



Pink for a reason

Students share how they’ve been affected by breast cancer; Breast Week Ever raises awareness for the disease



Meiser and her mother, Kimberly, shared this moment before Kimberly’s death.

By EMMA KORYNTA
The Breeze

At a house on the water in Maine, troubles went away if only for a moment. There were kayaks to use and lobsters to eat. A picture remains of this moment — a mother and daughter wearing matching sweatshirts and hugging. That was all that mattered. For a moment, there was no cancer.

“It was just a really great moment where it felt like the world stopped and it was just me and my mom hanging out, having a great time on the beach,” Janie Meiser said. “I have that picture hanging on my wall. That picture’s just very iconic for me.”

Meiser, a senior psychology major, lost her mother, Kimberly, to breast cancer in 2011 after several years of treatment. While the stress of the repeated cystic lumps found in her breasts brought the family together, the hard-hitting news of a cancerous lump further unified them as a tight-knit support system.

Though this was her experience, Meiser believes cancer impacts everyone differently.

“Although my brother and I both lost our mother, his [experience] is completely separate from mine,” Meiser said. “There are similarities, but I like to always express that what I feel is not how they feel and how they feel is not how I feel. We might have both lost our mother and it’s sad. We can relate on that aspect, but I always like to make sure people know your experience is unique.”

Meiser uses this mindset in her work with Relay for Life and with the Breast Cancer Awareness committee in her sorority, Zeta Tau Alpha.

During Breast Cancer Awareness Month, Meiser tries to be a resource for people to talk to about breast cancer.

“When someone dies, you want people to be around you and you want people to relate to you, but also it’s your story and you want to respect that,” Meiser said. “I try to make sure everyone knows that I respect their story and I’m there for them and that I’m really open to talk about it.”

Those impacted by breast cancer choose to share their experiences in a variety of ways, whether or not they get involved in cancer-related organizations.

Survivors of breast cancer and their families, like Gabrielle Paolone’s, are also impacted by Breast Cancer Awareness month.

Paolone, a junior marketing major, has a history of breast cancer in her family. Both her mother and maternal grandmother are survivors.

“Honestly it was really hard, but it did make my whole family dynamic a lot stronger,” Paolone said. “We would do anything for each other beforehand, but now we’re a lot more vocal about it. I think just because of the thought that she could not be here the next day, we all wanted to make it known that we were there for each other.”

While Paolone was sheltered from her grandmother’s experience with cancer, she was directly involved in her mother’s.

“I got to actually go to some of her doctor’s appointments with her,” Paolone said. “Before, I literally had no idea what it entailed or anything, so actually going to one of her appointments made it less scary for me also. You always think of the worst when it comes on you.”

see **CANCER**, page 8

New housing complex to bring high-end amenities

By KOO HWANGBO
contributing writer

What’s now a 36.5-acre patch of dirt and weeds will soon become home for hundreds of JMU students. The Retreat, a new student housing complex, is transforming this new land into what it hopes is a luxury housing complex filled with a community of happy students.

The Retreat is proud of its housing facilities success and its accommodations to residents. It boasts a resort-style pool with cabanas, a sun deck, free tanning, grilling stations, outdoor bag toss, extensive fitness facilities, a private study lounge and a 24-hour computer lab.

With 93 units and 14 different floor plans that span from two to five bedrooms, The Retreat hopes to fill all 700 beds they have by the next fall semester. Construction is projected to be finished in the summer

of 2017 and house tours will be available around that same time.

“We really like to be able to cater to the students that come in and want to sign with us and have a lot of options for them so they can really find something that is going to be the best fit for them,” Haley Adams, regional leasing and marketing manager with Landmark Properties said. “We provide them with a lifestyle that fits their needs and accommodates academics while still giving them space to have a lot of fun.”

Prices for The Retreat vary from \$599 a month for a 5-bedroom apartment to \$704 a month for a 2-bedroom apartment. The homes vary from 1,270 and 1,980 square feet depending on the number of bedrooms in the building.



COURTESY OF THE RETREAT

see **RETREAT**, page 3

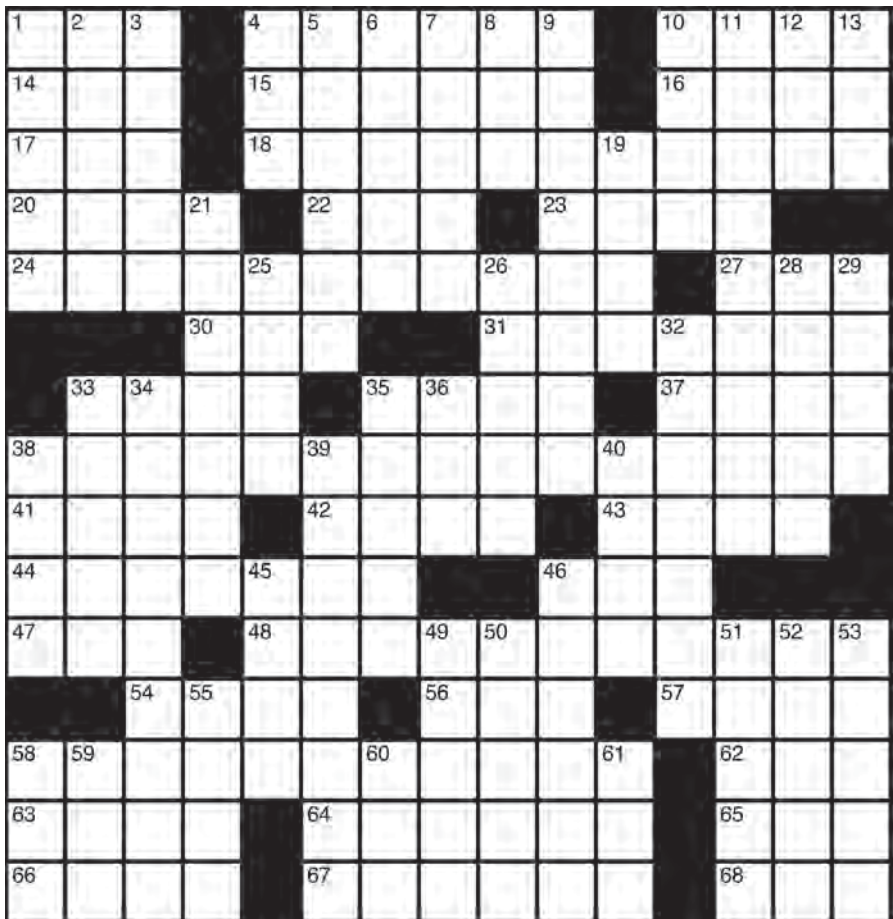
Students have signed leases for The Retreat, which should be done this summer.

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By Jeff Stillman

10/20/16

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

Across

1 One of a pair in "Waiting for Godot"

4 __ ray

10 Where rds. meet

14 Frat address

15 Iris ring

16 Obama's birthplace

17 Basic resting place

18 Personal guide

20 Start of "A Visit From St. Nicholas"

22 Common base

23 "Joke's on you!"

24 Shoe fastener

27 Animal's gullet

30 "To see __ is a picture": Dickinson

31 Make subservient

33 Nincompoop

35 "Biggest Little City in the World"

37 Next Dodger after Fernando to win the Cy Young Award

38 Historic Manhattan jazz club

41 Ancient Icelandic text

42 Birthstone for some Scorpios

43 Bavarian count opener

44 Pose anew, as a question

46 Hosp. areas

47 Put away

48 Cloud above a peak

54 Hideout

56 Crude shelter

Down

1 "How to Get Away With Murder" aier

2 Actor Russell

3 Whole

4 Member of the reigning NBA champs

5 Big talker

6 Graf rival

7 See 12-Down

8 The Seine's __ Saint-Germain

9 Use to one's advantage

10 Tease

11 Regatta racer

12 With 7-Down, sermon site

13 (In) brief

19 Prattles

21 Gentleman, at times?

25 Sitcom that starred a singer

26 Kidney-related

28 States as fact

29 Join with heat

32 Comedian who said, "I have a lot of beliefs, and I live by none of 'em"

33 Lavatory fixture

34 Chap

35 Turn off

36 Green of "Penny Dreadful"

38 Designer Wang

39 Scene of biblical destruction

40 Spice Girl Halliwell

45 Nike competitor

46 Whole

49 Blackens

50 Jaguars, for instance

51 Garlicky spread

52 Unlikely to come unglued

53 Big name in the bags aisle

55 Fed. employees

58 Energetic spirit

59 Game with wild cards

60 Him, to Henri

61 "A Queens Story" rapper

Find the answers online at: breezejmu.org/site/crossword_answers

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CHelsea CrouCh / THE BREEZE

Upcoming events

Friday, October 21

Salsa Night @ The Artful Dodger Coffeehouse & Cocktail Lounge, 9 p.m. to 2 a.m.

'Little Shop of Horrors' @ Court Square Theater, 7:30 p.m.

HarriSWINGburg Swing Dance @ 292 N Liberty St., 7:30-11 p.m.

Haunted Harrisonburg Ghost Tours @ 212 S Main St., 7:30-9 p.m.

Saturday, October 22

Mourning and Meaning Through Cloth @ Virginia Quilt Museum, 9 a.m. to 4 p.m.

The Walk for Our Community 10K @ 17 E Johnson St., 9 a.m.

Annual Race to Beat Breast Cancer @ Westover Park, 9:30 a.m. to 12:30 p.m.

Rocktown Bites Pub and Grub Food Tour @ Visitor Center: Hardesty-Higgins House, 2 p.m.

Sunday, October 23

Halloween Costume Chase 5K @ Oakdale Park, 1 p.m.

Trivia Night @ Wolfe St. Brewing Co., 6-8 p.m.

JMU Symphony Orchestra @ Forbes Center for Performing Arts, 8-10 p.m.

Gem & Jewelry Show @ Rockingham County Fairgrounds, 11 a.m. to 5 p.m.

Weekend forecast

Friday

High: 65
Low: 44

Saturday

High: 56
Low: 40

Sunday

High: 62
Low: 45

The Breeze

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MISSION

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

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 Robyn Smith, editor.

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POLITICS IN BRIEF

Every week until the election, The Breeze will highlight an important story from both the Trump and Clinton campaigns. The third and final presidential debate was moderated last night by Fox News anchor Chris Wallace. During the debate, both candidates made significant allegations against each other. Absentee voters in Virginia can request a ballot until 5 p.m. on Nov. 1.

TRUMP

Trump says DNC planted members at his rallies, encouraged violence

Trump accused the Clinton campaign and the Democratic National Committee of planting audience members in his rallies to start fights, referencing videos released by the conservative group Project Veritas Action on Wednesday. The videos allegedly show proof of Democrats rigging the election and intentionally causing violence at Trump rallies.

According to The New York Times, “The tape showed Robert Creamer, of Democracy Partners, and Scott Foval, formerly of People for the American Way and Americans United for Change, appearing to talk about plans to plant people outside of Trump rallies and instigate fights.” All three of the organizations mentioned have connections with the DNC.

The DNC and the Clinton campaign have both denied the allegations and denounced the tactics mentioned, which the DNC claimed were hypothetical. Foval has since been laid off from Americans United for Change.

CLINTON

Clinton claims Trump hired undocumented workers

During Wednesday evening’s final presidential debate, Hillary Clinton accused Donald Trump of hiring undocumented workers to help build Trump Tower and of underpaying workers for his own personal benefit.

“When they complained, he basically said what a lot of employers do: ‘You complain, I’ll get you deported,’” Clinton said. “I want to get everybody out of the shadows, get the economy working and not let employers like Donald exploit undocumented workers, which hurts them, but also hurts American workers.”

Trump hired undocumented Polish workers to assist in building Trump Tower from 1979 to 1983. Trump’s also been accused of hiring undocumented workers to assist in building other Trump properties. However, Trump denied this, despite being sued on the workers’ behalf for these allegations according to CNN’s live debate fact-checking article.

“Trump eventually settled out of court,” according to CNN.

The article said Trump claims the employees were hired through a contracting company, so he was allegedly unaware they were undocumented.

Trump didn’t respond directly to the allegation during the debate.

