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Upcoming Events

Friday
- So Percussion at Forbes Center for the Performing Arts - Concert Hall
  8 p.m.
- Ralph Stanley II & The Clinch Mountain Boys at Court Square Theater,
  7 - 9 p.m.

Saturday
- JMU men’s basketball vs. Drexel at Convocation Center,
  4 p.m.
- Drag Brunch at Capital Ale House
  1 - 3 p.m.

Sunday
- Yoga for stiff people at Shenandoah Yoga,
  4:30 - 5:45 p.m.
The man behind the pages

Harrisonburg resident brings books to life for four decades

By MADISSON HAYNES
The Breeze

The walls are lined with dusty paperbacks. The crooked shelves, seemingly exhausted, hold great weight in words. Torn book covers and pages yellowed with age are scattered among the old comics and VHS tapes. The smell of worn paper, coffee and ink lingers through the store as the sun rises, beginning another business day. Each of the hundreds of timeless books has its own distinct place in Downtown Books, and Schurtz knows every one.

Schurtz carefully dusts off the covers of the latest arrivals of gently used books and takes inventory. He flips through the pages and pauses — he comes across a line he likes and grins. Schurtz seems satisfied with his new piece of merchandise as he carefully slides the new book on the shelf in the romance section.

He knows every title, genre and author of each book in the store, and keeps the information tucked away in his mind. Schurtz has owned Downtown Books in the heart of Harrisonburg since 1978, making 2018 the 40th anniversary of the shop. Schurtz has kept it the same year after year, compiling detailed written records of every book donated or sold in those nearly four decades.

Schurtz is a friendly man with an aged exterior. His curly hair sits wildly under the hat he wears daily, and flannels and work boots make up his typical apparel. He often sits quietly in a corner, like a gatekeeper to a room full of treasure, hidden by thousands of literary masterpieces.

“Pride and Prejudice,” his favorite book, is tucked away in his pocket — light reading for a slow day. Schurtz finds pride in his collection of priceless volumes and has read many of the books in his store — he doesn’t take new books home. He knows he won’t get to reading them all.

“I try not to take them all home and pile them up at home like they’re piled up in here, because it does take time to read them and I’ve got stacks I haven’t read and probably never will get around to reading,” Schurtz said. “Just the excitement of books is the best thing.”

Schurtz bought the bookstore in Harrisonburg in 1978. Since then, the store has stopped selling new books and now sells used ones. Downtown Books regularly accepts books, VHS tapes, postcards and other donations.
Schurtz has been running Downtown Books on his own since he first purchased it. He came to Harrisonburg from Northern Virginia with a girl after high school and while exploring the area, Schurtz stumbled upon a small bookstore with a distinct atmosphere. The owners of the store were a JMU couple, and as he complimented the store, they jokingly asked if he wanted to buy it.

Four months passed, and Schurtz went back to the store. He took them up on the offer with a simple “OK.” Thus, Downtown Books fell into Schurtz’s calloused hands.

“I just pattered around until this happened, and this just sort of happened,” Schurtz said. “I guess I’m lucky in that regard.”

He doesn’t see the task of owning a bookstore as exhausting, though — he enjoys meeting new people and reading the merchandise. Friendly faces often peer through the window, greeting Schurtz early in the morning. Smiles warm the store through the window, greeting Schurtz early in the morning. Many come in just to buy out-of-the-blue items he has tucked away in his store.

“T hey have a really great comic book sign, which I actually handmade myself many years ago, which is still up there,” Vincent said as she pointed to the dusty sign, waiting to turn the page onto something new. “T hey have a really great comic book sign, which I actually handmade myself many years ago, which is still up there,” Vincent said as she pointed to the dusty sign, waiting to turn the page onto something new.

Schurtz takes pride in the “old school” atmosphere. “It’s a bookshop out of time, it’s kind of in bizarro world, and that’s the reason why I love it.”

Susan Vincent Harrisonburg resident

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Located in Central Uganda on a peninsula in Africa’s largest lake, Lake Victoria, is a city with a population of about 70,000. This city, called Entebbe, is made up of many different rural communities and fishing islands, and has little industry. Even though the city is directly connected to a massive water source, means of filtering that water are scarce and clean water is hard to come by for many of Entebbe’s residents.

The water crisis isn’t going unnoticed, however. Hands 4 Others is working to fight it. H4O is a nonprofit organization that empowers and enables students around the world to address critical issues. One student involved with their Global Internship Program is Amelia Morrison, a senior geographic science major at JMU. Morrison works with H4O’s clean water program, which has provided over 220,000 people in 15 different countries, including Uganda, with clean water by building wells and implementing filtration systems.

“With something like drinking water, it’s just something that we can all support,” Morrison said. “The more that we can get people aware of the other issues in society that stem from lacking that drinking water, the more that we can cultivate the service atmosphere that JMU kind of thinks of itself as having.”

Drinking unfiltered water can cause typhoid fever, cholera and other water-borne illnesses. Residents in countries like Uganda may have to travel great distances to get water that can still bring them diseases. Since those diseases require them to spend their income on medicine, the resulting lack of resources can lead to crime, starvation and an inability to send their kids to school.

“We’re decreasing the death rates in the areas, but what we’re also doing is creating an environment and a culture where people are able to pursue their dreams and thrive,” Zak Shellabarger, program director at H4O, said.

Shellabarger saw this process firsthand while on a trip to Entebbe. He was installing a water system and noticed how many of the problems their town faced weren’t a result of bad people, but poor circumstances.

“Uganda’s such a place that’s so rich in culture and love and there’s so many people that are just so giving of themselves and so hospitable,” Shellabarger said. “Crime is not large there because the people are bad — crime is large there because they have no other means to provide for themselves ... and so when we go in and when we install a water system, slowly over time what starts to happen is that the community starts to find new and better ways to provide for themselves.”
Sixty-one percent of Ugandans lack access to safe water, and even more don’t have access to improved sanitation. That’s why Morrison is coordinating her own fundraiser for a clean water system in Entebbe.

“Nothing philanthropic happens without a strong community around it,” Morrison said. “So it’s really a powerful thing to create partnerships with people who care, even if they’re not focused on the same issue as you.”

