more events, meetings and fundraising events members attend, the more points they accumulate. The most active members of the club get to go on the trips.

While Boarderline is not a competitive club like JMU’s Ski and Snowboard Racing Club, it does have a competition coming up in February called Red Bull Rivals. The annual event pits clubs from JMU, Virginia Tech, the University of Virginia and Virginia Commonwealth University against each other in a variety of terrain park competitions.

“We’re really excited for Red Bull Rivals,” Grimshaw said. “We are the defending champions so we’re hoping to keep it that way.”

Dues for the club are \$30 a year until October, then after that there is an increase to \$35 for the remainder of the year. Members also may encounter other costs such as the Snowshoe trip fee and other club expenses like T-shirts for events.

Boarderline members rave about how friendly and inclusive everyone is, and are thankful for the opportunities it has given them to make connections.

“We’re a great community,” Grimshaw said. “It’s a great place to meet new people, have a good time and push yourself”

CONTACT Daniel Ware at waredt@dukes.jmu.edu.

COMMENTARY

DAB NATION

Is Cam Newton a class act or a PR genius?

By MATT D'ANGELO

The Breeze



I don't like Cam Newton. I said it. Sure, he dances and hands out footballs and even does cool Beats commercials, but that doesn't make him a good guy.

I guess I need to specify something to try and avoid public scorn for what I'm about to say — I don't like Newton, but I don't think he's a bad person. I don't know who he really is (I've never met him), I can only judge his PR moves, which, as many people forget to acknowledge, are just about everything.

The man is a physical specimen — standing 6-foot-5-inches tall and weighing close to 250 pounds, it's amazing that he's able to be as productive on the ground against his opponents as he is in the air. He's arguably the best football player in the NFL right now, and he's led the Carolina Panthers to their first Super Bowl since the days of Jake Delhomme.

And yet, Newton's success stems from an all too interesting collegiate career. Some would describe Newton's time in college as turbulent — it included a suspension for purchasing a stolen laptop, as well as a major controversy surrounding his father and his solicitation for six-figure sums to guarantee his commitment to Mississippi State.

This, however, doesn't make Newton a “bad guy.” In fact, even he knows that. “I believe that a person would not be thought of as a bad person because of some senseless mistake that they made,” Newton said in 2010. “I think every person should have a second chance. If they blow that second chance, then so be it for them.”

I definitely agree with Newton — everyone makes dumb mistakes, especially when they're young. It's absolutely ridiculous to try and hold a 19-year-old college student to the same moral responsibilities as a full-grown man in his mid-20s.

No, Newton's past isn't what makes me cynical in the wake of all this media hysteria over how great of a person he is. Instead, I like to view his moral antics as being directly in line with his on-field behavior.

Newton has been described by some fans as “classless” for the way he acts on the field. Sure — he seems to be creating a new trend with each passing season, which ranges from the Superman touchdown dance to the new “dab” celebration.

More importantly, however, his weekly “good deed” of giving a football to a child after every touchdown falls right into line with the ostentatious behavior previously mentioned. At this point, dancing and celebrating after every play has become the norm in the NFL — I'm as much unhappy with it as you are. But Newton steps over the line each week by giving a football out after every single touchdown the Panthers score.

Let me repeat that — after every single touchdown. The mere frequency of this act should give away the idea that maybe Newton doesn't just give out footballs to kids in front of millions of caring Americans every Sunday because he's nice.

Ultimately, him giving out footballs is an obnoxious way of shoving a good deed down the throats of everyone watching the games. We get it, you want us to know you're a nice guy who makes kids happy. And I'm not saying it's a bad thing that the kids are happy. I can't imagine receiving a football from a professional player when I was 12. It must be one of the coolest feelings out there.

But the rest of America needs to wake up a little bit. Newton is just like that family in your neighborhood who volunteers for the Instagram post or the Facebook status. Everyone knows (or has volunteered with) a family or person like this — they head down to their local soup kitchen and do some work for a few hours, post on social media and talk about their “good deed” for the next week.

Sure, their charity is greatly appreciated and it would be ridiculous to discount their work, but did they do it to help someone? Or did they volunteer so that they could tell their friends that they volunteered?

Is it bad that Newton gifts children each Sunday with footballs? Absolutely not. I just feel like someone has to make the point that he may not be doing it every Sunday if millions of Americans weren't watching.