Promoting positivity

UHC’s The Well hosts event encouraging healthy body image



ALEXIS MILLER / THE BREEZE

The Well’s “Love Your Selfie” day at the Student Success Center allowed students to trace their bodies on a wall and write what they liked about themselves. The focus of the day’s events was on positive self-esteem.

By MADISSON HAYNES contributing writer

Outlines of bodies covered the walls of the Student Success Center on Monday. Some of the sketches were figures running or dancing, while others stood tall, arms outstretched. Each outline was unique, and featured bold writing inside the lines with words like, “I love my body because it is strong,” and “It gives me a way to express myself and

experience life,” in thick black marker.

These images, drawn on the wall as part of the “Love Your Selfie” event hosted by the University Health Center’s The Well, were intended to represent self-love, and how individuals of all backgrounds can love people different from them.

Annabella Baxter is a freshman accounting major who participated in the event. Baxter said she felt empowered

by tracing her outline and writing about why she loves her body.

“Because of social media, people have low self-confidence ... and want to change everything,” Baxter said. “This is a good time to love yourself and ‘love your selfie.’”

The goal of this initiative was for the participants to write things they love about their body, besides their physical traits. Students had

see **SELFIE**, page 4

RETREAT | Employees hope to have model building available during summer



COURTESY OF THE RETREAT

The Retreat’s amenities will include a resort-style pool, pictured above at another location; a sand volleyball court; fitness facilities; an internet cafe; an outdoor grilling area; and cabanas, according to their website.

from front

“We have a large floorplan, private bathrooms, lots of closet space, top of the line features and over the top amenities,” Adams said.

In comparison to Aspen Heights, the most recent luxury housing complex constructed at JMU, The Retreat is more expensive. Prices for leases at Aspen Heights vary from \$574 per month for a 5-bedroom floorplan to \$609 for a 2-bedroom floorplan. The

homes at Aspen Heights vary from 1,357 to 2,672 square feet depending on the number of bedrooms in the house.

Last Friday, The Retreat had its grand opening where future residents could sign leases and secure cottages for the Fall 2017 semester.

Jake Stein, a junior public policy and administration and economics double major and an employee of The Retreat, discussed their upcoming schedule.

“The Retreat will be done in summer of 2017,” Stein said. “Hopefully, we’ll have a model house to tour during the summertime when our clubhouse opens and people will be able to look at what a Retreat house looks like.”

The Retreat is being constructed with the help of Landmark Properties, a real estate firm that’s experienced in creating student housing communities. Jonathan Bove, vice president of business development and consulting services for Landmark Properties, discussed preparation for the grand opening.

“The team on the ground here has done a lot of preparation in terms of preparing systems and workflow so today goes smoothly,” Bove said. “Landmark provides third-party services both in terms of management as operational consulting and developmental consulting and I’m here to oversee the development of that business.”

While the employees and future residents of The Retreat are optimistic about the upcoming school year, the JMU population may have concerns that signing a lease is a risky decision since the development is under construction and won’t be available to view until the summer.

“I would go off what this brand has done all over the country and the quality of the work and people they have,” Stein said. “They always deliver a first-class product and they’ve been very successful. Landmark Properties has built plenty of these all over the country and have always delivered them on time.”

“We’ve been building cottages for about 12 years,” Haley Adams, regional leasing and marketing manager with Landmark Properties, said.

In those 12 years, The Retreat has created housing developments all over the U.S. that are all very similar

with minor differences based on region.

“We have a lot of examples around the country of what The Retreat product looks like and what The Retreat lifestyle is all about,” Adams said. “So we try to demonstrate that through our website and marketing materials so people really have a real visual of our products, which will be comparable to what is going to be in Harrisonburg.”

Many future residents of The Retreat agree with the employees that there shouldn’t be much concern over the quality of the final product.

“I don’t think it’s a risk at all,” Mike Schimenti, a junior finance major, said. “I know there are other Retreats and it’s pretty nice there.”

One way The Retreat aims to make its presence known in Harrisonburg is by sponsoring and hosting community events. It’s already hosted brewery nights, free food events, a cornhole event, tailgates, charity events and cookouts. The Retreat employees plan to make events a regular occurrence and will also begin hosting resident events on site once the property is constructed.

More than anything, employees say they value their residents’ experiences and aim to accommodate to the lifestyles of college students.

“There are other cottage products in this market but this is the only Retreat-style product,” Bove said.

Bove believes that The Retreat will be exceptional enough to set itself over its competitors.

“I think our blend of amenities and cottage-style units is something that’s going to appeal to students at James Madison,” Bove said. “I think being a new highly amenitized property is going to be a real boon for us here in this market.”

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Duke squared

Mathematics professor discusses studying and teaching at JMU



LAUREN SAMPSON / THE BREEZE

Charlotte A. Saufley, a mathematics professor at JMU, teaches Math 103. Saufley attended JMU when it was called Madison College in 1975, and earned her bachelor's degree in math education. She earned her master's degree in mathematics in 1978, and started teaching at JMU in 2008.

By NASTACIA NICKOLAOU
contributing writer

Mathematics professor Charlotte A. Saufley is a Duke Dog at heart. Originally from Elkton, Virginia, Saufley received her bachelor's degree in math education from JMU in 1975, which was called Madison College at the time. She then earned her master's in mathematics at JMU in 1978, and became a professor here in 2008. Saufley plans to continue teaching for as long as she can.

When did you know you wanted to teach mathematics?

When I was in high school I knew I wanted to teach something. My aunt was a librarian so I thought that's what I wanted to do as well. Plus, I loved to read. But I ended up having a phenomenal math teacher. And it wasn't too difficult for me. Math was always much easier for me than writing papers, so it made sense.

How long have you been teaching?

I started teaching in 1975 here at Madison College [which switched] to JMU during that time. So [in] 1975 I was working on my master's degree while I was a teaching assistant. So I was teaching a class very similar to the class I'm teaching today. After that I

went into public schools. I retired from public schools in 2008, teaching high school mathematics for 30 years.

How have you remained positive and lighthearted throughout your 41 years of teaching?

I love what I do and I love who I get to work with and meet. I always tell students at the end of the year how much I have enjoyed having them in class. I always tell them, 'No matter where you go or whatever you do, I hope you find a career that you're passionate about. That you're not doing something that is a job because it's a job. That it's a passion and a calling, not a paycheck.' And I mean not everyone is able to make those choices. I was lucky that I got to do something I was passionate about.

How has teaching impacted your life?

It's an interchange of lives being impacted. As students are impacted, I am as well. It has given me a very rewarding and satisfying career through being able to connect with students and other professionals.

Some would say math can be a bit intimidating. Do you have any advice you would give to JMU students who may feel overwhelmed by mathematics?

I would say almost all professors are approachable. Now, that's just been my experience so I can only talk from my perspective, but I do also think we have a tremendous resource at the Student Success Center, at the Science and Math Learning Center. And here is the other thing: Reach out to somebody in your class. If you're not getting it from me, maybe reaching out to another person who does understand can work as a good resource to learn that way as well. I always encourage getting connected with other students.

What do you think makes James Madison University unique from other institutions and universities?

If you need it, there's a wealth of support coming from JMU students and faculty. I have found JMU students being most respectful and pleasant. I've found in all areas and all disciplines, the atmosphere is overall great to work in. There's just tremendous support from the staff here at this university. In terms of things students are interested in, they give support in so many things and make it easy to get involved. There's just so much opportunity for individual growth.

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SELFIE | 'If we start to love our body now and like ourselves, then we will be happier in the long run'



ALEXIS MILLER / THE BREEZE

Cierra Williams, the health education graduate assistant for The Well, assists Cassidy Gonzalez, a master's student studying clinical mental health counseling, in tracing her body on a wall in the Student Success Center. Williams worked alongside other UHC employees to facilitate this event on Monday.

from page 3

to really think about what made them love their bodies the most, and how they perceive their inner beauty.

Cierra Williams, a psychology sciences graduate student, is the health education graduate assistant for The Well. Williams coordinated "Love Your Selfie" with other Health Center employees.

"What we're doing is empowering people to come in and think of reasons why they love their body outside of physical appearance," Williams said.

Baxter agreed that this event really made her think about why she loved her body and what positive things it did for her.

"We are still young and impressionable, so if we start

to love our body now and like ourselves, then we will be happier in the long run," Baxter said.

Age has no discrepancies toward body image and self-esteem. This event reached out to people of all ages for participation.

Shelby Dictor, a freshman communication studies major, also participated in "Love Your Selfie."

"This is more of the age that people tend to lose their self-esteem and start to feel bad about themselves," Dictor said.

According to dosomething.org, 44 percent of female and 15 percent of male high school students are attempting to lose weight. Over 70 percent of girls from the ages of 15 to 17 avoid daily activities when they feel self-conscious about their physical appearance.

The event aimed to break down those negative barriers and create a safe space for social media and self-esteem to collaborate. Social media has traditionally been viewed as a proponent of negative body image.

According to the website heartofleadership.org, a nonprofit dedicated to promoting positive body image, 98 percent of girls feel there's an immense pressure from external sources to look a "certain way" and 92 percent of teen girls would like to change something about their physical appearance, predominantly body weight.

"This initiative is really cool and different," Dictor said. "It is cool to see people coming together and supporting something like this, and helping people who don't feel so great about themselves see themselves in a positive light."

Baxter's and Dictor's outlines were displayed on the walls among the others, each with individual thoughts.

Baxter wrote in her outline, "I love my body because it keeps me alive. It makes me feel good." Dictor wrote, "I love my body because it is strong. It protects me."

They both agreed that the "Love Your Selfie" event was encouraging, and made them feel whole and appreciated. This event illustrated that self-love isn't only directed toward physical aspects of the body, but mental and emotional characteristics as well, according to Williams.

"This is a way to look at it and say, 'Everyone is beautiful,'" Dictor said.

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BENJAMIN WOLFIN | midnight on the porch

Radical rhetoric

Tomi Lahren's arguments are dangerous



I didn't think it would ever happen, but a news anchor has surpassed my hatred for Bill O'Reilly. Her name is Tomi Lahren, and she works for the news outlet TheBlaze.

TheBlaze claims to be a multiplatform news and entertainment network and a place to "restore the truth to the important stories you care about." In reality, this website is nothing more than a source for conservatives.

The 24-year-old anchor is a strong right-wing supporter, and her stories reflect her beliefs. I'm not saying there's anything wrong with being a conservative, but I think it's inaccurate to assume everyone will care about the stories TheBlaze preaches. Lahren has been making her political videos for about a year now and gained tremendous viewership when she "destroyed" 49ers quarterback Colin Kaepernick. That video pulled in over 1.9 million views, and brought Lahren into the spotlight. The videos don't stop there, but continue with Lahren making more videos on topics she disagrees with.

One of the most recent videos Lahren made was on the Trump tapes. For anyone who doesn't know, tapes from presidential nominee Donald Trump were released from a hot mic recording in 2006 with Access Hollywood host Billy Bush. In these tapes Trump said, "When you're a star they let you do it ... you can do anything ... grab them by the p---y."

This didn't seem to shake Lahren at all. In fact, she says, "This recording does not surprise me at all." She continues on to say, "Be honest, most of you aren't shocked either ... Is anyone really that taken aback by what he said?" Considering that the recordings caught him talking crudely about a female news host and sexual abuse, I think it's fair most people were disturbed by what Trump said.

When watching this video I thought there was no way Lahren could flip this on Clinton supporters, but I was wrong. The argument continues with Lahren saying, "For all those 'never Trumpers' and bleeding hearts out there saying, 'I told you so,' shut the hell up." That sort of talk has actually earned Lahren credibility.

The one place where Lahren flourishes is her situated ethos. The number of views she receives from her videos and

feedback she receives on social media has earned Lahren the trust from conservatives across the country. The reason may come from her demeanor and how strong her belief in her argument is.

Lahren can't tell me to leave this country as she told Colin Kaepernick. Lahren's idea of argument is that everything has to be accounted for; one can't simply talk about the issue they want to talk about, but must be mindful of all the problems. This is especially difficult when there are huge amounts of problems within society today. Trying to navigate all of these problems at once is near impossible. Lahren just uses this idea to argue the points she thinks are wrong with society.