Uganda is just one of many places struggling during the clean water crisis. Around the world, more than 840 million people don’t have safe drinking water. With such a far-reaching issue, Morrison said she’s had no problem finding people willing to help out with her efforts to aid Entebbe.

“A lot of people want to be involved with an issue like this just because it’s humanitarian,” Morrison said. “College campuses are a really good place to cultivate that energy because everyone does care, and has a little bit of time, not so much money, but time to devote to that.”

The Environmental Management Club is one student organization that’s decided to get involved with the cause. Laura Grajales, a senior kinesiology major and social chair of the club, said its members were eager to get involved.

“We definitely feel like it’s something that we take for granted here in the United States,” Grajales said. “It’s something that’s so vital to daily living that it feels like such a huge cause for us to be able to help out.”

Morrison has gotten more of the JMU community involved besides student organizations — from booking local music acts like Ryan Cam, Gryzzle and Venus Milo to perform at fundraising events, to having Mad4U help organize an upcoming concert.

“I definitely feel like JMU is a place where everyone’s kind of trying to do something to make the world a better place,” Grajales said.

Unifying with others to make a difference is something Morrison stressed. She said she’s glad she’s in the position to bring people together to help out.

“Using your privilege, that’s what I envision,” Morrison said. “Band together with whoever you can connect with, whatever organizations that you can connect with and individuals and try to do something good. And the feeling that comes when you achieve that is really, really a good feeling. It feels really good to help people.”

CONTACT Thomas Robertson at rober3tl@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

“Crime is not large there because the people are bad – crime is large there because they have no other means to provide for themselves.”

Zak Shellabarger
Program director at Hands 4 Others

Hands 4 Others allows students to make an impact worldwide. Part of H40 works to increase water access in Uganda.

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On Jan. 10, Del. Tony Wilt of Virginia’s 26th District proposed two bills to the House of Delegates in Richmond for the first session of the year. The first bill, HB 512, is designed to address the payment schedule of the Accelerated Sales Tax for small retail businesses, requiring businesses to pay taxes on projected sales for the final month of the fiscal year as opposed to actual sales during that time.

The current system was originally implemented in 2010 to address the economic recession the country was going through, but Wilt believes it’s time to amend that system.

“It was basically a gimmick to make the year end better,” Wilt said. “You had to come up with this money and your money hadn’t come in for the month of June. That’s not good accounting. I mean, it helped us in a fiscal crunch, but you supposed to come up with that extra cash?”

Wilt believes it’s time to repeal that process. “You had to come up with this money and your money hadn’t come in for the month of June ... If you were having a lean year, where were you supposed to come up with that extra cash?”

Businesses could fill out hardship waivers to exempt them from this tax schedule. However, Wilt believed that this was an unnecessary step that could be solved with legislation. Instead, Wilt proposes that businesses pay the sales taxes for the month of June in the following fiscal year’s tax collection. This would give businesses time to collect and calculate their sales for the month of June and pay the proper amount when they have the money in hand rather than before.

The state won’t lose revenue over this bill, instead delaying its collection to accommodate small businesses and ensure they’re financially secure during that period.

“There are members of both parties that have small businesses and I think that it’s in the best interest of both parties to work together to benefit them,” Samantha Lane, president of the JMU College Democrats, said.

The second bill Wilt proposed was HB 513. This bill proposes to adopt the federal definitions for small businesses. Currently, Virginia defines a small business as at least 51 percent independently owned, meaning not owned by a corporate entity. It also must have no more than 250 employees or make no more than $10 million over the span of three years.

Wilt wishes to use the definition outlined by the U.S. Small Business Administration to help more strictly define categories of small businesses in Virginia. Currently, the state doesn’t make distinctions among industries when considering the definition of a small business. Different industries require different bare minimum means to function in terms of number of employees and costs of overhead spending.

“You’re not comparing apples to apples,” Wilt said. “There’s just a slew of categories that, you start comparing businesses that don’t mean I should hate everything that he suggests.”

Wilt’s Republican constituents have responded positively to his proposals as well. “I definitely have things with [Wilt] that I really disagree with him on, but I think in this case, I don’t really have a huge bias towards it,” Lane said. “Even if we are from a different party, that doesn’t mean I should hate everything that he suggests.”

Although the bills are still in the early stages, Wilt doesn’t anticipate any visible opposition to his proposals in The House. Despite Wilt’s position as a Republican delegate, the language of the bills isn’t designed in opposition to Democratic platforms.

“I definitely have things with [Wilt] that I really disagree with him on, but I think in this case, I don’t really have a huge bias towards it,” Lane said. “Even if we are from a different party, that doesn’t mean I should hate everything that he suggests.”

The bills are currently going through subcommittees for revision and approval. They’re expected be on the House floor for a vote within the next two weeks.
In Brief

World:

Jerry Chun Shing Lee, a former CIA employee, was arrested in New York on suspicion of sabotaging the agency’s operations in China. In 2010, U.S. officials noticed that intelligence from informants within the Chinese government began to dissipate. Two years later, the FBI launched an investigation into this matter. In May 2017, four former CIA officials revealed that approximately 20 informants were either killed or imprisoned by the Chinese government between 2010-12. After working for the CIA as a case officer between 1994-2007, Lee moved to Hong Kong. He was given a top-secret clearance and signed several nondisclosure agreements during this period.

National:

Steve Bannon, a former aide to President Donald Trump, will be interviewed by prosecutors from special counsel Robert Mueller’s team rather than appear before a grand jury. This follows the publishing of “Fire and Fury: Inside the Trump White House,” a book that claims Bannon heavily criticized a meeting between Trump campaign officials and a Russian lawyer in June 2016. However, Bannon expressed regret over some of his comments reported in the book. In addition to Mueller, the House Intelligence Committee issued a subpoena and will require Bannon to answer questions regarding potential links between the Trump campaign and Russian government officials.

Local:

Last Tuesday, the Harrisonburg School Board encouraged City Council to make its decision regarding the construction of a potential high school at the latter’s Tuesday meeting. The school board stated that a decision must be made in order for the new high school to be completed by the 2021-22 school year. The new high school is estimated to cost $76 million and hold 1,200 students. The push for a new school stems from the desire to alleviate overcrowding in the city’s school system. Harrisonburg’s real estate tax, currently 85 cents per $100, would have to increase by 13.5 cents to cover bonds financed over 25 years.

