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Over 300 JMU faculty and staff have specified safe zone hours to support LGBTQ community
NEWS

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

Published on Thursday mornings, The Breeze is distributed throughout James Madison University and the local Harrisonburg community. Single copies of The Breeze are distributed free of charge. Additional copies are available for 50 cents by contacting our business office. Comments and complaints should be addressed to Abby Church, editor.

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According to FBI statistics, members of the LGBTQ community are at a higher risk of being the target of hate crimes. In 2017, there were 8,028 victims of hate crimes reported.

Jeremy Hawkins remembers walking down the halls of the Music Building as a freshman in 1997. He saw only one professor with a Safe Zone sticker on his door.

His first thought: “I’m gonna take his class.”

Today, more than 300 JMU faculty and staff are considered Safe Zone members who support LGBTQ students. Safe Zone is a voluntary network that believes every member of the university community should have an equal opportunity “to grow and learn in a safe and open environment.” Hawkins is the assistant director of Off-Campus Life and a Safe Zone coordinator.

Safe Zone members display a pink sticker on their door that indicates they’ve completed a Safe Zone workshop. Workshops are hour-and-a-half-long sessions designed to teach staff members to make their students feel welcome.

Workshops include lessons on gender vs. sexuality, the privileges of being heterosexual and examples of micro-aggressions. They also teach inclusivity principles like affirming the existence of marginalized people and understanding privilege, as well as oppression.

“When you’re not in the majority of people, it’s easy to feel alone or potentially to feel like you don’t belong in a place,” Jennifer Iwerks, assistant director for Sexual Orientation, Gender Identity and Expression Education and Support, said. “So the more people see that there are folks that understand who they are and that can support them, the better.”

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Alumni research children’s screen usage

While writing “Screen Schooled,” authors Matt Miles (left) and Joe Clement found that children can spend up to nine hours in front of a screen per day.

After noticing a decrease of attention spans of students, two JMU alumni wrote a book based on their findings

By MATTHEW SASSER
The Breeze

“Overexposure to digital screen media is deleterious, particularly to young developing brains,” Cytwic said. “Only in the glare of scrutiny have big tech companies finally admitted that they have been overexposing us to the images, but also the blue light from screens that wreaks havoc on the circadian rhythms — [the sleep-wake cycles] — of high school students.”

Cytwic said children don’t need to see mediated images on a screen but need other people to interact and make eye contact with. He added that screens can create a barrier.

“The world is enthralled with this technology,” Cytwic said. “Yes, it’s wonderful, yes, it’s cool looking, yes — my God — look at what you can do. But you don’t notice how addictive it is.”

Clement and Miles said children can spend as many as eight to nine hours a day outside of school on screens. When they come to school, screens are more prevalent than ever in the classroom.

“Of the things Joe and I make clear is that we don’t go around wagging our fingers at kids,” Miles said. “In a way, I feel sorry for kids. I wrote this book, and I’m guilty of times where there’s a holl in the conversation or nothing going on that’s captivates my attention, I go to my phone and pull it out to check texts.”

Miles said that if a child is sitting in class and isn’t interested in the material, the phone’s designed to be appealing. It’s intentionally made to grip people’s attention.

“Had we had phones in the ‘80s, ’90s or 2000s, we’d be guilty of it too,” Miles said. “This isn’t a generational thing.”

One tactic they’ve found useful is dividing up class time. Clement and Miles said attention spans of students are shorter than ever due to the massive amount of rapidly changing images they’re used to seeing.

“Going up against Netflix or some game they’re playing, you need to be more compelling,” Miles said. “Teachers have to be more on their game than ever before.”

During the process of writing the book, they learned that many top tech executives send their children to screen-free schools. Silicon Valley parents are raising many children tech-free.

“What do the wealthiest among us know that the rest of us don’t?” Clements said. “Regular old public school kids are being told to use their computer all day long. In the most private schools, they’re told to never look at it.”

For the authors, they agree that this is a problem well within society’s grasp to handle. They recommend setting aside time from screens and just becoming more cognizant of the problem.

“Kids today are the same in a lot of ways they were 20 years ago,” Clements said. “It’s just this issue that seems to be really changing the way they behave and the way they interact. This is something that is totally within our control.”