It doesn't take a student to notice that. It just takes 30 seconds of watching Lahren's show to understand. The many things I've noticed as a viewer of Lahren's videos is that she rarely speaks with guests, and only makes occasional guest appearances on other talk show forums. When she does speak with guests like MTV and radio host Charlamagne, she contradicts herself.

In the video, the argument in question was the progression of the black community. The argument begins with Lahren comparing Jay-Z and his past as a drug dealer to the black community

now. Charlamagne goes on to argue against Lahren's point that, "We don't want to look at the past in America and to think that happened and to deal with America now," and continues with him asking, "Why are you trying to use Jay-Z's past against him?" Lahren then goes on a tangent and starts arguing that one can't simply argue for the problems in black communities, but must also address problems such as violence toward police. In response, Charlamagne posed a fictional situation. He said, "What if you go to an HIV/AIDS rally, do you stand up and say 'what about cancer?'" This is to show that not every problem can be addressed in every single conversation. Lahren completely dodged the argument and displayed how hypocritical she can be.

That sort of contradiction makes viewers confused and question whether Lahren knows what she's talking about. I think Lahren should give real journalism a try.

Benjamin Wolfin is a junior writing, rhetoric and technical communication major. Contact Benjamin at wolfinbj@dukes.jmu.edu.

ALLYN LETOURNEAU | Letouralism

Kid geniuses are missing out



William Maillis is a 9-year-old boy from Penn Township, Pennsylvania. Most kids his age are in fourth grade. However, William currently attends college at the Community College of Allegheny County and is enrolling at Carnegie Mellon University next fall.

William has his own theories about the creation of the universe. When I was a 9-year-old, my deepest musings concerned what snack to eat after school. William already has his high school diploma and wishes to be an astrophysicist in the future. However, as jealous as we all may be of his vast intelligence, could this extremely advanced academic pace rob William of proper social development and valuable childhood experiences?

High school and college are places for us to grow, build relationships, make memories and learn human interaction. The environments teenagers and young adults are immersed in during high school and college mold them into more mature and developed people. We start dating, hanging out with friends, driving, partying, playing sports and much more. As a child genius, running through the education system so quickly seems to close off those doors for the future.

As far as we know, he won't get to go to prom, be a varsity letterman or be in the school musical.

At age 9, William has graduated high school at half the age of a normal high school graduate. When I was in high school, I can remember most of the mistakes I made, the lessons I learned, the friends I gained and lost and the life-lasting memories I created. As far as we know, he won't get to go to prom, be a varsity letterman or be in the school musical. These social activities may not be his forte, being an astrophysicist and all, but pumping these kid geniuses into the education system and not allowing them to experience social development may impact their character, self-esteem and social efficacy.

In all honesty, these child geniuses may not even need the social interaction due to their advanced intelligence levels. They could be completely fixated on education, and if that makes them happy and socially fulfilled, so be it. Maybe the family has William involved in extracurricular activities with kids his age or they find some sort of social substitute for the school experiences he may miss.

I just hope the Maillis family doesn't regret the decisions they made by zooming their child through high school and college at such a young age and missing the experiences he would've remembered for a lifetime.

Allyn Letourneau is a junior biophysical chemistry major. Contact Allyn at letourag@dukes.jmu.edu.

SOPHIA DELUCCA | contributing columnist

Legalize the herb

With disease still flooding the nation and the word "diagnosis" being all too familiar in American households, it's imperative that cures for disease become more accessible and abundant. Medical marijuana must be legalized in all 50 states due to its medical cures, easy accessibility and the lower addiction risk it has compared to other narcotics.

Medical marijuana is legalized in 25 states and has recently gained recognition due to its medical advancements. According to the National Academic Press, marijuana has been proven to increase appetite for those with HIV/AIDS. It also has reduced vomiting and nausea for patients enduring chemotherapy according to Medical Marijuana Inc. According to the Marihuana for Medical Purposes Regulations as reported by the Huffington Post, cannabis can help treat muscle spasms and chronic pain for nonspecific diseases. As the demand for knowledge about medical marijuana grows, the FDA and other government issued programs will test and further research the unknown or undocumented effects of cannabis.

Marijuana, unlike other drugs, is easy to grow, leading to better accessibility for patients of all socioeconomic levels. This is because it can grow indoors and without soil — clay pebbles and other hydroponic systems work too.

For years, marijuana has been used as an all-natural pain medication and relaxer. Socioeconomic status directly correlates to the legalization of medical marijuana. The wealthier a person or corporation is, the more hesitant they are to push for the legalization of the drug. Wealthy people and corporations residing in the states where medical marijuana is legal will lose profits and power over the drug when it becomes legalized in all states. In contrast, the lower economic classes will face no negative consequences.

Lower economic classes will now reap benefits from legalizing the drug, such as the legalization will

There's a general stigma against marijuana: Those who use it will be either addicted or unmotivated. Due to these stigmas, some people have hesitancy toward the true values of medical marijuana.

create more job opportunities for those in all economic levels. This has happened in Colorado, where over 10,000 jobs have been created due to the legalization of both recreational and medical marijuana. Colorado also had \$3.5 million dollars in tax revenue in January of 2014 alone,

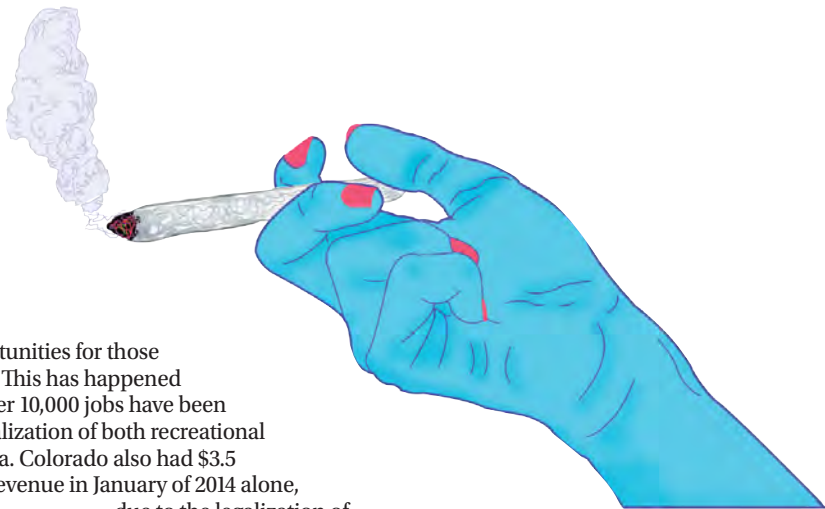
due to the legalization of marijuana. Through studies noted in Scientific American, it has been found that the addiction rate for marijuana is less than other narcotics.

There's a general stigma against marijuana: Those who use it will be either addicted or unmotivated. Due to these stigmas, some people have hesitancy toward the true values of medical marijuana.

Marijuana is a drug that can be taken in many different forms such as smoking, pills and edible consumption, which can help prevent a relapse for those who have battled with specific addictions. Due to the natural and safe effects of marijuana, narcotics should be used only when needed and

replaced with marijuana when doctors see its usage to be beneficial for patients. As time keeps ticking, it's time for America to start using the days more efficiently. Old beliefs and false claims about medical marijuana must stay in the past because the solutions for world health crises await in the future.

Sophia DeLucca is a freshman management major. Contact Sophia at deluccsd@dukes.jmu.edu.



CHELSEA CROUCH / THE BREEZE

DARTS & PATS

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 "seriously?" dart to my car for flaking out on me again.

From a senior who doesn't want to rely on other people for rides.

A "this-can't-be-pastable" dart to PC Dukes for replacing the pasta station.

From a lonely senior who needs carbs to feel a little less lonely.

A "what's-going-on?" dart to D-Hub for replacing the taco station and not having Cheesy Thursday last week.

From an annoyed student.

A "more-please" pat to Pure Eats for making delicious donuts.

From a hungry junior whose emotional eating has been satisfied.

An "I'm-trying-to-live-here" dart to the apartment below me in Southview for playing music so loud it shakes my floor multiple times a week.

From a resident tired of living above an earthquake with bad taste in music.

An "I-don't-like-you" dart to grad apps.

From a senior who doesn't want to be stressed about credits.

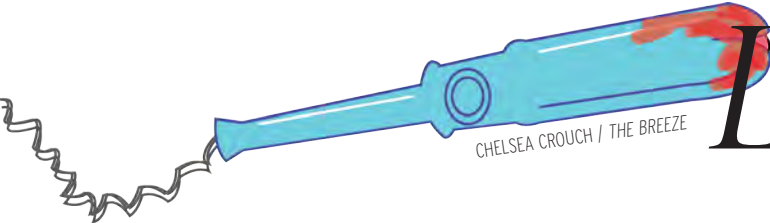
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Letters and guest columns should be submitted in print or via e-mail and must include name, phone number, major/year if author is a current student (or year of graduation), professional title (if applicable) and place of residence if author is not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

MAGI LINSCOTT | contributing columnist



Let’s talk about tampons

I’ve been there. And if you’re part of the 60 percent of students on campus who have a vagina, you’ve been there, too. You’re in class all day, you forgot to pack tampons and you realize you need some — fast. Of course, you have a few options: You can buy a pack for \$7 at one of the few places on campus that sells them, or you can guiltily ask the University Health Center for some.

Because I’m a broke college student, I chose the latter. The people at the UHC were professional and nice, but the process to obtain a tampon was confusing and if I’m being honest, somewhat humiliating. The woman at the desk even asked me if I had a bag in which to hide them.

Over the following days, I kept thinking about the accessibility of menstrual hygiene products on campus. I even went so far as to email a campus official to see if they’d consider making tampons and pads slightly more accessible — we could even make them as accessible as condoms. The response I got, however, was more than a little dismissive. They implied that the lack of responsibility on my part was the real issue and encouraged all students in a similar situation to “be creative” when they lack the necessary sanitary products to carry out life’s most important biological function.

Now don’t get me wrong, the UHC and other departments on campus are wonderful places that serve an important role on campus. The people who replied to my email simply thought I was another student whining about wanting free things. The response I got, however, is a sign that we need to have more discourse concerning the issue of menstrual supplies.

Basic feminine hygiene supplies should be treated more like toilet paper and hand soap and less like candy and chips.

Tampons aren’t a luxury — they’re a necessity. Since the beginning of time, females have undergone menstruation. Over half of JMU students (and people in the world) go through this process, and it’s highly unpleasant. Besides the cramping and moodiness, we also have to be concerned about basic hygiene. Tampons, pads and other sanitary supplies enable people to go through this process without bleeding through their pants. Not having proper supplies can prove detrimental to a student’s coursework, extracurricular activities and general JMU experience.

Basic feminine hygiene supplies should be treated more like toilet paper and hand soap and less like candy and chips. In fact, some students at Brown University are making tampons and pads available in all campus restrooms (that’s right: all, including male and unisex restrooms).

It’s unacceptable that basic life processes are stigmatized. It’s unacceptable that such supplies aren’t viewed as necessary when anyone who’s ever found themselves in need of them will tell you otherwise. It’s also unacceptable that such basic products aren’t readily accessible in campus restrooms. JMU is a national leader in civic engagement and community outreach. We should be a leader when it comes to accessibility of tampons and pads as well.

End the stigma, and free the tampon.

Magi Linscott is a junior public policy and writing, rhetoric and technical communication double major. Contact Magi at linscomj@dukes.jmu.edu.

SPENCER MUNSON | organized ramblings



In many American movies and TV series, high school appears to be a paradise of sorts — parents are often absent, beer is plentiful and the school day is merely a platform for teenagers to rant about their weekends and plot their next adolescent adventures. These four years are generally viewed through the eyes of the handsome jocks, their pretty girlfriends and the dull yes-men with whom these “popular” kids surround themselves.

That all changed in 1999 when the TV series “Freaks and Geeks” was released. The show changed the way pop culture would portray the American high school landscape and gave a voice to the characters whom the country rarely heard from. The show was created by actor and producer Paul Feig, executive producer Judd Apatow and featured future comedy heavyweights Jason Segel, Seth Rogen and James Franco before they were famous.