After all, the American public wasn't screaming about how great of a guy he was before this for his work off the field with The Cam Newton Foundation. He was seen as a mercurial rookie, a new birth to a stale franchise. Newton's actions after each touchdown need to be classified as being motivated as much by PR as by morality.

There are many great men who play in the NFL. Guys like Benjamin Watson, who “founded the Watson One More Foundation in 2008, which supports existing charities and initiates programs of its own” and Eli Manning, who “acted as the chair of the New York March for Babies for the past seven years and also spearhead[ed] ‘Tackle Kids’ Cancer,’ an initiative to raise money for cancer research.”

At the end of the day, it seems as though Newton's outward and vocal approach toward depicting how much he “cares about kids” seems to erode the genuine motive that many think is behind those actions. Guys like Watson and Manning proceed with their projects with a discreet commitment — one that denotes validity as opposed to PR mania.

Bless the kids, it's truly great for them. But the ultimate winner of all this fanfare is Newton, and people need to remember that when they watch the Super Bowl.

CONTACT Matt D'Angelo at danglemv@dukes.jmu.edu.

COMMENTARY



Hand Stephen Curry the MVP trophy now

Warriors could go down as best team in history

By PETER CAGNO

The Breeze

It would honestly be very tough to argue that Stephen Curry isn't the best player in the NBA right now. It would be even tougher to claim that the Golden State Warriors aren't the best team in the league and aren't en route to consecutive NBA Finals appearances.

The Warriors are just too good. Plain and simple. After a record-breaking start to the regular season, winning 24 straight games, the Warriors have gone on to lose only four games and now boast the best record in the league at 41-4.

An incredible statistic is that the Warriors scored over 90 points in each of those losses — none of which have been at home at Oracle Arena. Some would even go as far to say that the Warriors should be 42-3, due to the fact that Curry didn't play in Golden State's 114-91 loss to the Dallas Mavericks on Dec. 30. Personally, I can be included in that faction of “some” who believe that to be true, because I truly believe that if Curry was in that game it would've been a different story. How could someone disagree?

Curry is easily the best player in the game right now and should honestly just be handed the Maurice Podoloff trophy for the second year in a row midway through this season. Is that allowed? I don't think so, but I digress.

The Warriors superstar shooter averages a league-leading 30.3 points per game — the only player above

30 — which is 2.6 points higher than Houston Rockets shooting guard James Harden, who's in second place.

To add to his reputation among the league's best, Curry has only played in 43 games compared to Harden's 47, and averages the least minutes per game among the top 10 scorers at 33.8. That stat just speaks to the Warriors' depth.

It's no wonder that Curry averages so many points as more than half his 839 field goal attempts have been from behind the three-point arc. Curry has net a league-leading 210 three-point shots, an impressive 77 more than the guy in second place. But guess who's in second ... teammate and fellow “Splash Brother” Klay Thompson. Thompson averages 3.1 three-pointers per game, second to Curry's 4.9 — that's 24 points a game just from three-pointers.

The stats speak for themselves at Golden State. Just this past Monday, the Warriors blew out arguably second best team in the league — the San Antonio Spurs — by 30 points. Not to mention they crushed LeBron James and his Eastern Conference-leading Cavaliers by 34 a week prior, while holding James to 16 points, well below his average of 25 points per game.

I could go on all day and night about how the Warriors are nearly immortal and will likely break the record for best single-season record held by Michael Jordan and the 1995-96 Chicago Bulls, but I don't want to jinx them.

CONTACT Peter Cagno at breezesports@gmail.com.

By BENNETT CONLIN

The Breeze

Everyone and their mother knows Stephen Curry and the Golden State Warriors are the cream of the crop in the NBA. The Warriors consistently leave their opponents in the dust within minutes of the opening tip, and many believe they'll win their second consecutive NBA title.

I agree with those thoughts, but I think they should be taken a step further as I have no doubt the Warriors will break the regular season wins record of 72 held by Michael Jordan's 1995-1996 Chicago Bulls.

I'll admit I've been skeptical of the Warriors for a long time. It was tough for me to believe that their up-tempo style and love of the three-point shot would result in them winning an NBA championship, but they proved me wrong in a big way by besting LeBron James and the Cleveland Cavaliers in six games.