CONTACT the news desk at breezenews@gmail.com. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.
Study secrets
Tactics that can improve study habits

JAZMINE OTEY | call for change

According to a Stanford study, finding a strategic way to study can improve test scores by a third of a letter grade. This alone can change a B+ student to an A student.

For a student, preparing for college courses can be a burdensome task. The night before an exam is often spent with either a fizzing energy drink or a warm cup of coffee in hand as one hurriedly prepares for what awaits them. It’s no surprise that studying for a test can be challenging. Regardless, there are many routes one can take to improve their study habits, some that many would’ve never guessed.

1. Laugh more

The U.S. National Library of Medicine states that laughing doesn’t only reduce stress, but it also improves one’s memory. This goes hand in hand with studying, and if it isn’t a distraction, can be beneficial. Nevertheless, this doesn’t give individuals permission to crack a joke every five seconds with their study partners. Students still need to make an effort to focus on the material they’re trying to learn, but sharing a laugh or watching a funny video in between studying can take the edge off.

2. Chew gum

According to a study by the British Journal of Psychology, chewing gum also helps with studying by improving concentration and memory. “It’s been well established by previous research that chewing gum can benefit some areas of cognition,” Kate Morgan, the author of the study, said. “In our study we focused on an audio task that involved short-term memory recall to see if chewing gum would improve concentration; especially in the latter stages of the task.” The results gathered from the study suggest that chewing gum betterss an individual’s focus on tasks that need “continuous monitoring over a longer amount of time.” Studying certainly requires one’s attention for long periods of time, so grabbing a piece of gum before getting started is worth a shot.

3. Download apps to block distracting websites

I know many students run into the problem of not being able to put their phones down while they’re studying. Phones have proven to be extremely addicting, and it’s easy for one minute of harmlessly checking a Facebook newsfeed to turn into an hour of mindlessly scrolling through your phone. Before an individual realizes, the time trying to study is wasted looking at funny videos or trying to text someone back. Nevertheless, there are many apps one could download to help students avoid getting on distracting websites such as SelfControl, Freedom, etc. With these apps, a student can block selected social media for a set period of time. Until their time is up, a student won’t be able to access the app they blocked, even if they get desperate and try to delete the app.

4. Use Times New Roman when making study guides

Past research claims Times New Roman is easier to read in comparison to other fonts since it has serifs. This in turn can make typeface much easier to read due to the fact that it makes it more distinctive and easier for our brains to register. Difficult fonts may look pretty, but they’re harder for the brain to recognize. Its simplicity is one of the reasons teachers request students write scholarly papers in Times New Roman. When studying, students want to be able to retain the information in a timely manner. Therefore, there’s no reason to use flamboyant fonts if it makes processing the information slower. Remember, less is best.

5. Add more berries and cherries to your diet

The Academy of Nutrition and Dietetics claims that eating more berries such as blackberries and blueberries can boost your memory. It explains that the berries are a good source of anthocyanins and other flavonoids, which are supplements that can potentially help someone have a better memory. In addition, a University of Cincinnati study expresses that berries can also be used by individuals to battle Alzheimer’s disease. While studying, a small bowl of berries on the side can really help aid in the process and potentially help students retain the material. Students can also put the berries in a bowl of plain yogurt and add some granola on top to switch it up a little bit.

During college, studying can definitely be a hassle. Regardless, it’s critical everyone has at least one studying routine. It’s going to take some trial and error to see what works most efficiently because no single study method works the same for everyone. Whether it’s downloading an app that blocks distracting sites, chewing a piece of gum or something that might not be on this list, it’s important a student finds what works best for them. After all, finding what works best will ultimately help students thrive.

Jazmine Otey is a sophomore writing, rhetoric and technical communication major. Contact Jazmine at oteyj1@dukes.jmu.edu.
Oprah not an option

Winfrey unqualified to be presidential candidate

DAN FORD forward thinking

Since Oprah Winfrey’s celebrated speech at the Golden Globes on Jan. 7 in which she decried the continued subjugation of women, there’ve been many calling for her to run for president in 2020. Among other reasons for their support for an Oprah presidential bid, people cite her leadership skills and ability to project hope onto a population discouraged by the current state of America — both of which were evident in her speech.

Although there’s no question that such qualities of hopefulness and inspiration are required of a good president, her inexperience in matters related to the most important parts of the job demands we be very careful in considering the possibility of an Oprah presidency.

I’m genuinely concerned Americans are finding it more difficult to separate the matters that are most important to our lives — such as the political leadership of our country — with the entertainment realities that extend throughout our society. For many in the U.S., having a remarkable skill set in a medium of entertainment truly qualifies that person for the job of president. Perhaps this is due to the familiarity with these TV stars, as opposed to political figures the public knows little about.

After all, for many Americans, Oprah has been a present figure in their lives far longer than high-profile senators and governors. They know her well, and this provides a certain level of comfort. This theory is supported by the fact that Dwayne “The Rock” Johnson has admitted to seriously considering a presidential run and has received a wide array of support, despite being entirely unqualified for the job.

Being the toughest and most important job in the world, the United States presidency requires a strong breadth and depth of knowledge about extremely complex ideas, such as America’s foreign policy, securing the economic well-being of nearly 330 million citizens and propelling the proper image of the U.S. throughout the rest of the world. This necessitates that those seeking the presidency have an elongated study of these matters combined with experience in dealing with them. Actress Meryl Streep argues that Oprah’s business accolades make her “more than qualified” for the job.

Yet, the skill set of business management — particularly when that success has been primarily dependent upon the power of her name — isn’t automatically translatable to the presidency. Just as being president shouldn’t itself make someone a properly qualified candidate for becoming the CEO of a Fortune 500 company, business skills aren’t themselves sufficient to being a qualified presidential candidate.

Just because our current president is woefully unqualified for the job shouldn’t mean that we lower our expectations for those seeking to be his successor.

Dan Ford

Dan Ford is a senior international affairs and international business double major. Contact Dan at fordmd@dukes.jmu.edu.
**Double take:** Flu shot or fluke?