The character development and the painfully awkward yet completely relatable situations are what initially drew me to the show, and I was completely entranced by the fresh perspective of the misfits who weren’t flying through high school but rather trying to survive it.

The show is genuine because Feig and Apatow masterfully rendered their own awkward high school experiences through the lives of the various characters. The characters of “Freaks and Geeks” are starkly divided by a yearning for maturity and a death grip on the simpler pleasures of childhood. This line is metaphorically drawn in situations that range in severity from the seemingly trivial decision of whether or not to go trick-or-treating on Halloween, all the way to the decision to engage in adolescent sexual activity.

The main character, Lindsay Weir, establishes a connection between these two groups. Lindsay’s younger brother Sam is a brutally shy “nerd.” Along with his best friends Bill and Neal, he shows the viewer that high school isn’t such a breeze — especially for the kids who don’t physically develop as quickly as others and must endure the pains of gym class dodgeball and ruthless hallway beatings. On the other side, Lindsay connects us with a cigarette smoking, leather jacket wearing misfit gang that’s composed of Segel, Rogen and Franco.

Together this group of characters accurately and hilariously shows the audience that being “different” can be tough but if you show your true colors, you’ll find the most genuine friends who appreciate you for who you are.

Bummer, apparently James Madison statue doesn’t come alive at night

By MATT MURPHY
The Breeze

It was a situation that everyone’s found themselves in once or twice before: sitting patiently in front of a statue, waiting for it to transform into a sentient creature when the clock strikes midnight. I happened to find myself in this exact situation a few evenings ago, just looking to enjoy some light conversation with the namesake of our university. Though I often take the time to talk to the life-size statue of James Madison whenever I pass him, I’d never stayed up late enough to do so after he comes alive. Well, not to burst your bubble folks, but it’s not worth it.

Not only did Madison remain a statue well into the morning, he didn’t even move. I’ll be honest, I was pretty disappointed. I wasn’t quite ready to have my dreams of meeting a shambling, 265-year-old former president entirely squashed. I drank a few Red Bulls in preparation for staying up until dawn to chat with Jimmy and was pretty wired. I even brainstormed a list of questions about his life to ask like, “Where were you born?” and “Which number president were you?” A lot of things I’d really like to know. So when midnight struck and nothing happened, I started to get a bit worried.

At first I tried splashing some water on him to try and maybe help him wake up. Nothing. Then I tried shouting at him, which only got the police called. I waited for five hours and nothing happened. Though you might think this was just an off night, I wouldn’t count on it. Apparently no one has ever been able to see the James Madison statue come alive. It’s honestly a shame that mister big-hot-shot Madison can’t find the time to talk to some students.

Typical celebrity, I guess.

CONTACT Matt Murphy at murph4ma@dukes.jmu.edu.

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Murder, he sang

Valley Playhouse stages production of popular musical



COURTESY OF CLAIRE WAYMAN

Chris Meyers ('11) plays Seymour, a florist with a carnivorous plant, in a local production of "Little Shop of Horrors."

By TERESA CUMMINGS AND CARRIE DOMENIC
The Breeze

Graffiti, stray animals and a dark flower shop sit on Skid Row. Flowers scatter the floor and a sign marked "Mushnik's" dangles from the ceiling. With the arrival of a certain carnivorous plant, Court Square Theater is transformed into a "Little Shop of Horrors."

"Come for the singing and dancing, stay for the manslaughter," Sarah Butzen, the lead actress in the production, said.

Valley Playhouse, a community theater troupe in Harrisonburg, will run the horror-comedy musical "Little Shop of Horrors" from Oct. 20-23. Originally a 1960 film, Howard Ashman adapted the story for an off-Broadway musical in 1986, which eventually made it to Broadway. A failing florist finds sudden success with a suspicious plant, Audrey II — named after Butzen's character and the florist's crush, Audrey — that thrives on human blood. As Seymour, the florist (played by alumnus Chris Meyers ('11)), rises in fame and fortune, people mysteriously disappear one by one on Skid Row.

Valley Playhouse was initially founded by JMU faculty in 1966. Today, the show's cast and crew take immense pride in the professionalism of their productions, according to Gail S. Arthur, producer of "Little Shop of Horrors."

"You know if it's a professional theater, I don't think you're going to find it that different," Arthur said. "I think they'll have an easier time with making the changes because usually they have, you know, mechanical sets and things and we don't have that to do that manipulations, but in terms of quality of the sets, quality of actors

— you're not going to see differences."

Chief among these technical challenges is the manipulation of several puppets as the man-eating plant grows from a potted windowsill plant to a monster overcoming the entire shop.

"It's a process," J.P. Gulla, the director, said. "But our two puppeteers that are in the back of the puppet, there's a guider who guides people down that are eaten by the puppet and then there's two vine or root people."

Stuck on Skid Row, a poor area in downtown Los Angeles, Seymour believes the plant's popularity will be his ticket away to a life with Audrey. As Audrey II grows, it tempts Seymour into committing murder to feed it. With each murder, Audrey II grows stronger and hungrier for more human blood. Creating the plant takes collaboration and imagination.

Although there's plenty of human drama, much of the show is dominated by the giant plant occupying the stage. Every puppet is painted with intricate red, white and green detail, with each becoming larger and more menacing than its predecessor. Crafted by a high school in Amherst County, Virginia, the largest Audrey II puppet takes five people to operate and weighs several hundred pounds.

"I'm a director by trade," Gulla said. "So I have my degree in this kind of stuff and I think that college students really add a lot to bringing new energy to what we have."

The entire production team is composed of local residents. With actors from Eastern Mennonite University and JMU, both alumni and current students, this production combines young actors from both sides of the train tracks. The production's stage manager, Rebecca

Moreira, is a JMU freshman and took on a great part in the show's many aspects, according to Gulla.

"The music is great as far as the story goes," Meyers said. "You can't be too serious of a person. There are a lot of lines in here that if you're not paying attention you'll miss the joke."

Although the production is open to all theater-goers, Meyers believes that fans of comedy will especially love the show because of its subtle humor.

"Whether you really follow theatrical productions as musical theater or you don't, it's a really entertaining show for anybody," Meyers said.

Valley Playhouse prides itself on its strong connection with the Harrisonburg community. During the first run of "Little Shop of Horrors," the production invited audience members to donate canned food as payment for the show, which will go to Blessed Sacrament Food Pantry. In addition, the production will have a pay-what-you-will performance to make the show accessible to everyone.

"We're doing more than we've ever done before when it comes to community outreach and I think it's really important to give back," Gulla said.

Through these collaborations, the Valley Playhouse hopes to continue their positive relationship with the community.

Valley Playhouse wants, "to encourage the community to kind of stretch your creative genetics a little bit and get involved," Arthur said.

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A passage to India

History professor discusses research on nomadic group

By MADDELYNNE PARKER
The Breeze

In the smoldering summer heat of India, professor Neel Amin spent weeks searching through stacks of archives and interviewing native Banjara people to collect a great deal of stories.

This semester Amin is a new professor at JMU and teaches three history classes. In all of them, he tries to discuss different nomadic or marginalized populations that relate to the class because he focuses his own studies on the nomadic group of India — the Banjara. One class focuses on bandits, pirates and rebels.

"The idea of what defines who a criminal is," Amin said. "A part of that is my research because my group is a nomadic community that some [Colonial British] policy actually ends up criminalizing them."

His first story begins on the upper floors of the National Archives of India in New Delhi, where Amin began part of his research on the Banjara people and the British colonization of India. As he was reading through different books he began to notice quick movements out of the corner of his eye. Monkeys had pushed through the top windows to get into the building.

"There was the baby, and the mother had come in as well," Amin said. "I was like, 'What do I do?,' and we had to leave and come back after a few hours."

This was a normal occurrence for the National Archives, but for Amin, it was strange to see a monkey out in its natural habitat and not in a zoo. The monkeys lived near the park, close to the building and could often be seen through the windows resting in trees.

"You get that kind of moment," Amin said. "That kind of like, very, 'I'm in India' thing."

Amin also traveled to The British Library in London, which was celebrating author J.R.R. Tolkien's stories at the time. There was a huge poster displayed right within the entrance of the library that said, "Not all those who wander are lost." Amin saw this poster every day, which eventually influenced the title of his dissertation.

"It's kind of interesting because it's commenting on wandering and how that doesn't mean you're lost," Amin said. "I'm critical of the ways the British responded to the Banjaras, and what happened under British rule, my title then became, 'Those who wandered were lost'."

Not only did he spend time researching in different archives, but he was able to find colonies of the Banjara and interview them in person.

"You go out there and they don't want to talk about [their history with British policies]," Amin said. "They want to talk about other things. Most of the time they want to talk about their families and the lack of work."

Amin realized through his interviews that it wasn't always important to follow his own script of questions, but to create connections with the Banjaras so that they could open up to him about their past.

"You go in and you're trying to get things done, but it's good to be reminded that these are real people," Amin said. "Some days you got there and you actually want to interview with your questions, but then you go, 'Oh I remember your son went to the doctor's yesterday. How did that go?' You realize that, that is actually more meaningful than just interviewing."

Teaching three classes at once is a new experience for Amin, but it allows him to take his interests in studying the British colonization of India into his classroom.

"Those experiences for me are about the diversity of the classroom," Amin said. "I understand that people have varied experiences and I try to kind of meet people halfway."

Students have noticed this difference in his classroom.

"We read a graphic novel ['Maus I'], which was very different from anything I've ever had to read for a class before," Claire Stephens, a freshman health sciences major and student in Amin's History 150 Critical Issues in Recent Global History class, said. "He makes things interesting while also making concepts easy to grasp."

Graphic novels offer a different perspective from the usual textbook-based class, which sets Amin apart from other professors. Bradley Bozeman, a senior history major in Amin's History 341: Selected Themes in World History class, likes that the class is centralized around discussion.

"Even the next paper we have to turn in is a group paper," Bozeman said. "It's very specific, which allows us to spend more time on specific subjects rather than broadly glossing over material."

Amin tries to focus his class on people that aren't discussed much in history books because he finds that searching to find their little known history is the most interesting part of the process.

"I think it's important because we can easily get all the elite, the history of the the white male politician, because they write," Amin said. "When you start getting to the groups that don't write ... not that much is left. Trying to get to their history is also an interesting process that I think students like."

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ALEXIS MILLER / THE BREEZE

Neel Amin was added to the history department over the summer and his current roster of classes includes gen-ed history classes and a special topics course on pirates and bandits. He prefers to have his students read graphic novels and other unconventional texts.

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CANCER | Fighting breast cancer has brought families closer together

from front

The medical side of breast cancer can be intimidating, but many get invested in the science of the disease.

Dr. Heidi Rafferty is a breast surgeon and the medical director at Sentara RMH Funkhouser Women’s Center. Since she deals with breast cancer and other breast concerns for her practice, she witnesses the impact breast cancer has on families year-round.

“Women are really the linchpin and the center of their families in many ways,” Rafferty said. “We are juggling a lot, doing a lot of multitasking, which we may not be doing to our best advantage, but we also tend to put ourselves a little bit on the back burner.”

Rafferty frequently talks to groups at JMU about breast cancer awareness and prevention, especially during October.

She finds that the most common mass in college-age females is either a cyst or fibroadenoma, a benign tumor. She suggests starting to practice monthly self-examination now so that it’s a regular habit when the risk of cancer is more likely.

While it’s extremely rare for the college demographic to be diagnosed with breast cancer, many feel

that more people should be informed about breast cancer earlier on.

“I wish [people] actually knew what it really consisted of,” Paolone said. “They’re just like, ‘Oh you go through chemo,’ but that’s not the extent of it at all. The battle, just certain days [my mother] couldn’t actually do anything. I don’t think people actually realize how much it affects everyday life.”

Breast Cancer Awareness Month provides many opportunities for people to get more informed and become more proactive and preventive in the fight against breast cancer. One such event is Zeta Tau Alpha’s Fighter Night on Monday, Oct. 24, in Grafton-Stovall Theatre.

