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Mary Harrison

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Psychedelic practices

By MITCHELL SASSER
contributing writer

Students for Sensible Drug Policy, a national grassroots organization of student leaders that encourages recognition of the threat posed by the war on drugs, has a new chapter at JMU. President Jack Vandemeulebroecke, a sophomore computer science major, believes education about safe drug use should be at the forefront of political discussion.

“The end goal for the club is ending the expensive and fruitless war on drugs,” Vandemeulebroecke said. “What we personally hope to accomplish is to affect JMU’s drug policy in a positive way with evidence-based policies and eventually Virginia’s policies.”

Psychedelic research, criminal justice reform, harm reduction and legal education are the four main points SSDP wants to educate students about with its weekly meetings. The medicinal use of psilocybin for treating depression as well as LSD microdosing to improve productivity are areas SSDP wants to look into as well.

In terms of criminal justice reform and harm reduction, the club hopes to tackle the racism behind drug laws, end mass incarceration and work to stop overdoses from opiates. Lastly, it wants to educate students about JMU’s drug policies and keep people up to date about law changes.

College students are the ones most affected by drug-related issues and the club works toward creating policies that are fair to all people.

“I’m here for social justice,” Vandemeulebroecke said. “I’m here for personal rights. I don’t use any drugs, but if I didn’t advocate for people who did, what would that make me?”

Although SSDP is new to the JMU campus, more than 50 people made an appearance at the first interest meeting held on Nov. 8. Despite the high turnout, there are still some obstacles to overcome, such as electing a vice president, expanding the committee and getting access to harm-reduction materials.

Sophomore communication studies major Rebecca Smith’s main focus in the club is criminal justice reform. She’s the outreach coordinator and believes the incarceration rate of African-Americans disproportionately represents their drug use compared to Caucasian people.

She also believes the overall war on drugs is inherently racist.

“I have friends that I know, and way too many of them that were incarcerated, I believe, because they were of color, because of drug use, which I believed was something that was not right, especially if they are young and just starting out their lives,” Smith said.

The club plans to host a Naloxone Opioid Overdose Training event next semester, which will focus on the correct usage of Narcan, a drug that can save the life of someone experiencing an overdose. The training will prepare students on how to respond in a life-or-death situation, as Harrisonburg has been affected by an increase in opioid-related overdoses.

“I think the issue comes with unsafe usage,” Smith said. “People are unaware of safe drug use and how to handle situations with police officers.”
The club hopes to inform students about issues that will help keep themselves and others safe. Treasurer of SSDP Ethan Frye, a sophomore integrated science and technology major, is looking forward to collaborating with other campus organizations.

“I’m specifically anticipating one event next semester where we’re planning to collaborate with another on-campus organization known as Political Engagement and Discussion to discuss issues regarding what it would mean to lower the drinking age and the causes and effects associated with banning or regulating the JUUL,” Frye said.

SSDP highlights that prohibition doesn’t work because drug use is still a prevalent and reoccurring problem throughout the U.S. It believes abstinence-only education will always fail, and works toward protecting the safety and ensuring the education of the JMU community.

“I think it’s one of the more important clubs on campus because everybody you know uses drugs,” Vandemeulebroecke said. “Whether you get it from a doctor or from a drug dealer, you should be safe with those drugs.”

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Hemp can be used for making products such as clothing, housing materials and food. With the implementation of a hemp plant, the textile industry can manufacture pressed hempcrete for housing.

By Mary Harrison
The Breeze

As the push for commercial hemp growth heightens, the Virginia Hemp Company is aiming to open Virginia’s first processing plant in the Valley next fall. The fiber isn’t new to the region, but according Sam Grant, a managing partner at Virginia Hemp Company, a commercial surge would yield environmental and agricultural results.

Hemp — despite being on the federal list of controlled substances — has become a rapidly growing industry due to the growing range of uses, from clothing to housing to food, the crop provides. For local farmers, switching to hemp growth could be a profitable alternative crop.

“Our hemp is aimed at the textile market,” Grant said. “It’s my understanding that this plant will be the first of its type in the entire country.”

The hemp processing plant is set to take over an existing building in Mount Jackson, Virginia, and will employ close to 60 people: some to handle the fibrous hemp stalk and about 40 more for the processing plant itself. This doesn’t include any farmers that partner with the plant, who can use standard hay equipment to grow hemp.

The plant can be used to produce fiber for the textile industry and manufacture pressed hempcrete for housing. This substitute to concrete is sound and provides thermal insulation, rendering lower heating costs for homeowners. When processed for clothing, hemp is more abrasive, resistant and absorbent than cotton and other fibers. The plant is also working with a low-cost housing builder in Loudoun County for hempcrete.

“If the herb is produced locally and made into hempcrete, you end up with a carbon negative building,” Grant said. “As the hempcrete pours out over the 40-year period, all that time it’s absorbing carbon dioxide from the air.”

Under the current farm bill, all hemp in Virginia must be authorized for research or commercial purposes. An updated version of the bill, which is awaiting approval from Congress, would remove hemp growth from the controlled substances list and allow farmers to use it as a cash crop.

“It adds another crop farmers can grow in rotation and make money,” Glenn Rodes, a hemp farmer in Rockingham County, said. “Right now we can import it and we can eat it, but we can’t legally grow it.”

Rodes’ 800-acre hemp farm has been used over the past three years for research by biology and engineering students at JMU. If commercialized, the hemp grown on Rodes and his family’s farm could be manufactured for thousands of uses such as fuel, cosmetics, animal feed and carpet.

“Our contention is to convert some hay farmers to hemp,” Grant said. “The farmer will net more money per acre with it.”

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For farmers, hemp's cultivation is minimal; it's adaptable to grow in many climates, and according to Rodes, only requires sun and water. Hemp seeds have a nutritional profile that's rich in protein, fiber, magnesium and fatty acids. The crop further reaps environmental results; wood pulp, used in manufacturing paper, can be replaced with hemp pulp. For depleted land, such as Virginia's old tobacco farms, hemp can be used for soil remediation.