**KEVIN ROMM | freedom of thought**

Every year, from the beginning of fall until the end of spring, tens of millions of Americans get the flu. And every year, people are pressured by pharmaceutical companies and doctors to get the flu shot to avoid or lower the risk of getting the illness. The flu season could even be longer this year, as the warmer fall weather could extend winter into the spring months, which makes you more susceptible to contracting the virus.

The severity of the flu can range from an intensified cold to hospitalization, and in the worst possible case, even death. But getting the flu shot may not prevent you from experiencing any or all of these possibilities like you might think.

The flu vaccine changes every year because the virus’ ever-evolving structure helps it elude a cure. Because the virus is constantly changing, doctors can never be too sure the vaccine they’re working on will be effective against the particular strain that arises during the season.

The stubborn virus’ constant evolution is also why there are several different vaccines created each year. Therefore, doctors are constantly trying to create the antidote for every strain of deadly flu viruses.

This guessing game could be the reason why the flu shot’s effectiveness has fluctuated year after year dating back to 2005. In that year, the Centers for Disease Control and Prevention recorded the shot was just 10 percent effective.

The most effective flu shot in the last decade was recorded at 60 percent in the 2010-11 season. However, since then, the only other flu shot to surpass 50 percent effectiveness came in 2013-14.

Call me crazy, but I’ve never gotten a flu shot. I primarily have never gotten the shot because I haven’t seen the need since I’ve never gotten the flu. I notice a majority of my friends continue to get them, and yet continue to get the flu. But that doesn’t mean the flu shot is causing people to get it.

Doctors agree it’s not possible because the vaccine shoots a dead virus into your body, and it can’t rise from the dead to give you the flu. The overall point of the shot isn’t solely to prevent the flu, but extreme cases of it.

Upward of 700,000 people can be hospitalized each year from the flu — that’s what doctors are trying to prevent with the flu shot. If more people get the flu shot, doctors say the severe cases of it will plummet.

Unfortunately, within the last year, 20 children have died as a result of a serious flu virus. The CDC reports this year’s vaccine is just 32 percent effective, yet continues to urge everyone to get the vaccine.

Because of the evolving structure, doctors may even encourage you to get upward of three of four different flu shots that fight different strains of the virus. And if the virus continues on this path, it could mean people get more and more shots each year, costing you money with no guarantee the treatment will be effective.

I can’t imagine being the only person who’s never gotten a flu shot and has never gotten the flu, but I’ve yet to be sold on getting one. If I were to get the flu shot, maybe I’d still not get the flu, or maybe by chance it would be the first time I get it.

It’s a little perplexing as to why the flu seems to constantly evolve past the doctors working to tame it. It could be decades before doctors find the proper formula to completely prevent people from getting the flu, and hopefully sooner rather than later, doctors can find a way to prevent people from dying from it.

I understand how the virus’ complexities can make it hard to tame, but until its effectiveness improves, I don’t know how I’ll be convinced to finally get one.

Kevin Romm is a senior media arts and design major. Contact Kevin at rommke@dukes.jmu.edu.
Vaccination prevents flu fluctuation

SOPHIA CABANA | liberté

Prior to the invention of vaccinations, there wasn’t a way to prevent dangerous viral outbreaks. The first vaccine was invented in 1796 and was effective against smallpox. Smallpox has now been virtually eradicated everywhere in the world since 1977, when it was last reported in Somalia. The flu vaccine was invented just before the Second World War by Jonas Salk and Thomas Francis. Since then, the flu hasn’t been as much of a looming threat to human life as it was before the invention of the vaccine.

However, the flu still poses a serious threat to people in the world today. It spreads easily through densely populated locations such as schools, workplaces and college campuses. While some individuals manage to escape the flu either through natural immunity or blind luck, getting vaccinated is crucial to staying healthy for many people. Furthermore, if more people get vaccinated, the flu is less capable of spreading.

Part of the reason for the success of the smallpox vaccine was how widely it was used. Vaccines were administered to city-dwelling citizens, orphans and new U.S. immigrants. As a result of the vaccine, smallpox eventually disappeared.

However, in the case of the flu vaccine, many people choose not to get it, and in doing so, they endanger others. When a member of an interconnected community gets a contagious illness, they not only endanger their own health, but also risk spreading their illness to everyone they interact with on a daily basis; even someone who never interacts with the sick person can contract an illness from them simply by entering a room they were recently in and touching a contaminated object.

The Center for Disease Control has reported the flu to be spreading in 49 states, with early fatalities this season, including seven pediatric deaths. One reason why people fail to get vaccinated is because they don’t see the flu as a threat to human life. People think of it as a minor inconvenience and don’t always realize that influenza can be fatal just like any other illness. And as with other illnesses, children are some of the most vulnerable members of our community. The fact that seven children have died of the flu as of last week shows that influenza needs to be taken seriously. If we want to eradicate the flu, we need to all take part in the effort to immunize ourselves.

One possible reason why people don’t get flu shots is the myth that vaccines cause autism. It’s important to note that people are born with varying forms of autism and are usually diagnosed within the first three years of life. So, giving a flu shot to a child who’s already been born can’t possibly cause child to develop autism. In addition, a teenager or adult who’s gotten the flu shot has no reason to worry about increased chances of later having an autistic child. However, a flu vaccine has the opportunity to cause autism only if a prenatal flu vaccine is administered to a pregnant woman during the first trimester of pregnancy, in which case the chance of giving birth to an autistic child may potentially increase by up to 20 percent. While some studies suggest a link between prenatal vaccines and autism, others do not.

Research into how vaccines impact fetuses is still ongoing, but it’s important to remember that a vaccine that impacts an embryo or fetus in its most vulnerable state is still perfectly safe for a fully developed human to take. The myth that autism is caused by flu vaccines prevents some parents from giving their children the medical attention they need, even though their child isn’t in danger of developing any mental disability as a result.

As college students who constantly interact with each other, and sometimes with children and the elderly, it’s important that we protect ourselves from the flu. When we put our own health at risk, we also put the health of everyone we interact with at risk, which jeopardizes the lives of people in the surrounding community.

In order to prevent as many fatalities as possible, ensure the efficiency and health of the public and eventually destroy the influenza virus, everyone must get vaccinated. According to the CDC, there’ve been at least 140,000 flu-related hospitalizations since 2010, and deaths resulting from the flu or complications that occur as a result of flu fall between 12,000 and 56,000.