CONTACT Matthew Sasser at sassera@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.
New book club encourages faculty to become allies with people of color

By KAMRYN KOCH

The Breeze

WAKE UP, or White Accomplices Knowing Experiences Underlining Privilege, is a new club for faculty and staff that allow members to critically self-reflect and work to become upstanding allies for people of color through reading books. The group will work to develop strategies and commitments to actively engage in practices that increase fair-mindedness on campus and society overall.

The club plans to meet in Madison Union biweekly. The RSVP list has already been filled. The organization is currently closed because it’s designed for members to come to every meeting rather than come at their leisure. Club founder Jennifer Iwerks is excited to give members a space to further their understanding of their racial identity development.

“I think that race is a very important identity in our society, in our culture,” Iwerks said. “I think, especially right now, we’re seeing a lot of conversations about race, and so having a space for people to be able to talk critically about that identity, and really any identity, is really valuable.”

Iwerks was inspired to start the club while attending an event in the spring sponsored by the Center for Faculty Innovation. The event was a fishbowl conversation — a discussion between four to five people in the middle with a surrounding crowd of people — where visiting professors spoke about their recently released book. The professors, all of whom were people of color, mentioned the idea of creating a space for people to consider their racial identities together, which sparked Iwerks’s interest.

Iwerks works as the assistant director of SOGIE of JMU, or Sexual Orientation, Gender Identity and Expression. She received her master’s degree in college student development and worked in the Office of Multicultural Student Development at Appalachian State University in addition to working part-time in the LGBTQ Rainbow Resource Center and the Office of Multicultural Student Life at the University of Maine. With an elaborate history of work with many kinds of identities, Iwerks wants to extend her knowledge and get the conversation started for JMU faculty and staff.

“I think that identity development is something that’s always happening for people — it doesn’t just stop after a certain part of our life,” Iwerks said. “As a white woman, I want to be reflecting on my own identities and engaging myself so that I’m reflecting on how my identity has been formed and how that impacts the interactions I have.”

JMU communications professor Jennifer PeeksMease came on board to accompany Iwerks after being connected through JMU Prevention Coordinator and Survivor Advocate Arianna Sessoms. PeeksMease sees the club as an opportunity for members to educate themselves on how to be successful accomplices by using prepared resources rather than constantly leaning on people of color.

The group will be reading “White Fragility” by Robin DiAngelo and “Me and White Supremacy” by Layla Saad this semester.
“There’s a delicate balance as white accomplices and allies in supporting efforts of people of color on campus and taking them over,” PeeksMease said. “So, one of the things that we are trying to do is create a space where white people can be committed to racial justice and not take over spaces that should really be centering the voices of people of color.”

This semester, the group will be reading “White Fragility” by Robin DiAngelo and the workbook “Me and White Supremacy” by Layla Saad. The reading circles are intended to be equitable, so rather than structuring the club as a hierarchy, it’s more of a leadership endeavor for everyone participating.

Sessoms, who started the Shades of Sisterhood book club in fall 2018, is eager to see another book club that strives for racial justice and identity development. Although she was happy to see white students and faculty at SOS meetings, it limited the connection between people of color and took away from the safe space that was meant to be created. Now Sessoms feels that WAKE UP can give white people a chance to learn about and challenge racism without taking away from that safe space.

“It’s good to have different places and people from all over campus really invested in doing that long term work,” Sessoms said. “I’m just excited to see people learn, to see people grow and to see what could come from that.”

According to a JMU database, 22% of JMU’s student population consists of minorities. Because of this, PeeksMease hopes the organization can open the eyes of members to see how race functions rather than be unaware of privilege.

“It’s not by accident that a primarily white institution is a primarily white institution,” PeeksMease said. “We can’t pretend that it happened on accident and that it’s going to fix itself. Since these structures were created intentionally, it takes intentional work to undo them. It really is more than a book club — it’s a group of people who are committed to action.”

Even though the group will be made up of faculty and staff, PeeksMease is hopeful that members can be role models for the surrounding student body. The ultimate goal of the organization is to help create responsible allies enabled to help dismantle the unfair power structures of our society. PeeksMease emphasized the importance of action itself rather than merely acknowledging the need for it.

“It takes work,” PeeksMease said. “It takes intentional work to educate yourself and learn how to do the work in society to really accomplish that identity.”

