



The Breeze

James Madison University's Student Newspaper

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**Open House:
See page 12
for full info**

Monday, February 13, 2006

Student remembered, honored by friends

Hicks fondly described as fun-loving, charismatic and outgoing

BY DREW LEPP
NEWS EDITOR

A JMU student who passed away last month was described by a friend as "always the life of the party," and will be remembered fondly by those who knew him.

Friends found junior David Hicks, 20, of Lynchburg, dead in his local residence early on Jan. 29. A toxicology report will determine the cause of death.

Sophomore Andrew Leach said, "He was fun-loving, charismatic, outgoing and not afraid

to walk up and talk to anyone. He didn't like it when people were sad and wanted everyone to have fun."

He was described by junior Shelly Zagata as having a beautiful smile and a laugh that could be heard clear across town. Zagata, who had been friends with Hicks since their freshman year, said one of the best things about him was, "He didn't judge people; he never talked about people behind their backs."

Hicks's friends said his attitude toward life was unique. "He never wasted a moment

sitting around, he was always looking for an adventure," Zagata said.

Junior Justin Kern said he thought under a different paradigm than most people. For example, he said Hicks acted in ways he thought were rational, although other people would not see it the same way.

According to Kern, about a month ago, Hicks went to convenience store and when he ran out of room to hold items, he put them in his pockets and didn't understand when store owners accused him of steal-

ing, because he was intending on paying for the items. "He had a million stories like that. He never thought anything was awkward," Kern said.

His friends have been hit hard by his death. Kern had known Hicks for two years and said, "Everyone has been out of it and depressed for the week it happened."

Leach said, "You can't expect for one of your friends to pass away."

There was an outpouring of emotion at a recent memorial service on Friday. Zagata said

the memorial service for Hicks, organized by his friends, drew around a hundred people. "It is unbelievable how many people have been affected by this."

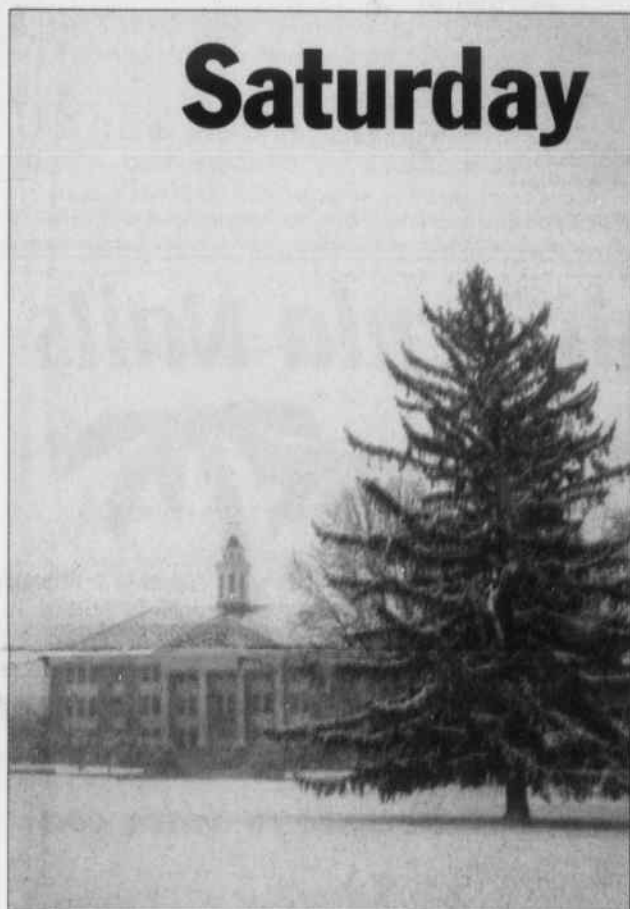
In his free time, Hicks loved hanging out with his friends and enjoyed listening to music and attending concerts. His favorite bands were Blind Melon, Phish and The Grateful Dead.

Zagata said although he was in and out of school over his time at JMU, this semester Hicks was enrolled in classes and was doing well. He eventually hoped to become a veterinarian.



Hicks

Saturday Snow



Harrisonburg was hit with weekend snow covering the Quad with a white dusting.



KYLE COLEMAN/staff photographer

Company tries to make cell more social

BY RACHANA DIXIT
NEWS EDITOR

The introduction of a new software, Rabble — dubbed the "MySpace for phones" — is taking online social networking to a new level.

Derrick Oien, Software designer and Interacting Corp. founder, said people of the younger generation, particularly those from 13 to 25 years of age, are less entertained by TV, so they wanted to create a networking product around that trend.

Rabble takes advantage of this by using cell phones to connect people through the media they create.

"Our users get addicted to it," Oien said; he added that Rabble users are numbering in the tens of thousands. Through the networking software, users can discover locations of other users, post images, send messages and read text from different blogs like Livejournal and Blogger.

"You can take your experience with you," Oien said.

Currently the software exists through Verizon and Cingular, and was launched in June 2005 and January 2006. The base cost for using Rabble is \$2.99 per month, but additional costs may vary due to airtime usage.

However, security issues may arise from this type of software. Rabble's computer predecessors

such as MySpace and Facebook have experienced problems with viruses and privacy issues.

Dale Hulvey, assistant vice president for JMU's Information Technology, said, "The whole concept of viruses on phones, I don't know what the phone companies are going to do if it comes to that." On campus, network security is available through virus protection. "We also block a lot of things at the Internet border."

Rabble allows users to find the general location of other users, however, Oien said the exact location of a person cannot be found by searching. "We don't want to show people exactly where [users] are." Users can also be blocked through the software and it is possible to report abuse.

The next phase of Rabble will incorporate audio and video posting capabilities this summer. But, not all consumers of technology are excited at the prospect of having these capabilities on their cell phones. Junior Mary Shenk, who uses Facebook and MySpace, thinks Rabble is pushing the limit.

"People are so consumed with their cell phones, they are looking down instead of up, not seeing the people around them," Shenk said. "People are surrounded by all this technology; I would rather go out and meet people."

Students warned of local crimes

BY AMANDA WILSON
CONTRIBUTING WRITER

Many college students do not realize that partying off campus is a possible gateway for crimes such as burglary and larceny.

In the past four months, there have been 15 reported crimes on file that took place at Forest Hills Manor, a townhome complex located at the intersection of Port Republic Road and Devon Lane.

These incidences included one vehicle theft, two property damages, two aggravated assaults, three breaking and entering, one larceny of vehicle parts, one larceny from a car, one larceny from a building and two noise complaints.

According to Lt. Kurt Boshart of the Harrisonburg Police Department, this is a relatively low number, and Forest Hills

Manor is not the only area where problems have occurred. However, to prevent these unfortunate crimes from continuing to happen, he said it is important for students to practice basic personal safety, especially while traveling by foot alone and partying late at night.

Lt. Boshart suggests that students living off campus keep their doors locked, cars locked and travel in well-lit areas with someone else if walking on foot.

Junior Cori Fleiser, who moved into Forest Hills Manor in August 2005, said one of her neighbors who just moved in before the spring semester had a laptop stolen, after the town-home door had been left unlocked during a party. "People think 'Oh, it's Harrisonburg,'" she said. "Most of us, usually at any given time of the day, keep our door unlocked."

Boshart explained when there's an

open-door party with kegs and people can walk in and out, criminals target these parties and can enter freely looking for items they want. The criminals might steal them then or come back later. "The party situation is something that we've seen for years as having a real negative effect on the crime rate in certain areas," Boshart said.

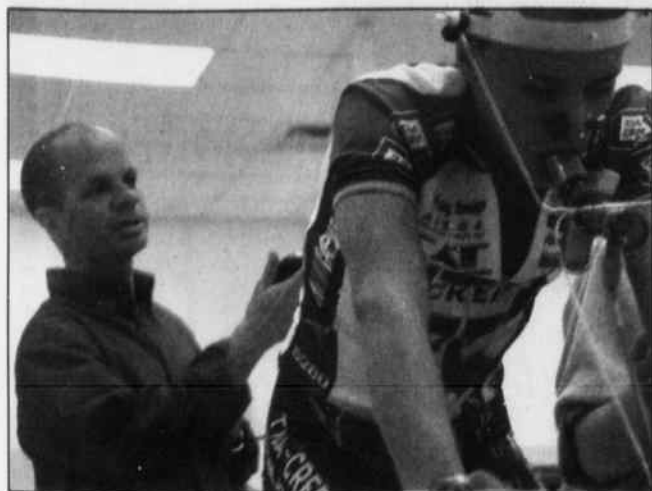
Boshart also suggests that students document their property by writing down serial numbers of valuable items such as computers, computer software and game systems. If you are burglarized and report the stolen items, Boshart said patrol officers can do traffic stops for speeding to see if the missing equipment is inside and can check for matching serial numbers. In this case, the

see MANOR, page 4



EVAN DYSON/senior photographer

Forest Hills Manor has been the site of 15 reported crimes in the past four months, a number that is actually below average for the area.



EVAN DYSON/file photo

Associate professor of exercise physiology Mike Saunders will be sharing the results of his sport drink research in Milan, Italy.