The fact of the matter is that vaccines save lives, and the benefits of vaccinations should not be overlooked due to superstitions, fears or simple carelessness. It’s the responsibility of healthcare providers to ensure that vaccines are easy to access for all members of the community as much as it’s the responsibility of every community member to ensure their own well-being and the well-being of others by protecting themselves through vaccination.

Sophia Cabana is a freshman history major. Contact Sophia at cabanasl@dukes.jmu.edu.
Public speaking and success

Students should take an advanced communications class

HANNAH ROBINSON | medicine for the soul

You’re standing in the center of a room full of faces. Your palms are sweaty, your voice feels dry and shaky and your heart feels like it’s going to burst right through your chest. It’s the worst day on the syllabus — speech day. If you’re reading this and feel like that terrified person has been you at some point in your life, there’s a pretty good chance you’re one of the 7 percent of Americans who struggle with glossophobia.

No, this word wasn’t created by Dr. Seuss and it isn’t some weird skin condition your great aunt has. Simply put, glossophobia is the fear of public speaking and is considered a form of social anxiety. While this is a very specific phobia, some individuals who deal with it also have a broader social phobia altogether, not only finding it difficult to talk in front of people, but speak to them directly as well.

Glossophobia derives from the Greek word “glossa,” meaning tongue, and “phobia,” signifying fear. Although this word may sound a little silly, many individuals deal with its implications on an alarming scale. Oftentimes, college students think that if they can just pass their entry-level public speaking course with minimal embarrassment and discomfort, life will be smooth sailing in the professional world. What these students fail to realize is that the days of sweaty palms and shaking voices may not be a thing of their undergraduate past. No matter how high the hopes, public speaking engagements follow graduates long after they walk across the stage and receive their diplomas.

At JMU, every student is required to take a GenEd communication studies class that introduces public speaking. Students choose whether they want to take a group or individual public speaking class. Although this option is great for a student’s autonomy, many will choose to take a group class to minimize their fear of speaking in front of a large group of people alone. This becomes problematic when students use the more comfortable atmosphere of a group setting as a means of avoiding their fear of speaking independently in front of the class.

I learned that there’s room to cultivate and grow our public speaking skills within each of us. Upon leaving the class, I realized how much I’d grown as a proficient communicator beyond what I’d learned in my GenEd class. I know that the skills I’ve taken away from that class will help me in my future job search, as well as owning my place as a valuable asset in any professional community. I believe it would be beneficial for JMU students to take SCOM 242 in addition to their entry-level communication studies course. This would give students a taste of what it means to be an effective public speaker, then requiring a more advanced course to solidify those skills.

Statistics show how important public speaking skills are for post-graduation. Data found that glossophobia has a 10 percent impairment on wages and a 15 percent impairment on promotion to management. In a professional setting, the need for proficient public speakers is growing. When employers are looking at a potential candidate for an open position, the ability to speak comfortably and capably in front of coworkers and for pitches is considered one of the most desirable traits in a prospective employee.

As you can see, the ability to competently communicate ideas and projects in front of large groups of people is a significant contribution to the amount of success you achieve after college. Although glossophobia is a justified fear, the ability to overcome that fear is just as real.

If students pushed themselves when it come to public speaking and signed up for classes like SCOM 242 that focus on the specific critique and skill that’s needed to become an exceptional communicator in the workplace, the fear would soon dissipate, leaving only empowerment behind.

Hannah Robinson is a senior communication studies major. Contact Hannah at robinshl@dukes.jmu.edu.
IN THE HEART OF THE ACTION

Get off the bench and follow The Breeze’s sports desk on Twitter @TheBreezeSports for the latest updates on JMU.
A young boy sits watching his favorite superhero cartoons with a blank sheet of paper in front of him. He draws three lines across the page and imitates the scenes on the screen by doodling his own Superman stick figure flying through the air. At the time, no one could’ve known that this boy would end up turning some of his strips into books.

“I’ve been drawing since I could hold a pencil,” Thomas Arvis, a JMU alumnus (’81), said. “Family members always used to tell me that I was born with the gift of drawing, and it’s true. Since I was three years old I could draw, but it’s not like it was a God-given talent — it was something that had to be worked at.”

During his time at JMU, Arvis was a staff member for The Breeze and had a comic series called “The Roommates Chronicles” published in the newspaper. Arvis has now turned this series into a colored, publish-on-demand book.

Arvis started as an art major at JMU, but quickly switched to media arts and design when he heard how competitive the art market was. When he was in the process of switching majors, his adviser recommended he create a comic strip for The Breeze to keep up with his passion for illustrating. Arvis went to the library that day and brainstormed characters for the strip.

“Most of us have to communicate our perspectives audibly,” Wayne Grey, a JMU alumnus (’80), said. “Tom has the rare gift of allowing us to see what is going on inside his crazy cranium.”

Grey and Arvis met while working at a Mexican restaurant as JMU students. Grey inspired Arvis to create strip No. 54 called “Killshot,” where the “racquetball pro” is based on Grey.

According to Grey, he won intramurals annually and spent a lot of time playing racquetball overall.

“The actual activities described are not unique,” Grey said. “But his pen makes them appear so, and happily hit nerves and funny bones.”

The Breeze published the strips from October 1978 to May 1982, excluding 1980-81 right after he graduated. Arvis then continued the strips for The Breeze a year later when he contacted their new editor to continue publishing them.

The book consists of 134 of these “campus-famous” strips and is designed with three or four paragraphs of narration on the left-hand page with the strips on the right-hand pages.

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He stopped producing the strips when he moved to Washington, D.C. in ’82 when his fiancée at the time got a job in the area.

Eight or nine other strips such as Scott Worner’s “Madisonman and Jimmy U,” Matt Wagner’s “Our Hero, Max” and Mark Legan’s “Wings” ran in The Breeze around the time his strips were being published in the newspaper. According to Arvis, his was one of the more popular strips, and he was even asked to have a two-page spread for JMU’s 1980 yearbook.

“I was kind of a campus celebrity, not so much that people knew my face, but they knew my name,” Arvis said.

The book consists of 134 of these “campus-famous” strips and is designed with three or four paragraphs of narration on the left-hand page with the strips on the right-hand pages.

