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- Toast the Weekend with The Relex @ Bluestone Vineyard, 6:30 - 9:30 p.m.

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Harrisonburg residents and JMU students alike are cognizant of the exquisite beauty of the Shenandoah Valley, from mountain murals to alluring sunsets. Among the peaks lies Shenandoah National Park, a popular spot for visitors to immerse themselves in everything nature has to offer. While hiking and camping are popular activities among park goers, this weekend, the park will be hosting a special event to educate visitors.

On Saturday and Sunday, Shenandoah National Park will be hosting its 17th annual Wilderness Weekend. The two-day event features activities that “highlight the value of Wilderness,” from seminars and talks to hikes and other interactive activities. Wilderness Weekend was created to celebrate and raise awareness for the wilderness. Matt Brinkley, a Shenandoah park ranger, explained that most people don’t know the true meaning of “wilderness.” The term has an important definition in land management agencies, designating the most protected land in the country.

“Wilderness, when you’re talking to a ranger, will mean the federally designated, protected land,” Brinkley said. “We decided to start throwing this Wilderness Weekend to raise awareness that there is this special land here in Shenandoah ... and we’re proud of that.”

The park is home to 80,000 acres of protected wilderness, which is about 40 percent of the park’s total acreage. Activities vary year by year based on the expertise of staff and visitors’ interests, and this year’s event features 21 programs and activities for park goers. Debby Smith, the interpretive operations supervisor at the park and coordinator of Wilderness Weekend, says the event has become more eye-catching due to diversification of programming.

“This year and then last year, we’ve really expanded to include not only our trail crew staff but some of our backcountry crew,” Smith said. “We’ve included some of our preventative search and rescue rangers as well as just adding more things that our ranger staff is doing here at the visitor’s center.”

Wilderness Weekend’s most popular activities include the Rose River Hike, the traditional tool demonstration and the demonstration by DOGS-East, a search and rescue dog program the park uses.

Smith explained that the Rose River Hike is one that’s not normally offered in their rotation of ranger programs. Visitors have the chance to explore the wilderness on the four-mile expedition. The traditional tool demonstration allows visitors to use crosscut saws to chop “tree cookies” off dead trees. As a part of their kid’s activities, children have the opportunity to paint and decorate their tree cookies.

The wildly popular DOGS-East demonstration gives park goers the opportunity to see how search and rescue dogs look for lost people. Smith explained that as a part of the demonstration, children pretend to hide so the dogs can find them, providing a fun and interactive activity that’s family friendly.

Smith says she’s most excited for the mix of people coming together to help with Wilderness Weekend. Since she first started working at the park, staff for the event has grown to include not only interpretive rangers, but folks from various other park divisions. The wide assortment of personnel at the event allows visitors to see behind-the-scenes park work.

“[Park visitors] may not get to interact with some of our preventative search and rescue staff or trail crew members all the time because those folks are maybe in the backcountry,” Smith said. “Being able to ask questions and learn about what those different positions do in the park and see a variety of different work that people on our staff do, I think that’s something that is always really exciting for [the staff] because we get to work with people that we don’t always work with everyday and get to have visitors meet those folks as well.”

Joe Loyacano, a media arts and design academic adviser and professor, looks forward to attending the event with his family. While this year will be his first time attending Wilderness Weekend, it won’t be his first go-round at the park. As a frequent visitor and father of a six-year-old daughter, he says he’s looking most forward to the kids’ activities.

“I love going out and just getting lost in wilderness,” Loyacano said. “It’ll probably be sort of a family decision about which things we end up doing, but we’ll definitely hit up the kids’ activities.”

With fun for the whole family, Wilderness Weekend aims not only to celebrate the land, but also to teach a valuable lesson. Brinkley explained that through the event, the park hopes to foster a respect for the wilderness among visitors, especially for the younger generation.

“Wilderness is our most protected land, so when people show up, it’s showing that they care about the land, that they care about it for future generations,” Brinkley said. “The hope is that future generations will have that same respect.”

CONTACT Abby Church at churchae@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.
Fall is finally here with the leaves changing color and the weather cooling down. An upcoming event, “Yoga, Nature and Cider - A Day of Rejuvenation” that Bold Rock Hard Cidery and Melanin & Yoga have teamed up to bring to the local community, ties in with the fall season.

With over 1,000 people interested in the event on Facebook, Melanin & Yoga anticipates a big turnout and hopes it will be a time of “fellowship, nature and meditation” for everyone. This event will occur Saturday from 11 a.m. to 3 p.m. at the Bold Rock Hard Cidery in Nellysford, Virgina.

Melanin & Yoga co-founder Veronica Dennis invites participants to find peace within themselves through yoga and integrate the principles of yoga into their daily lives.

While looking over the onsite scenery of a meadow and lake at Bold Rock Cidery and Tap Room Barn, attendees can participate in the signature “namaSLAY” workshop. This consists of a 90-minute yoga session to a Beyoncé-themed playlist, taught by Adriana Adele. Adele started this “namaSLAY” series a year ago because she wanted to create more representation of black women doing and teaching yoga in her community.

“I have found that sharing my voice and love of yoga has taught me invaluable lessons and connected me with a great local and global yoga community,” Adele said.

Adele shared that this workshop is where people can move, flow and even dance a little to a playlist inspired by Beyoncé, other favorite R&B divas and some old-school throwbacks.

“We spend time talking about our inner strength and how we can use the breath to tap into that strength so that we can slay anything in our own way, on that yoga mat or off,” Adele said.

After the relaxing yoga session, everyone will have the opportunity to drink Bold Rock Cider — including Blood Orange, the new fall-inspired flavor — network with others and enjoy their Saturday afternoon.

Laura Mills, a senior history major, thinks it’s great that the event gives to those who need to feel the power of yoga the most.

“I am hoping to spend the day relaxing with yoga and cider,” Mills said. “I have never worked with an instructor leading the event so maybe I will learn some new yoga poses too.”

Donations will be accepted and will benefit the free introduction to yoga series held at the local community center. This directly adheres to the mission of Melanin & Yoga company, which is to “provide the practices and principles of yoga to inner-city communities so they may be able to make better lifestyle choices through self-care, acceptance and love.”