CONTACT Kamryn Koch at kochkr@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.
Alumni in the loop

JMU alumni club recently created to connect former students and generate scholarships for students

If JMU alumni stay at Hotel Madison it could help students receive scholarships.

Hotels Madison in collaboration with the JMU Alumni Association to form the JMU Alumni Club, a program that offers hotel discounts and special offers for alumni. Proceeds from the club go to the Alumni Association.

"It's really the true meaning of a partnership," Carrie Combs, director of Alumni Relations and executive director of the JMU Alumni Association, said. "We want to help them, and they want to help us, and really, together, we just want to provide an amazing service to alums."

The club’s benefits include a 15% discount on standard daily Hotel Madison room rates and 10% off at Montpelier Restaurant — excluding alcohol — and the grace+main coffee shop in the hotel. Other perks include special access to JMU and Hotel Madison sponsored events at the hotel and Stash Hotel Rewards points on every stay. To receive these benefits, alumni must register through the JMU Alumni Club and book directly through the Hotel Madison website, not a third-party.

The Alumni Association receives $2 per room for every night a JMU Alumni Club member stays at Hotel Madison, which is independently owned but works in partnership with JMU. The money received will go toward connecting alumni around the country, professional development and career networking for students and alumni, philanthropy and student scholarships.

Recent graduates, degree holders from Madison College who graduated '77 and earlier and those from any class in between are encouraged by the Alumni Association and Hotel Madison to join the program.

"It’s exciting to be able to share this project with alumni that might not have come back to this area in a while, " Brooke Driver, Hotel Madison senior sales manager, said.

Since its launch in August, the JMU Alumni Club has gained 240 members and counting, a number the hotel wants to grow "exponentially," Judy Wilbur, Hotel Madison director of sales and marketing, said. Driver added that promotions like weekend stay giveaways are in place for when 1,000 members join the program.

"The hotel's really trying to create an environment and atmosphere that’s a little bit different from staying at the Holiday Inn or the Marriott or something like that," Combs said. "It’s kind of this really cool bridge of Harrisonburg culture and the university that you might can’t get other places in Harrisonburg."

Wilbur said there was a vision for the club before the 230-room, three-star hotel launched, though it took some time to finalize the details. Those at Hotel Madison are working to draw alumni back to the area year-round, not just for heavily attended events like football home games, Homecoming, parents’ weekend and commencement ceremonies.

"Harrisonburg has a very different landscape than it had 10, 15, 20 years ago," Wilbur said. "I think sharing that with hundreds of thousands of alum to come back and just see a very different Harrisonburg than was here when they were here."

In the past decade, JMU's campus has seen the addition of the Forbes Center for the Performing Arts, Student Success Center, Hotel Madison and Paul Jennings Hall as well as renovations to Bridgeforth Stadium, UREC, D-Hall and Wilson Hall, to name a few. The University has grown from roughly 17,900 students in 2009 to over 21,700 enrolled in Fall 2019.

Alumni who haven’t made it back to the Shenandoah Valley in a while might be in for a shock.

"[Harrisonburg] is its own destination now, and I think they, [alumni], probably didn’t feel that when they were here taking midterms and finals," Wilbur said. "They get to really enjoy it and soak it in without that pressure of being a student."

CONTACT James Faris at breezecopy@gmail.com. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.
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INTERNATIONAL WEEK 2019  SEPTEMBER 23-28, 2019
MONDAY 9/23
INTERNATIONAL BAZAAR
Warner Commons (D-Hall)
Rain Location: MU 256
11 am – 3 pm
WAJAHAT ALI:
FIGHTING FAKE NEWS WITHOUT KILLING OUR TRUTHS
Forbes, Concert Hall
7 pm

TUESDAY 9/24
PHOTO CONTEST RECEPTION
Festival, Lower Level
12 – 1 pm

PEACE CORPS PREP INFO SESSION
CGE Classroom (Madison Hall, 2nd floor)
1 – 2 pm

COLLABORATING GLOBALLY TO DEVELOP CULTURALLY-RELEVANT TEACHING PRACTICES
Madison Union 405
4 – 5 pm

DAN KRAMER: THE POWER OF THE PASSPORT IN NAVIGATING IDENTITY AND THE CHANGING LANDSCAPE OF INTERNATIONAL PROGRAMS
Wilson Hall Auditorium
7 pm