The strips are about campus life and use stereotypical characters such as the “jock,” the “nerd,” the “smart-ass” and the “dumb blonde.”

“I wanted these characters to be stereotypical because when you come up with an idea, the characters themselves kind of come and tell you who should say what,” Arvis said.

One strip was based on a JMU orientation tour where each stop on the tour introduced a different character designed for college students.
While Arvis was putting together the book, he showed his son, another JMU alumnus ('81), a strip.

"One of the first strips he read, he chuckled at," Arvis said. "The humor stands the test of time I think, even though this is from the '70s or '80s. I think college students today would still be interested in reading it."

Not only does the humor apply to various generations, but it’s also made to appeal to all college students, even though it has certain references to JMU. Arvis did this with a goal to eventually publish the strip.

"I always knew even when I was doing them in black and white for The Breeze that one day I wanted to color these and put them together at least if only for myself, self-published, in a book I could pick up off the table and thumb through and read all the strips," Arvis said.

Arvis started by sending the strips to syndicates, but was rejected since the strip didn’t have a wide family appeal. Then, he reached out to other colleges to show the syndicates that the strip could apply to a broader audience than just the JMU community. The strip ended up running for two semesters in the University of Virginia paper, The Cavalier Daily.

Gary Beatty, publisher, editor and creator of Aazurn Publishing, colored some comics for Arvis five years ago. Arvis even released "Mercenary Pig #1" through Aazurn Publishing. In the '70s, Beatty made cartoon strips for his college at Northern Illinois University in Free Lunch Magazine.

"When I saw what Tom wanted to do with 'The Roommates Chronicles' book, I knew exactly where he was coming from before reading a single strip," Beatty said.

According to Beatty, while featured cartoons in campus publications hold a piece of their generation, many aren’t around today.

"James Madison University is extremely lucky Tom’s strips survived and he lovingly restored them for 'The Roommates Chronicles,'" Beatty said. "His wacky, offbeat band of misfits are understandable to anyone who has ever hung around a college town, but the strips capture a specific moment in time, and because of that, this book is a gem."

CONTACT Shanna Kelly at kelly3sc@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.
By CALEB BARBACHEM  
The Breeze

The year is 1971. The Vietnam War is ongoing, Richard Nixon is president and The New York Times has its freedom of press threatened by the U.S. government for writing articles about top-secret documents surrounding the Vietnam War. Steven Spielberg’s “The Post” tells the gripping story of The Washington Post staff as it responds to The Times publishing government documents and how journalists reacted to the government threatening the freedom of press.

“The Post” makes the fascinating choice of following the story behind The Washington Post’s employees rather than The New York Times. These articles were published around the time Kay Graham (Meryl Streep), the publisher of The Washington Post, was listing the company for stock exchange. Ben Bradlee (Tom Hanks) was one of the head editors for The Post and became infuriated that The New York Times beat them to the major scoop when no one else had any idea about the documents.

As The Washington Post tries to catch up with The New York Times and figure out how to get its own information about the Vietnam projects, The New York Times is imposed by the U.S. government to cease and desist all articles related to the leaked documents. A major debate ensues from all members of the Post about the freedom of the press and limitations for executive power. The film then delves into the ever-important question of just what newspapers should be allowed to publish. With how tense everyone seems to be over the issue, “The Post” does an amazing job of feeling as if this event were happening here and now instead of 47 years ago.

Movie discusses freedom to ‘Post’ with great success

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Besides focusing on a journalist’s perspective, “The Post” adds a tremendous amount of tension by considering the stockholders. The Washington Post could get into trouble for writing more about the Vietnam documents after The New York Times was already potentially being punished for the same thing. This creates an ethical dilemma for Graham on how to balance the interests of journalistic freedom with the rights of stockholders. By exploring the publisher’s mind, the audience is given an often overlooked perspective into the freedom of press debate instead of looking at only writers, which is very common in these types of stories.

While the film is a serious political drama that tackles some major ethical dilemmas, its selective use of humor allows the film to burst with even more character. During tense moments, Bradlee would snap at his co-workers with witty remarks, such as forcing them to buy his daughter’s lemonade at a high price due to sudden “inflation.” Bradlee’s brash personality also caused him to butt heads with The Washington Post’s lawyers. He announces himself on the telephone to prevent the lawyers from colluding to stop any Vietnam-related stories from being printed. The humor does a great job of breaking the tension in certain moments while still feeling natural, as most of the comedy is done through quick and angry remarks toward someone, prolonging certain arguments.

The coverage of the documents revealed that the U.S. government was abusing its power to control Vietnam and continued the war despite knowing it couldn’t be won. This political drama does a remarkable job raising tensions between characters and truly interpreting just how high the stakes were along with making the audience care about the consequences. Some sparse humor allowed Bradlee and Graham to feel like real people with subtle jokes and banter. The film is fun and suspenseful all the way through, keeping one on the edge of their seat nearly the entire time.

**CON**

**TACT** Caleb Barbachem at barbachem@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.
More from Tom Arvis, ‘Roommates’

See Camila Cabello online at BreezeJMU.org
JMU: one for the books

From traditions to landscape, JMU’s history is bound and published

Basic facts about JMU are drilled into every student’s head the moment they accept admission—things like JMU’s colors and that the campus is located in Harrisonburg. However, what some don’t know is that in the ’40s and ’50s, women attending the university were required to wear pantyhose, and that JMU was an all-women’s college. While these tidbits may seem trivial, JMU alumni Hannah Berge (’17) and Joseph D’Arezzo (’15) believe the knowledge is beneficial for students and alumni alike.

“I think the college experience shapes people in so many ways, and I think it’s important that people know a little bit at least about the school that they attend outside of what the course load is going to be and what teacher they should take after looking at Rate My Professor,” D’Arezzo said.

“T_h ere’s more richness and depth to the educational experience, and commemorating and learning about our history — our shared history as Dukes — is important.”

Berge and D’Arezzo aim to capture the full span of the university’s dynamic history through their book “James Madison University” published with Arcadia Publishing’s Campus History Series.

Having both grown up in the Valley and describing the university as their “dream school,” Berge and D’Arezzo’s decisions to attend JMU were natural. In fact, purple and gold coursed so strongly through their veins that they came back for graduate school and now have two degrees each.