Hemp's leading controversy, according to Rodes, is that the crop is often mistaken for the psychoactive drug marijuana. While marijuana and hemp are both part of the cannabis family, hemp is harvested for a different function and application.

The distinguishing factor between hemp and marijuana is the chemical composition, specifically tetrahydrocannabinol, or THC. This chemical responsible for marijuana's "high" and has a maximum content level of 0.3 percent, rendering it impossible to induce any mind-altering effect by consuming it.

Over the last several months, Congressman Bob Goodlatte (R-Va.) has advocated in the House of Representatives for the industrial cultivation of hemp.

"This legislation removes industrial hemp from the definition of a controlled substance and gives states the authority to carry out responsible hemp cultivation programs, should they so choose," Emilee Loope, district representative and communications assistant, said. "The bill also permits increased research opportunities on hemp production at state departments of agriculture and universities."

According to Loope, the sale of hemp products in America totaled over an estimated $800 million in 2017. However, due to legal restrictions in many states, most hemp products must be imported from countries like Canada and China.

“We have a long history in the Valley here growing hemp; we’re just trying to bring back a crop," Rodes said. "It’s not a new crop, it’s just new to this generation."

**CONTACT** Mary Harrison at harr4mj@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

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NATIONAL

Baltimore sues White House over immigration dispute

The city of Baltimore is suing the Trump administration for allegedly attempting to prevent immigrants from receiving public assistance the city claims is theirs by right. The suit, filed Wednesday, asserts the Trump administration is restricting previously eligible immigrants from entering the U.S.

Charleston, South Carolina, votes to ban use of plastic straws by 2020

Charleston City Council voted 11-2 Tuesday to ban the use of plastic bags, straws and foam containers by 2020. Charleston is almost completely surrounded by Atlantic Ocean inlets, and the city says the trash from these products clogs waterways and is toxic to its ecosystem.

STATE

Northern Virginia man pleads guilty to killing of Muslim teen

A Sterling, Virginia, man has admitted to raping and killing a Muslim teenager last year as part of a plea deal to avoid the death penalty. Darwin Martinez-Torres, 25, now faces a life sentence without the possibility of parole as part of the deal. The June 2017 murder garnered national attention due to concerns the killing was racially motivated, but police say they have no evidence of a hate crime.

First Lady discusses opioid crisis at Liberty University

Melania Trump spoke in Lynchburg, Virginia, Wednesday as part of a town hall discussion at Liberty University. During her talk, she dubbed the opioid epidemic as the “worst drug crisis in American history.”

Virginia police report 12 deaths in holiday weekend wrecks

Virginia State Police reported 12 deaths from Thanksgiving weekend car crashes, down from 14 last year. Nine drivers, two passengers and one motorcyclist were killed, and alcohol played a factor in at least two of the crashes.

LOCAL

City to continue traffic plan near The Retreat Apartments

Harrisonburg City Council voted 5-0 Tuesday night to move forward with a traffic plan for the Portland East neighborhood between Port Republic Road and Reservoir Street. Residents have complained about drivers passing too quickly through the neighborhood and disregarding stop signs.

HPD identifies suspect in Hotel Madison beating

The Harrisonburg Police Department has identified one of three suspects involved in an alleged assault that occurred outside Hotel Madison on Nov. 21 at approximately 11:49 p.m. HPD has identified the suspect as Marion Andre Organ Jr., 26, of Harrisonburg. Organ is wanted for robbery, aggravated malicious wounding and possession of controlled substance with intent to distribute.

Pushing through Parkinson’s

Local rehab program helps patients gain strength though exercise with help from JMU students

By BRIDGET MURPHY

The Breeze

In October 2013, JMU occupational therapy graduate student Charis Okada walked into her first class at Wampler & Associates Rehabilitation to help people with Parkinson’s disease exercise. Although it was nerve-wracking, she knew these patients needed help slowing down their disease progression. Now, after a year of the program, Okada walks into the room to see a family she’s made, a community who supports one another and patients who’ve made a considerable difference in their lives.

Six JMU students primarily participate along with physical and occupational therapists from Wampler & Associates and individuals who specialize in exercise science from the Staunton-Augusta YMCA. Approximately 42 OT students visit the program throughout each semester.

“With Parkinson’s, there’s certain movement deficits, but then there’s also various cognitive deficits,” Okada said. “We try to create an environment where all participants can engage, but sometimes we have to break off certain clients to have more individualized sessions.”

Due to muscular limitations for those with Parkinson’s disease, stretching and expanding to full range of motion is an important aspect of the classes. The exercises mainly focus on taking big steps, standing up tall, not leaning forward and taking deep breaths.

“It’s really a combination of professions, who are coming together, all of them with some overlapping and very interesting expertise,” Jeanne Wenos, associate professor in the JMU occupational therapy program, said. “Students have greatly benefited in terms of the expertise that they’ve gained. [Wampler] & Associates have also benefited from this in having extra hands.”

Physical therapist Lee Baker directs each class with the help of Jim Wampler, a physical therapist and the owner of Wampler & Associates. JMU occupational therapy students were initially required to attend the sessions for five hours each semester in Wenos’ class, but it’s now optional because of the partnership that Wampler & Associates Rehab wanted to create for students to gain experience.

“I see people moving better, they are able to do more at home, they have more hope because they have a weekly support group,” Baker said. “We’re pushing back the process of this chronic disease and seeing better function. There’s a lot of inspiration that I get from the patients and the participants in the class. They inspire me to live life to the fullest. It’s nice to see that we’re actually making an objective, solid difference in their lives.”

The community-based program allows clients to further their treatment at a reasonable cost without insurance limitations. There are approximately 10 clients taking the classes, including Richard Armstrong, who was diagnosed with Parkinson’s disease in 1995.

Armstrong worked with a physical therapist for 10 years, but working in a group setting has provided him with a welcome change of pace.

“IT just keeps me going,” Armstrong said. “It keeps me motivated to keep going.”

Armstrong’s favorite part of the program is the boxing because he’s able to participate in a fun activity while getting a workout. Before the students were involved, it was difficult to watch the patients at all times, provide involved exercises such as boxing and be ready for any falls that participants may have.