Prof presents findings in Italy

BY MEGHAN PATRICK
CONTRIBUTING WRITER

A JMU professor will be traveling to Italy on Feb. 16 not as an Olympic athlete, but as a scientist to present the controversial results of his research on the role of protein in sports drinks.

Associate professor of exercise physiology Mike Saunders will present his findings in Milan.

The conference will be split into two parts, the first being a review of the research topic, presented by Saunders and 10 others. The latter part of the conference will be spent trying to reach a consensus on the science of protein use in sport beverages.

Saunders, director of the JMU Human Performance Lab, will be sharing the results of the research that he began conducting in 2002 on the little-researched effects of protein on

athletic performance.

"I was at a talk [in 2002] and someone asked me if I thought protein drinks helped athletes," Saunders said. "At the time, I thought it was garbage, but the question intrigued me, and I started reading up on it. People knew that carbohydrates are located in the muscle, and that if they aren't replenished, muscles will be come fatigued in exercise sooner." He said this is why athletes drink carbohydrate-filled drinks such as Powerade or Gatorade.

Soon after Saunders began his study with another JMU kinesiology professor, Dr. Kent Todd.

"We wanted to answer two questions," Saunders said. "First, we wanted to know if endurance performance is affected by protein, and second, if protein helps to improve the short-term muscle damage that is the result

of an athletic session," Saunders said.

Saunders will be presenting the findings of various studies that he, Todd, and a number of JMU graduate and undergraduate students have conducted over the past three years.

"The first study we did compared the carbohydrate energy drink Gatorade, with Accelerade, which has both protein and carbohydrates," Saunders said. "We had a group of cyclists do a 'ride to exhaustion,' during which they cycled until they had to stop. Every 15 minutes they took a drink of either Gatorade or Accelerade."

The results showed the cyclists that drank Accelerade rode 29 percent longer on a first ride, and 40 percent longer on a second ride, 12 to 15 hours longer than the Gatorade drinkers.

see ITALY, page 4

The Breeze

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

POLICE LOG BY KELLY FISHER/SENIOR WRITER

Property damage

A JMU student reported that a windshield had been broken out of a vehicle parked in the R1 Lot Feb. 5.

Vandalism

A JMU employee reported red and black markings on a stairwell at the Duke Hall Fine Arts Center Feb. 5.

Possession of an air-projectile weapon

Three JMU students were charged with the possession of an air-projectile weapon at Chandler Hall Feb. 7 at 8:07 p.m.

Number of drunk in public since Aug. 29: 64

Contact Us

The Breeze is published Monday and Thursday mornings and distributed throughout James Madison University and the local Harrisonburg community. Comments and complaints should be addressed to Nathan Chiantella, editor.

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BY DR. TERRY TAFOYA

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Themed housing one of many living options

University offering four different housing themes



KYLE COLEMAN/staff photographer

Ashby Hall is home to the Madison International Program, for U.S. and international students.

BY CARLY LeDUC
CONTRIBUTING WRITER

As it comes time to grapple with housing assignments for next school year, many students are wondering about the four types of themed housing JMU has to offer.

The university offers four housing themes, each with their own purpose — Learning Communities, Substance Free, Second Year Experience, and the Madison International Community.

There are currently five learning communities at JMU and all students who participate are residents of Gifford Hall. According to the Residence Life Web site, learning communities are small groups of 15 to 40 freshman students who live in the same residence hall and who are enrolled in the same section(s) of one, two or three courses.

Members of this community are enrolled in a one-credit seminar designed just for them that covers a wide range of topics in the biological sciences and is an opportunity to develop relationships with faculty from the College of Science and Mathematics.

Freshman Kathryn Manning said, "Living in the Honors Learning Community has given me the chance to extend my

learning beyond the classroom. It's great to be in an atmosphere where people are eager to discuss important issues outside the classroom."

Bell Hall (for freshmen) and Converse Hall (for upperclassmen) are the two substance-free dorms on campus.

Students who are selected to live in these halls must sign a contract upon moving in that states that they will not smoke, drink or use drugs while in residence. Failure to comply with the contract can result in a \$75 fine, additional disciplinary action, change of room assignment or suspension from university housing. Any resident that violates the policy twice will be required to move to another hall at the bare minimum, and will face additional fines and disciplinary action.

"I chose to live in Converse Hall because I enjoyed living in substance-free last year," said sophomore Alison Beydoun. "I like the atmosphere these dorms offer me and being surrounded by people who share the same values as myself."

"I would recommend it to kids who want to feel confident in their personal beliefs against smoking, drugs, and/or drinking," said freshman Ramsin Toma. "I've loved it this year and I'm rooming with one of my

friends from my hall next year in Converse."

The Second Year Experience is located in Logan Hall. The Second Year Experience program is an environment focused on creating a more enhanced experience for second-year students, based on their needs.

Due to its intensive nature, students participating in the program are expected to participate actively. Requirements include participation on a Hall Committee, attendance at four of seven "LeaderShops," development of a professional portfolio, a minimum of five hours of community service, participation in at least one of the following three activities: SYE Mentor Program, SYE Leadership Conference, or SYE Spring Retreat Team.

The Madison International Program, housed in Ashby Hall, is for both U.S. and international students who have an interest in different cultures and enjoy learning about the world. The program is designed to help people to learn about other cultures.

Fall 2006 Housing Applications and Housing Contracts are currently available on the Office of Residence Life Web site, web.jmu.edu/reslife/. All themed housing applications must be submitted by 5 p.m. on Monday, Feb. 13.

Middle schoolers come to JMU

BY KATIE O'DOWD
SENIOR WRITER

Local middle school students went to work Friday — at JMU.

The university participated in National Job Shadow Day, inviting young students to shadow a career of interest on campus.

The national day, which was Feb. 10, offered students a glimpse into different work environments and exposed them to future career possibilities. For the first time, JMU decided to create a similar program on campus for local students.

"The day gave [students] an opportunity to job shadow a career field to see if it's something they might be interested in," said Julie Byers, Human Resources Benefits Assistant. "It gave [students] hands-on experience."

JMU hosted 100 students Friday — 25 from each of the four Rockingham County middle schools. The students were chosen by the schools' guidance counselors.

"I think [the day] is a great idea because it's a collaborative effort between local schools," Byers said.

The students had the opportunity to shadow faculty and staff from 18 different departments on campus, ranging from theatre and dance to accounting.

Students who shadowed members of the police and public safety department visited the forensic lab and learned about the different equipment used on the job.



AMY PATERSON/photo editor

Elizabeth Smith of Elkton Middle School tries to walk a straight line wearing drunk goggles at the JMU Police Department.

The nursing department set up mannequins for demonstrations, while WMRA radio showed students how they edit clips.

"Students learn why they have to learn certain [subjects]

in school and how it applies to what they are interested in," Byers said.

Byers said she hopes the day will become an annual event at the university.

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This position will assist with the facilitation and coordination of Federal Work Study students providing administrative and program assistance to the Director of Community Service Learning.



Applications are available on the CS-L website at www.jmu.edu/cs/ and are due 5pm on February 22 in Wilson 201.

All you need is love

Sigma Tau Delta, an English honor society, sold Valentine grams in Keezell Hall Friday. People can send poems about friendship and love, and candy that could be delivered on and off campus. The honor society was raising money for a paper conference and to bring a New York acting troupe to JMU.

KELLIE NOWLIN/
contributing
photographer



Threats, boycotts curtail Nepalese balloting

BY VALERIE STRAUSS
THE WASHINGTON POST

Voters cast ballots Wednesday in municipal elections that King Gyanendra has described as a vital first step in restoring democracy, but threats of violence by Maoist rebels and a boycott by mainstream political parties sharply limited turnout in most areas, according to reports from around the country.

In the alleyways and paved squares of the ancient capital, voters trickled into polling places in ones and twos. They were heavily outnumbered by election officials and security personnel, who enforced a ban on most vehicle traffic and arrested several dozen demonstrators who took part in isolated protests.

In Dang, troops shot and killed a protester who was participating in a demonstration organized by the seven main political parties, and 137 protesters were arrested in the eastern town of Biratnagar, according to *Nepalnews.com* and other media reports. Home Minister Kamal Thapa said at a news conference Tuesday that security personnel had been authorized to use "ultimate force" to prevent disruptions at the polls.

In most places, however, the voting took place without incident, even if there was little evidence of enthusiasm for the elections for more

than 4,000 seats in towns and cities nationwide. More than half of the races were uncontested.

"The seven parties have called for a boycott, and I also believe in democracy, so that is why I probably will not be taking part," said Shanta Shikkarkar, 29, a clothing-shop owner sporting sunglasses and an Adidas windbreaker. "The whole international community is saying this election is a farce."

The local elections come little more than a year after Gyanendra, 58, assumed direct rule and dismissed the government in a move that sparked international condemnation and heightened fears about the stability of this ancient Himalayan kingdom. Nepal had been governed as a constitutional monarchy, albeit a deeply troubled one, since 1990. Gyanendra has defended his power grab as necessary to quell the Maoist insurgency, and has promised to hold parliamentary elections next year.