Dennis stated the importance of self-care and mindfulness, especially for people that need an outlet and could potentially be impacted from meditation in a positive way.

“As part of our mission, we are working on getting a class set up with a non-profit organization that works with kids to provide a bi-monthly class at their own facilities for the children,” Dennis said. “This will introduce them to the practice so they can have the same benefits.”

This event is encouraging a variety of healthy activities in alternative and interesting ways.

“Leading a balanced, healthy lifestyle helps us engage more fully with our lives, from the day-to-day to the extraordinary,” Adele said. “When we support our bodies, minds and spirits, we are able to be more present, more grounded and in turn become better friends, partners, parents, students, creators.”

CONTACT: Jacqueline Garcia at garci2ja@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.
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SANDY HAUSMAN is the Charlottesville Bureau Chief and a general assignment reporter for Virginia Public Radio. Before joining VPR, Hausman reported for ABC TV and WBBM radio in Chicago and KDKA radio in Pittsburgh. She was news director for NBC’s FM station in Chicago.

DEAN SCHOTT worked as a reporter for 20 years, including stints with the Chicago Sun-Times, Scripps-Howard Newspapers, the Associated Press and my hometown newspaper, the Canton (Ohio) Repository. Dean also worked 14 years as the chief spokesman for the Illinois Departments of Public Aid and Public Health under four governors.
Professor’s experience in Lagos influences his teaching style

By ARNELA ISERIC
contributing writer

Originally from Lagos, Nigeria, Adebayo Ogundipe made his way to the U.S. for his master’s degree in chemical engineering at Stevens Institute of Technology in New Jersey knowing he’d get a world-class education, but he wasn’t planning on staying.

“I don’t think I struggled too much to adjust [to American life], to be honest,” Ogundipe said. “I think it was, I had a mindset of what I wanted to do, and I came in, and so far, it’s been mostly great.”

In Nigeria, all citizens are required to complete a one-year, compulsory national youth service. When deployed to the Niger Delta, he experienced for the first time the environmental pollution.

“In the Niger Delta, you see firsthand the kind of environmental destruction that has taken place because of the drilling for oil, and oftentimes, the regulations were either not sufficient to help curtail the damage or people just did not follow the rules,” Ogundipe said.

Ogundipe’s exposure to the environmental destruction at the Niger Delta led him to make a change in his career path.

“I didn’t feel like I wanted to work for the oil company anymore, they’re just like the bad guys now,” Ogundipe said. “So I came to the United States, got my masters degree in chemical engineering and then I had an opportunity, you know, to work.”

Now a naturalized U.S. citizen, Ogundipe revealed though he does miss Nigeria, in time he realized he liked living in the U.S. and now calls it home.

Ogundipe remains optimistic about fixing all the world’s problems, such as environmental pollution. He believes it’s possible but it requires a new way of thinking. He tries to apply this concept at JMU by instilling a mindset in his students to think through problems and then apply that to the real world as they leave his class.

“I hope my students can come up with solutions to problems that maybe nobody has thought of before,” Ogundipe said. “That it’s possible. That they don’t approach problems like there is just one way to solve the problem.”

He expanded on this concept of our changing world, and that as we modernize, new problems manifest themselves, which requires a new perspective.

“There are new problems that are going to pop up and you have to have a new way of looking at those problems,” Ogundipe said. “That’s what I hope students, at least, get out of my classes.”

Last year, Ogundipe was a recipient of the “Most Promising New Textbook” Award from the Textbook and Academic Authors Association for a textbook he wrote with two other JMU professors, called Engineering Applications in Sustainable Design and Development.

His colleague, Maria Papadakis, an integrated science and technology professor at JMU and co-author of the textbook, agrees that Ogundipe values and fosters new-age thinking.

“He is great to brainstorm with,” Papadakis said. “When we are in the creative stage, Bayo never thinks anything is a bad idea and is quick to make connections between our thoughts.”

One of Ogundipe’s former students echoes this concept of critical thinking in Ogundipe’s teaching style.

Bryan Barnes, a senior engineering major, took Ogundipe’s thermal fluids class.

“I really liked how he would constantly keep the class engaged with concepts that were relatable to real world situations,” Barnes said in an email.

Ogundipe is also trying to get his students to see the real world. Ogundipe wants senior engineering students to do part of their capstone abroad and part of it back at JMU to foster new ways of thinking.

“One of the things we’ve realized is that engineering students don’t do a lot of traveling,” Ogundipe said. “We need engineers who have … this global, inclusive view of the world and you can’t do that from a textbook.”

The professor thinks that his favorite parts of JMU are the people that make it up.

“I’d say everyone seems genuinely nice,” Ogundipe said. “I have actually not had any sense that the disagreements that people have can be considered as conflicts … it’s like, JMU students seem to have all kinds of other things that they’re interested in and that they’re bbugged about. So even when it comes to student activism, it all seems positive, it all seems like it works well.”

Reflecting on his journey since coming to JMU in 2010, Ogundipe highlighted the major differences he has seen in Harrisonburg.

“Maybe I got used to it,” Ogundipe said. “Maybe things have changed. There are more businesses coming in here. There are more people coming to Harrisonburg overall and it’s a wide range of diversity now. You see people from Eritrea, you see people from Congo, you see people from all over. And it’s like ‘wow,’ and it’s a good thing.”

CONTACT Arnela Iseric at isericax@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.
JMU faculty starts discussion on post-Charlottesville climate, excludes students

In the wake of events in Charlottesville last month, JMU faculty met to discuss its impact on campus. Students weren’t included in the initial dialogue held in Madison Union, but will soon be part of the conversation.

By MADISSON HAYNES, EMMA KORYNTA & MATT WEYRICH

The Breeze

After the violence settled and tear gas dissipated, the white nationalist rally in Charlottesville opened discussions across the country, including JMU. University faculty and staff have started raising questions about what’s to come in a private — but publicly advertised — forum.