WEDNESDAY 9/25
FULBRIGHT WORKSHOP
Madison Union 256
12 – 1:30 pm

BUILDING BRIDGES THROUGH STORY EXCHANGE (N4)
Madison Union 405
2:30 – 5:30 pm
*By RSVP only

BARRIERS TO PEACE: THE DEADLY LEGACY OF LANDMINES AND OTHER WEAPONS IN POST-CONFLICT SOCIETIES
Hall of Presidents (D-Hall)
7 – 8:30 pm

DEEP IMPACT DIALOGUE:
BREAKING DOWN INTERNATIONAL BARRIERS
Madison Union Ballroom
7 – 8:30 pm

THURSDAY 9/26
STUDY ABROAD FAIR
Festival Grand Ballroom
11 am – 3 pm
*Neither available from 10:45 am – 1:15 pm
(Miller – Foster)

FURIOUS FLOWER PRESENTS
FIVE SWATI POETS
Hall of Presidents (D-Hall)
7 pm

FRIDAY 9/27
X-LABS POP-UP
Lakeview Hall, Room 1150 (X-Labs)
2:30 pm

SATURDAY 9/28
HARRISONBURG INTERNATIONAL FESTIVAL
Downtown Harrisonburg
12 – 6 pm
*Neither available from 11:45 am – 4:45 pm
(Miller – WITW – Downtown)

FOR MORE INFO CONTACT CGE: 540-568-5209 • jmu.edu/global/iweek
Apple should stick to electronics

The new Apple credit card comes with strings attached

Consumers will want to think twice before buying into Apple's latest invention.

JOSIE HANEKLAU | open outlook

In March 2019, Apple announced it’d be releasing a credit card. The internet immediately started pulsing with excitement as people became enthralled with the titanium structure of the card. Apple’s misleading promise that it isn’t “created” by a bank and the curiosity of the card being operated through users’ iPhones. An oath was made that card users would reap the benefits of high cashback, no extra fees and interactive online modules that allow cardholders to track their spending.

As with many shiny new toys big companies mold for the purpose of sticking their hands in consumer’s pockets, this has more than one massive catch — and some of them are dangerous.

Perhaps the most vicious lie in Apple’s credit card scheme is the false implication that the card isn’t tied to a bank. Sure, Apple can say they “created” the card, but it must be tied to a bank in some way — the money can’t appear from thin air. It’s no wonder Apple isn’t promoting which bank is supporting the credit card because it’s being backed by a company who was recently entangled in a massive scandal where they admitted to defrauding their investors — Goldman Sachs. The New York Times now calls the defrauding “one of the most significant scandals in its history.”

Besides the terrifying reality of the Apple card being linked to Goldman Sachs, there are plenty of other more technical aspects that coat ugly truths with sweet falsities. One YouTuber with the username “This is Tech Today” published a video titled, “The Apple credit card was designed to trap you forever.” In it, he talks about the long-term effect of buying the card — it ties users to Apple products for life. This is because the Apple card only works on Apple products. In other words, if the consumer ever wants to use their credit card, they must have a working Apple product. It’s a stroke of business genius that some users may actually be happy about, but it’s also one that many probably won’t consider.

Another YouTuber specializing in credit card analysis, Graham Stephan, made a video explaining why the Apple card simply isn’t as beneficial as other cards. He explains that while it offers users 2% cashback, so do plenty of other cards like Citibank. Apple also tries to entice buyers with 3% cashback when purchasing other Apple products. Stephan reveals the flaw in this logic by showing that a better deal is possible with Citibank, who might only offer 2% cashback but who also grants a free warranty on Apple products that the Apple card would force users to pay over $200 for. In the end, users would actually save less money purchasing Apple products with the Apple card than with another company like Citibank.

Negatives aside, the Apple card is unique and technologically advanced, and it’ll be purchased in droves among young people and college students for those factors alone. Features like the card directly tracking where and how much users spend, which can be done with any card by installing apps like “Penny,” and the physical absence of a credit card number on the outside, which allows for a convenient technical sync to the iPhone and no need to type in digits when ordering online, are certainly cool, but it’s not practical. This is because the card operates through phones on Apple Pay — which many businesses don’t accept as a form of payment.