I was also skeptical when they got off to a hot start this season and rumors of them breaking the Bulls' record started to circulate. Sure, they were playing well and winning consistently, but winning 72 games in an 82-game regular season is unheard of. Throw in the talent of their Western Conference opponents and multiple showdowns with the Cavs, and I thought it would be downright impossible, but after three recent Warriors performances I'm officially hopping on the bandwagon.

After recent losses to the Denver Nuggets and Detroit Pistons, teams with a combined 41-49 record, I believed all

hope of breaking the record went out the window as the Warriors were up to an embarrassing four losses. With the Bulls, Cavs and Spurs lined up on the schedule in a four-game span I expected the Warriors' loss total to climb to at least six games. Of course, this didn't happen as the Warriors beat those three teams by a combined 95 (!) points.

By winning games by at least 30 points over three of the top teams in the league, it's fair to say that if the Warriors can stay dialed in over the next 37 games (they sit at 41-4 currently), they'll break the Bulls' record. They're averaging an absurd 114.8 points per game, which is the best in the NBA, and their three-point field goal percentage is a staggering 42.4 percent. Their explosive offense ensures they'll have a chance to win every game as no lead is safe against Golden State.

The Warriors aren't just winning games anymore, they're dominating the best teams in the NBA with their historically potent offense. The losses to the Nuggets and Pistons no longer seem like red flags, but rather, the Warriors showing a lack of interest when playing inferior opponents. This lack of interest could potentially pose a problem as the Warriors will soon face the powerhouse known as the Philadelphia 76ers in a game that Curry could probably win all by himself.

If the Warriors stay focused on playing their best basketball, they'll not only repeat as NBA champs, but they'll also go down as the best team in NBA history.

CONTACT Bennett Conlin at conlinbf@dukes.jmu.edu.



ABROAD

Many students who travel experience higher GPAs than others



COURTESY OF DANI RABINOWITZ

Dani Rabinowitz, a senior anthropology major, studied abroad in Florence, Italy and said she has nothing but fond memories of her trip abroad.

from front

during their college career is during the time they spent studying abroad.

“It changes you in ways that you cannot get from reading a book in a classroom,” Good said.

According to the Benefits of Study Abroad brochure on JMU’s study abroad website, JMU students who study abroad average a GPA nearly 3 percent higher than those who don’t. Study abroad alumni also earn 25 percent higher starting salaries than graduates who don’t and have a 97 percent job placement rate within 12 months compared to 49 percent of others during that same time period.

“Studying abroad raises your level of critical thinking,” Good said. “It helps you deal with issues that are not just black and white, which is an important type of experience employers like to see.”

With graduation approaching, Hailey Swedo, a senior communication studies major, credits much of her confidence for success

upon graduation to her semester in London.

“The internship I had abroad gave me a different perspective on their work environment,” Swedo said. “This will definitely make me more accepting of different cultures and people I will encounter in the future.”

Between 2014 and 2015, 1,218 JMU students studied abroad in 68 programs, according to the brochure.

“JMU faculty have really helped make the opportunities to study abroad possible,” Good said. “Compared to a lot of peer institutions, JMU has much more programs that are ran by faculty, where faculty are able to go abroad with students.”

Working for the Office of International Programs as a Global Dukes event coordinator, senior communication studies major Sofia Ashooh is happy to influence others to participate in a life abroad.

“I hate to think of how much I would have missed out on if I had not studied abroad,” Ashooh said. “In working at the Office of International Programs, I love having the opportunity to help guide other students to make that same decision.”

Marissa McCormick, a senior media arts and design major and the marketing and media coordinator for Global Dukes, said the best part of her job is getting to talk about how much she loved her abroad experience, which is easy to do.

“Studying abroad is so much more than going to a different country for three months, it’s relying on yourself and finding yourself on the way,” McCormick, a senior media arts and design major, said. “As cliché as it sounds, it was the best experience of my life. I made lifetime connections that I wouldn’t trade for the world.”

Students who wish to study abroad can apply online, with some programs requiring letters of recommendation, interviews or resumes. Other prerequisites include a specific GPA, major or level of language fluency, however, most of the programs are open to all majors and levels.

“While it can sometimes be difficult for all students to find that perfect major program match, myself and Donna Sharpes, another study abroad adviser, work with these students to try and find a best-fit program,” study abroad adviser Taryn Eggleston said.

With the many positive experiences life abroad brings, students do admit to being faced with new and sometimes uncomfortable situations.