Members of the faculty and staff at JMU gathered Tuesday for the “informal faculty conversation” to address the rallies. Reporters from The Breeze and Harrisonburg’s Daily News-Record weren’t welcome at the event, which the Center for Faculty Innovation billed as an opportunity for the JMU community to discuss issues following the protests.

Media law experts say the move to bar reporters wasn’t illegal, but raises questions about how open the discussion will be at a university named after the man who wrote the First Amendment. While roundtables are typically open to the public and welcome student engagement, this particular discussion was closed to allow professors the ability to speak freely and openly without hesitation, according to Sarah Brooks, a CFI Faculty Associate for Academic Culture.

“It’s a chance for faculty members to take classes and come together and learn about these things so they can be better and more innovative faculty members,” Betsy Edwards, executive director of the Virginia Press Association, said. I don’t think that meeting yesterday, I don’t think they are a public body — the faculty.”

Matthew Sasser, a news reporter for The Breeze, was denied entrance into the roundtable by Brooks.

“She basically told me that [attending the forum] might be a problem since it is a faculty-oriented event and that’s what the discussion was about,” Sasser said. “There might be some faculty that wouldn’t be comfortable sharing that information if someone else is there.”

Ellie Potter, a Daily News-Record reporter, was also turned away from the discussion.

“She said that she just wanted faculty to be able to speak freely about their thoughts about, you know, the campus community and the campus environment ... in wake of everything that happened in Charlottesville,” Potter said.

“The CFI called this meeting to form the framework for future conversations. This forum discussed the campus climate and strategies professors might consider utilizing in classrooms to help make “the JMU campus a more thoughtful and informed community.”

“The irony is that they’re talking about First Amendment issues, so how open are they talking and planning about First Amendment issues?” Edwards asked. “That’s, to me, the story.”

“The meeting between faculty members didn’t result in any policy proposals or major decisions, but established talking points for a later forum that will be open to all faculty, students, media and community members, according to Brooks.

“The Center for Faculty Innovation hosted a faculty roundtable and I think we weren’t clear enough on our website that it was a workshop or a roundtable for faculty to discuss that topic,” Brooks said. “Out of our discussion yesterday, we have put forward a number of ideas and programs and initiatives that we would like to begin or host including our public event which fits under that same category called Flashpoint. We sort of used that meeting as a faculty brainstorming gathering and I’m just writing up the proposal. One of the things that came out of our meeting was a Flashpoint.”

“The Flashpoint will be held Sept. 21 on campus, with the location still to be determined. The CFI is proposing a wide range of topics aimed at creating dialogue between members of the JMU community.

“Faculty Panelists from different disciplines will present their research and perspectives on the issues surrounding the white supremacy rallies against the removal of Confederate monuments in Charlottesville,” Brooks wrote in a draft of the proposal. “Who are these white nationalist groups and what do they want? What is the (his)story of the Confederate monuments scattered around the South? How do they relate to the history of racial violence in this country? Where do we draw the line between free speech and hate speech?”

While the closed-curtain roundtable provided a platform for faculty only, members of the JMU and Harrisonburg community continue to look for an outlet.

Matthew Sasser contributed to this report.

CONTACT the news desk at breezenews@gmail.com. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.
Imagine being trapped at home watching the floodwaters rise while letting out bloodcurdling screams for help. A neighbor hears your outcries and uses his canoe to row you to safety.

People who’ve escaped are desperately scrambling to the nearest buildings to seek shelter, not knowing if their doors will open. A mother in the distance is wrapping her newborn in water-seeped blankets, just hoping the next sound she hears isn’t a cough. These aren’t hypothetical situations — instead they’re real events that’ll continue to loom in the memory of our nation.

It’s time to humanize the hurricane. Real people were and continue to be impacted by the devastation and destruction left by Hurricane Harvey.

In fact, 450,000 people are estimated to need disaster assistance from FEMA. Their lives were drastically changed overnight, as some people have lost loved ones while others have lost their homes. The death toll of Hurricane Harvey has reached 60, however, that number could potentially rise as the floodwaters recede.

I believe there are many reasons to care. For one thing, natural disasters are nondiscriminatory. Second, disaster recovery is often overlooked. Lastly, JMU preaches to “Be the change.”

I believe there are many reasons to care. For one thing, natural disasters are nondiscriminatory. Second, disaster recovery is often overlooked. Lastly, JMU preaches to “Be the change.”

Kate Formeller is a senior social work major. Contact Kate at forme2ka@dukes.jmu.edu.
Stand up against sitting down

Spending all day in your seat causes more damage than you may realize

DAN FORD | forward thinking

The dangers of living what’s become a common 21st-century lifestyle in the U.S. to one’s health is well-documented. The poor lifestyle choices typical of contemporary Americans have proven to negatively impact quality of life, including the consumption of an unhealthy diet through foods of poor nourishment, the failure to properly exercise and the cognitive health hazards of too infrequently exercising the brain by reading little and spending too much time in front of electronic screens.

Lately, however, science has illuminated yet another health hazard common to a contemporary American lifestyle: the health concerns arising from spending too much time seated. Of course, much of our time spent sitting is practically unavoidable. We have to sit for the duration of our classes, sit during work and, for those of us who reside off campus, sit in our cars during our commute.

Yet, the risks of sitting for extended periods of time are so grave that we must be cognizant of the health hazards of doing so, and thus attempt to apply certain changes — even if they’re minor — to our lives so as to combat the serious risks of sitting for extended periods of time.

Sitting for more than just a few hours a day has been attributed to generally higher mortality rates, specifically higher rates in one’s likelihood of developing certain cancers — a 24 percent hike in colon cancer risk, 32 percent increase in the likelihood of developing endometrial cancer and 21 percent greater risk of developing lung cancer.

Although these numbers provide rather tangible and concerning evidence of the risks posed by sitting, perhaps the most concerning aspect of the studies conducted on this matter is the rather uniform consensus among scientists that the rate of exercise surprisingly does very little to offset the risks of sitting.

As such, you can’t simply march over to the gym for a couple hours of exercise at the end of the day and expect it to counter the health concerns arising from having spent the vast majority of the day seated.