Just because the Apple card is something different and exciting doesn’t mean it’s better than traditional credit cards. Don’t fall into the trap of supporting this card just because Apple has pitched it in a way that appeals to the masses.

Josie Haneklau is a sophomore political science and psychology double major. Contact Josie at hanekljr@dukes.jmu.edu.
Farewell 21
The popular chain store declared bankruptcy, and it’s a good thing

GEORGIA LEIPOLD-VITIELLO

In the closet of any girl between the ages of 14 and 24, at least one item by the popular fast-fashion brand Forever 21 can be found. Despite this, the retail giant recently declared bankruptcy and might be closing some of its 723 stores soon. Since the creation of online shopping, brick-and-mortar stores have seen a drop in sales. Since 2017, many stores such as Barneys and Toys ‘R’ Us have gone bankrupt or begun to close locations, and Forever 21 appears to be no exception to this trend. This isn’t a reason to pity the brand, as Forever 21 has been dubbed by many consumers as the official “party clothes” supplier for college girls. This means the clothes are used once or twice and then discarded, after a half-dozen wears. This is the cycle of the fast fashion industry. Clothing is made in factories by underage and underpaid workers. These employees are primarily female, fitting into the target demographic for the clothing that they’re forced to mass-produce. Not only is fast fashion a human rights issue, but it has a shocking environmental impact. Every year, 12.8 million tons of clothing are sent to landfills in the United States alone. This statistic is staggering, particularly in an era with so many environmental movements. The phrase “save the turtles” has become a popular slogan accompanying the movement toward the banning of plastic straws. Foregoing the use of plastic straws has been an easy sacrifice for many, but most aren’t yet ready to accept the impact their retail shopping habits have on the environment as well. Runoff from the dyes of clothing in landfills pollutes water sources, not to mention the large amounts of water required to produce the clothing in the first place.

Of course, Forever 21 isn’t the only culprit of the fast-fashion crisis. Online brands such as Cupshe, Romwe and many more aren’t entirely out of luck. There are many online options that provide an excellent solution to this issue. These online thrift store options include Poshmark, Depop and Thredup. All of these stores give clothing an additional chance at life. Many people assume that, as an individual, they’ll have little to no impact on the environment by shopping at retail stores, or they don’t consider what impact they’re having at all. In reality, every consumer makes an impact. No change is too small, whether it be making a trip to Goodwill instead of a local mall or selling old clothes to an online thrift outlet rather than simply throwing them away. Forever 21 may close its doors in the upcoming months, but this is still only the beginning of the fight against fast fashion. Georgia is a freshman media arts and design major. Contact her at leipolge@dukes.jmu.edu.
Nonprofit pretenders
Organizations that shouldn’t be exempt from taxes
abuse their nonprofit status for monetary gain

CHARLIE JONES | piece of mind

Two inspirational men spoke to the world. One said, “Beware! Guard against every kind of greed. Life is not measured by how much you own,” and the other, “Well, you need to hear about money, because you ain’t gonna have no love and joy and peace until you get some money!” Just by their words alone, these two men would seem to be polar opposites. However, they’re similar in one regard: They’re both considered religious teachers.

The first quote listed was a quote from Jesus Christ in Luke 12:15, while the second was from televangelist and megachurch pastor Creflo Dollar. Despite a sharp dichotomy between humanitarian beliefs and the capitalistic desire for money, many seemingly benevolent televangelists like Dollar, Pat Robertson, Joel Olsteen and Jerry Falwell Sr. have used the guise of religion or moralism to deceive unassuming citizens. Americans are inadvertently forced into the government and religious organizations by paying more in taxes, and the majority of the time, it’s justified through the lifesaving actions of organizations like the American Cancer Society and local community hospitals; however, the issue arises when this system is abused by non-taxed organizations.

Some of the worst abusers of the nonprofit distinction are all-encompassing “mega-empires,” which collectivize everything from churches and schools. Nonprofit status is a distinction given to organizations that are exempt from paying taxes because they provide some benefit to the public. Within the nonprofit distinction, there are nearly 25 subcategories exempt from paying federal income tax, but the most common label is 501(c)(3), which is a distinction given to any entity whose purpose includes religious, charitable, literary, scientific or educational activities. Since these organizations don’t pay income taxes, the American public is subsidizing their activities by paying more in taxes, and the majority of the time, it’s justified through the lifesaving actions of organizations like the American Cancer Society and local community hospitals; however, the issue arises when this system is abused by nonprofit pretenders.