“Be aware of yourself and your own body and what’s normal for you and what’s not,” Rafferty said. “That’s probably the best way to minimize the chances that you’ll miss something.”

Others use Breast Cancer Awareness Month to respect those who’ve been affected or have died. Meiser recognizes the efforts her mother put in the community before and during her fight.

“It’s definitely taught me that no matter how hard life is, you can still persevere and you can still be able to be successful,” Meiser said. “She’s also taught me that there’s no little thing you can do. Everything you do is going to affect someone and help someone.”

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If you’ve got it, haunt it

Halloween costumes on a budget

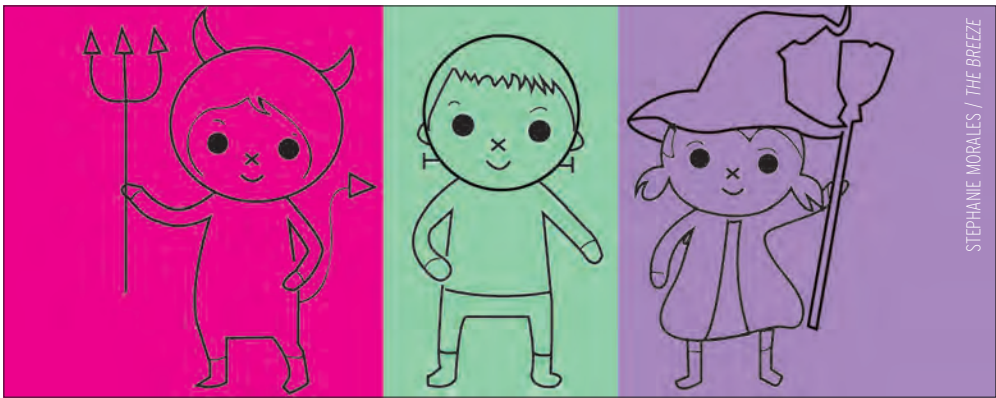
Get punny next weekend

By JILLIAN WRIGHT
The Breeze

With Halloween approaching, it’s time to start thinking about costume ideas. Many students who celebrate the holiday spend weeks searching for creative outfits that won’t compromise their styles or wallets. It can be a tedious task to avoid spending a lot of cash, so to avoid this dilemma, here are four tips to help you create the perfect costume on a budget.

- 1. Stick to simplicity**
If you plan on sporting an elaborate costume, you’ll probably have a long list of accessories to purchase. Instead, brainstorm outfits that are creative yet not too complex. Examples include Rosie the Riveter, Risky Business and Netflix and Chill. The less items you need, the more coins you’ll save in your piggy bank.
 - 2. Search your wardrobe before hitting up the stores**
Regardless of what costume you choose, chances are you own some things that will come in handy to create it. Whether it’s clothes, shoes, jewelry or makeup, there are most likely a few awesome accessories hidden in your closet suitable for your costume.
 - 3. Borrow from friends and family**
Once you’ve decided which items you have and which you need, ask around. Many people keep Halloween costumes from previous years in case they want to wear them again. To save some green, tell your pals and parents about the types of accessories you’re looking for, and ask if they own any that you may borrow for the weekend.
 - 4. Browse thrift shops rather than Halloween stores**
For those items you still need, you’ll have to start shopping. If you’re interested in going downtown rather than online, thrift stores often have cheap hidden gems that could be key to finalizing your spooky look. Places like Tried & True Thrift Shop, Mercy House Thrift Boutique, The Salvation Army and Goodwill Store and Donation Center are great places to shop. On the other hand, if you go to stores such as Spirit Halloween and Party City, you may end up spending much more than intended.
- So while you’re busy enjoying the fall foliage and pumpkin spice drinks, start planning your killer Halloween costume without spending all your money.

CONTACT Jillian Wright at wrigh4ja@dukes.jmu.edu.



By SHANNA KELLY AND NATALIE LAVERY
The Breeze

Everybody is tired of dressing up as a jack-o’-lantern or wearing a bed sheet as a ghost for Halloween. We don’t want to be something that everyone else has already been, yet Halloween costume stores and Google searches never seem to give us anything different. So, to help solve this dilemma, we compiled five of the best punny costumes that aren’t only unique, but will make everyone with “sexy [fill in the blank]” as their costume think twice about their choice.

- Dunkin’ Donut:** Who doesn’t like donuts? And who won’t be running on Dunkin’ on the morning of Oct. 31 to make it all night? To be the perfect Dunkin’ Donut, combine a donut and a basketball player. To accomplish this, throw on a basketball jersey, inflate a donut inner tube and put the tube around your waist. If you like basketball, then be prepared to show your “dunkin’” skills all night and if you don’t, you’ll at least have all the sports fans complimenting the random name on the back of your jersey. Ball is life, right?
- Witch doctor:** “Ooh eeh ooh ah aah ting tang walla walla bing bang.” Don’t lie, you know all the words to “Witch Doctor;” it’s a Halloween classic. Yet, I’m sure you’ve never actually considered how genius being a witch doctor would be. Adorn yourself in a pair of scrubs and top it off with a witches hat and voila: You’re a witch doctor. If you’re a nursing student and don’t have time to think of a costume, it’s even better. Throw on a pair of your clinical scrubs and run to Wal-Mart for a witch’s hat and you’re set.
- Deviled egg:** We’ve all got a devilish side, but most of us have a funny side too. Instead of being half an angel, half a devil like everyone did in elementary and middle school. Wear a pair of devil horns and dress as an egg to show your comical side. An easy way to create an egg costume is to take a white T-shirt and put a yellow felt circle in the center of it for the yolk. Hopefully your costume won’t make you too hungry that night, though.
- Ceiling fan:** You’re probably picturing the awkward fixture dangling from your ceiling, but don’t worry — we definitely wouldn’t leave you “hanging” with something that silly. All you need to create this pun-tastic costume is a cheerleading outfit, a piece of paper and a sharpie. Then, write “GO CEILING” on your paper and your costume is ready. It’s as punny and simple as it gets — you’re literally a fan of ceilings.

Black-eyed pea: Once again, simplicity is key. Despite what you may be thinking, this is not a recommendation to dress up as your favorite pop group because that would take too much effort. In order to rock this costume you need some black face paint and green construction paper. All you have to do is dress in all black, paint one eye black with your face paint and pin a cut-out “P” from your green construction to your shirt. This costume works perfectly for a solo trick-or-treater, but if you bring your friends along you could become the “Black Eyed Peas” and might even make Fergie jealous.

Cool Whip and Nae Nae: This costume is far from traditional and will have all the bystanders drop everything just to “watch you.” This costume requires a little more effort but we promise you will “kill it.” First step is finding a real friend who will embrace your awkwardness and encourage your punny spirit (we find this step to be quite difficult). Once the hardest step is completed, you must decide who will dress up as a can of cool whip and who will dress as a horse carrying a speech bubble that says “watch me.” This duo costume is a little more complicated than the others but you’ll have everyone else saying “Ooh ooh ooh ooh” as you stroll by.

Remember being punny is a tough thing to embrace, so if you got it, you better haunt it.

CONTACT Shanna Kelly and Natalie Lavery at breezearts@gmail.com.



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Emma (Smith) Atkinson (JMU '10) in Afghanistan while serving as the FKD Fellow. Atkinson is now employed full-time by the U.S. Department of State. Photo courtesy of JMU's Center for International Stabilization and Recovery.



Visit the JMU/CISR website for more information and to apply:

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Football Midseason Report Card

By Matt Weyrich | The Breeze

With four conference games left in the regular season, the No. 8 ranked Dukes (6-1 overall, 4-0 Colonial Athletic Association) enter their bye week with a strong hold on first place in the conference. Last weekend, JMU defeated the University of New Hampshire 42-39 to remain perfect in CAA play. Halfway through their conference schedule, the Dukes look like serious contenders for their second consecutive CAA championship. How has their performance in each facet of the game fared so far?

A

Offense: Is there a better offensive duo in the Football Championship Subdivision than junior quarterback Bryan Schor and senior running back Khalid Abdullah? Schor is in the middle of a breakout season, throwing for 1,324 yards while scoring a combined 18 touchdowns with his passing and running games. Abdullah's 854 rushing yards currently rank third in the FCS, while his 11 scores on the ground put him in second. The offense by no means has been a two-man show, however. Redshirt junior running back Cardon Johnson has picked up 706 all-purpose yards, Redshirt junior wide receiver Terrence Alls leads the team with 280 receiving yards and three touchdowns. The offensive line has only allowed eight sacks so far this season, good enough to be tied for the third lowest total in the CAA. "We want to be a very balanced team that can run and throw the ball effectively," head coach Mike Houston said. "We can be explosive in either phase, but it's all because we work together." Overall, the offensive unit averages 44.4 points per game, 14 points higher than the nearest conference team. It's also one of six programs in the FCS to total over 3,000 yards on the season. Come playoff time, the Dukes will be a force to be reckoned with on the offensive side of the ball.

C+

Defense: While the offense has been putting on a show, the Dukes' defense has had a solid season as well. JMU currently ranks fifth in the CAA in rushing yards allowed per game with 139.1. It's forced 13 turnovers and 11 sacks, both of which are the fourth most totals in the conference. "We're a little bit on the smaller side, but we're not going to back down from anybody," redshirt junior defensive lineman Simeyon Robinson said. "We want to take it to them, it doesn't matter what the size is. We work in the offseason just as hard as anybody else so it doesn't really matter." Although it's enjoyed some success, the defense has struggled in a few areas of the game. The Dukes have allowed 253.7 passing yards per game, the worst mark in the CAA. In conference games, opponents are scoring an alarming 25.8 points per contest. While the offense has yet to score less than 28 points in a game this season, it's still something that could come back to haunt them in the postseason. The Dukes will face three of the top five passing attacks in the CAA over the rest of the regular season. If JMU hopes to continue its perfect record in conference play, the team is going to have to figure out how to keep opponents' passing games in check.

B

Special Teams: You can't win a game on special teams, but you can certainly lose one. The Dukes have done a great job containing their opponents on both punts and kickoffs, not allowing a single touchdown on special teams thus far. They've returned three punts back for scores themselves, including two by senior wide receiver Rashard Davis. "Getting the ball back to the offense, that's the main thing," Davis said. "You want to give the offense good field position to start off ... but the biggest thing is getting the ball back. Special teams is a big game changer." Sophomore kicker Tyler Gray has had his hands full playing for a team with such a high-scoring offense. Gray's attempted 42 PATs this season, 18 more than anyone else in the CAA, nailing all but one. He's also made four of his seven field goals. The Dukes have struggled to find open space on kickoff returns, averaging only 16.4 yards per return. They also allowed New Hampshire to recover an onside kick during the fourth quarter of last weekend's win, becoming only the second team in the conference to do so this season. That being said, the Dukes' special teams unit is still a well-coached group that's capable of making big plays at any time.

A-

Coaching: During his first year as head coach at JMU, Mike Houston has guided the team to perform well above expectations. The Dukes were picked to finish third in the conference by a panel of CAA head coaches and media relations directors prior to the season, but that hasn't stopped Houston and company from making waves in the FCS. The offense owns a fourth down conversion rate of 77.8 percent and 85 red zone scoring percentage, both of which rank within the top two in the conference. His high success rate in crucial situations shows that Houston and his offensive coordinators are making the right calls when it counts. "I try to come out and do the very best job I can on a daily basis," Houston said. "You make decisions based on winning championships and building the right culture, not just on winning a ballgame." One of the biggest things that the Dukes' coaching staff will need to address over the bye week is the alarming number of penalties the team has drawn. JMU has gifted opponents 451 yards on 49 penalties this season, the most in the conference. Regardless of the penalties, however, the team is still 6-1 and looks like a serious playoff contender with only four weeks left to go.

CHELSEA CROUCH / THE BREEZE

Rolling to the top

Field hockey wins five straight games, poised to make a run at the CAA title



CONNOR WOISARD / THE BREEZE

Junior Melanie Kusakavitch strides to the ball in JMU's 3-1 win over Richmond.