Therefore, the only true way by which you can counter the health concerns of sitting is simply by doing less of it. Rather than driving or taking the bus to and around campus, consider walking — and if you do choose to take the bus, consider standing in lieu of sitting. Instead of spending the evening on your couch watching Netflix, go out and take a walk.

Making these minor lifestyle changes may appear trivial at first, but if the science has any merit, doing so may quite possibly elongate your life.

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When I open my eyes in the morning, instead of looking outside my window where birds chirp and dew still sits on the grass, I instinctively pick up my phone and stare at the screen to start off my day. What could be so important? Well, to list a few: missed calls, texts, likes on my latest post, friends’ snapchat stories, the weather for the day — I could go on forever. The important question to ask is when does all of this become excessive?

How do we know when to step on the breaks? Like a spreading virus, it seems as though everyone’s become affected. So how do we prevent a snowball effect like this from taking over?

For me, it wasn’t an issue until senior year of high school, when technology became the bane of my three-year relationship. Due to my less than desirable wish to relive the whole ordeal, I’ll provide a brief summary. My high school sweetheart and I were ideal in any parent’s eyes. The problem came when we both got caught in small lies, which our handy iPhones held accountable for. This happened due to “Share My Location” versus fiction anymore when anyone who’s anyone can paint a picture of reality. How do we differentiate what’s fact versus fiction anymore when anyone who’s anyone can paint a deceiving, altered picture of reality? The reason there are popular shows like “Catfish” and “Black Mirror,” is because of these very same problems, which many people are coming to realize.

But as we all know, you can’t count on social media to give you any straightforward answers. How do we prevent a snowball effect like this from taking over? For me, it wasn’t an issue until senior year of high school, when technology became the bane of my three-year relationship.

There’s a world to experience outside of our screens of technology. For example, you can catch my little sister Carys on some sort of device at any time of the day. Just this past summer, I listened to her endless preteen drama of who’s doing what, with whom and where. How does she even get half of this information? With just a touch of the fingertip, she can stalk some Justin Bieber, Disney-Channel-looking middle schooler her friend’s friend said she saw last week at the pool. Insane, right?

But as we all know, you can’t count on social media to give you any straightforward answers. How do we differentiate what’s fact versus fiction anymore when anyone who’s anyone can paint a deceiving, altered picture of reality? The reason there are popular shows like “Catfish” and “Black Mirror,” is because of these very same problems, which many people are coming to realize.

But the saddest part to me is watching Carys sit inside for 24 hours and miss an entire day of possibilities. Instead of focusing her energy into something creative or imaginative, her efforts are all going into an ultimately pointless and unrewarding activity. When did respectable communication skills only entail being able to type a convincing email or a noteworthy response? There’s nothing real about hiding behind a screen if you can’t also converse in person. Ultimately, living through our devices is holding us back from real-world living.

I’m not saying our technological advances haven’t helped, and can’t be a good thing, too. I can’t even get from JMU’s campus to Massanutten without a GPS. The point is that we have to realize the use of computers, tablets and any device can also end up crippling us. I find what helps me get out of my own cyber walls is looking outside. Instead of pulling through a drive-thru and talking to a speaker, go inside. Rather than Facetiming your friend who lives down the block, go visit with them. Everyone’s on a schedule — I know. Time management is how we keep our lives on track, so there aren’t always those extra minutes to put effort into daily alternatives.

After acknowledging our participation in this technological overload, we can all begin to make small, gradual changes. It’s time to become active participants in our own lives instead of an audience to each other’s social media presence. Look up from your phone — you may like what you see.

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Sidewalks like this one are closed all around James Madison University's campus, causing us safety risks.

It doesn't matter whether you're a returning student who's mastered the maze of campus or a newly admitted freshman who thinks you've aptly familiarized yourself with JMU's campus — we've all been proven wrong at the beginning of every new school year. Every year there's always a struggle to adapt to the familiar, renovated campus. The relocated laboratories, freshly-erected road dividers, reorganized transportation system and random shopping kiosks sprouting up at every other corner demonstrate how JMU's ever-evolving campus seems to have endless surprises in store for us students.

One of the most incompetent aspects of these small-scale constructions is their narrow perspective, which wholly disregards the point of view, which wholly disregards the convenience and feasibility of the pedestrians and bikers on campus. On one hand, the campus has made headway in better traffic regulations and parking spaces, but it’s also thoughtlessly turned a blind eye to the plight of pedestrians. While some bike stands have been hijacked by bike-rental sales, the others have been completely uprooted from their previous locations, making it a hassle for bikers to park their bikes, while also living in constant fear of coming back to see them gone; or worse, mistakenly rented off to some stranger.

Along with the new constraints on bikers, pedestrians sometimes have to go around entire blocks just to cross the road. With many surrounding sidewalks closed off and the visible ones dangerously opening into parking lots, pedestrians find themselves in the comical, yet critical position of where they can still get hit by car in the middle of a sidewalk, even after they've sincerely followed all walk signs to it. JMU's well-known for its picturesque campus and walker-friendly environment that encourages students to stay active and on the go. However, it looks like the authorities have been so engrossed in maintaining JMU's status as "The Fifth Most Beautiful Campus" in the country that they've been steadily overlooking the path to progress has instead become an obstacle for the current student population.

Fairly resilient and adaptable, the students have smoothly and gradually digested the transition from D-Hall to D-Hub, solely in exchange for the hope of a brighter and better dining facility and a handful of food trucks to fulfill their food cravings in between classes. It's true that if a college campus isn't growing, it's probably dying. The expansion and constant renovation of an old university campus like JMU is necessary for its endurance, but I think that the availability of proper accommodations and services to help students cope with the changes without causing a disruption in their routine is equally necessary.

Taking care of pavement construction before the summer ends or implementing a few more bike stands in the wake of some random bike sale are a few small measures that JMU can take to make life a little easier for the Dukes. More importantly, it'll show that JMU places equal priority to all the students, whether current or future.

Rishmita Aich is a senior media arts and design major. Contact Rishmita at aichrx@dukes.jmu.edu.
The White Oak Lavender Farm is the perfect place to relieve stress.