As a JMU alumnus, Armstrong said he feels a sense of pride in his alma mater when he sees the OT students helping him and the other patients.

“JMU students, I mean they come in, they’re volunteering their time, their help,” Armstrong said. “They’re such a boost when they walk in the door.”

All angles of the partnership have been affected throughout the past year in positive ways. They’ve built a “family” throughout this program and plan on expanding on their success.

“It’s been such a source of encouragement for the clients and for our students,” Wenos said. “Our students have acquired many skills that in a typical program, I’m not sure they would have this opportunity. The individuals who come and are receiving the therapy, I believe they sense the community, support, encouragement and the enthusiasm. There’s just a great relationship between the therapists, the students, the clients and even the families of the clients.”

CONTACT Bridget Murphy at murph2br@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.
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From a grad who is two years out and apparently only good for soliciting donations. You help me, and I’ll help you.

A “thanks-a-lot” dart to JMU for their indecisive closing on Nov. 15. My students had one class to attend at 4:30 that day. Instead of being able to leave ahead of the storm, they had to leave later than planned for break.

From a professor who would’ve been here anyway, but wants the travel well-being of her students considered.

A “how-do-you-NOT-have-a-resume-bank?” dart to the JMU Alumni Association.

From a 2008 JMU grad who’s DYING to hire junior alums looking for a great career start, but has no good way to reach them.

An “are-you-kidding-me?” dart to my roommate who took and ate the snacks I just brought home from break. Way to be considerate on the first day back.

From a girl who likes her snacks from home, and sadly can’t get them in Harrisonburg.

The holiday season usually brings about joyful memories of warm fires, bright lights and pretty packages. However, one common memory that isn’t so pleasant is forced gatherings with distant relatives. Whether it’s answering stress-inducing questions about school and future plans or feeling obligated to give that one weird uncle a hug, it’s safe to say that no one enjoys the awkward interactions that ensue when Aunt Susie and Grandpa Joe come to town.

An issue easily forgotten during this season is the loss of freedom that children from infancy to young adulthood must endure when their parents drag them to family dinners and holiday parties. There’s little-to-no sense of personal autonomy for kids during the holidays, as they’re told where to go, how to dress and what to do at countless family events. This lack of control brings up the question of how much consent children are given in regards to their bodies and actions.

A Girl Scouts of America PSA titled, “Reminder: She Doesn’t Owe Anyone a Hug. Not Even at the Holidays,” explains the importance of teaching kids consent early by not asking them to display physical affection toward relatives when they don’t want to.

The article goes on to say, “Telling your child that she owes someone a hug … can set the stage for her questioning whether she ‘owes’ another person any type of physical affection when they’ve bought her dinner or done something else seemingly nice for her later in life.”

This concept may be hard for children to grasp at first, so organizations like Blue Seat Studios have made kid-friendly videos like “Consent for Kids” that parents can use as teaching tools. If parents start by giving their children more options around family members, maybe resentment for a grandma who aggressively pinches cheeks when given the opportunity will subside and family gatherings can be more enjoyable for everyone.

RYANN SHEEHY | contributing columnist

Forced get-togethers result in awkward conversations and discomfort for young people.
Forced family functions during the holiday season cause discomfort and stress for young adults

Another issue glossed over at the holidays is the mental health struggles anyone could be experiencing as the pie gets passed at Thanksgiving, or while socializing at annual work parties. Known as “the happiest time of the year,” the holidays are a time when it’s assumed everyone is in a good mood and carefree. However, that couldn’t be farther from the truth. In a survey done by the National Alliance on Mental Illness, in 2015, 64 percent of people said they were affected by the holiday blues. The months of November and December are filled with added stresses of gift purchasing and giving, excessive social events and hectic travel that can amplify anxiety or feelings of loneliness.

“What is required is an even more conscious effort to manage stress in order to remain buoyant during these festive times that invite regression on multiple levels,” Dr. James F. Zender, a clinical and forensic psychologist who focuses on trauma survivors and writer for Psychology Today, said. Those who already deal with depression, anxiety or other mental illnesses may find their day-to-day battles even harder to cope with, since there’s pressure to feel happy, impress others and show the family how successful the past year has been.

Young adults are often asked about their job, school or plans for the future. The topics could include substantial life changes such as buying a house, getting married or starting a family. Since this is the only time of the year everyone’s together, it may seem like the perfect time to catch up on big life news, but this often causes more stress than intended. Zender’s biggest recommendation is putting a strong emphasis on self-care during this season by meditating, exercising, resting and setting a few attainable goals.

Everyone knows it’s dangerous to bring up politics at the dinner table, but not everyone knows that talking about it can result in the judgment and prying questions of loved ones. This time of year is best enjoyed while having good conversations with easy-going friends, not mandatory small talk and fake facades. Take time for self-care and respect others’ health this season, so the holidays can be more fun for all.

Ryann Sheehy is a sophomore theater and media arts and design double major. Contact Ryann at sheehyr1@dukes.jmu.edu.
An extensive history of the patriarchal structure of medical studies coupled with the current culture in the U.S. contribute to a lower quality of care for women. Starting a conversation about the issues surrounding women’s health can raise awareness of the subject, creating necessary change in our healthcare system.

Women have been discriminated against in medicine for hundreds of years. According to the Guardian, Aristotle postulated that men had a “superior form,” and in medieval times, women were viewed as “leaky vessels.” Doctors also used to recommend marriage as a cure for psychological disorders. The prevalence of misdiagnoses in females can also be attributed to the lack of research involving women in medicine. Medical research has favored the male form, as men’s bodies have traditionally been the standard in medicine. Even in animal research, the male anatomy dominates, as three-fourths of these studies use male animals. This leaves a gap in the understanding of women’s health, as women and men can exhibit different symptoms for the same conditions and illnesses.

Women’s struggle for accurate diagnoses and proper treatment is especially evident in gynecological conditions. Endometriosis is a condition in which the tissue normally lining the inside of the uterus grows on its exterior. The condition can be debilitating, and cause chronic pain and infertility. Despite the condition being extremely prevalent, with approximately five million women in the U.S. affected, it takes an average of 8-11 years to be diagnosed with endometriosis. The condition lacks advocacy and the deep-seated stigma surrounding it can lead to women keeping quiet about their pain or medical personnel dismissing them.