By BENNETT CONLIN
The Breeze

After winning five straight games and learning of its No. 17 ranking in this week's National Field Hockey Coaches Association poll, the JMU field hockey team scheduled a meeting to reassess the goals for this season. The team decided to focus the rest of the year on one word: "reach."

"We have everything in front of us," junior forward Melanie Kusakavitch said. "The opportunities are totally in front of us and we are gonna go out there and reach for them."

Among the opportunities in front of the Dukes are two games against top-10 competition in No. 7 University of Louisville and No. 9 University of Virginia. JMU lost to both of its top-10 opponents earlier this season, but the team wants to put those losses in the past and move on to its upcoming opponents.

"We may have lost to top-10 teams before, but every day's a new challenge and every game is an opportunity," junior goalkeeper Sara Kraeutler said.

Head coach Christy Morgan believes her team, which has two victories over ranked opponents this season, thrives against top-level competition.

"I've got a team that rises to that kind of occasion," Morgan said. "You'll see greatness in our games and hopefully you see greatness in all the games that we play, but when you're playing a ranked opponent you have to rise to the level or you get squished."

Another opportunity for the Dukes comes in the form of player development. The team, which has no seniors and only four

juniors, strives to build a more complete team every practice. The players understand they aren't just building for this season, but also next season with everyone set to return for the 2017-18 campaign.

"I think with a young team, growth is key for us," sophomore forward Miranda Rigg said. "I think throughout the whole season [we're] looking to grow each practice, each week just adding different things to our game."

Experienced players like Kraeutler, Kusakavitch and Rigg have led the Dukes to an 11-3 record and a national ranking. Morgan believes the development of young players comes about because of the leadership of the aforementioned veterans.

"They hold everybody to a certain standard," Morgan said. "And when you do that everybody grows."

With this growth comes high expectations, and the team believes it's more than capable of winning a Colonial Athletic Association championship and making the NCAA tournament.

"I think it's very clear to us that we want to be top in the CAA," Rigg said.

Morgan, who led the Dukes to the 1994 national championship in her first stint as JMU's head coach, agrees that her team is capable of winning the conference championship and potentially achieving much more.

"We have a very effective team," Morgan said. "Now we need to reach to the next level and it's inches that we need to do some fine tuning with. It's little inches, but those inches will take us a long way."

CONTACT Bennett Conlin at breezesports@gmail.com.

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Diving into action

With a new coach and talented roster, JMU's swim and dive team has a bright future ahead of it

By JAKE BROD
The Breeze

The JMU swimming and diving team opened up the 2016 season with a 168.5-125.5 victory over in-state rival Liberty University this past weekend.

"I was very happy with a lot of things that our girls did," head coach Dane Pedersen said. "Our goals going into the meet were obviously to race hard, to be supportive and be a cohesive unit as a team, and to apply all of the things we have been working on from a technical aspect. Overall, I think the girls did a very good job."

The Dukes have gotten off to a hot start after ending last season strong. JMU finished last year 7-0 in dual meets and established itself as one of the most complete teams in the conference.

Leading the way for the Dukes on Saturday was junior swimmer Quinn MacMillan. The New Britain, Pennsylvania, native secured victories in both the 200 and 500 freestyle. Her efforts earned her the title of Colonial Athletic Association Swimmer of the Week for the first time in her career. MacMillan credits her team for her success.

"We are all a big family, so anything I do is for my team,"

MacMillan said. "The whole time I was just thinking about getting to the wall first for my team."

On the other side, senior diver Olivia Lehman placed first in the one-meter dive and second in the three-meter dive, behind freshman teammate Carlyn McNeely. Lehman, who qualified for the NCAA Diving Championships last season, was ecstatic to hit the water again.

"Competing is always fun, especially for this team," Lehman said. "We get really excited in the locker room and then we run out and do all of these team cheers. It's also always nice to see all of our family and friends up in the stands cheering for us again."

This year's team is relatively young compared to past seasons, with nine of the 29 members being freshmen. Despite the youth, Pederson was impressed with how the first-year members competed in their first collegiate meet.

"The expectations for them were the same expectations that I had for the whole team," Pedersen said. "I thought they did a really good job. I didn't think the moment was too big for any of them and nobody looked lost."

While there were some questions surrounding how the freshmen would perform, there were also unknowns about the culture of the diving team heading into the season. During the

offseason, the team named John Wolsh as the new diving coach. Wolsh spent 21 years at Montgomery Dive Club in Maryland.

Despite spending the first three years of her career under the direction of former diving coach Becky Benson, Lehman has quickly picked up the nuances in Wolsh's coaching style and has taken the transition in stride.

"I was nervous about the change going into it, because I had the same training for three years," Lehman said. "The training is a lot different, but once we get in the water it is actually quite similar to how it was last year."

The team has finished in the top two of the CAA for six consecutive seasons and will look to continue that streak once again in 2016. The Dukes have shown no signs of slowing down.

"We really have something going this year," MacMillan said. "Everyone is doing very well so far in practices, even though they may be hard. I think this is going to be a really good year."

The Dukes will be back in action this weekend at noon on Saturday in Boston for the Northeastern Tri-Meet. They'll compete against the University of New Hampshire and Northeastern University.

CONTACT Jake Brod at brodjt@dukes.jmu.edu.



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B
The Breeze

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SCHEDULE OF EVENTS

Full events list available at jmu.edu/homecoming

Homecoming Kickoff

Oct. 24 | 6 - 8PM | Godwin Field | Kick off Homecoming Week with a dance party and giveaways.

Find the JMU Letters

Oct. 25 | All Day | On Campus | Find the "JMU" letters on campus & share photos to win prizes.

Purple Out Pep Rally

Oct. 26 | 7PM | Bridgeforth Stadium | Pick up your "Purple Out" tshirt & get ready for the game!

Tailgate Party

Oct. 27 | 4:30 - 7:30PM | R1 Lot | One punch gets you unlimited food from Dhub & the food trucks.

Pep My Ride

Oct. 27 | 5 - 7PM | R1 Lot | Get your car decked out in Purple and Gold to show off your JMU spirit.

Late Night Breakfast

Oct. 27 | 10 - 12AM | E-Hall | Join UPB for free food and fun to get you pumped for the game.

Fight Song T-shirt Day

Oct. 28 | 12 - 2PM | TDU Commons | Wear your Fight Song T-shirt around campus to win prizes!

Tradition Expedition

Oct. 28 | 3 - 5PM | On Campus | Take on the Madison Society's JMU traditions scavenger hunt.

HomecomSing

Oct. 28 | 7PM | Wilson Hall | A free a cappella Concert featuring all of our a cappella groups!

JMU Football Game

Oct. 29 | 3:30PM | Bridgeforth Stadium | Coach Houston and the Dukes go up against Rhode Island!

Homecoming Step Show

Oct. 29 | 8PM | Wilson Hall | Performances by JMU's Multicultural Greek Life sororities and fraternities.

WELCOME HOME, ALUMNI!



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This advertising supplement to The Breeze was produced in partnership with the Office of Alumni Relations, the JMU Office of Communications and Marketing and The Breeze Advertising Department. Content for this edition was not produced by the newsroom staff of The Breeze.



On any given day, campus is covered in students proudly wearing their purple and gold. That commitment to sharing our JMU pride is even stronger during Homecoming. Homecoming as we have come to know it at JMU – a fall event, centered around a football game – dates back to 1972. That was the first year for football at what was then Madison College, and for more than 40 years, our campus has come together to celebrate.

The week leading up to the Homecoming Football game is all about student spirit. The Student Alumni Association and our partners in SGA, UPB and other groups, have planned fun events where students from all sides of campus can engage with one another and revel in our Duke Dog Pride. This year is no different, with traditions of old being honored and new traditions being born. We encourage you to take some time out of your schedule this week to celebrate being a Duke.

As we get closer to the weekend, many alumni join in the fun, making their way to Harrisonburg to celebrate all things purple and gold. This might be your first JMU Homecoming or it may be your senior year Homecoming, but it doesn't have to be your last. Homecoming is a tradition that all JMU alumni are invited to participate in because we are Dukes from Day One, but we are JMU Alumni for LIFE! Remember, there is no place like home, especially when home is JMU!

Go Dukes!

Ashley Privott ('15M)

Executive Director
JMU Alumni Association

Taleia Barksdale ('17)

President
JMU Student Alumni Association

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HISTORIC HOMECOMINGS

From Purple Parades to Mr. and Ms. Madison Contestants - take a glance at some Historic Homecomings from years past!





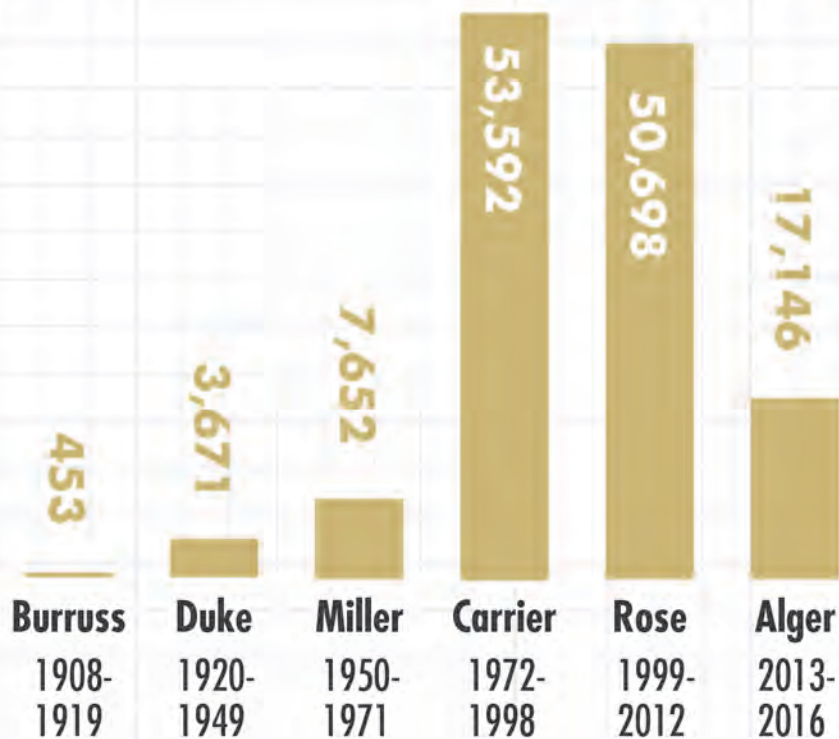
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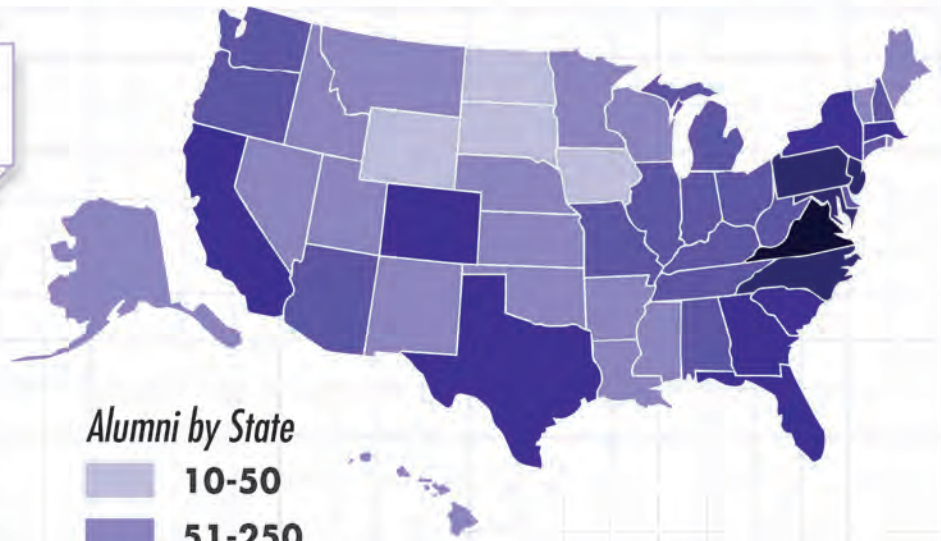
ALUMNI

by the numbers

In its 108-year history, JMU has seen only six presidents on campus. Below is a breakdown of how many students have graduated under each president's term.