By CLAIRE BALDACCI
contributing writer

Of all the hidden gems located in the heart of the Shenandoah Valley, it isn’t often that you find one centered around farm life, aromatherapy and 8,000 versions of the same plant.

The Haushalter family, owners of the White Oak Lavender Farm and Purple Wolf Vineyard, thought this would be the perfect way to start a career in agri-tourism after falling in love with the stress-relieving plant. Many guests are surprised that products like lavender coffee and tea are so appealing, but this is just a sample of the relaxing, contemporary products that the farm has to offer.

Julie Haushalter, owner and operator of the farm, described her passion as, “a way to use lavender to help relieve tension and stress — especially in people with anxiety issues.”

After 10 years in the business, Haushalter has tables covered in lavish displays of lavender bath bombs, essential oils and lotions for every aromatherapy guru and lavender jellies, ice creams and candies for anyone with a sweet tooth. Some may say it’s hard to find a business venue that’s purely centered around a genuinely peaceful state of mind, but that’s exactly what those at White Oak Lavender Farm strive to do.

“I want the people who come here to feel relaxed, beautiful and inspired,” Haushalter said. “My favorite part of the job is meeting and hosting anyone who walks in.”

The authentic peace of the venue is showcased through positive signs and reminders for tourists to be respectful and relaxed while exploring the farm. There’s even a “peace circle” at the top of the hill for people of all backgrounds to come and feel welcome.

“We are open year-round and we love all kinds of visitors, even college students,” Haushalter said. “Come take a tour, pick some lavender and if you are of age, try our wine.”

Besides the lavender, the family-friendly farm is known for its assortment of farm animals and beautiful views of the valley — including the blue and white peaks of Massanutten Resort.

“We usually have one or two big weddings a year, but people rent out the Grace Pavilion for all sorts of things," an employee who requested to not be named said. The employee helped with many of these events.

The pavilion overlooks the entire farm and is a popular place for anything from vow-renewal ceremonies to small family events.

“The farm is becoming a more popular spot for JMU students as a place to unwind and experience the Shenandoah countryside,” Tim White, a sophomore media arts and design major, who’s enjoyed the farm for two years, said. “I love watching people interact with the farm — from children playing with the animals to elderly couples picking lavender together — it’s always a joy.”

If you’re looking for a new spot to relax in the Shenandoah Valley, the White Oak Lavender Farm is a must. Every aspect of the farm exudes peace, love and a true passion for lavender and is perfect for anyone looking for an authentic adventure.

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Reuniting with the ‘American Dream’

LCD Soundsystem releases its first album after getting back together

By DREW COWEN
The Breeze

When a band gets back together, fans are often suspicious. Are they just in it for the money? Can they still make great music? During the summer of 2016, LCD Soundsystem began playing live shows again. This confused many fans. The band had officially called it quits five years earlier following an over-the-top performance at Madison Square Garden.

Still, their reunion festival circuit was exceptional and included headlining sets at Coachella, Lollapalooza and Panorama. At their Bonnaroo performance, fireworks shot into the air during the apex of “Dance Yrself Clean.” LCD Soundsystem was back, they sounded great and James Murphy had just announced a new album.

It was a good time to be an LCD fan.

Their new album “American Dream,” released last Friday, needed to be a lot of things. For fans, it needed to be a creative covenant that LCD Soundsystem wasn’t just reuniting for ticket sales. For critics, it needed to be a continuation of the mythos surrounding frontman Murphy. Luckily, “American Dream” is both of these things. This is what happens when David Bowie convinces you to reform your band.

“American Dream” feels confined. It old expansive anthems like “All My Friends” reverberated sentiment into the ether, then “American Dream” recedes into itself. Thematically, it’s loaded with crisis — of health, image and memory. Murphy’s midlife crisis has not been kind to his lyrics. This isn’t to say that the album sounds bad — quite the opposite. Though there’s a line of melancholy running through each song, the drive of analog synths is still front and center.

It’s the equivalent of going to a dance club to ignore your emotional problems. Dance yourself clean instead.

For example, the song “Tonite” has a New Order, 1980s club sound, but it’s about death. In the song, Murphy sings, “I never realized these artists thought so much about dying,” Murphy believes artists can’t stop singing about death in popular music. This specific process happens to everyone, but it means something different to each individual.

As is to be expected, there are a lot of ruminations on legacy in “American Dream.” If LCD Soundsystem called it quits in 2011, it’s left behind three very good albums. One of which, “Sound of Silver,” helped define the convergence of rock and electronic music in New York during the early 2000s. They had an unashamed spot in the history books.

But instead, Murphy reopens his portfolio for criticism. And he’s self-conscious of the fact. On “Change Yr Mind” he sings, “And I’m not dangerous now/ The way I used to be once / I’m just too old for it now / At least that seems to be true.”

Prior to Bowie’s death, Murphy claims to have discussed LCD Soundsystem with the aging rock star. In an interview, Murphy recalled his hesitations regarding reforming the band and Bowie’s response. “He said, ‘Does it make you uncomfortable?’ I said ‘Yeah,’ and he said, ‘Good — it should. You should be uncomfortable.’” “American Dream” isn’t a comfortable album. It’s jarring in more ways than one. But it continues the legacy of the band in a way that feels unobtrusive and brilliant.

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GO DUKES!
By SHANNA KELLY
The Breeze

The heads of JMU students may have started to turn if they’ve realize a similarity between two students they’ve seen on campus and a Kenny Chesney music video with over 2 million views. Little do these students know, they’re not just seeing things. Country singer Chesney put out a contest to students of Belmont University and Middle Tennessee State University, both creative-oriented schools, to create a music video for his new single “All the Pretty Girls.”

Media arts and design majors Austin Dickerson, a sophomore, and Ellie White, a junior, worked with their hometown friend, Will Renner, to create a music video for the contest. Renner is a junior music business major at Belmont in Nashville.

“The song ‘All the Pretty Girls,’ is about being young and just in general, that experience when you’re 18 and a little bit older,” Renner said. “So, the idea was to go to kids that age, who are experiencing it right now, to make the video so that it wouldn’t conflict with any of the memories they had. Some people have viewed it as him thinking about a memory of her. Martinez was emailed with the news that they’d won by Chesney’s team. From there, they had to fill out release forms and send in a high-quality export. The music video was aired the following Saturday as a plug-in on “CMT Hot 20 Countdown” of the hottest country music videos.