Gynecology is not the only aspect of women’s health that is lacking the necessary medical knowledge. Women are actually less likely to receive CPR from bystanders and therefore are less likely to survive cardiac arrest. Through certification courses, the only dummies that are used are modeled after males. This can generate fear from bystanders about pushing on women’s breasts, but unfortunately, their lack of action leads to higher death rates. CPR courses can easily address this issue by offering female dummies and educating attendees on how to perform CPR on women. In addition, women are often misdiagnosed when they experience strokes or autoimmune diseases.

There’s also gender bias when it comes to treating pain. Studies show that women are less likely to receive pain medication than men. They’re more likely to be dismissed, as doctors and others invalidate their pain, claiming that they are overly emotional or that their symptoms are not real.

The social culture in America has bred these stereotypes and ideas about women. While our society has made strides in women’s rights over the past hundred years, there are still features of government, health care and social structure that support the antiquated dichotomy of men as active and women as passive. Women deserve the dissolution of a male-dominated health care system, as their lives and livelihoods depend on it.

Diana Witt is a freshman theatre major. Contact Diana at wittdr@dukes.jmu.edu.
Social media has been criticized for negatively impacting its users. Studies have shown an increase in stress, anxiety and depression for those who use social media frequently. However, these same studies have shown that these issues resulted from the misuse or negative use of social media, such as cyberbullying. Others have shown that social media has made teens more outgoing and less introverted.

Social media influencers are a new form of celebrities that help teens become more extroverted. A social media influencer is defined as someone who uses social media to influence their large audience with their authenticity and reach. Influencers such as James Charles, Jeffree Star and Liza Koshy all started their brands on apps such as Instagram, MySpace and Vine. They’ve all gained mass audiences and reach millions all over the world by simply creating content on social media. The people in these audiences form connections and bonds with each other over their love for a specific influencer.

The influencers aren’t limited to social media as a form of income. Charles was featured as the first male CoverGirl model in 2016. He also just launched his new collaboration with Morphe. Since Charles is a male, he opened many doors for other young teenage boys who want to pursue makeup. His rapid growth also inspires young adults to have determination and work hard to pursue their dreams.

Star is also much more than just a social media icon. Star launched his own makeup brand, which brings in about $5.2 million per product launch. He also invests in the legal marijuana business and owns a shipment center that ships his own merchandise as well as those of other influencers. Koshy made a brand for herself by making funny videos on Vine, but she’s since gone on to interview stars on the red carpet, and is the host of the reboot of “Double Dare” on Nickelodeon.

On the other hand, some influencers have scandals that include past racist or sexist comments. For example, videos of Star saying racist comments made headlines in recent years, but Star used his videos to teach his audience about the risks of the internet. Even though he’s grown as a person, his past mistakes haunt him and ultimately hurt his career.

All these influencers started on small platforms and grew their audiences by making relatable and entertaining content. Their audiences come from all over the world, but connect with one another over their love for an influencer. These connections form bonds and even friendships that can be stronger than those they have with people they know in real life. Events such as Vidcon, Playlist Live and BeautyCon allow fans to interact with their favorite influencers and other fans.

Even though there’s a negative stigma associated with social media, not everyone on it is a bad influence. There are many social media influencers who love and care about their fans because they would have no success without their followers. Social media is a great way to make oneself known as well as jumpstart other successful career paths.

Megan Klepper is a junior writing, rhetoric and technical communication major. Contact Megan at kleppemc@dukes.jmu.edu.
Almost day one. He created every character for Lee to look at and Hilliard will always have his drawings from when he was a kid, "Welter said. "Hilliard inspires his students to make that commitment, it's a lifestyle and they have ambition and the desire to succeed, in the NBA or winning the lottery, but if you have ambition, it’s the myth that artists aren't needed and that you're going to starve to death. Those are myths, but it's competitive. Once you make that commitment, it's a lifestyle and choice." Hilliard's dream experience as an artist was finally within reach. He had it. He lived it. It took him to New York. He earned his bachelor's degree in fine arts at Pratt University, where he left with two portfolios and made it happen. If students are paying attention, they can see that Hilliard is busy. He was once set on a career in the natural sciences. Yet, his teenage path in life shifted completely after seeing "Star Wars: A New Hope." Without hesitation, now associate art professor Rich Hilliard decided to become an artist. "It completely rocked my world," Hilliard said. "It changed my whole outlook, because I saw all of this incredible artwork — the designs, paintings and schematics. And then I decided that this was it. This is what I was going to do. It's really about my artwork from that point on." A second critical moment solidified this decision: standing face-to-face with the creator of Marvel Comics. One afternoon, Hilliard was called to sitting in band class, Hilliard was called to the office thinking he was in trouble. Hi mother was there waiting for him, pulling him out of school and sealing her lips when he asked where she was taking him. Soon enough, he was standing in front of Duke Hall at JMU, where none other than comic book legend Stan Lee awaited him. He was hired by art professor Cole Welter, who opened various opportunities for him, such as teaching. "Aside from being a professor, he illustrated children's books and exhibited and sold art in shows such as Chiller Theater Expo and Jersey Fest," Welter said. "Hilliard reflects on how these outside experiences led Hilliard to become an inspiration for his students. "Hilliard was born and raised a Valley kid," Welter said. "Hilliard inspires his students by being in the graphic design program, with dreams of wanting to be a fine artist — yet, her family wouldn't support it. Now, Hilliard hopes to inspire Valley kids like himself and prove that the arts are a viable career option. Hilliard is a product of a smaller community and inspires young artists simply by being one of them. "There's one thing I can't teach, and that's ambition," Hilliard said. "What separates the professionals from the wannabes. A lot of folks think that being an artist is like playing in the NBA or winning the lottery, but if you have ambition and the desire to succeed, you gotta give it a shot."
Jellyfish Fields forever

Ranking the top 10 ‘Spongebob SquarePants’ episodes following the passing of creator Stephen Hillenburg

By AMY NEEDHAM
contributing writer

The creator of “SpongeBob SquarePants,” Stephen Hillenburg, died from complications with ALS on Monday. The show launched on Nickelodeon in 1999 and takes place in the fictional Bikini Bottom.