Our university has a rich history and a tremendous alumni base. As JMU continues to increase its reach and recognition across the country, you just might find some JMU pride wherever you go.



133,212

Total number of graduated Madison Alumni since 1908.

JAMES MADISON UNIVERSITY

"JMU is not just an institution of higher learning, but it is a spirit, it is an atmosphere, it is... a way of life I am glad to say that I have lived."

Alpha Spitzer ('37)

We all know that being a student at JMU is a special experience that we often fear will fly by too quickly. Before you know it, you'll be wearing a graduation robe, ready to cross the stage for that monumental handshake. The whole purpose behind your years of education will begin to take shape at that very moment.

With more than 130,000 graduates, JMU has prepared some incredible people to take on the world and truly make a difference. Everyone who walks these sidewalks has potential for greatness. In these next few pages, you will encounter a few notable alums who have achieved just that.



Over the summer, alums across the world contributed to JMU's #JobsAfterJMU hashtag to share their post-grad career journeys. Take a look at few of the posts below!



Alum takes on CNN

Jim Acosta ('93) excels as CNN Senior White House Correspondent



As the profession of journalism continues to evolve and face new challenges, a JMU alumnus serves as an example of excellence. Jim Acosta is CNN senior White House correspondent and the recipient of the JMU Alumni Association's Ronald E. Carrier Distinguished Alumni Achievement Award.

When he first came to JMU, "he had a genuine interest in telling a story, but to tell the story he not only needed the expertise but a grounding," comments Dr. Roger Soenksen, professor of the School of Media, Arts and Design. At JMU, he found his start through the Mass Communications major, now SMAD, and his political science minor, which had more impact than he expected. Through hands-on projects such as a documentary class, hosting a TV show for a semester, volunteering at the campus radio station, WXJM, and even running for student body president, he gained valuable expertise.

He reflects, "Every step of the way there was encouragement from professors and fellow students. It was a good environment ...this is what got me going on my way."

His career path currently includes coverage of the Obama administration, presidential press conferences, visits by heads of states and issues impacting the executive branch, including the 2016 presidential election. For more than 20 years he has covered groundbreaking events such as the 9/11 terrorist attacks, the Virginia Tech shooting, Hurricane Katrina, the past four presidential elections and many others. While moving at a breakneck speed, he has stayed connected to JMU, speaking at graduation, coming back for SMAD events and enjoying campus visits.



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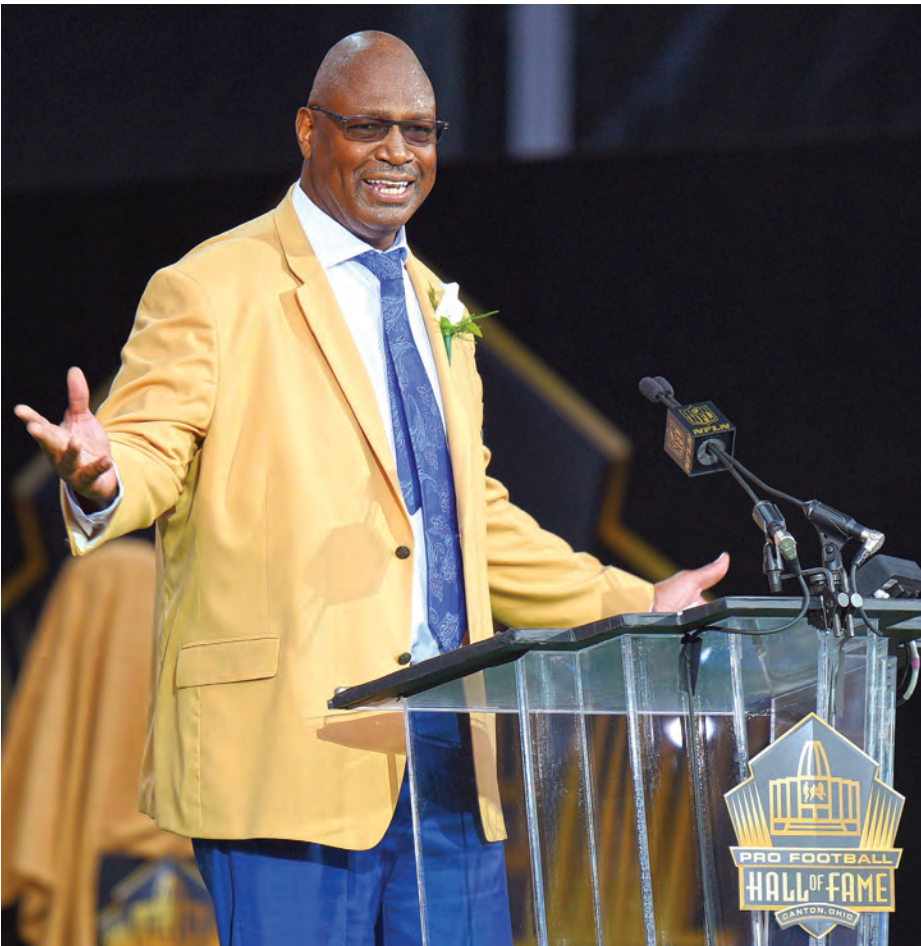
Barbara Hall ('82)

Barbara Hall ('82) is one of the few women in Hollywood at the forefront of television. Beginning her career as guest writer for "Family Ties" in 1983, she has written and produced hit shows such as "Judging Amy," "Joan of Arcadia," "Northern Exposure," "Homeland" and her most recent creation, the CBS political drama "Madam Secretary." A four-time Emmy nominee, Hall serves as a guest lecturer during the JMU in L.A. program, in which students complete summer internships in the television and film industry.



Alpha Kiflu ('05)

After eight years at Goldman Sachs, Alpha Kiflu ('05) traded his plush Wall Street office for the opportunity to help transform an African nation. Kiflu serves as chief financial officer at ALLE, Ethiopia's first large-scale cash-and-carry wholesaler of foods and consumer goods. Founded on ethical business practices and a commitment to enhance the communities it serves, ALLE provides a pipeline for businesses selling directly to the public, such as restaurants, hotels and retail establishments.



Charles Haley ('87)

Five-time Super Bowl champion Charles Haley ('87) became the first JMU student-athlete to be enshrined in a major sports hall of fame when he took his rightful place alongside other pro football greats in Canton, Ohio in August. For 12 seasons, Haley was a defensive force with the San Francisco 49ers and Dallas Cowboys, and is the only NFL player with five championship rings.



James ('13) & Kristin ('15) Orrigo

James Orrigo ('13) and his wife Kristin ('15) are visiting pediatric facilities nationwide to help chronically ill children create their own customized music and cartoon videos. The project, "Outside the Music Box," has drawn rave reviews from hospital staff and administrators, as well as Patch Adams, the trailblazing physician and founder of the Gesundheit! Institute.

It's all about how you rebound

Alums captivate audiences, raise awareness about adaptive sport



The Rebound is an award-winning documentary that follows the players of the Miami Heat Wheels, the city's only wheelchair basketball team. Directed by Shaina Koren ('11) and produced by Mike Esposito ('10), The Rebound sparks important conversations about disability and equal opportunity. Since its international debut, The Rebound has won acclaim as an official selection at nine prestigious film festivals and awards, including the Kaiser Thrive Award (Cinequest Film Festival) and the Audience Award for Best Documentary at the Brooklyn Film Festival.

The Rebound crew is actively partnering with like-minded organizations around the country to raise awareness, foster important conversations and stimulate support for adapted athletic programs.

When asked how their JMU experience contributed to their current success, the filmmakers noted how being a Duke helped them view life through a different lens: "JMU [offers] opportunities to be exposed to new people, perspectives and experiences. Shaina and I actually met [on] a JMU study abroad program to the Philippines. ... [and] we emerged as transformed individuals on a common path," says Mike.

Shaina says, "My JMU experience (SMAD, anthropology, FrOG, ASB, Study Abroad, Students Helping Honduras) allowed me to ... take a stand for what I believed in. These skills served me well with our impact-driven approach to documentary film-making. We believed that this unfamiliar world we had stumbled into — of competitive adapted sports, and of people who may look a little different than us but became our best friends — was a story worth telling."

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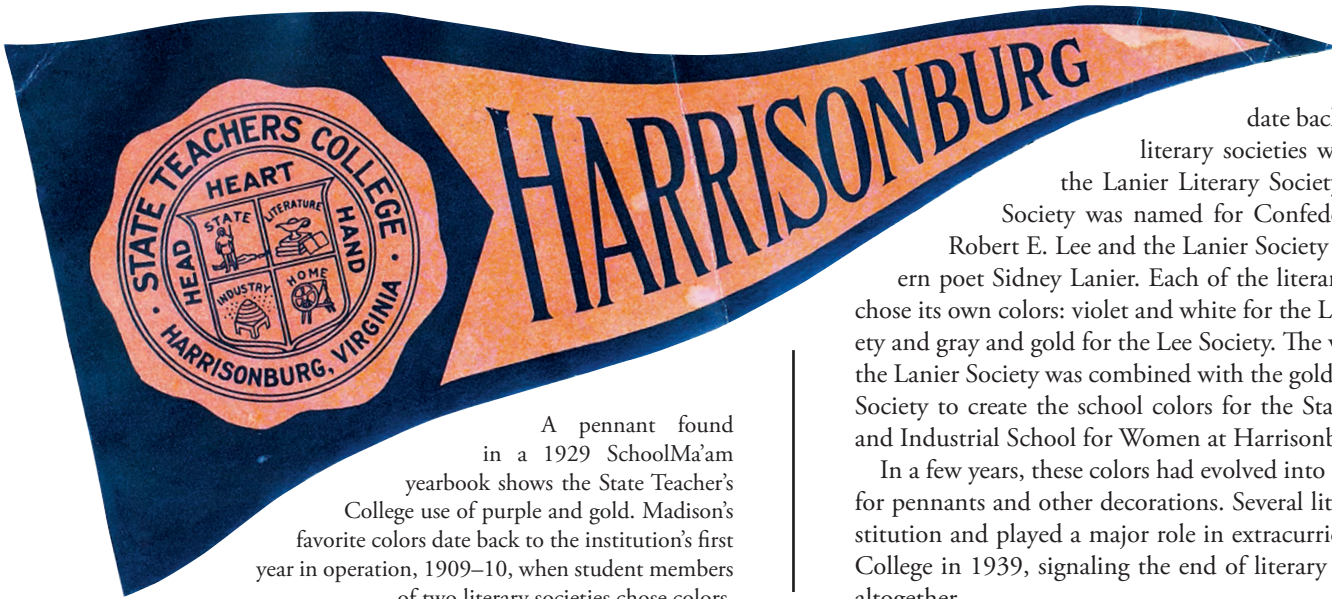


WIKES



Why purple and gold?

Courtesy of Madison College: The First Fifty Years, 1908–1958, Written by Raymond C. Dingleline Jr.



A pennant found in a 1929 SchoolMa'am yearbook shows the State Teacher's College use of purple and gold. Madison's favorite colors date back to the institution's first year in operation, 1909–10, when student members of two literary societies chose colors.

Ever stopped to consider the origin of the sea of purple and gold you see throughout campus at Homecoming and other game days? The fact is, JMU's colors actually date back to the institution's first year in operation, 1909–10. Two literary societies were formed that first year, the Lee Literary Society and the Lanier Literary Society. The Lee Society was named for Confederate Gen. Robert E. Lee and the Lanier Society for Southern poet Sidney Lanier. Each of the literary societies chose its own colors: violet and white for the Lanier Society and gray and gold for the Lee Society. The violet from the Lanier Society was combined with the gold of the Lee Society to create the school colors for the State Normal and Industrial School for Women at Harrisonburg.

In a few years, these colors had evolved into purple and gold since purple was an easier color to obtain for pennants and other decorations. Several literary societies flourished during the early years of the institution and played a major role in extracurricular activities. Sororities were first approved at Madison College in 1939, signaling the end of literary societies. By 1942, the literary societies had disappeared altogether.

'The fact is, JMU's colors actually date back to the institution's first year in operation, 1909-10.'