“Being in a foreign country where they don’t speak your language was really scary and uncomfortable, but it forced me to overcome these feelings and embrace these new experiences,” Kristine Chipman, a senior interdisciplinary liberal studies major who recently returned from Spain, said.

To ensure protection for all students studying abroad, OIP places safety precautions as its top priority, according to Eggleston.

“We remain up to date with travel warnings and work with each program director on health and safety precautions for themselves and students while abroad,” Eggleston said. “We have local on-ground staff and a faculty member in residence who are there for students each day of their program.”

In the end though, the benefits seem to stand out for many. Senior anthropology major Dani Rabinowitz has nothing but fond memories of her time spent studying in Italy, saying she left Florence a new person.

“The world teaches us who we are, who other people are, and if you’re lucky, the world gives you an idea of who you want to be,” Rabinowitz said.

CONTACT Catie Josephson at josephce@dukes.jmu.edu.

THIS WEEK IN SPORTS

Thursday 1/28	Friday 1/29	Saturday 1/30	Sunday 1/31	Thursday 2/4
<b>Men’s Basketball</b> vs. UNCW 7 p.m. Harrisonburg, Va.	<b>Track &amp; Field</b> Thundering Herd Invite All Day Huntington, W.Va.	<b>Track &amp; Field</b> Thundering Herd Invite All Day Huntington, W.Va.	<b>Women’s Tennis</b> @ Towson 1:30 p.m. Towson, Md.	<b>Men’s Basketball</b> @ Drexel 7 p.m. Philadelphia, Pa.
	<b>Women’s Basketball</b> vs. Delaware 7 p.m. Harrisonburg, Va.	<b>Track &amp; Field</b> Patriot Games 10 a.m. Fairfax, Va.	<b>Women’s Basketball</b> vs. UNCW 2 p.m. Harrisonburg, Va.	
		<b>Women’s Diving</b> @ Clemson 11 a.m. Clemson, S.C.	<b>Men’s Basketball</b> @ William & Mary 7 p.m. Williamsburg, Va.	
		<b>Women’s Tennis</b> @ Maryland 12 p.m. College Park, Md.		

Section editor positions are open!

Apply to work at The Breeze at  
joblink.jmu.edu

Apply to work at The Breeze!

INFO on the go

  
DOWNLOAD AT THE APP STORE

 FOLLOW The Breeze 

  
The **only** strip club in the area  
just 35 minutes away...



18 for admission • 21+ to drink  
Open Thursday, Friday, & Saturday nights  
Ladies get in Free on Thursday  
BYOB: "Bring your own beer"

WWW.PARADISECITYMATHIAS.COM • 304.897.8200

Classifieds

Homes for Rent

Large Student Friendly Victorian house now renting for 2016, has four bedrooms plus a bonus room office or den with separate entrance and bike storage room, 2 full baths, living room, eat-in kitchen, hard wood floors, large front porch w/swing, Wi-Fi connection, all major kitchen appliances, Washer/Dryer, new roof, newly painted exterior, off street parking for 4-5 vehicles, 8 blocks from JMU, 4 blocks from Court Square H'burg. NO PETS. \$1500 month. Call 540-810-3631.

Place your classifieds online at  
breezejmu.org

\$1 first ten words  
In print & online



Dine In Take Out Delivery

1059 S High St, Harrisonburg, VA 22801  
(540) 433-1116

10% OFF  
All Students  
\*cannot combine with other offers

Lasagna  
with salad & garlic bread  
**\$15.95**

Combo  
sub, french fries & soft drink  
**\$7.99**

Monday thru Wednesday  
1 Large Topping Pizza  
**\$7.95**

view our menu at  
brotherspizzapastaandsubs.com





CHECK OUT OUR BLOG  
AT [BREEZEJMU.ORG/  
OFFTHEBEAT](http://BREEZEJMU.ORG/OFFTHEBEAT)

# FOXHILL TOWNHOMES

Call now about our awesome specials!

NOW SHOWING

MARVEL

AT THIS...

Coming to Foxhills Townhomes for 2016-17 Leases

- 1. Water Included
- 2. Electric with cap included
- 3. Gym membership included
- 4. Basic internet included
- 5. Basic cable included



1627 Devon Lane  
Harrisonburg, VA 22801  
504-432-5525 — 540-432-5592  
[sfurr@umicommunities.com](mailto:sfurr@umicommunities.com) — [www.umicommunities.com](http://www.umicommunities.com)