By AMY NEEDHAM
contributing writer

The creator of “SpongeBob SquarePants,” Stephen Hillenburg, died from complications with ALS on Monday. The show launched on Nickelodeon in 1999 and takes place in the fictional Bikini Bottom.

10. “Procrastination” - Season 2, Episode 17a

As college students, we can all relate to SpongeBob’s struggles to complete his 800-word essay the night before its due date. He makes every excuse in the book to distract himself from his writing, from shooting the breeze with the mailman to calling his best friend Patrick in the middle of the night. SpongeBob eventually falls asleep and dreams that the items in his house are conspiring against him to prevent him from completing his essay, only waking up from the nightmare with five minutes to finish his essay before class.

9. “Mermaid Man and Barnacle Boy V” - Season 3, Episode 12b

The fifth installment in this series portrays Barnacle Boy rebelling against his condescending partner Mermaid Man by joining veteran villains Man Ray and the Dirty Bubble to form the group “E.V.I.L.” (Every Villain Is Lemons). Mermaid Man then recruits SpongeBob and his friends to reform the dysfunctional band of superheroes known as the “International Justice League of Super Acquaintances” to stop Barnacle Boy.

8. “Shanghaied” - Season 2, Episode 13a

One morning, a mysterious anchor crashes through SpongeBob and Squidward’s houses, prompting Squidward to climb up the rope to complain with SpongeBob and Patrick in tow. Setting foot on the Flying Dutchman’s ship, SpongeBob and Patrick find themselves stuck as his prisoners, while an angry Squidward is cast into an infinite, spiraling abyss by the ghost. SpongeBob and Patrick are then forced to find a way to escape and save Squidward.

7. “One Krabs Trash” - Season 3, Episode 6b

Seeing an opportunity to make a quick profit, Mr. Krabs empties the contents of his garbage can onto his lawn and holds an “antique” yard sale. SpongeBob purchases a soda-drink hat from the pile for $10, which Krabs later discovers to be an extremely rare and valuable item when he’s offered $1 million for it. Willing to do anything to retrieve it, Krabs finds himself digging up the grave of the original owner, “Smitty Werbenjagermanjensen.”

6. “Krab Borg” - Season 3, Episode 9a

After watching a scary robot movie in which robots take over the world, SpongeBob becomes extremely paranoid and begins to suspect Mr. Krabs is a robot. After several tests to confirm his suspicions, SpongeBob enlists the help of Squidward to interrogate “Robot Krabs” into revealing the whereabouts of their real boss.

5. “Hall Monitor” - Season 1, Episode 7a

When SpongeBob is the only student left who has yet to be named Boating School Hall Monitor, Mrs. Puff reluctantly assigns him the position for the day. Straying from the classroom, SpongeBob decides to become hall monitor of the entire city, wreaking havoc on Bikini Bottom. He soon learns of a “Maniac” terrorizing the town and enlist the help of Patrick to stop him, unaware of his true identity.

4. “Frankendoodle” - Season 2, Episode 14b

After an artist sketching in a rowboat on the surface loses his pencil, SpongeBob and Patrick discover it and draw “DoodledBob,” a rough self-portrait of SpongeBob who becomes animate and steals the magic pencil to wreak havoc on the town. SpongeBob and Patrick are forced to face off against DoodledBob and get rid of the magic pencil once and for all.

3. “Pizza Delivery” - Season 1, Episode 5a

Right before closing time at the Krusty Krab, a customer calls looking to order a pizza for delivery. Mr. Krabs sees a monetary opportunity and sends Squidward and SpongeBob on a trip across town to deliver the first-ever “Krusty Krab Pizza.” After SpongeBob loses their boatmobile and the two become lost, he’ll stop at nothing to deliver the pizza to the customer.

2. “No Weenies Allowed” - Season 3, Episode 8a

After a karate session between Sandy and SpongeBob sends SpongeBob flying, he lands in front of “The Salty Spitoon,” the toughest sailor club in Bikini Bottom. The bouncer grants Sandy entrance into the club but rejects SpongeBob, claiming he’s not tough enough. Determined to gain entrance to the club, SpongeBob and Patrick concoct a ruse to fool the bouncer into thinking SpongeBob is worthy.

1. “Band Geeks” - Season 2, Episode 15b

After a great deal of deliberation, “Band Geeks” wins the title of the greatest SpongeBob episode. When Squilliam Fancyson mentions to Squidward that his band is unable to perform in the prestigious Bubble Bowl, Squidward offers up his “band” to take the place. Realizing he doesn’t have one, he posts fliers across Bikini Bottom and scrambles to train a group of clashing novices to play as a coordinated marching band.

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By VANESSA NIKOLIC
contributing writer

When students aren’t attending classes or studying, many of them are working and trying to find the balance between their jobs and school. Some students do unique things to make money, like serving as a lab assistant for human anatomy, leading group exercise classes at the University Recreation Center or threading eyebrows. These positions are among the different jobs that students have.

Hanna Bleznak, UREC

Bleznak, a senior health sciences pre-occupational therapy major, has been working as a group exercise instructor at UREC since May. After passing an exam, doing an audition for the class and training since January, she was hired. She worked throughout the summer and now teaches five classes a week. Bleznak initially went through training to teach cycle but is now an instructor for body sculpt, Bosu and barre classes as well.

Bleznak’s job goes beyond just instructing participants. She’s responsible for planning routines ahead of time, creating playlists for classes and coordinating the music with those routines. For cycle, she listens to a variety of music and figures out which section of a song would work for turns or jumps. Before students come in for one of her classes, she sets up the room and prepares the equipment.

When she’s not teaching a class on her own, Bleznak has the chance to collaborate with other instructors and take part in a team-teach class where she gets to teach a class with another instructor. Some of the UREC instructors decide to hold team-teach classes because they like to bounce ideas and positive energy off each other.