The investigation found that Liberty had given generous loans for Falwell family friends even when the benefit of those loans to the school wasn’t known. This school/business synergy was elaborated on by a current Liberty employee who said, “What I have found over the years is if something doesn’t make sense and Jerry really wants it to happen, he, in some form or fashion, has a personal interest.”

Besides the blatant violations of the nonprofit restrictions on business dealings, the Politico investigation also found multiple examples of Liberty’s political involvement. Through leaked school emails, it was discovered that the school had sold merchandise linking the Trump campaign and the university. Additionally, it was uncovered that Trey Falwell joined John Gauger on a trip to Trump Tower where Gauger was paid by Michael Cohen to rig an online poll for Donald Trump. During that trip, a picture of Trey with a bed covered in money was posted online then taken down shortly after. When that rigged poll was released, the official Liberty University Twitter account posted a link to the poll. All of these instances, coupled with Jerry Falwell Jr.’s many appearances campaigning for Donald Trump, have caused several legal experts to question whether the mandated line between nonprofits and politics has been crossed.

People may ask how any of these scandals affect JMU, but as a public university, JMU is a nonprofit just like the rest of these institutions, so any time there’s a fraudulent nonprofit, it negates the credibility and goodwill of positive nonprofits. As a nonprofit, JMU strives to better the lives of its students and the university community. Additionally, it was uncovered that Trey Falwell joined John Gauger on a trip to Trump Tower where Gauger was paid by Michael Cohen to rig an online poll for Donald Trump. During that trip, a picture of Trey with a bed covered in money was posted online then taken down shortly after. When that rigged poll was released, the official Liberty University Twitter account posted a link to the poll. All of these instances, coupled with Jerry Falwell Jr’s many appearances campaigning for Donald Trump, have caused several legal experts to question whether the mandated line between nonprofits and politics has been crossed.

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Charlie Jones is a freshman public policy and administration major. Contact Charlie at jones7cr@dukes.jmu.edu.
INTRODUCING OUR STUDENT DUKE CLUB

GAMES OF THE WEEK

THURSDAY, SEPTEMBER 26:
WOMEN’S SOCCER vs. William & Mary at 7 pm

WEDNESDAY, OCTOBER 2:
MEN’S SOCCER vs. Cal State Fullerton at 7 pm

SUNDAY, OCTOBER 20:
FIELD HOCKEY vs. Duke at 12 pm

BENEFITS INCLUDE:
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COME SEE YOUR DUKES IN ACTION

FIELD HOCKEY

SUNDAY, SEPT 22
vs.
OLD DOMINION
@ 12 PM
Field Hockey Complex

STUDENT GIVEAWAY
Sponsored by Blue Ridge Insurance, the first 100 JMU students in attendance will receive a FREE t-shirt at halftime.

WOMEN’S SOCCER

THURSDAY, SEPT 26
vs.
WILLIAM & MARY
@ 7 PM
Sentara Park

SOCcer SCARF GIVEAWAY
The first 50 students in attendance will receive a FREE JMU Soccer scarf and all students in attendance will be entered into a raffle.

VOLLEYBALL

THURSDAY, SEPT 26
vs.
UNCW
@ 7 PM
Godwin Hall

POST-MATCH AUTOGRAPhS
Stick around post-match to get autographs from your favorite JMU Volleyball players.
Humans of Madison
Interviews collected on JMU's campus
ALEXIA FITZPATRICK / THE BREEZE

Samantha
“I’m an operations assistant here at the Guest Services desk in SSC, and I decided to apply for this job because I was having a really hard time my freshman and sophomore years. I didn’t feel like I was making this place my home, and I was stressed out about that. I just remember walking into SSC and seeing someone sitting here who was smiling at you and always friendly to see you.”

“I decided to apply, and when I got an interview, I was so excited because I knew I needed a job and I wanted to get more involved with people on campus. It turns out that in my one month of working here so far, I’ve met so many great people — either the people that I work with, or my boss or the building manager. Everyone who is here has been super awesome. I love working here because you see so many different faces every day, and we get people who are visiting the school, and they’re like, ‘Do you love it?’ and I’m like, ‘I love it.’ It’s awesome to tell new people everything you like about the job and everything you like about the school — just being a friendly face for when people walk in or leave. And you don’t know who anyone is going through, so it’s just nice to be a friendly face for someone.”