According to White, she had a dream a few days before they found out they won. In the dream, she saw Renner’s name on her phone and she asked her mom to videotape the call because she had a feeling he was going to tell her they’d won. As it turns out, it played out exactly like that.

“I was the first person that he told,” White said. “He was slurring his words and I was slurring my words and we were talking over each other and it was just surreal, the whole thing felt like a dream.” Additionally, this whole experience has made White realize what she wants to do with her life.

“I never thought that I’d be someone to love being in front of the camera so much, but now I’m super into it and already looking onto my next project,” White said.

Renner recalled that during the process, they wouldn’t let themselves daydream about the looming “what if.”

“But in the back of our minds it was just really exhilarating to know that this has the opportunity of becoming a music video for somebody pretty big in the music industry,” Renner said. “So, it definitely kept a fire going under us the entire time.”

Now, Renner, Martinez, White and Dickerson can daydream all they want because that fire will keep burning as the number of views of their music videos continues to climb.

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Dickerson (left) and White considered giving up after facing challenges while filming the music video.

“Make the best of every interaction that you have with somebody because you never know what’s going to happen in the future,” Dickerson said.

Although he couldn’t help with the editing of the video so that it wouldn’t conflict with any of the rules of the contest, Dickerson helped out in as many ways as he could such as filming different shots and angles, the storyline and even being in front of the camera a little.

White, on the other hand, plays the lead girl in the video. The storyline frames her as a confident girl taking control to match the lyrics of the song.

“It’s supposed to be like the girl always leading the guy,” White said. “So, the guy is always following along in the girl’s footsteps, which is sometimes not always how it goes. Maybe the girl is always usually following the guy, but in this case, ‘all the lost boys’ are following ‘all the pretty girls.’”

The last scene of the music video shows the male lead driving down a country road smiling by himself. According to White, this scene is up for interpretation. Some people have viewed it as the male lead giving back to college while others have viewed it as him thinking about a memory of her.

Renner didn’t have experience with storyline, but had experience with videos and cameras, so he hit me up this summer after years of not reaching out to them after hearing about the contest. Jess had experience writing and since Renner didn’t have experience with storyline, but had experience with videos and cameras, they decided to team up as co-producers and directors.

White and Dickerson became friends with Renner after living near each other in the Richmond area. Renner knew both of them and was interested in music and film, so he reached out to them after hearing about the contest.

“We did music in the past when we were in ninth grade and we kind of grew apart,” Dickerson said. “He went to a private school, I went to a public school, we grew apart and he hit me up this summer after years of not talking.”

This unexpected turn of events turned out for the best for all three of them.

Dickerson advises not only to be open to new opportunities, but also to make sure everyone has a positive interaction with everyone they come across.

“Make the best of every interaction that you have with somebody because you never know what’s going to happen in the future,” Dickerson said.

The music videos were judged based on storyline, creativity and editing by Country Music TV, Sony Nashville and Chesney’s music directors.

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Dickerson (left) and White considered giving up after facing challenges while filming the music video.
TO THE MOON AND BACK

JMU alumnus hired to film EDM star REZZ at Moonrise festival this past summer

By MADDELYNNE PARKER
The Breeze

While an artist might be the one on stage, there’s a man hidden backstage or in the very front capturing the exact essence of the set. Instead of enjoying the concert or festival himself, he takes to his camera to allow everyone access to a vision into the music world that only he sees.

Dwight Torculas graduated from JMU in 2017 with a bachelor’s degree in philosophy. When he’s not working in Washington investing in startup companies with his firm, Arab Angel Fund, he’s out with his camera shooting videos.

“Once you start making videos, your identity is tied with your creations,” Torculas said. “Tied with your videos.”

Torculas worked at Moonrise Festival in August. He was hired by EDM artist REZZ to film her live set and create a recap video of the show.

REZZ’s real name is Isabelle Rezazadeh, who’s a Canadian record producer and DJ. According to Torculas, she’s also a “cute, petite girl with hypnotizing glasses.” She’s known for her psychedelic, trance-like music that takes on the darker side of techno.

“Out of all of the artists, she’s probably the strangest,” Torculas said. “I wanted to make a video that reflected that uniqueness and that show.”

Torculas took those darker and trippy vibes of REZZ’s show and put them in video format. In the 57-second recap, Torculas uses a variety of cross cuts, fades and rhythmic beat shake effects to match the first track titled “Relax” off her debut album “Mass Manipulation.”

“It’s all about translating that feeling into something you can see and live in for the moment,” Torculas said.

Torculas does more than just filming. As a self-taught freelance videographer, he has the freedom to film all shots, as well as edit and place together the final project. This sets him apart from other videographers because he’s able to experiment with all parts of video making and fulfill his desire of creativity in its entirety.

“It’s a very natural thing for him, I think,” Courtney Brown, a JMU alumna (’17) and longtime friend of Torculas, said. “He’s only really been at this for a short amount of time, and each time he just consistently grows.”

Torculas is a nontraditional videographer because he creates his videos freely. When working at a show, he finds shots to take as they come to him; it’s not a preplanned project, which is something he takes pride in.

“I was able to do some things that I think I wouldn’t have done if I were in a film school,” Torculas said. “I was taught differently, and I have that unique perspective towards making videos.”

Last year, he began pursuing videography as a hobby while at JMU. In his free time, Torculas would go out with his GoPro and make what he calls “passion projects.” These are videos that document his life in a storytelling format.

Later that fall, JMU’s sorority Alpha Sigma Tau approached Torculas with a paying gig to help film their fall recruitment video. Ellen Derr, a senior videographer, she’s been meeting great artists and stuff, but my biggest thing I want to be able to do is to surround myself with people that are following even grander passion projects,” Torculas said. “I have a more broader curiosity than just music.”