“It’s cool to get paid to do something that I would be doing anyway since I’m getting my workout in five times a week, but I don’t have to set aside a time outside of work to work out again,” Bleznak said. “It’s really rewarding to see people who come back every week and start to get it, and it makes me feel good that I demonstrated something the right way.”

Group exercise instructor

Shivali Marwaha, Brows by Shivali Marwaha

Marwaha, a senior computer information systems major, started her own small business, Brows by Shivali Marwaha, last year. She got her name out through social media and now has clients coming to her who want to get their eyebrows shaped or upper lip threaded.

“People come back a few weeks later and say, ‘This looks so much better shaped’,” Marwaha said. “It’s the busiest around formal, job fair and Halloween seasons. “You have to have a little bit of an artistic nature to be able to do shaping of eyebrows because everybody does have very different and unique eyebrow shapes,” Marwaha said. “It really warms my heart to make someone feel more confident now that they have better-shaped eyebrows.”

Luke Giltz, Human Anatomy Lab

Giltz, a senior health sciences major, took Biology 290: Human Anatomy during his sophomore year. Now, he’s a human anatomy lab assistant for that same class. He’s responsible for the behind-the-scenes work and makes sure the anatomy class runs smoothly.

Giltz works twice a week in the dissection lab in Burruss Hall. He keeps up with general maintenance, sorts bones of skeletons, looks at human cadavers and makes sure everything is in the right place after being used. He usually works six to seven hours a week.

In the future, Giltz would like to teach human anatomy at a medical school. He believes his job as a lab assistant has given him a head start, since he’s already teaching and assisting students.

“I felt like if I could help other people learn it and maybe enjoy it as much as I did, then I would be doing something good,” Giltz said. “If you like anatomy on almost an obsession level, then yes, I would recommend it to those type of students who want to get more out of anatomy than they got by just taking the class. I learned more going through everything again.”

From making boba tea to grooming eyebrows, JMU students’ jobs cover all bases.
**Jordan Pepper, artWorks Gallery**

Pepper, a junior studio art major, currently has a semester-long internship at artWorks, a student-run art gallery on campus, located between the Chesapeake Avenue Parking Deck and Greenberry’s Coffee. The internship is unpaid, but she’s able to get one credit toward her major.

Every Saturday, she’s in the gallery from 11 a.m. to 2 p.m. answering questions about the exhibit for visitors. The people who come in are usually Harrisonburg residents or students who bring in their friends or family to show off their work.

Pepper also has the responsibility of installing and taking down works of art in every exhibit. Along with learning how to hang art, Pepper learned how to spackle and plaster objects.

“The internship is really cool because it makes me more involved in the art community since I actually get to see the artwork firsthand and I’m at the gallery so much,” Pepper said. “It’s really fun to learn how to nail stuff and put up and hang art. I wouldn’t have known how to do it if I hadn’t taken this internship.”

**Nhung Dao, Kung Fu Tea**

Dao, a junior computer information systems major, has been a barista at Kung Fu Tea in Harrisonburg for three months. Her own love for milk tea and bubble tea motivated her to apply for the job. For her, the hardest part was the memorization, since she was required to learn all of the recipes for making the drinks.

Along with making the drinks from the menu, Dao also makes boba, or bubble tea balls, which is the optional base for the drinks served at Kung Fu Tea. She cooks the boba to make sure it’s at the right consistency, which takes about an hour. After that, she turns off the heat, puts the lid on it and waits for it to cool down. Generally, boba is served warm.

When Dao works during the night time, there are usually one or two busy hours with a lot of customers coming in. For her, it can get hectic, since she takes orders and makes drinks at the same time but gets through it because she’s come to enjoy making the drinks for people.

“I like making the drinks because I’m not used to creating my own things or making my own drinks, or food especially,” Dao said. “Making my drinks and making it for other people is pretty fun for me and seeing how excited little kids get when they get their drink is pretty fun.”

**CONTACT**

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The Dukes are dancing

JMU men’s soccer makes first appearance in Elite Eight since 1995, continuing historic season

By Noah Ziegler
The Breeze

In a season that’s exceeded all expectations, JMU men’s soccer now knows it’s one of the best teams in the country. It conquered High Point, upset No. 3 UNC, ran away from No. 12 Virginia Tech and now is just one match away from reaching its first College Cup in program history.

From winning the CAA regular season and tournament titles, to making the Elite 8, head coach Paul Zazenski has had a more-than-amazing first season as head coach. The experiences from the regular season are now paying off in the postseason as the Dukes dance through the NCAA tournament.

It’s easy to label JMU as a “Cinderella story.” A mid-major school that’s taken down some of the nation’s elite fits right into the mold of an underdog story, but Zazenski thinks his team has been one of the best in the nation for a while.

“I probably would’ve felt we were one of the best teams in the country had we lost in the conference tournament,” Zazenski said. “Ultimately, we’ve been a really good team for the past two years. This year we’ve capped it off with a few more impactful wins, and here we are.”

The Dukes have won 15 matches this season, their most since 2004. Players like junior midfielder Manuel Ferriol, who leads the team in goals and assists, senior forward Aaron Ward-Baptiste, who has seven goals and five assists, and redshirt sophomore goalkeeper TJ Bush are all key components in the team’s success in terms of stats. Junior midfielder Fernando Casero and the entire defense are unsung heroes as they anchor the team’s defense, something that doesn’t show up on the stat sheet.

All season long, the team has emphasized the importance of focusing on one match at a time. Its original goal was to win the conference and go from there, and now that JMU has achieved that and gone far into the NCAA tournament, redshirt sophomore forward Carson Jeffris can’t help but smile at what the Dukes have done.

“Our goal was to win the CAA and the fact that we’ve won that and are accomplishing even more than we set out to be amazing,” Jeffris said. “It’s a surreal feeling and I’m just glad to be a part of it and contribute day in and day out.”

Jeffris, who scored against No. 12 Virginia Tech, has eight goals this season despite only starting four matches. He says no matter where Zazenski puts him, he’ll do whatever it takes to help JMU win.

For the Dukes to shock one of the most storied programs in the country in UNC, it gave them confidence that they can beat anyone in the country. Bush, however, says the team plays with an underdog mindset no matter what, and that JMU strives for perfection in every aspect.