In all likelihood, James Madison University is the only college or university in the country whose athletics teams draw their nickname

from the name of the school's president. Men first enrolled at Madison College as regular session students following World War II as a result of a request to the college from the Veterans Administration. Thirty-nine men enrolled in 1946 and 101 during the 1947–48 session. The first men's basketball team was formed in 1947, and the players chose the nickname the "Dukes," in honor of then-Madison President Samuel P. Duke. The players told President Duke they would name their team for him if he would provide them with towels and equipment. About the same time, the women's teams began calling themselves the "Duchesses." Women's teams in earlier years had gone by a variety of names. The name Duchesses was dropped in 1982 when all JMU teams became the Dukes. When the men's intercollegiate athletic program began its rapid expansion in the 1970s, the need arose for a mascot that could be used to generate spirit. There really wasn't any way to turn a "Duke" into a mascot that would engender enthusiasm among students, alumni and other fans.

The idea for the Duke Dog came from Dr. Ray V. Sonner, then director of public affairs. Sonner later became vice president for university relations and senior vice president. Sonner Hall on campus is named in his honor. Sonner's rationale was that



Why the Dukes?

By Fred Hilton ('96M)



(Top Left): Duke Dog has guarded the entrance to Bridgeforth Stadium since 2005. (Lower Left): Longtime JMU supporters Rick ('89) and Christine Wolter Johnson ('90) and Jeff ('91) and Karen Wolter ('91) posed with Duke Dog for a spring 2004 issue of Madison magazine. Christine and Jeff are sister and brother and own the University Outpost. Their gift of a statue of JMU's popular pup is one of very few statues on campus.

the stereotypical pet for British royalty, such as a duke, would be an English bulldog. Duke Dog was born. Duke Dog made his first appearance as a cartoon and as a real bulldog in the 1972–73 school year. An early version of a Duke Dog student mascot appeared in 1972–73, but the mascot outfit similar to the one used today did not come into use until 1982–83. The Duke Dog statue, which guards the entrance to Bridgeforth Stadium, was erected in 2005. The statue was

a gift from longtime JMU supporters Rick ('89) and Christine Wolter Johnson ('90) and Jeff ('91) and Karen Wolter ('91). "A Duke Dog statue was the most family-oriented gift we could imagine," Christine Johnson told Madison magazine in 2004. "Giving to JMU is about more than cheering on the football team. It's about staying connected."

How to be a JMU alum

Ask any senior on campus... time flies at JMU. Before you know it, you'll be crossing the graduation stage and going out into the world. Though you may not stay in the 'Burg forever, your Madison Experience never ends. JMU continues to thrive, thanks to the involvement of alumni, and you will be a part of that group once you graduate. So here are a few simple steps to stay connected with Madison.

Be Informed • jmu.edu/myinfo

Keep your contact information updated

Read Madison Magazine & Madison Update alumni newsletter

Be Involved • alumni.jmu.edu

Connect with your local alumni chapter

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Hello Houston!

New coach ushers in new era of JMU Football

BY KEVIN WARNER ('02)

In his first two opportunities as a college head coach, Mike Houston inherited programs devoid of recent success and built them to competing at a national level. Now, at his third opportunity at James Madison, there is no need to rebuild or resurrect, the pieces are in place for Houston to quickly make his impact at a national level.

"The more research I did, I kept hearing the same things," Houston said as he settles into his new office in the Plecker Athletics Performance Center. "This is a place where you can win and where they care about athletics. That's really held up after I was hired. Everyone here wants to see JMU succeed."

Houston was formally introduced as JMU's new head coach on Jan. 19. In a whirlwind first few months, he filled an entire coaching staff, welcomed his first signing class of new student-athletes, led the Dukes through their first spring practice session and hit the road to make appearances with the Duke Club on its annual spring tour.

During all of that time, Houston also found time in late March to move his family to Harrisonburg to become part of the local community. After a few weeks of his boys, Owen and Reid, wondering daddy's whereabouts, Houston is excited about the new home for himself, his wife, Amanda, and their boys, saying, "I think it's a place where we're going to be very happy, and I think it's a good place to raise a family."

While separated from his family in the early weeks, one of Houston's priorities was pulling together a recruiting class, convincing new student-athletes to sign less than three weeks removed from his own signing with JMU.

In an era of college athletics when many recruits claim loyalty to a coach more than a school, Houston and his JMU staff were able to keep JMU's commitments to the previous staff as 15 of 17 signed with the Dukes.

To Houston, that anomaly speaks further to JMU's status as a rare find in college athletics. He noted, "It's very rare. And really I would not have given this much of a chance of being able to do it when I took this job, so to be able to have 15 kids who were committed decide to stay committed, that says a lot about James Madison. It says a lot about what James Madison has to offer and how much these guys wanted to be here at this institution."

What was it about JMU that allowed such a rare commitment to the institution? Houston had the chance to see it first hand on his own campus tour as part of a pre-signing day recruiting weekend. "On the tour, you keep hearing 'Wow, this place is great.' We have a vibrant campus with great food, great facilities and a winning program. For the parents, we offer an outstanding education. So for all of the recruits, they saw that this is pretty special, and it's something different from some of the other places that are recruiting them."



The men hired by Houston to comprise his coaching staff also made a difference in keeping recruits and in having a successful spring practice period. It is a far more experienced group than the previous staff and one with deep connections to Virginia's key recruiting areas with guys like Bryan Stinespring, Bob Trott, Byron Thweatt and Jeff Hanson.

Houston said, "The big thing to me was I wanted people I could trust. A lot of that goes back to having previous relationships with them, or having relationships with other people who trust them. I wanted guys that I knew what kind of character men they were as far as how they were going to treat the kids, the way they're going to represent James Madison when they go on the road recruiting or when they're interacting with our alumni."

As Houston and the staff immediately turn to recruiting the next class, they will focus on bringing as many recruits as possible to Harrisonburg on campus tours or as part of camps. He said, "For us, we've got to do a great job with spring recruiting. I think James Madison's a place where we want to try to get as many rising high-school seniors on

campus in the spring and summer as we possibly can, because this place sells itself to a degree. They have a different vision of what James Madison is once they've been on campus."

While future newcomers visit this spring and summer, the future of the 2016 squad, JMU's current student-athletes, will spend much of early summer focusing on academics with class opportunities and working with JMU's new football strength and conditioning staff to be prepared for fall camp.

As fall rolls around, Houston looks forward to his opportunity to really make his mark on his new program with winning results on the field and laying a foundation for long-term success in Harrisonburg.

"My biggest focus will be to build a program that consistently represents what James Madison is all about and one that JMU Alumni can be proud of, no matter where they go. That means being a first-class program on the field and off the field and achieving at a very high level, because that's what James Madison is all about."

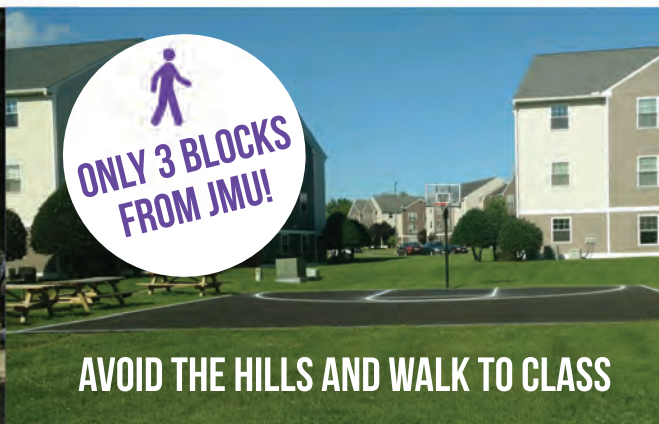


Let's hear it for the Class of 2020!

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A guide to JMU social media

Stay connected and in the loop with your favorite place on Earth

If you're looking for a bit of JMU in your news feed, be sure to follow all official university accounts (see full list to right). Beautiful photos, meaningful stories, alumni success, construction updates and even campus closure alerts... you can find all of this and more on these accounts.

This year, JMU has even added a whole new channel to the list. An official Snapchat account was unveiled during this year's 1787 August Orientation. Since then, the university has been snapping stories all over campus and occasionally hosts contests on the account - @JamesMadisonU. You can also take advantage of JMU-hosted filters during special events.

Also, every Friday, the official JMU Instagram account reposts photos from the week that use the #JMU hashtag. So start sharing, Dukes!



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An inside look at the MRDs

The Marching Royal Dukes, or the MRDs, bring amazing energy to every JMU football game. Learn more about some of their outstanding members with profiles of two students below.

By Michelle Mullins ('17)



Corey Martin ('18)

Music Education
Baritone

"In college it's easy to form a group and not really expand out of that, but by joining extracurricular things, especially the MRDs, you really get a sense of who people are. Who do we perform for? People. Who do we work with? People. It's all trying to bring everyone together through one commonality and that happens to be music in this circumstance."

How would you describe your friends in the MRDs?

They are some of the closest friends I have. I spend the majority of my time with these people—at least eight hours a week with them and then a four-hour football game almost every weekend. I'm really close with a lot of [the baritone] section members and also people in other sections. I think it's a great opportunity to get to know a lot of different people very fast and bond over the same type of activity.

How will you stay connected with the MRDs after you graduate?

The MRDs do this really great thing at the end of our season called Alumni Band Day, where alumni are allowed to come back and play "Get it On" with the current members. So I'm definitely planning on doing something like that. I'll also use Facebook and other things to keep connected media-wise. The friends I've made in the MRDs I'll be friends with forever. I do not plan on losing touch with them anytime soon.

Nat Duong ('18)

Major: Studio Art
Colorguard



"Last year there was an 8 a.m. rehearsal before the football game. It was pouring rain, freezing cold outside. It was miserable, but so memorable to me because regardless of the conditions, everyone pushed to make our performance better. How many places can you say that in the worst possible conditions, people try even harder?"

How would you describe your relationship with the colorguard section versus the organization as a whole?

I have a super-close relationship with my section. I feel like there's a really good rapport between the guard and the rest of [the MRDs]. The other sections - hornline, drumline, front assembly - really respect what the color guard does. So if we have choreography that's close to them, drill that moves through them, or if we have equipment set by the front assembly, everyone is really accommodating to help us out, which is really awesome.

How has being in the colorguard changed your college experience so far?

It's completely changed my college experience. My first semester here [before I joined colorguard] I didn't have that many friends, I had a couple and they were good people, but it's hard to find your place in college and since joining the colorguard I have a place at JMU. I found my niche. It's really great every year to have something you can depend on and somewhere you belong. And even when the team changes season to season, I know that I can always come back to the colorguard and it's going to be my home.

Read the full story on The Daily Duke blog at www.jmu.edu/dailyduke



10 reasons to subscribe to The Daily Duke

By Sam D'Addario



The Daily Duke is a blog for students, by students (that's us to the left). So far this year, The Daily Duke has done blog posts about how to boost your GPA, fall fashion, Pokemon and what it's like to paint the spirit rock. There have also been contests, quizzes and restaurant reviews posted.

When you have lots of other blogs and news sources to choose from, why should you subscribe to The Daily Duke? Well, fellow Dukes, I'm here to answer just that...

- 1 Our posts go great with your morning coffee.
- 2 We cover the buzz on campus and keep it fresh.
- 3 New posts are up on the blog daily.
- 4 We like to keep it light and fun.
- 5 You can easily reach us on Twitter (@JMUDailyDuke)
- 6 All of our writers are JMU Dukes, so we just get it.
- 7 We feature JMU alumni who are doing pretty cool things.
- 8 We hold contests (with prizes) for JMU students.
- 9 All of our reviews are based on first-hand experience as a team.
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Homecoming History

JMU's 2015 Homecoming brought the usual excitement, but this scene only became part of the plan less than a week before kickoff. Campus was buzzing after ESPN College GameDay announced its plans to travel to Harrisonburg. Throughout the week, students and staff watched as trucks unloaded production gear for an epic broadcast in front of Wilson Hall. Alums and students beamed with pride as anchors complimented our picture-perfect quad and enthusiastic crowd - one of the largest they've ever seen on the show. This was truly a Homecoming for the ages.







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