The main political parties, which last fall entered into a loose alliance with the Maoist rebels, have denounced the local elections as a sham. They have called on the king to restore the parliament, which was dissolved in 2002, as a prelude to a broader political settlement. Government officials say there is no constitutional basis for the demand but assert that Gyanendra is willing to negotiate with the parties.

MANOR: Crime becoming a problem

MANOR, from page 1
individual who committed the crime can be arrested and the merchandise be returned to its owner.

On many occasions, unexpected items are stolen as well. Junior Mariel Abbitt, who moved into Forest Hills Manor in October 2005, said one of her roommates had random makeup items stolen while they were having a party last month. But since then, Abbitt said they are watchful of their belongings. "We keep our door locked every day.

Our entire lives are in those rooms."

The main goal of police in the area in dealing with this problem is for students to be aware of what they can do to help prevent it from happening. "I've seen a huge difference over the years in JMU students. It seems they are becoming more aware of the things that can happen in Harrisonburg and the issues we're facing. We just need to continue that cooperation," Boshart said.

ITALY: Prof discusses protein drinks

ITALY, from page 1

They also showed 83 percent less muscle damage, which is the short-term fatigue and soreness that occurs after exercise.

At the time of the original study, there had been only one published paper on the topic.

"Even though the purpose [of the study] wasn't to compare brand-name drinks, when our study was published [in 2004], there was a stir in the media. Gatorade released a statement denying our findings," said Saunders. "There is less tension now, but the topic still remains controversial. All of the studies that we have done since the original experiment have been to answer the questions from the first one."

"The biggest hurdle that protein faces is that it violates the laws of nutrition and exercise physiology," said Amby Burfoot in *Runner's World*. "I've got 600-page exercise physiology textbooks, and they all contain charts with just two columns, one for carbs

and one for fats. Protein is MIA."

The controversy of the reports raises the importance of the question. "Athletes want every advantage that they can have," Saunders said. In sports such as swimming, running, cycling or skiing, a fraction of a second could mean a win or loss. "The value of the science behind the research is what makes the [Milan] conference so important."

"The fact that adding protein might provide additive benefits to an athlete is really important," said Nick Luder, a graduate student who performed a study on the JMU cross-country teams this fall. "Many athletes are required to practice more than once a day. If protein helps to improve muscle recovery between sessions, they can be longer and more productive."

"The timing and location of the symposium are appropriate," Saunders said. "Coaches and athletes show interest in the new ways to improve performance long before scientists do."

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Games & Puzzles

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

Rules: Fill in the grid with the numbers 1, 2, 3, 4, 5, 6, 7, 8, and 9 so that in each row, each column, and each of the three-by-three squares, each number appears exactly once. There is only one correct way to fill in the grid.

Difficulty: ★ ★ ★ ★ ★

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- Alpha Sigma Tau
- Delta Delta Delta
- Delta Gamma
- Sigma Kappa
- Zeta Tau Alpha



BREEZE PERSPECTIVES

Candyland: A death trap

BY JEFF WATSON
CONTRIBUTING WRITER

Do you like sugar? Of course you do; we all do! Unfortunately, 28 percent of Americans cannot enjoy this natural splendor. Who are these selected few? Knock, Knock. Who's there...the diabetics...and we brought sugar substitute! Pneumonia, obesity, stupidity, sobriety and ugliness are all common diseases that can imbibe sugar. What makes diabetics unable to enjoy the wonderful joys of glucose? Insulin, my friends. Insulin is what we lack and need on a daily basis. In a perfect world, the rivers would run with available insulin and sugar would be eradicated and replaced with Sweet 'n' Low. However, Bush is still president, leading us to defecate on our perfect-world theory.

I have been "blessed" with diabetes for the past 10 years of my life. "Diabetes for Dummies" states that my pancreas does not produce enough insulin to efficiently fuel my body. This means I must inject it into my body through other means. Yes, that's right, I have more needles and alcohol pads in my trash can than Whitney Houston and Bobby Brown.

Along with being diabetic come certain negative things and responsibilities. First of all, holidays such as Halloween and Easter are shot to sugary hell. You will instantly become that kid who ventures door to door dressed as the Diabetic Avenger asking with a grin, "Are these Snickers sugar-free?" You also do not appreciate the Easter Bunny as much as you used to. You grimace year after year when he (or she, for all of you feminists out there) continues to leave you caramel-filled eggs and a miniature chocolate replica of himself in front of you as if to say, "Eat me, I dare you."

Adding to the list of not being able to eat candy as a young kid in the fifth grade, I was still the fat kid in class. How the irony stings at my rolls of lard when I could not partake in the chocolate and gummi-worm festivities, yet still jiggle like a Jell-O-mold when I raised my hand. Ashlee Simpson's music/acting career, the duck-billed platypus and the fact that I could

not eat sugar or sweets and was still the fat kid are all proof that God has a sense of humor. Also, birthday parties are a huge social event filled with cakes, cookies and other treats when you were younger. It sucks to be the lonely kid in the corner sitting with the weight-concerned mothers eating celery sticks because God made you "special." Screw being special, I just wanted some damn cake.

If and when you have celebrities endorsing your disease of "choice," it means that you are terminally moving your way up on the chronic illness ladder of fame. Stars such as Mel Gibson, Julia Roberts and Brad Pitt have been known to speak on behalf of some diseases. The diabetic community took a bittersweet kick to the insulin pump when we were given Wilford Brimley and Delta Burke. Nothing says "Way to go, diabetes" then an aging man who cannot remember what shoe goes where and a washed-up actress. Could we not have booked Arnold Schwarzenegger one afternoon to film him beating the life out of a Milky Way or something?

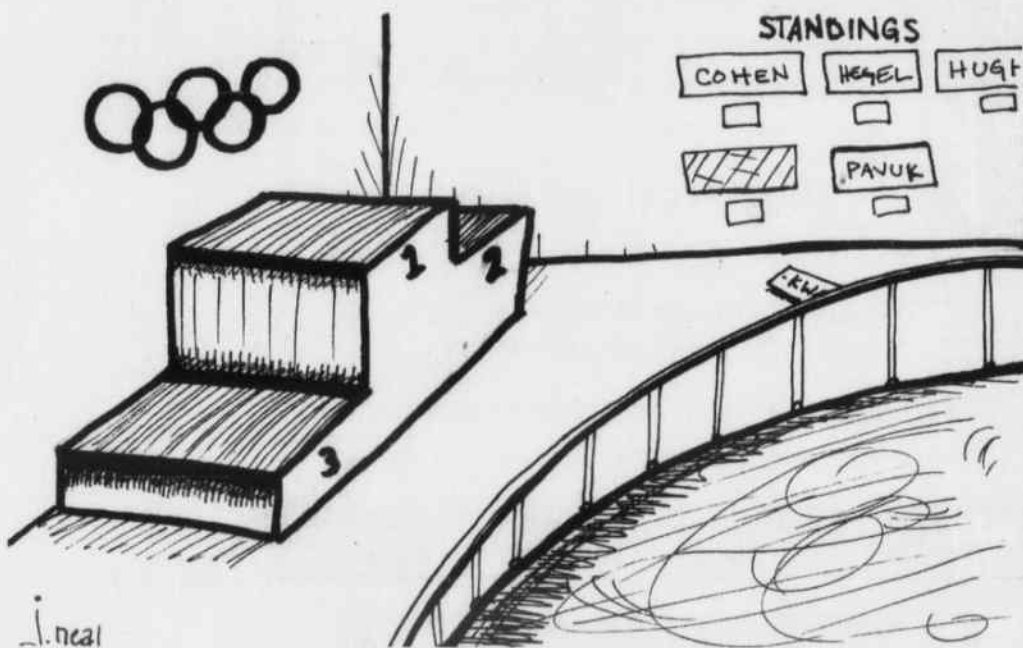
One of the biggest disasters to happen to the anti-sugar brigade was Splenda. In the beginning it was praised and worshipped by diabetics and old women just as David Hasselhoff is by the Germans. However, tests and numerous deaths led researchers to find that Splenda can cause cancer. Well, well, well, are we not just battling a thousand? If there are any questions of diabetes or if you have any concerns on this subject, read the dramatic yet informational novel, "Got Insulin?" If your friend is diabetic and may experience a diabetic seizure, call the paramedics as soon as possible. However, as you wait, throw him or her some of your laundry — it saves money. Programs such as "Pancakes for Parkinson's" have benefited and educated the local community on that particular disease; the diabetic community is enthralled to bring to you "Danishes for Diabetes." On a final note, if you take one thing from this article, as funny as it may be, do not feed candy to the diabetics.

Jeff Watson is a freshman justice studies major.



HOUSE EDITORIAL

Undue pressure prompts Kwan's withdrawal



It's Day 3, and already one of America's brightest Olympic medal contenders has been taken down by injury. The news of Michelle Kwan is true. After suffering a groin injury that has plagued her for some time, she has pulled out of the Olympics.