“We’re playing with a chip on our shoulder all the time,” Bush said. “We think the sky is the limit for us, we don’t think we can ever play well enough. We’ll remember the moments where we do stuff wrong more than when we do stuff right.”

For the first time since 1995, JMU has made the quarterfinals of the NCAA tournament. It hasn’t gone beyond that point, but in terms of recent history, the Dukes are entering unfamiliar territory and don’t want to stop fighting.

Since the Elite 8 appearance in 1995, JMU had only won one tournament match prior to this season despite making it six times. Now that they’re preparing to win and make it to the College Cup, the Dukes are setting a standard for future teams to reach.

“A lot of guys on the team go in with a mindset that we have nothing to lose,” Bush said. “Now there is something to lose because we’ve come this far. We don’t want the season to be over now, we want to accomplish everything that we possibly can.”

To reach this point of the postseason, teams need the quality aspect of soccer and a little bit of luck. JMU got that luck in the Round of 16 match against No. 12 Virginia Tech when a defensive clearance by the Hokies went into their own net, putting the Dukes ahead. There’s also a sense of superstition as JMU watches the “Rocky” movies before each postseason match.

“We’ve been watching every ‘Rocky’ movie to get the guys pumped up,” Jeffris said. “That’s been helping us a little bit.”

Like Rocky Balboa, the Dukes fight through every match with all they have. In their upcoming quarterfinal match against Michigan State, they’ll have the luxury of Ferriol, who’s returning from a red card suspension.

“This season has been one to remember for JMU. A lot of teams would be content with winning their conference and making it to the NCAA tournament, but Zazenski says the Dukes’ postseason is unfinished.

“We can compete with anyone in the country,” Zazenski said. “We have the mindset that we can beat anyone on any given night.”

Contact Noah Ziegler at zieglernh@dukes.jmu.edu. For more soccer coverage, follow the sports desk on Twitter @TheBreezeSports.
Colgate head coach Dan Hunt is no stranger to the brand of James Madison football. His 2015 season, the ninth year in program history to win nine games, was capped off with two postseason victories. The first, a 27-20 victory on the road against the CAA’s New Hampshire, led to a 43-38 win on the road against JMU.

Three seasons later, the script has been reversed: Hunt’s team now has the home-field advantage, hosting a hungry and determined Dukes squad. Another difference is just how quickly JMU became an FCS powerhouse; since being knocked off by the Raiders in 2015, JMU holds an 8-1 record in the postseason.

“To be honest with you, I see a big difference in JMU on the offensive side of the football,” Hunt said. “I’m no fortune teller, but I don’t see another 43-38 score coming in the least. They’ve really established their identity.”

While the Dukes have transformed since their last bout with Colgate, the Raiders have stayed about the same — especially in how they win games. In 2015, Hunt’s group rushed for 206.4 yards per game and 4.6 yards per attempt with 36 rushing touchdowns. This year, the running back committee — headlined by senior running back James Holland Jr. — rushes for 205.8 yards a game and 4.7 yards an attempt, and has 27 rushing touchdowns.

“We’re very similar to what we were in 2015,” Hunt said. “I think our passing game is a little bit more evolved, especially when [sophomore quarterback] Grant [Breneman] is playing.”

Colgate ran for a scorching 343 yards and got four touchdowns on the ground in the 2015 match at Bridgeforth Stadium — with 165 yards and two touchdowns coming from then-sophomore Holland. Having Holland this time around with an even larger role plays to the advantage for Hunt’s unit.

“He’s gotten stronger,” Hunt said. “We have a philosophy on our offense: four yards a play and you’ll never lose. If you watch him on film, the pile moves in his direction most times when he gets tackled.”

The Dukes will have something to say about allowing a repetition of 2015’s disappointing loss, but Hunt’s 2018 team will stick to its guns and win the way it’s become accustomed to — by pounding the rock.

JMU players are ready to hit the road in the postseason for the first time since traveling to the Fargodome back in the 2016 playoffs. The Dukes still find themselves as favorites despite playing in enemy territory, but for a relatively young team, JMU is heading into uncharted territory.

“You could even consider me a young guy at this point because I haven’t even been on the road in the playoffs before,” redshirt junior defensive lineman Ron’Dell Carter said. “It’s going to be a different atmosphere, a hostile environment. So, just explaining to the young guys that this week we’ve got to prepare extra hard.”

While December football in Harrisonburg is no joke, heading to the center of New York with freezing temperatures and snow adds another aspect to this week’s atmosphere. The players, however, aren’t too worried about the cold weather or snow on the field — they’re excited for it.

“It’d rather be in the cold, you really get to see who wants to play football,” senior running back Trai Sharp said. “It’s easy to be running around and hitting people in 80, 85-degree weather. With the cold, you really get to see who the men are.”

Colgate may have the upper hand in terms of comfort in the environment, but the Dukes will try to step on the field as the bigger men with their 2018 season on the line.

Knowing the Raiders won’t stray beyond their game plan, JMU head coach Mike Houston needs a physical performance up front from his defense — especially at the two defensive tackle positions. Colgate likes to operate its aggressive run offense straight up the gut and between the tackles, meaning the Dukes will have to man up in the trenches.

“They’ve just got to do a great job of understanding what their role is each individual play,” Houston said. “We’ve got to remain gap sound, we’ve got to play very disciplined, we’ve got to make sure we’re on the same page at the linebacker level and the D-line level.”

JMU’s larger defensive tackle combination features sophomore Mike Greene and redshirt sophomore Adeeb Atariwa, who weigh 294 and 282 pounds, respectively. For JMU’s speedball package, they have redshirt junior Paris Black — undersized at 234 pounds — although he still plays a role in keeping Greene and Atariwa fresh in the rotation.

Should JMU find early success in stuffing the middle of the field with sound gap filling and effective communication, the Colgate offense will start to work its way toward some outside runs. Not only will interior dominance cause the opposing offensive unit to adjust play calling, but it will also put JMU in position to expose an area of Colgate’s offense that’s rather underwhelming: third-down conversion percentage.