Two years ago, Berge and D’Arezzo began talking about doing a project together and got into the subject of how much they loved their JMU experiences. When the pair found out Arcadia had a Campus History Series that included innumerable books about colleges like Virginia Tech and William & Mary, Berge and D’Arezzo noticed JMU wasn’t represented. After Berge contacted the company about the possibility of writing a book about JMU, Arcadia got back to her saying they were interested, and thus, “James Madison University” was born.

The first course of action was getting in contact with the university’s library records that students and alumni contribute to in order to compile images for the book. Berge and D’Arezzo worked heavily with JMU’s Special Collections throughout the process and said that without them, the book wouldn’t have been possible.

D’Arezzo describes “James Madison University” as a “topographical appraisal of the school.” Each chapter opens up with an introduction and includes abounding pictures with captions. Over its several chapters, “James Madison University” discusses the school’s architecture and how there’s been multiple forms of buildings on campus since JMU first opened, such as the Bluestone buildings and buildings on East Campus. The book also dives into sports and student life, including pictures of the basketball and tennis teams from the ’40s and information about the student government through the years.

There’s even a section about the original Duke Dog. During the process of creating the book, Berge and D’Arezzo’s goal was to show how JMU has evolved since its days as an all-women’s college.
The completion of the book didn’t come without some challenges. Faced with an influx of pictures documenting the Madison experience, Berge and D’Arezzo had a hard time figuring out which ones to use. While Berge loved the process, she described it as a learning experience.

“Compiling the images and fitting them into the layout of the book that Arcadia provides I think was maybe the biggest challenge for me personally,” Berge said. “But you know, it’s a challenge because of all the great pictures that Special Collections has on JMU, so it was just trying to figure out which pictures really represented the chapters that we included in the book and which ones were really going to be the most interesting or thought-provoking.”

Since the book’s release this past August, Berge and D’Arezzo have received large orders and say it’s been well-received. They even did a book signing at the JMU bookstore, where the book can be purchased.

D’Arezzo believes “James Madison University” is the first of its kind, and that while there are other JMU history books, this one “corners the market.” He says it’s beneficial because it doesn’t ask too much of the reader.

“[Arcadia is] really good at making an accessible, small book that doesn’t require you to be sitting down in your favorite chair at your house to read,” D’Arezzo said. “It’s something that you can just make as an easy gift or something along those lines.”

Emily Diamond, a JMU alumna, was in Berge’s writing, rhetoric and technical communication graduate cohort. Through reading the book, Diamond says she can tell how passionate Berge is about JMU and writing in general. Diamond believes that within its pages, there’s something for everyone.

“I had never really thought about digging into JMU’s history with the intent of learning more,” Diamond said. “I thought it was really informative, and I loved reading more about the time when it was like an all-female school and it was great to read about like their processes and their student government.”

Through their creation of the book, Berge learned that almost everyone who attends the school shares the same love for JMU. While the student body changes, the JMU spirit remains the same.

“Seeing it all come together with help from other people and just learning about the school and seeing the types of records that were kept or going back into even old, old editions of The Breeze to look through information, you can just tell in every aspect that the people who go to JMU and who work at JMU and who know JMU carry the same fondness for the school,” Berge said.

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Madelynn Knight rounded each curve of the track, pushing and fighting as hard as she could, trying to pass the baton off to her teammate faster than the next girl.

Going into the invitational, senior Madeleine McCarty, junior Erica Jackson and freshmen Madelynn Knight and Maggie Linton established that they needed to average a split time between the four of them to qualify for the Eastern College Athletic Conference tournament in the 4x800 relay. On Jan. 6, the JMU Track and Field team placed first in the relay at the Father Diamond Invitational, with a time of 9:20.86, achieving their goal.

"We just kind of encouraged each other," Knight said. "We told each other we could hit that time, and I actually started, so when I handed it off to Maggie I was confident in her ability to run an amazing leg and get the race going well."

Being that it was the first time this group had run a relay together, their ability to create a connected strategy and dynamic lineup that would allow them to win the race led to an improbable victory.

"I thought it was awesome," head coach Chereé Hicks said. "Especially coming off of a break, to be able to qualify for ECAC's, and just continue that pace of running well with their competitors and setting ECAC marks, it was awesome."

For Knight and Linton, neither runner had much experience running a 800-meter leg since that’s not what they specialized in at the high-school level. However, with the guidance of their coaching staff, veterans McCarty and Jackson brought a win home for the Dukes.

"Coach Rinker told us what order he thought would be best," Knight said. "I’m not normally an 800 runner, so I think he wanted me to start so I would have people to run with and I could get out fast and hit the time."

Linton soaked up all the knowledge possible from her veteran teammates and attributed her success in the 4x800 to their support and comfort.

"It was really nice to have [the upperclassmen]," Linton said. "I never ran a 4x800 in high school, so to have them [there] to tell us not to stress or panic, and to just run our hearts out, they made us feel like we were contributing to the team."

As the team prepares for the ECAC tournament by weightlifting and practicing the 4x800, they hope to knock time off their relay and place in the next race.

"We went into the race and said we’re not going to look back," Linton said. "Just keep running … [we keep our] eyes set on the goal the whole entire time and stay focused."

CONTACT Mandy Bartholomew at Barthoml@dukes.jmu.edu. For more track and field coverage, follow the sports desk on Twitter @TheBreezeSports.