And recently means about 4 a.m. Sunday morning. After fighting for a gold medal for the past decade or so, the 25-year-old has hung up her skates. Her replacement, in an odd twist of fate, will be none other than 2002 Olympics gold-medal winner Sarah Hughes's 17-year-old sister, Emily, who was selected as Kwan's official replacement by the U.S. Olympic Committee.

It is true Kwan left with dignity, but with only a short time period to be in top physical form, this was to be Kwan's last Olympics — and the absence of gold will forever be associated with her name.

The true cause was pressure. Pressure stresses, pressure stretch-

es — and pressure fractures. Any athlete working on a daily basis understands the pressure to perform and the need to achieve.

While Kwan has achieved great accolades, she has come up short of gold three times. As the favorite for the past two Winter Games, she achieved silver in Nagano in 1998 and bronze in Salt Lake City in 2002. It seems now, more than ever, that her will to succeed overcame her body's need to heal. But even bodies have breaking points, and will not be able to fix muscle pulls and hip injuries overnight.

The death of a dream is never the desired outcome, but Michelle Kwan has helped give the dream of Olympic participation to a new generation. With her achievements and memorable performances, she will be missed in what almost certainly would have been a photo-op atop the Olympic medal podium.

BETWEEN THE LINES

Budget is example of misguided priorities

BY PATRICK CALLAHAN
SENIOR WRITER

This year's federal budget proposal by President Bush is a slap in the face to all those Congressmen and economic analysts who disagreed with him and begged for re-structured priorities. The proposal blatantly places defense spending above all other priorities and even goes so far as to specifically state what domestic programs will be cut in order to provide more funding for the wars in Iraq and Afghanistan. However, the proposed budget only has minimal increases in funding for the wars, funding that will inevitably be increased through emergency spending acts throughout the next year. The end result will undoubtedly be an ever-increasing deficit that is already at a record \$726 billion.

The amount of U.S. spending on defense is equal to the combined defense spending of the rest of the world. That's a scary statistic when you think about it. Is our nation really so bad off defensively that we need to start cutting vital domestic programs? Perhaps if our leaders managed more properly the vast defensive programs they already have funding for, then we would be able to focus more on our internal problems. Then again, as long as our lead-

ers are cutting taxes for the richest Americans year after year — as Bush is continuing to do in this new budget — average Americans can expect to be hung out to dry more and more each year. This fact is easily supported by a budget that calls for reductions in domestic spending every year after 2007.

Some of the biggest cuts in this new budget come from Medicaid and Medicare programs as well as from student-loan programs. These cuts will result in much higher premium prices for an elderly generation already preyed upon by high priced prescription drug companies. The cuts will also force college students to pay even higher interest rates on student loans at a time when the Federal Reserve has been consistently raising interest rates already.

These are but a few of the many cuts to be made in Bush's new budget. Also on the chopping block are funds for conservation. President Bush wants to add money to the Environmental Protection Agency's national security budgeting priorities — things like protecting water supplies and preventing chemical attacks — while also adding money to the energy-related programs. The irony of this is that at the same time, the budget also calls for drastic cuts of up to 40 percent to government grant programs designed to help the preservation

of wildlife refuges and parks not controlled by the federal government. As if the lopsided priorities weren't obvious enough, Bush's budget also calls for the sale of around 300,000 acres of federally maintained forest lands. The sale of these lands is supposed to benefit rural school and road systems.

Has it come to that point now where we sacrifice our ever-dwindling land supply in order to fund our schools? That spells fund mismanagement to me. If tax cuts and defense spending come before our education programs then we have serious problems. According to *The Washington Post*, Bush's budget cuts approximately 114 domestic programs entirely. One such program was started in 1968 and has been responsible for sending boxes of assorted nutritional foods to over half a million poor elderly people at least once a month, just one of 114 such programs. Have our funds been so poorly mismanaged that students, the elderly, the middle and lower classes, and even the environment are now suffering so more tanks, more missiles, more weapons can be created? Welcome to the depressing new world Mr. Bush and his followers are only beginning to create for us.

Patrick Callahan is a senior political science major.

LOVER OF WOMEN, CONQUERER OF NATIONS

Valentine's Day, Trapper Style

BY BOBBY McMAHON
SENIOR WRITER

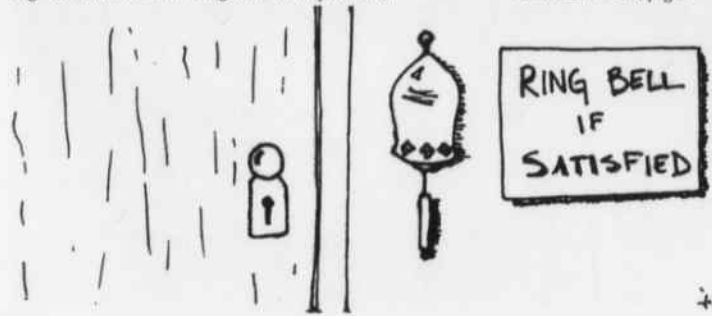
Holla at me, Brosits and Betties. This is Jake "The Trapper" Shoemaker again, with some words of wisdom for Valentine's Day. Many of you, especially those haters out there, would assume that the Trapper-man isn't a fan of the V-Day, with all its affection and commitment to one lady or whatever. No way, man. While the Trapper thinks it's proper for a man to keep a cap on how much affection he shows to one particular girl, Valentine's Day is a perfect opportunity to give a little something (or in my case, a pretty big something. Who are we kidding? You haven't seen anything this big) to all the filies in your stable, a thank-you present to the many, many women in your life. Using my sizable experience and unfathomable intellect, I've compiled some helpful gift suggestions to enhance the Valentine's Day experience for all you seduction artists out there.

Above all else, your choice of Valentine's Day gift must send the proper message to your particular holiday honey, as the correct gift is most crucial to securing your very own Close Encounter of the Intimate Kind (by the way, I start every day by looking at myself in the mirror naked and saying "This means something. This is important").

Never buy chocolate or flowers, because these gifts tell the girl that you want some exclusive relationship with her, and that would force you to give up your entire lineup of beautiful ladies. On the practical tip, giving a girl a bottle of Bacardi O, while extremely money, will remind her that you only find her attractive when alcohol is involved, something that might kill the chances of a future rendezvous. The perfect V-day gift, of course, is a box of contraceptives, as this gift is both thoughtful and practical for the lady. Believe me, fellas; nothing says "You're my girl and you know what's up" like a big box of contraceptives. Top this excellent gift off with wrapping paper and a bow, and your girl will melt into your arms.

If you don't have the money to buy a box of contraceptives (and if you don't, you're the lamest lame-o in Lametown), then the Trapper recommends playing up the romantic angle by making the lady some dinner, turning the lights down low, and starting up a movie on your high-quality entertainment system. Although many movies will do the trick, the Trapper recommends "Love Actually" as the perfect movie to take your private party to the next level.

see VALENTINE, page 7



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Darts & Pats are submitted
anonymously and printed
on a space-available basis.
Submissions are based upon
one person's opinion of a
given situation, person or
event and do not necessarily
reflect the truth.

A "someone-stage-an-intervention" dart to the not-so-sober moron pretending to kill himself by jumping in front of cars on Friday night.

From an annoyed sober driver who doesn't think your idea of fun was too funny, though a good hit in the head might have done you some good.

An "above-and-beyond-the-call-of-duty" pat to the Dining Services employee who wished me good luck on my test on the side of my coffee cup.

From a harried student who was reminded that the little things can really brighten a day.

A "what-school-do-you-go-to-again?" dart to all the JMU students who sport other Virginia schools' merchandise.

From a proud JMU senior who would love to take you on a tour of the JMU Bookstore.

A "we're-grossed-out-and-we're-not-going-to-take-it-anymore" dart to the "powers that be" for leaving Newman Lake in the deplorable condition it has been in for years.

From a senior who doesn't understand why so much time, effort and parking revenue is spent on less appalling parts of the campus.

An "I'm-a-sucker-for-clever-advertising" pat to the Breakdancing Club for getting the word out by staging a seemingly candid "conversation."

From a student who sadly had no money to bid at your auction.

A "Your-ways-are-not-our-ways" dart to the Almighty God for bringing a blizzard on a Saturday.

From a disappointed junior who knows You are infallible, but still has a paper to write.

LETTERS TO THE EDITOR

Bush's focus on oil leaves ANWR in danger

Two weeks ago, President George W. Bush mentioned in his State of the Union address that "America is addicted to oil," a statement I couldn't agree with more. Unfortunately, I am concerned that the president is less interested in finding alternative sources of energy and more interested in drilling in Alaska to break from our reliance on foreign oil.

For the past year drilling in ANWR (Arctic National Wildlife Refuge) has been a hot issue in Washington, as Republicans in the White House and Congress have been pressing harder than ever for this issue. Pro-drilling congressmen have placed ANWR drilling provisions in the budget reconciliation bill and a defense bill; both times staunch opposition forced drilling out of these bills. Even with a Republican-controlled White House and Congress and Democrats who are willing to vote for drilling, ANWR is still safe; as a result, it is clear that since drilling cannot be passed now, it will not be passed in the future, making it a dead issue.