Hunt’s offense converts just 37.3 percent of its third-down attempts, which ranks 60th in the FCS. JMU’s defense has been stout on third down all year, allowing conversions on just 29.5 percent of attempts, and held Delaware to a 2-of-14 showing last week.

“That’s what you hope you can do,” Houston said. “You win first down, you win second down and get them into a third-and-long situation, and that’s outside of what their norm is. If you sit there with third-and-one all day, they’re going to have a great day.”

When playing a run-heavy offense, effective first- and second-down stops play a vital role in third-down defense. If Colgate can’t effectively run up the middle, the Raiders will be forced outside of their comfort zone and put in dangerous third-and-long situations from start to finish.
JMU head coach Mike Houston ‘offered’ FBS job, is ‘interested’

By BLAKE PACE & KEVIN HASWELL

The Breeze

JMU football head coach Mike Houston is interested in the possibility of leaving JMU after this season to take the same position at the University of North Carolina at Charlotte.

“I was contacted on Sunday by Charlotte 49ers’ Athletic Director Mike Hill,” Houston said. “We had a great conversation. I listened to him. I talked to him again on Tuesday. I told him I was interested in the job.”

Houston, 47, has spent three seasons at JMU, accumulating a record of 37-5 (22-2 CAA). He led the Dukes to a 2016 FCS National Championship win along with an appearance in the 2017 championship game in addition to consecutive CAA regular-season titles.

“It’s unfortunate,” Houston said. “It’s just the reality of college football right now. With the national signing day being moved up into December, institutions have obviously sped up their process toward going after different candidates for different reasons.”

Houston, a North Carolina native, played and coached football in his home state. Previous head coaching gigs at Brevard and Lenoir-Rhyne kept him close to home, and he never strayed too far from North Carolina, coaching in South Carolina and Virginia. Charlotte’s proximity to home played a key role in his interest in the position.

“It is two-and-a-half hours from my parents and my family,” Houston said. “And there’s personal reasons as to why that’s important to me.”

JMU Athletics inked Houston to a 10-year contract extension in December 2017, holding him in Harrisonburg through the 2027 season. Following the deal, Houston issued the following statement about the university.

“James Madison is a special place. Amanda, our boys and I want to be here and consider this home,” Houston said. “JMU approached me in the second half of the regular season to discuss an extended contract ... I’ve turned down opportunities at the FBS level, and I did it because I believe in James Madison University ... I am committed to ensuring that the JMU football program is one that is a reflection of our outstanding institution. I’m committed to staying here because JMU is different.”

Contractually, Houston’s buyout is $500,000 for leaving the Dukes for a Conference USA program prior to Jan. 31, 2020. Despite the rumors and reports, Houston is thankful for the players, coaches and administrators he’s worked alongside at James Madison.

“James Madison University, I have been blessed to have the opportunity to be the head coach here,” Houston said. “I am still the head coach here. I’ve been fortunate enough to be around the best young men that I could ever have the possibility to be around. I have loyal coaches and I have a great administration.”

JMU Athletics released a statement regarding the coaching rumors via email following the Dukes’ practice Wednesday afternoon.

“We are aware that Mike Houston has been offered the head coaching job at Charlotte and that he addressed the offer with local media after Wednesday’s practice. At this point he has not accepted the offer. We expect Mike to coach JMU on Saturday at Colgate.”

Houston would take over for Brad Lambert, who compiled a 12-36 (8-24 Conference USA) record in four seasons in Charlotte — the first four FBS seasons of the program’s history. Charlotte fired Lambert on Nov. 18. The 49ers are coming off their best year, finishing with a 5-7 (4-4 CUSA) mark.

It’s expected that Houston will finish out the season with the Dukes, who travel to Hamilton, New York, to play No. 8 Colgate for the second round of the FCS playoffs on Saturday. With the rumor mill churning, Houston is only focused on the current team he represents.

“The big thing that I want is I want [the players] to have the opportunity to compete on Saturday at a very high level with all of us being together,” Houston said. “That’s my focus this week, and not anything else.”

Catie Harper contributed to this report.

CONTACT Blake Pace and Kevin Haswell at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.
# Sports

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**JMU vs. Utah** vs. **Washington**
- JMU: 39-27
- Utah: 27-39
- Washington: 28-38

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**JMU vs. Colts**
- JMU: 35-31
- Colts: 31-35

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**JMU vs. Vikings**
- JMU: 38-28
- Vikings: 28-38

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**JMU vs. Patriots**
- JMU: 39-27
- Patriots: 27-39

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**Utah vs. Washington**
- Utah: 25-41
- Washington: 41-25

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**Maine vs. Jacksonville State**
- Maine: 67-25
- JSU: 25-67

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**Vikings vs. Patriots**
- Vikings: 28-38
- Patriots: 38-28

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**Chargers vs. Steelers**
- Chargers: 28-35
- Steelers: 35-28

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**Vikings vs. Patriots**
- Vikings: 28-35
- Patriots: 35-28

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**Chargers vs. Steelers**
- Chargers: 28-35
- Steelers: 35-28

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**Steelers vs. Patriots**
- Steelers: 28-35
- Patriots: 35-28

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**Chargers vs. Patriots**
- Chargers: 28-35
- Patriots: 35-28

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**Steelers vs. Patriots**
- Steelers: 28-35
- Patriots: 35-28

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**Steelers vs. Patriots**
- Steelers: 28-35
- Patriots: 35-28

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**Steelers vs. Patriots**
- Steel
Student Watch Party
Hosted by: Student Duke Club
Come enjoy free food and cheer on the Dukes!

Saturday Dec. 1
Time: 12:30 P.M.
Where: Third Floor of D-Hall

SDC Basketball Tip-off
Monday, December 3
Tuesday, December 4

Support your Men’s and Women’s Basketball teams and receive a free SDC headband while supplies last!
Student Ambassadors Present

The 19th Annual Operation Santa Claus
How the Grinch Stole Wilson

Memorial Auditorium
December 6th, 2018 at 7 p.m.
Benefitting Mercy House

Suggested $5 donation at the door
Questions? Contact JMUOSC@gmail.com