As a videographer, Torculas takes pride in his variety of interests that drive his passions in different directions. Due to his own experiences, Torculas knows how hard it is to start up this sort of hobby and wants to help push others to take that first step forward.

“You gotta hustle and put yourself out there,” Torculas said. “Put yourself in front of people that you want to be in front of. It takes no more than 10 minutes.”

Videos are no longer a crazy phenomenon for our generation. They’re a necessity for advertising, a means of creating content and way to get your name out there. Therefore, for Torculas and other videographers, videos allow them to do all three things while discovering their own creativity.

“It’s insanity how we’re so numb to that, but so beautiful how we can step inside someone’s world like that and see it the way they do,” Torculas said.

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“It felt really nice to go out there and play another team besides your own defense,” Schor said. “It’s tough going against some of your good friends for a month, so it’s definitely nice to play someone else.”

While excitement was a common thread amongst the team, anxiety also lingered through the players in their opening contest. “I was very anxious,” junior cornerback Rashad Robinson said. “We were tired of practicing against each other, so we just had to keep the nerves down and once we were out there, it was great.”

Nervous or not, the team went out and soundly secured its season-opening win for the third consecutive year.

2. Ground and pound

When your offense can rush for over 400 yards, there isn’t much that can be done by the opposition to counteract it. Led by redshirt senior running back Cardon Johnson’s 265 yards with two touchdowns on 17 carries, the Dukes ran for 422 yards on 9.6 yards per attempt. Johnson saw his success as a culmination of several factors.

“The game plan from the coaches, the hard work and preparation, the offensive line, running backs, wide receivers and quarterback,” Johnson said. “Our goal is to be us and do our job on Saturday and I think we executed well up front and in the backfield.”

The talented backfield of JMU is well-appreciated by the team as a whole, with an abundance of praise coming from their starting quarterback.

“It’s amazing,” Schor said. “Having the opportunity to play with guys like Cardon and Traci Sharp and Marcus [Marshall] and Taylor [Woods] is definitely special.”

Schor was also quick to note the aid his teammates provide him in his game. “As a quarterback, you love to have a really effective running game because it takes pressure off you in the passing game,” Schor said. “It’s a lot of fun back there.”

Johnson, who was namedCAA Defensive Player of the Week linebacker Kyre Hawkins who took the team’s win, it’s redshirt senior

3. Defense sharp to start the season

The offensive game by the Dukes was complemented by a strong output from the defense, which registered three interceptions, one sack, five tackles for a loss and seven quarterback hurries.

“The goal this year was to come together faster than we did last year,” Ankrah said. “Having more experienced guys on the team was very important.”

That goal led to limiting ECU to 362 yards of total offense and four turnovers, two of which came at the hands of Robinson.

“I have to remember that it’s in the past and just looking forward to trying to be as good as I can be for this game coming up,” Robinson said. While a strong defensive line and secondary played key parts in the team’s win, it’s redshirt senior linebacker Kyre Hawkins who tookCAA Defensive Player of the Week honors after recording a team-high 13 tackles with one tackle for a loss.

4. Happy to be home

“It’s going to be rocking,” Ankrah said. The Dukes are pumped for their home opener at Bridgeforth Stadium and can’t wait to play at JMU for the first time since beating Sam Houston State in the FCS quarterfinals last December.

“It’s something we pride ourselves on,” Ankrah said. “We’re blessed to be at this university, we’re blessed to have such a great fan base and a great stadium atmosphere, so we’re just going to enjoy it.”

Furthering his thoughts, Robinson praised the uniqueness of playing at JMU compared to other universities. “There’s nothing like a home opener here at Bridgeforth,” Robinson said. “You know it’s going to be packed, the fans are going to be loud, so it’s going to be exciting as a team just to come out and see the crowd.”

Contact Blake Pace at paceba@dukes.jmu.edu. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.
Steel City gets seventh title

By CONNOR MCCARTHY
The Breeze

For the past decade, the Patriots have easily been the most popular preseason pick to win the Super Bowl. This year is no different, as New England has a stacked roster that’s still led by one of the greatest quarterbacks of all time in Tom Brady. That being said, the Patriots won’t repeat as Super Bowl champions — instead they’ll relinquish that title to the Pittsburgh Steelers.

The Steelers have made a constant presence in the playoffs over the past three years, making it as far as the AFC Championship just last season. Pittsburgh has been led by a high-scoring offense that’s never consistently been at full strength due to various injuries and suspensions. This year that all changes, as the four-headed monster that’s Ben Roethlisberger, Le’Veon Bell, Martavis Bryant and Antonio Brown will be unleashed in full force.

Brown — unlike his fellow superstar in Pittsburgh — has been a model of consistency since 2013, compiling at least 100 catches, 1,000 receiving yards and playing in no less than 15 games in each season. There’s no question that Brown is a top-five receiver in the league and still be hit if your defense can’t keep up.

The Steelers don’t possess an elite defense, however; they do boast a young, athletic defense that’s capable of making strides throughout the season. They’re led by Pro Bowl linebacker Ryan Shazier, whose speed and instincts allow him to make plays across the field.

Pittsburgh also recently added former Cleveland Browns star cornerback Joe Haden, who’ll certainly help the Steelers’ secondary. Pittsburgh’s lucky to have signed Haden, for it isn’t every day you’re able to add a shutdown corner from a division opponent.

Roethlisberger’s already won two Super Bowls in his illustrious career and is certainly capable of winning a third, especially if his offensive line is able to keep him upright this year. When healthy, Big Ben is still a top-five quarterback with elite arm talent and a strong mental game. He’s been open in saying that he’s been contemplating retirement after the past couple of years and this very well could be his final NFL season. If it is, Big Ben will be one of the lucky few to walk off into the sunset as a champion with one more Lombardi Trophy in hand.

CONTACT Connor McCarthy at mccartcs@dukes.jmu.edu. For more sports coverage, follow the sports desk on Twitter @TheBreezeSports.

Winston wins first Super Bowl

By KEVIN HASWELL
The Breeze

When the Tampa Bay Buccaneers drafted Jameis Winston in the 2015 NFL Draft, they had high expectations for the former Seminole. With two successful seasons of growth now behind him, the third-year quarterback out of Florida State will hoist his first Super Bowl at the end of this season. HBO’s “Hard Knocks” has had a curse over teams in the past, but Winston and company are prepared to break it in the greatest way possible.