Drilling in ANWR would only further feed this addiction to oil, and it won't even help Americans as it has been reported that even if oil is found, it will only save Americans one cent per gallon in 20 years. Now is the time for the president and Congress to stop distracting us with a dead issue and focus more on the alternative sources of energy that the president promised us in his recent address.

Sean McGrath
Senior political science major

Harrisonburg heritage more valuable than cars

Everyone who lives in Harrisonburg and its surrounds, knows that our natural and historical heritage is disappearing — and going faster each year. JMU is about to raze one whole block on Main Street, opposite the old Quad. Soon to be gone are four turn-of-the-century houses, the immaculate Kyger Funeral Home, Anthony-Seeger Hall (perhaps no loss) and 20 beautiful mature trees.

I find this latest teardown especially disheartening, coming on the heels of so many others. The list is long, and everyone can add their own examples from memory. I include the acres of Arboretum gone to Stone Gate, the loss of city park forests to the Heritage Golf Course, the rapid commercialization of Routes 11, 33, 42, (and Port Republic), and the recent two new Wal-Marts and Interstate 81 Wal-Mart truck-depot. In my 10 years here in the Valley, I find much to cherish, but it's disappearing fast.

Why is this new JMU Arts Center being put right there? If cars were deemphasized on campus, we would have room for buildings. Cars are swarming our campus. I am willing to park off campus and ride the bus in — if it were true for students too. Forbid cars — only buses, service vehicles and handicap-vehicles allowed past gates. Instead of guarding parking lots, why not pay students to man the four entrances? Why not make bicycle lanes a priority? If we just used some of the parking lot acreage, we could easily put up a new Arts Center.

Fred Copithorn
ISAT staff member

Editorial policies

Responses to all articles and opinions published in *The Breeze* are welcome and encouraged. Letters should be no longer than 250 words, must include a phone number for verification and can be e-mailed to breezeopinion@hotmail.com or mailed to MSC 6805 G1, Anthony-Seeger Hall, Harrisonburg, VA 22807. *The Breeze* reserves the right to edit all submissions for length or grammatical style.

The house editorial reflects the opinion of the editorial board as a whole, and is not necessarily the opinion of any individual staff member of *The Breeze*.

Editorial Board:
Nathan Chiantella, editor in chief
Kristen Green, managing editor
Brian Goodman, opinion editor

The opinions in this section do not necessarily reflect the opinion of the newspaper, this staff, or James Madison University.

Valentine: A trapper's tricks of the trade

VALENTINE, from page 6

For the lady, the movie will excite her innermost romantic feelings and make her want to move in your direction. For the man, the movie definitely has some high quality nude scenes, a little something to keep your attention until the moment arrives. When the time is right, whisper to your honey that you'd like to make a movie of your own, and it will be on like Donkey Kong.

You may be wondering to yourself, "What is the Trapper getting for his holiday honey?" Well, right now, my game is at such an unbelievably high level that I would feel bereft (you know you like that word. You think the Trapper is just the pinnacle of physical perfection, but I got mad smarts too) if I didn't give my present to all the ladies. This Valentine's Day, I'm installing a bell outside my bedroom with a sign reading "Ring this bell if you have been completely satisfied." That way, when each lucky lady finishes her ride on the Loch Ness Monster, she finally has a worthwhile

way to thank me for blowing her mind. I figure it's the least I can do to make sure all the beautiful ladies have a proper way of expressing their gratitude to the Trapper. The bell, blinged out with 24K gold and ultra rare diamonds, is currently on rush order from a Buddhist monastery in Thailand, and if it doesn't make it here by Valentine's Day, I've got a little backup present for my fillies that will stay with them for six months (or three months with antibiotics). Yeah, that's right, even my infections are in demand by the ladies.

Whether you're a seduction Jedi or new up-and-comer, I wish you the best of luck on this Valentine's Day, and I hope that all your physical and intellectual preparations lead to an awe-inspiring night for the lady of the choosing. Remember, this is the real thing. This is what you have trained for. You are the Y-chromosome's best. Make us proud.

Bobby McMahon is a senior political science major, and wishes all a disease free Valentine's Day.

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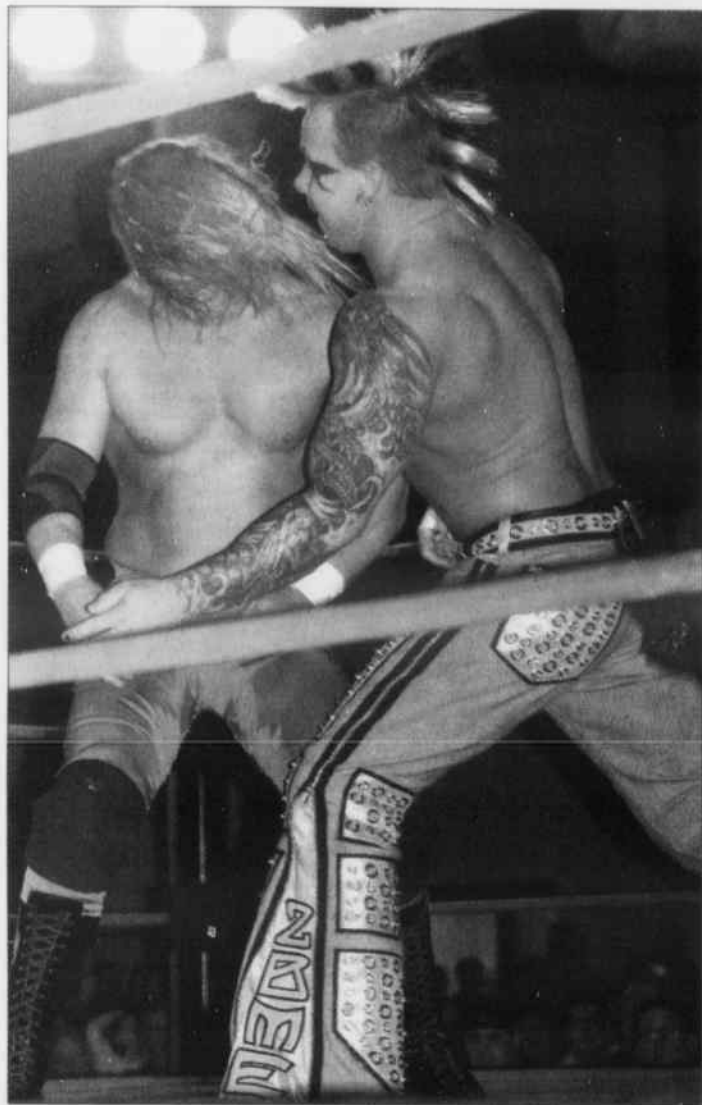
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Our Valentine's Day blind date participants have been chosen ...
Watch for the full report in Thursday's issue of *The Breeze*!



CAROLYN WALSER/senior photographer



AMY PATERSON/photo editor

TOP: After two little people got the crowd warmed up, Jerry Lynn (in the red pants) wrestled Shannon Moore (with the mohawk).
BOTTOM: Maven, a Harrisonburg resident, came out at the very beginning of the show and got the audience excited for the "Main Event," a match during which he and Jeff Jarrett would fight Team 3-D.

Suspend Disbelief

Harrisonburg High School hosts wrestling match with professional competitors

It isn't often that Arts & Entertainment editors get to attend a wrestling match, let alone one with former WWF wrestlers. So, when opportunity knocked, we grabbed life by the Spandex-covered — well, you get it.

BY CAITE WHITE AND JILL YAWORSKI
A&E EDITOR AND ASSISTANT A&E EDITOR

Rock music blasts from the speakers and the crowd rises to their feet as they chant, "Jeff! Jeff!" Smoke billows in front of a black curtain and strobe lights illuminate a man dressed in a blue and silver trench coat and blue Spandex shorts holding a silver guitar. This is Jeff Jarrett from Nashville, Tenn., and he is a professional wrestler for the United Wrestling Federation.

Friday night, more than 500 people crowded into Harrisonburg High School's gymnasium to watch the matches of UWF's 2006 "Buckle Up!" Tour. After a rousing opening act from two little people who got the crowd pumped for tag-team matches between scantily clad men, including Jerry Lynn, Shannon Moore and Sonjay Dutt. These matches were just a preview of the ridiculousness the crowd would soon see — the "Main Event" match between Team 3-D and Jarrett and Maven, a Harrisonburg native.

Maven, who later would team up with Jarrett for the Main Event, was meant to be the crowd favorite after winning the first-ever "Tough Enough" competition on MTV, until he got in the ring and got a hold of the microphone.

"I'm gonna speak from the heart," Maven said, starting his usual speech that he recites as part of his wrestler persona. "I've fought all over, in eight different countries. But I have to say the lowest point in my career is by far wrestling in Harrisonburg High School." It wasn't too long ago that Maven was used to wrestling in Madison Square Garden to crowds of 40,000 people. Now the former WWE wrestler is touring in local high school gymnasiums.