### The Core Four

<table>
<thead>
<tr>
<th>Hometown</th>
<th>Position</th>
<th>Year</th>
<th>Career Highlight</th>
</tr>
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<tr>
<td>Madeleine McCarty</td>
<td>Virginia Beach, Va</td>
<td>Sprints</td>
<td>Senior</td>
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<td>Erica Jackson</td>
<td>Virginia Beach, Va</td>
<td>Distance</td>
<td>Junior</td>
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<td>Madelynn Knight</td>
<td>Forest, Va</td>
<td>Distance</td>
<td>Freshman</td>
</tr>
<tr>
<td>Maggie Linton</td>
<td>West Chester, Pa</td>
<td>Distance</td>
<td>Freshman</td>
</tr>
</tbody>
</table>
## SCOREBOARD

### MEN’S BASKETBALL
(4-15, 0-6 CAA)
- **LATEST RESULTS**: Loss vs. Delaware 61-60
- **NEXT GAME**: Today vs. Elon

### WOMEN’S BASKETBALL
(9-7, 5-0)
- **LATEST RESULTS**: Win vs. Elon 70-67
- **NEXT GAME**: Friday vs. College of Charleston

### SWIMMING & DIVING
(7-2, 4-0)
- **LATEST RESULTS**: Win vs. Bucknell 195-88
- **NEXT GAME**: Friday vs. Virginia Tech

### TRACK & FIELD
- **SEVEN TOP-THREE FINISHES**: THREE FIRST-PLACE FINISHES
- **LATEST RESULTS**: Duquesne Picnic Meet
- **NEXT GAME**: Friday vs. VMI

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While JMU men’s basketball currently stands at 4-15, there’s plenty of young talent on the roster. Among the leaders of the pack is freshman forward Zach Jacobs. Adjusting to Division-I college basketball is a difficult transition for all freshmen, but there might be a reason Jacobs is adjusting a little faster than the others. Jacobs has had someone to show him the ropes around JMU, as his father Chris was formerly a standout player on the football team.

Chris Jacobs attended JMU from 1981-89, playing safety for the football team for five seasons. His three interceptions in a single game mark the most by any player in program history. This season, redshirt junior cornerback Jimmy Moreland tied his record with three picks against South Dakota State in the FCS Semifinals. Chris also met his future wife and Zach’s mother Daniela — who was also attending JMU — while playing for the Dukes.

Director of multimedia communications and JMU basketball broadcaster Curt Dudley watched both Chris and Zach play for the Dukes. Dudley has used this opportunity to reconnect with Chris.

“I remember Chris playing in the secondary in my early years at JMU,” Dudley said. “I didn’t get to know him quite as much then, but by the way we communicate currently with social media, and knowing Zach was a legacy athlete, it allowed me to reconnect. It’s created an opportunity for me and Chris to have a stronger bond.”

With two alumni parents, JMU was a constant part of Zach’s life growing up. He attended many football games and always felt like JMU was a second home, making his college selection easy when he found out the Dukes were interested in him.

“We came to just about every homecoming football game every year and multiple other games during the seasons,” Zach said. “I was familiar with the campus as a fan, and it really helped me become comfortable with everything.”

Although Zach has only started one game this year, he’s one of only six players to have played in all 19. In just his third collegiate game, Zach was able to put up double-digit points (10) in a JMU loss to Northern Kentucky. His career high in minutes (27) came in a double-overtime win over Appalachian State on Nov. 22. Zach posted a career-high nine rebounds in that game, giving him five games with more than five rebounds this year. At 6 feet 8 inches tall and 220 pounds, he is a commanding force on the glass, and has plenty of time to get even better.

Head coach Louis Rowe knows he has a special player in Zach and wants him to have an expanded role in JMU’s offense in the near future. Rowe loves his size and competitiveness, and has tried to push him to be more aggressive in going for rebounds and taking shots. As Zach gains more experience on the court, Rowe hopes it will help him believe in himself more.

“He’s really talented and a great kid,” Rowe said. “I think he’s underrated for his physicality and toughness. I always tell people he’s a really good rebounder outside of his space, but I want him to be more confident in his shot. I want him to know that I’m comfortable with his shot.”

With two Division-I athletes in the mold, the Jacobs family has plenty to be proud of. As Zach continues to develop into a lethal threat on the court, it’s safe to say the family legacy is in good hands.

CONTACT Connor McCarthy at mccarths@dukes.jmu.edu. For more basketball coverage, follow the sports desk on Twitter @TheBreezeSports.
Crunch-time struggles

Narrow defeats put pressure on Dukes’ late-game performance

By PAIGE ELLENBERGER
The Breeze

One of the all-time great NBA coaches Pat Riley once said, “You have no choice about how you lose, but you do have a choice about how you come back and prepare to win again.” This mantra sums up the JMU men’s basketball season thus far.

The Dukes are 0-6 in conference play, but they refuse to go down without a fight. JMU fell by seven points in an overtime loss to William & Mary on Thursday and lost by six points in overtime to Hofstra on Jan. 5. Playing hard until the final buzzer but falling just short has become an unfortunate pattern for the Dukes, as they lost by one point to Delaware last weekend.

“Those are the things that say something about their character, which they should be proud of,” head coach Louis Rowe said. “They keep going out there and they keep fighting.”

Having a strong mentality when the Dukes step onto the court is highly respected and is reflected in the players’ performance. Rowe recognizes that despite the Dukes’ shortcomings late in games, they’re a mentally sound team, which is indicated by their style of play.

“They say we’re going to go out there and we’re going to stand up and we’re going to defend people, we’re going to be physical — be tough,” Rowe said. “And that’s not easy to do, under these circumstances.”

With this positive mindset, the Dukes understand that each player holds a vital role on the team. Freshman guard Matt Lewis believes this dynamic is a key concept every player on the team must grasp to turn their season around.

“I play every game regardless if I come off the bench or if I’m starting,” Lewis said. “Every game, I play the same. There’s not really a difference.”

Lewis isn’t the only player with this belief. When asked about freshman forward Zach Jacobs, who received minutes of play when JMU’s big men were in foul trouble, redshirt senior forward Ramone Snowden was confident in his abilities.

“He plays hard no matter what,” Snowden said. “He supports us and cheers on the bench and when he comes in, he gives us a spark.”

Despite all of the close losses, the Dukes have been battling in practice to be able to win games in crunch time.

“We just have that fight in us, we want to win so badly,” Snowden said. “Each and every game we come back and fight no matter what.”

The fight isn’t over for the Dukes. They still have 12 games left in the CAA to right the ship.

“We just fight,” redshirt junior guard Stuckey Mosley said. “I mean, no one wants to give up, we don’t feel bad for ourselves, we just keep fighting each and every day no matter what. We’re going to come back and practice just as hard as we usually do and we’ll fight again when we play Elon.”

CONTACT Paige Ellenberger at ellenbps@dukes.jmu.edu. For more basketball coverage, follow the sports desk on Twitter @TheBreezeSports.
JMU Men's Basketball

BY THE NUMBERS

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