The Buccaneers finished the 2016 season with a 9-7 record, missing the playoffs after losing a tiebreaker for the last wild card spot to the Detroit Lions. That 9-7 record didn’t sit well with General Manager Jason Licht, who went out and made two huge splashes over the offseason in wide receiver DeSean Jackson and defensive lineman Chris Baker. The addition of Jackson alongside All-Pro Mike Evans creates one of the best receiver duos in the NFL.

Baker joins All-Pro Gerald McCoy on the Bucs’ defensive line to make the Buccaneers’ pass rush one of the NFL’s best.

Tampa Bay finished the 2016 season 10th in the NFL in total yards allowed per game, giving up 367.9 yards per contest. Baker has been known to be a great run-stopper in the middle, which should help the Buccaneers’ run-defense tremendously. Ward gives the Buccaneers that “gear factor” in the passing game, scaring teams out of throwing the ball down the field, something the team hasn’t had in years. With the additions of Baker and Ward, the sky’s the limit for this defense.

The Breeze
COLOR KEY
- Gray Line
- Red Line
- Green Line
- Purple Line
- Blue Line
- Yellow Line
- Pink Line

HOTELS
- Days Inn
- Candlewood Suites
- Comfort Inn
- Country Inn & Suites
- Courtyard Marriott
- Fairfield Inn & Suites
- Hampton Inn (Covenant Dr)
- Hampton Inn (University Blvd)
- Holiday Inn Express
- Double Tree
- Quality Inn
- Microtel Inn & Suites
- Motel 6 (Linda Ln.)
- Ramada Inn
- Motel 6 (South Main)
- Residence Inn
- Sleep Inn & Suites
- Super 8

STUDENT COMPLEXES
- Campus View
- The Commons
- Copper Beech
- Fox Hill
- Hunters Ridge
- The Mill
- North 38
- Pheasant Run
- Port Rd @ Royal (Across from R-10/R-11 Lot)
- R-10/ R-11 Parking Lot
- South View
- Squire Hill
- Stone Gate
- Sunchase
- The Harrison
- Aspen Heights
- Overlook
- Charleston Townes
- The Retreat
- The Pointe

CAMPUS PARKING (PRE-GAME)
- C3 (Cardinal House)
- C5 (Cardinal House)
- C10 (Phys/Chem)
- C11 (Festival)
- C12 (Festival)
- D2 (Phys/Chem)
- D3 (Festival)
- D6 (Festival)
- R1 Cardinal House
- R4 (University Plaza)
- R5 (University Plaza)
- R-10/ R-11 Parking Lot

CAMPUS PARKING (POST-GAME)
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JMU's new identity shines

By HARRY HOLTZCLAW
The Breeze

As JMU poured onto ECU’s Bagwell Field Saturday night, it wasn’t the star-studded team that won the FCS National Championship eight months prior. With several key players including Khalid Abdullah, Rashard Davis, Gage Steele and Brandon Ravenel now graduated, JMU’s roster boasts a new look in 2017. Fan-favorite Raven Greene is back, but the dreadlocks that used to pummel the name on the back of his jersey with every step are clipped. But after JMU’s annihilation of FBS opponent ECU, this team might reign supreme.

While redshirt senior running back Cardon Johnson was streaking down the field for an 85-yard touchdown, the JMU fans who made the trip were in a frenzy — hoping Johnson’s showing was what they’ll be seeing all year. Then Johnson did it again. This time it was for 80 yards, and it further proved that the Achilles injury that sidelined Johnson for the second half of 2016 has fully healed.

“The Achilles felt good,” Johnson said after the game. “I think I shocked some people tonight. It was an amazing feeling to know I’m healthy.”

Johnson finished the game with 17 carries, 265 yards and two touchdowns. As much as JMU fans loved seeing Abdullah break down defenses, they’ll enjoy watching Johnson’s speed just as much.

JMU’s ground attack didn’t stop there. Junior running back Marcus Marshall rushed 10 times for 88 yards, including ripping the game open a 70-yard touchdown run late in the fourth quarter. This was Marshall’s first game in a JMU uniform after transferring from Georgia Tech last spring. Senior quarterback Bryan Schor also chipped in 48 yards and a touchdown on the ground, giving the ECU defense all it could handle.

“We knew that we were going to have to stop about four different runs inside and outside zone with different ways to block different backs,” ECU’s head coach Scottie Montgomery said in his weekly press conference. “The elimination of the explosive plays in the run game didn’t happen because of our inability to tackle on the third level.”

Putting up points was a given for the Dukes; the only question was whether the defense could contain the talented ECU offense. But redshirt seniors Kyre Hawkins and Raven Greene and junior Rashad Robinson put an end to any doubt. Hawkins had a game-high 13 tackles and Robinson made two acrobatic interceptions, both of which helped force 25 incompletions out of the pair of ECU quarterbacks. The dreadless Greene came up with key open-field tackles and a fourth down fumble recovery.

“This is the first game without the dreads,” Greene said. “It’s crazy, I feel a little bit lighter out there.”

Greene will be vital to the Dukes’ defense, as his six interceptions last year led all JMU defenders.

The question’s no longer whether this JMU team is as good as last year’s star-studded national championship squad — it’s time to start asking if this team could be better.

CONTACT Harry Holtzclaw at holtzchw@dukes.jmu.edu. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.
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– JAMES MADISON, August 1820, in a letter to Jacob de la Motta


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FORBES CENTER CONCERT HALL

JAMES MADISON UNIVERSITY

www.jmu.edu/president/mvs/
**King Crossword**

Across:
1. Whitewater carriers
2. Recipient
3. Centers
4. Curved line
5. Pirates’ potable
6. Ment
7. Dies –
8. Freedom, for short
9. Churchly
10. Source of annoyance
11. Rose oil
12. Carte lead-in
13. Pirates’ potable
14. Pathfinders
15. Churchly
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Down:
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**Weekly SUDOKU**

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