"I see half of these inbreeds on the weekends [in Harrisonburg]," Maven said, "and you think for one second I wanted to come here and entertain them?" Maven, who can be found at Nautilus and sometimes Food Lion, plans to liquidate everything he owns and move to Florida or California because, he says, the sun always shines on him.

Maven left the ring to hundreds of booing fans, while the New Age Outlaws (formerly in Degeneration X) took the ring to battle America's

Most Wanted, whose combined weight totals 485 pounds.

New Age Outlaw wrestler Road Dogg instantly got the crowd hyped with his vulgar "Suck it" movements that every child in the audience decided to mimic, which were recognized from the days when he used to fight for the World Wrestling Federation. Unfortunately for Road Dogg and his partner, Billy Gunn — who wore pink Spandex shorts decorated with purple lips — they were ultimately defeated by AMW.

The night also included a Hard Core Coffin match, during which the loser would be "buried" alive and ultimately disposed of in the black and red coffin created by HHS students. After using what appeared to be a metal trashcan (though it was really fashioned from a flimsy tin material), The Monster (Abyss) threw a wooden table into the ring. This is when the match turned ugly. After an attempted springboard maneuver — during which the wrestler performs a backflip off the ropes into the center of the ring — The Monster's much tinier opponent, Sabu, quickly recovered from missing The Monster entirely and falling flat on his back.

After his recovery, Sabu faked a couple of blows to The Monster's head, creating his own action noises. To the crowd's cheers, Sabu jumped from the rope onto his rival, causing The Monster to crash into the table and break it into many pieces. At this point, Sabu secretly motioned (though no one but us seemed to see this) to The Monster to roll over into the coffin that was placed next to the ring. RIP, The Monster.

Finally (seriously, finally), it was time for the main event. Team 3-D and Jarrett and Maven stood in the middle of the ring and began the match with a few quick remarks. The rivalry was obvious between these two teams as they exchanged vulgar jokes about being with Maven's sister the night before.

"By the way," a member of Team 3-D said, "tell her I want my socks back and my change."

Even though most of the things they said were meant to be harmless fun, it was comments like these that made our jaws drop when we

see **WRESTLING**, page 10

REVIEW

Jonny prepares music for summer months

Band plans to make 'Steady' rise to fame

BY ERIN SANDERS
CONTRIBUTING WRITER

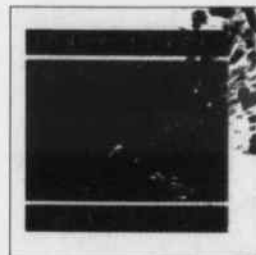
Even though it finally snowed, Harrisonburg recently had stints in the realm of 60-degree weather. Slowly approaching those favored warmer months, New York has also prematurely prepared itself for the summer with some rockin' tunes.

Get *Steady*, the new album from Jonny Lives!, is set to release in time to be the soundtrack for the summer. *Get Steady* will be your new CD — the tracks you will blare as you trek from lawn concert to ice-cream stand.

Jonny's lyrics undeniably excite your appendages, making you want to boogie in your bathing suit, especially with tracks like the first single, "Get Steady." Gritty lyrics, manic melodies and shakin' instrumentals have me bopping along, and in a strictly non-Hanson manner.

But with that unique blend of summer love and summer rock, Jonny Lives! has targeted and bull's-eyed anthems for the season. Lead singer Jonny Dubowsky has already accumulated quite the resumé, working with such bands as The Strokes, The Killers, Jurassic 5 and classics like Stevie Wonder and The Wu Tang Clan. On the album, these influences are definitely apparent, although abandoning a specific genre label. The general feel is rock, though Jonny claims to incorporate retro and '90s-era tunes, with some hints of ska thrown into the mix. The kinky album ranges from slow ballads and paced beats like "Lost My Mind" to more wired electric tracks like "Cliché."

Get *Steady* is a "Love Conspiracy" waiting to happen.



Lucky Day perfect for rainy afternoons

Trio to visit The Pub this Wednesday

BY ERIN SANDERS
CONTRIBUTING WRITER

Lucky Day's well-titled new album, *All My Rainy Days*, is perfect when staying in bed and skipping class are top priorities; when an afternoon nap in the hammock and avoidance of quickly approaching midterms sounds like a great idea; and for nights when hot chocolate and fleece blankets are beckoning your body.

The trio, comprised of vocalist Victoria Patchen, guitarist Brian Huber, and bassist Adam Gierish, have successfully assembled an album for lethargic moods. With tracks that croon "I can't fight this feeling, it's deep as it is wide, and you took it all in stride" Lucky Day sings to anyone who enjoys relaxing music. The sound on the "Nikita" track is unbeatable; they have similarly blended pop lyrics with distinct musical talent that are Enya-esque piano and strings mixed with soft harmonies.

The slumbersome melody of "Overcast" has a beautifully-articulated pulse. However, like other soft-spoken and enchanting albums, the progression between tracks is muddled. The listener finds themselves wishing for a more definite set list.

If you're looking for the ideal and unbeatable rainy day CD, the trio will be in Harrisonburg at The Pub on Feb. 15 at 9 p.m.

Seasonal Affective Disorder upsets students

Some people get SAD during winter months

BY SHALINI DUA
CONTRIBUTING WRITER

Have you ever noticed how as the days grow shorter, you start to feel listless, depressed and filled with the urge to crawl into bed with your favorite comfort food and the remote and not emerge 'til May? Well, you're not alone; a lot of JMU students feel the winter blues, but many experience the feeling to a varying degree.

Senior Courtney Turner tries to reme-

dy the effect winter has on her. "It makes me sort of tired, but to combat that, I just surround myself with good, positive people and have fun," Turner said. Although people have been feeling this way for years at the onset of cold weather, it has only recently come to light as a recognized phenomenon, known as Seasonal Affective Disorder (SAD).

According to healthyminds.org, SAD is a form of depression that begins during the fall and winter months when the days get shorter due to a lack of sunlight. What differentiates SAD from most other types of depression is that symptoms typically subside at the onset of spring, when higher amounts of sunlight raise serotonin levels. The Web site explains that symptoms of depression includes "fatigue, lack of interest in normal activities, social withdrawal, craving foods high in carbohydrates and weight gain."

Symptoms may be mild or severe.

According to Claudia O'Neill, of the JMU department of nursing, SAD is not listed by the American Psychiatric Association as a form of depression by itself, but a "specifier" which distinguishes a particular type of pattern that can be applied to major depressive episodes that occur in Bipolar (previously known as Manic-Depressive) Disorder, Bipolar II Disorder or recurrent Major Depressive Disorder." O'Neill goes on to explain that because SAD is such a recent finding that there is much more to discover about the condition.

If you feel this way, there are some things you can do that can help you cope. BLUPA.com has some suggestions to help you combat the winter blues. Though the urge to indulge yourself in

see **SAD**, page 10



illustration by CASEY TEMPLETON/senior photographer
Symptoms of Seasonal Affective Disorder include fatigue and a lack of enthusiasm for normal activities.

Buzzer Beaten

Dukes get ready for final four games, three against CAA opponents

BY WHITNEY PROFFITT
CONTRIBUTING WRITER

The JMU men's basketball team is in need of a win in order to avoid tying the 1985-'86 edition as the worst team in school history.

Thirteen weeks into the season, the Dukes sport a dismal 5-18 record (2-13 in the Colonial Athletic Association). After coming up shy, 72-70 in Saturday night's battle for the bottom against William & Mary, JMU ranks last in the CAA.

The team had managed to bounce back from 12-straight losses by beating Delaware last Monday. It was JMU's first CAA win this season. The Dukes are 1-8 on the road, with their only win coming last Thursday against Towson.

With two-straight wins under their belt, the future was looking brighter for the Dukes until their heartbreaking loss at the buzzer to William & Mary Saturday.

The question now is, will the Dukes win again?

They only have four more chances in the regular season and one of those chances will come this week when the team travels to Boston to face Northeastern Wednesday night (13-10, 9-6 CAA). The last time the two met was at the Convocation Center Dec. 3, where JMU lost by 3 points, 86-83.

Hoping to avoid being swept the Huskies, the Dukes will have to contain Northeastern point guard Jose Juan Barea, who is the CAA's leading scorer, averaging 20.9 points a game. He is also the league's assist leader (8.36 an outing).

After Northeastern, the Dukes will hit the road again next Saturday to play the Longwood Lancers (8-17).

A loss to the Lancers would mean Madison would face the prospect of completing the season with a record as bad as the 1985-'86 Dukes, who went 5-23 — the year the CAA and the Eastern College Athletic Association merged.

JMU's last two games are against two of the toughest teams in the conference — first-place George Mason and last year's CAA champion Old Dominion.

The Dukes return to the Convocation Center Feb. 23 for their final home game against ODU (17-8, 10-5 CAA). Last time the teams met on Feb. 4, JMU lost 87-69 in Norfolk.

The Dukes previously suffered a loss to Mason Jan. 14, with a final score of 65-43. GMU, (19-5, 13-2 CAA), will play JMU in its final regular-season game Feb. 25 in Fairfax.

After that, the Dukes head to Richmond for the CAA Tournament March 3 to 6, where they have not advanced to the second round since 2003.

Men's Basketball CAA Standings

	Conf./ Overall
George Mason	13-2, 19-5
UNC-W	12-3, 19-7
Hofstra	11-3, 18-4
VCU	10-5, 16-7
Old Dominion	10-5, 17-8
Northeastern	9-6, 13-10
Drexel	7-8, 13-13
Towson	6-9, 10-14
William & Mary	3-11, 8-15
Delaware	3-12, 7-17
Georgia State	3-12, 6-17
JMU	2-13, 5-18



JMU senior point guard Jomo Belfor drives the lane against William & Mary's Corey Coffield.

AMY PATERSON/PHOTO EDITOR

JMU loses on last-second shot by W&M's Mann

BY MATTHEW STOSS
SPORTS EDITOR

Saturday night, the JMU men's basketball team hosted William & Mary in a Colonial Athletic Association matchup and lost 72-70. Dean Keener, your thoughts?

"Awful," the Dukes' second-year coach said. "It's the worst loss I've been a part of."

With 9:07 to play, the Dukes had an 11-point lead. With 37 seconds left, that 11-point lead was a 70-70 tie and had JMU setting up its final shot. The plan was to switch everything and find either senior guard Daniel Freeman or senior center David Cooper. What happened was the Dukes' 22nd turnover of the evening.

"We just didn't execute down the stretch," Freeman said. "We just weren't able to execute and close it out."

William & Mary did. After a few timeouts, the Tribe was setting up an in-bounds play from the left side of the basket with 2.4 seconds to go in regulation. The ball ended up in the hands of Tribe sophomore guard Nathan Mann, who drained a jumper from the left baseline as time expired to lift William & Mary over JMU for the fourth time in as many meetings, and stun 3,937 spectators at JMU Convocation Center.

"I knew I was going to get a look," said Mann, who finished with 5 points. "I hadn't been shooting well up to that point, but I told the guys I wanted the shot."

see LOSS, page 12



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The other basketball team

Time once again to make those who don't care start caring.

Seems like every fortnight I wake up at 3 a.m. wondering why JMU students emphatically ignore their sports teams. I usually don't understand you. But this time I do.

You're fickle. And it's O.K. No one enjoys watching teams that don't win. It goes back to the "We suck, but D-hall is awesome" routine the Student Ambassadors used to put on. We're inherently incapable of backing an unsuccessful program. That's why you've been avoiding the Convocation Center like the clap for the past decade.

The last time the men's bas-

ketball team had a winning season none of us could buy lotto tickets, Bill Clinton was president and I didn't have a driver's license.

It's been a stretch of futility capped by the 12-game winless streak earlier this season where JMU has found more ways to lose than Eddie Mush from "A Bronx Tale."

THE HOT CORNER



JAMES IRWIN

Before you start griping about how I'm not telling you anything you didn't already know, I have good news. Not only did I just save a bunch of money on my car insurance, but the women's basketball team is poised to make you forget about the plight of the men's program.

I know you think watching women's basketball isn't the same as watching a men's game, but that's why I'm here: to remind you that you don't know anything.

They play in the same building with 10-foot-high baskets and coaches who wear suits.

see IRWIN, page 12

Madison slays Dragons

McCall leads Dukes with 13 points Friday

PHILADELPHIA — The JMU women's basketball team defeated Drexel in Colonial Athletic Association conference play Friday night at the Deskalakis Center.

The Dukes' 52-50 come-from-behind victory marked the first game Madison has won at Drexel in its last five tries.

Junior center Meredith Alexis led the Dukes down the stretch, scoring 9 of Madison's last 13 points to lead the Dukes to their fifth-straight win and help JMU improve 17-4 overall and to 9-3 in the CAA.

Junior forward Shirley McCall led JMU with 13 points, Alexis had 12 and tacked on eight rebounds. In the second half, the Dukes shot 55 percent from the floor and held the Dragons to just 22 percent.

Drexel's Catherine Scanlon led all scorers with 20 points.

Despite trailing by as many as 13, JMU took the lead for good with 4:33 left when Alexis hit a free throw that lifted the Dukes 41-40.

Drexel sophomore Narissa Suber went on to score 7 points as the Dragons outscored the Dukes 9-6 with 9.5 seconds left in regulation. With a 1-point lead McCall made her first shot of a one and one foul to give JMU a 51-49 lead.

Alexis scored JMU's final point off of a free throw with .08 left.

The Dukes win puts them at second-place in the league. The Dukes played Sunday at Towson, but the score was too late for this edition.

JMU 18 34 — 52
Drexel 29 21 — 50

JMU — Tamera Young 4-14 1-1 9, Shirley McCall 6-9 1-2 13, Meredith Alexis 3-8 6-8 12, Andrea Benvenuto 3-9 3-4 11, Lesley Dickinson 1-6 3-4 5, Kisha Stokes 1-3-0-2, Jasmin Lawrence 0-1 0-0 0. Totals: 18-50 14-19 52. 3-pointers: Young 0-4, Benvenuto 2-2, Dickinson 0-2, Lawrence 0-1.

Drexel — Catherine Scanlon 6-15 7-8 20, Candice Williams 0-3 0-0 0, Kira Karlstrom 1-6 0-0 2,

Jackie Falson 1-4 1-2 4, Narissa Suber 4-10 4-5 13, Delise Johnson 2-4 0-1 4, Nicole Hester 2-4 2-2 7, Anora Suber 0-3 0-0 0. Totals: 16-49 14-18 50. 3-pointers: Scanlon 1-3, Karlstrom 0-3, Falson 1-2, Suber, N. 1-3, Hester 1-1, Suber, A. 0-3.

Records: JMU (17-4, 9-3 CAA), Drexel (10-11, 5-7 CAA).

— from staff reports

Women's Basketball CAA Standings

	Conf./ Overall
Old Dominion	11-0, 13-7
JMU	9-3, 17-4
Delaware	9-3, 17-4
Hofstra	8-4, 13-8
William & Mary	7-5, 11-10
UNC-W	6-6, 12-9
Drexel	5-7, 10-11
VCU	4-8, 11-10
George Mason	4-8, 8-13
Towson	3-9, 8-13
Northeastern	3-9, 7-14
Georgia State	2-9, 7-13

WRESTLING: UWF provides entertainment

Aficionados of all ages cheer favorites

WRESTLING, from page 8
saw how many children were in the audience. At several points throughout the night, kids could be heard mimicking their parents — shouting obscenities or giving wrestlers the middle finger. This behavior, as Timberville resident Shanton Eustler, 19, notes, is not unusual when you're born into this world of wrestle-mania.

Eustler and his friend, Harrisonburg resident and Blue Ridge Community College student Alec Miller, 20, have been self-proclaimed hardcore wrestling fans since they were little.

"We've been all over to see them," Miller said. He and Eustler, who was wear-

ing a signed Jeff Jarrett T-shirt, enjoy the tours being in smaller venues because they can get a lot closer and interact more with the wrestlers. "These guys do it for the fans, WWE does it for the money," Miller said.

By the end of the night, the A&E editors could no longer suspend disbelief and never wanted to see a man in a banana hammock outside of attending a swim meet. Maybe that's the reason these guys are no longer wrestling in front of thousands of fans each night. Instead, they are entertaining the few die-hard wrestling aficionados who are still willing to pay \$80 for a ringside family four-pack.



AMY PATERSON/ photo editor

Former Degeneration X team member Road Dawg is easily put out of commission by one of the members of America's Most Wanted. The wrestlers entertained the crowd at Harrisonburg High School Friday.

SAD: Blues are common in winter

Students find extra stresses, difficulty staying motivated during chilly weather months

SAD, from page 8

comfort foods increases during this time, make sure you continue to eat healthy; some comfort foods that are soothing and good for you include baked potatoes and soup.

Even though it's hard to get yourself motivated, exercising helps you keep the winter weight off and will keep your spirits up. It is also valuable to talk to family and friends; it's therapeutic and they are more likely to notice if you need additional help.

Junior Mary Shenk is a summer person. "I love warm weather, and when it starts to get cold, I just want to be in my room watching movies," she said. "It is hard

for me to come back to school after Winter Break and get back into the swing of things and get up to go to class in the cold. Even though I never skip, I still want to just stay in my bed." She has, however, come up with some good ways to deal with the cold weather. "My family isn't far away from JMU," she said, "so if I am having a bad week, I go home often. I also go running a lot, and I just keep in touch with friends."

Getting bummed out during the winter months is a common occurrence and most likely nothing to worry about, but if you feel symptoms are affecting your daily life, you should see your doctor or visit the Health Center.

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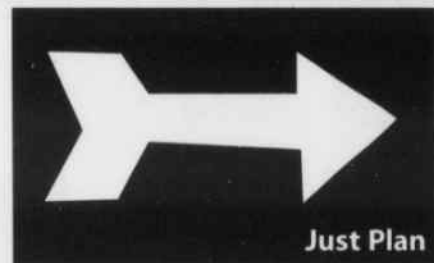
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LOSS: Men's basketball falls to W&M; Dukes lose 11-point lead late in game

LOSS, from page 9

Mann's shot ended a JMU two-game mini-winning streak — a mini-streak that came on the heels of a record 12-game losing skid, which the Dukes (5-18, 2-13 CAA) snapped last Monday against Delaware. Madison won its second-straight at Towson Thursday. The Tribe (8-15, 3-11 CAA) has now won two out of their last three, and two of their three CAA wins have been over JMU. The third was over Georgia State, which beat Madison 77-53 Feb. 2 in the Convocation Center.

"It was a great win for our players," William & Mary coach Tony Shaver said. "It was a hard-fought game for both teams."

In the second half, JMU began to pull away after taking the lead on a Freeman 3-pointer at the 12:35 mark, 49-46. Freeman, who had been the catalyst during the Dukes' wins Monday and Thursday, scoring 24 against the Blue Hens and 17 against Towson, finished with a game-high 25 Saturday against the Tribe.

"We felt comfortable," said Cooper, who finished with 11 points, six rebounds and

three blocks. "We probably felt a little too comfortable."

The Dukes would stretch that lead to 11 over the next three minutes before collapsing down the home stretch.

"We should have never given up 18 offensive rebounds, turned the ball over 22 times, and we obviously didn't play the last four or five minutes," Keener said. "It should've never happened. It was just bad coaching, bad players."

JMU has four games remaining — three of which are against teams with winning records, who have already beaten the Dukes this year: Northeastern (13-10, 9-6 CAA), Old Dominion (17-8, 10-5 CAA) and George Mason (19-5, 13-2 CAA, which is first place in the conference.) Madison's fourth game is against 7-17 Longwood. Old Dominion is JMU's only remaining home game before the CAA Tournament March 3 to 6 in Richmond.

William & Mary

31 41 — 72

JMU 34 36 — 70

William & Mary — Laimis Kisielius 4-11 2-2 10, Hawley Smith 2-4 0-2 4, Corey Cofield 5-7 2-3 12, Calvin Baker 4-12 3-5 11, Adam Payton 1-6 1-2 3, Adam Trumbower 0-0 0-0 0, Alex Smith 0-0 1-2 1, Nathan Mann 2-7 0-4 5, Brian Hutt 4-4 4-6 13, Peter Stein 1-3 1-2 3, Taylor Mokris 4-8 1-1 10, Chris Darnell 0-1 0-0 0. Totals 27-63 15-29 72. 3-pointers: Kisielius 0-1 Smith 0-1, Baker 0-3, Payton 0-1, Mann 1-4, Hutt 1-1, Mokris 1-1, Darnell 0-1.

JMU — Kyle Swanston 3-7 0-0 7, Juwann James 6-13 0-2 12, Chris Cathlin 1-1 1-4 3, Jomo Belfor 1-5 0-0 2, Daniel Freeman 7-17 7-7 25, David Cooper 4-5 3-4 11, Joe Posey 0-0 0-0 0, Lewis Lampley 0-2 0-0 0, Gabriel Chami 0-0 0-0 0, Colbey Santos 1-1 0-0 3, Ray Barbosa 3-5 0-0 7. Totals 26-56 11-17 70. 3-pointers: Swanston 1-4, Belfor 0-1, Freeman 4-10, Santos 1-1, Barbosa 1-3.

Records: William & Mary (8-15, 3-11 CAA), JMU (5-18, 2-13 CAA).

IRWIN: More to see at women's basketball games

IRWIN, from page 9

The pep band plays the same songs. They even hang Canadian flags for CAA assist-leader and Ancaster, Ontario, native Andrea Benvenuto.

Oh yeah, and did I mention they're 17-4?

Barring a collapse of Biblical proportions, the Dukes have a legitimate shot at the NCAA tournament. So while you have your issues with substandard JMU programs, I have my issues with you, just like "Family Guy's" Peter Griffin has a problem with people in the 19th century.

You know what really grinds my gears? When good things go unnoticed. You made some nice headway in 2004, traveled in droves to Chattanooga for a football team of destiny, and now I'm trying to tell you it might happen again.

You say you want a winner? JMU is 10-0 at the Convocation Center. Now I'm not exactly sure what percentage that is, but

I think it's pretty good.

Wait. What's that? A hundred percent? Wow. That is pretty good.

Yet all their success plays out before empty seats. The women have cracked 3,000 fans once this season and only approach 2,000 for ridiculous marketing schemes like "Duke Dog reads books to thousands of Girl Scouts who get free pizza and a T-shirt" day.

Frankly, I get paid whether you show up or not. But I've talked to players and coaches. They all agree — it's better to play in front of a packed home crowd. The Electric Zoo doesn't have a gender barrier.

So here's your reward for coming this far. The women host George Mason Friday at 7 p.m. The game is free, they'll probably win and it should be a good time.

Especially if you're Canadian. James Irwin is a senior SMAD major.

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ASSESSMENT DAY – FEBRUARY 14, 2006

ATTENTION ALL STUDENTS WITH 45-70 EARNED CREDIT HOURS Assessment Day Tuesday, February 14, 2006

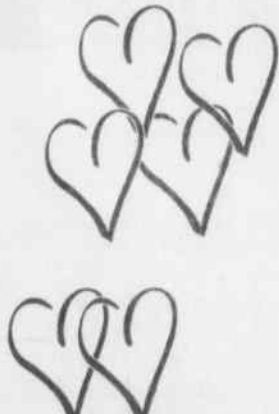
All students, both transfer and non-transfer, with 45-70 credit hours are required to participate in assessment Tuesday, February 14, 2006. Assessment results help JMU to understand and improve the quality of education that is being offered on campus. In addition, the Commonwealth of Virginia mandates that all state universities assess student learning to ensure quality.

Please note that this three-hour assessment is **REQUIRED**. If you do not attend, a hold will be placed on your fall registration. The last two digits of your JMU ID determine the time and place of your assessment session. Please consult the following table for your assigned assessment session. It is very important that you go to your scheduled room.

This schedule is not for senior testing in the major. Contact your advisor for the time and place of your senior testing

If you need to make special arrangements due to a disability of any type, please contact the Center at 568-6706.

Morning Session 9 a.m. to 12 p.m.		Afternoon Session 1 p.m. to 4 p.m.	
If the last 2 digits of your JMU ID are:	Take your assessment at the following JMU location:	If the last 2 digits of your JMU ID are:	Take your assessment at the following JMU location:
00	HHS 2037	05	Ashby Lab
01	Ashby Lab	06	Ashby Lab
02	Ashby Lab	07	Ashby Lab
03	Ashby Lab	08	HHS 1301
04	HHS 0209	09	ISAT 243
10	Chandler 134	15	HHS 1209
11	HHS 1208	16	HHS 2202
12	HHS 1301	17	HHS 1208
13	HHS 0209	18	HHS 1301
14	HHS 1301	19	HHS 1302
20	HHS 1302	25	HHS 0209
21	HHS 1302	26	HHS 2037
22	HHS 1301	27	ISAT 159
23	HHS 1301	28	ISAT 159
24	Godwin 342	29	HHS 0209
30	HHS 1302	35	HHS 2301
31	ISAT 243	36	HHS 1301
32	HHS 1302	37	HHS 1302
33	HHS 1204	38	Godwin 342
34	HHS 1302	39	HHS 1302
40	Festival 2108	45	Chandler 134
41	Festival 2108	46	ISAT 143
42	ISAT 159	47	HHS 2207
43	HHS 1203	48	HHS 1202
44	ISAT 143	49	ISAT 348
50	ISAT 159	55	Festival 2108
51	ISAT 159	56	HHS 0208
52	HHS 1209	57	Showker 206
53	HHS 1209	58	HHS 1301
54	Showker G5	59	HHS 1203
60	Showker G5	65	HHS 1302
61	ISAT 159	66	Festival 2108
62	HHS 0208	67	Showker G5
63	Showker 206	68	ISAT 350
64	HHS 2203	69	Showker G5
70	Festival 2106	75	ISAT 159
71	Showker G5	76	HHS 2301
72	ISAT 148	77	Festival 2106
73	HHS 2202	78	HHS 2301
74	HHS 2207	79	HHS 1209
80	HHS 2208	85	Festival 2106
81	HHS 1202	86	HHS 2208
82	ISAT 350	87	HHS 2301
83	ISAT 159	88	ISAT 148
84	HHS 2301	89	HHS 2301
90	HHS 2301	95	ISAT 159
91	ISAT 348	96	HHS 2203
92	HHS 2301	97	HHS 2301
93	Festival 2106	98	Showker G5
94	HHS 2301	99	HHS 1204



INTERESTED IN BEING AN EDITOR NEXT YEAR?

Come to *The Breeze* open house!
5:30-7 p.m. Thursday, Feb. 16 at our
offices located in the back of
Anthony-Seeger Hall.

*Free food and drinks

contact Matthew Stoss for more information at
stossmr@jmu.

The off-campus health center



No Appointment
Necessary

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HODAH! Palooza
Spring Break

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