Watch the video on breezejmu.org

BOND collaborated with groups like the NAACP and Women of Color to hold its POC’s Declassified: PWI Survival Guide meeting.

By KAILEY CHENG
The Breeze

In Maury Hall’s basement, a hint of light glows from the G1 classroom. Inside, a small group of men mumble the lyrics to Chance the Rapper’s “YBN Cordae.” They decide whether IHOP or Waffle House has better breakfast food and if Omar’s is a good place to get a haircut.

Norman Jones stands at the front of the room. It’s his first meeting as president, and he’s determined to run it well.

He has to. The last time this club was active was in 2014. It was re-established last September, held its first programs last spring and is fully running this fall. After around five years, Jones and his executive board finally brought it back.

Once 6 p.m. hits, the men begin introductions followed by a discussion. Everyone faces one another as they begin their conversation about the first weeks of school and how they’ve experienced their college experience.

This will be the routine for the Brothers of a New Direction (BOND). The club was established in 1989 to connect male-identifying students of various minorities on campus by creating a tight-knit community. BOND’s current adviser, Pernell Whitfield Jr. — adviser for study abroad at The Center for Global Engagement — said there aren’t many student organizations that are male-identifying and non-fraternal, which makes BOND stand out. But eventually, with a lack of planning and succession, most of its members graduated, and BOND dissolved.

Jones, a junior public policy and administration major, said that five years ago, BOND struggled with solidifying its identity and keeping its core values strong and lasting through the years.

“We’re really trying to orient it now to something long-term, sustaining, bigger than us,” Jones said. “We really recognize the importance of having a long-term vision. That’s where BOND might’ve fallen short earlier. It was probably appropriate for the students then and at that point, but I don’t know if the leaders looked beyond that time frame.”

Jones was approached by the Center for Multicultural Student Services’ director, Valerie Ghant, his freshman year. Ghant knew and worked closely with Jones’ father — his parents were former Dukes, and his father was the former president of JMU’s Black Alumni Chapter — and asked Jones to help restart BOND. At the time, he wasn’t a part of other organizations on campus and saw it as an opportunity to make it a first, but restoring the club wasn’t easy.

The new BOND started with nothing.

Jones said he and the executive board struggled with understanding club logistics. They had to learn what it meant to be a JMU club and a club under CMSS. Starting as vice president last year, Jones also engaged in a battle of identity within himself. He knew he was a solid leader, but he started to wonder if he was “black enough.” He said there’s an unspoken benchmark with affirming one’s identity, no matter the background.

Senior history major and treasurer Carlos Blackwood became anxious about judgment. He didn’t want people to think BOND was the male version of Women of Color, an organization cultivating inclusion for women minorities.

“We love Women of Color,” Blackwood said. “But we don’t want to be judged as the counterpart to Women of Color, which everybody pretty much does.”
BOND’s bank account had also collected dust — Blackwood said they were completely broke. For its first bake sale, the executive board members had to dig into their pockets to buy ingredients for cookies and cupcakes.

On top of all that, the organization was also in need of a new adviser. The board chose Whitfield, a double Duke and former member of the old BOND. Whitfield said he can truly understand the executive board since he’s a man of color on campus as well as a former student.

One of Whitfield’s goals is to alleviate pressure of the executive board’s shoulders. There’s only a small percentage of men of color on campus, and Whitfield said these men are rarely in leadership roles.

“Sometimes, we’re seen in the news or television, not in a positive light, so we’re trying to shift that narrative,” Whitfield said. “These are men of color in leadership positions, and it’s like, who do they look to for inspiration or guidance in those roles? I want to be available, whether it’s BOND-related or not."

“Positive Mind, Positive Vibes, Positive Life” are the words sprawled across the PowerPoint shown at BOND’s first general body meeting. Jones said he wants to show underclassmen they have a place. He said new students might come in lacking a connection to the minority community, which can be challenging in the busy first weeks.

Whitfield compared the new BOND’s first meeting to the time when he used to be in the club — the vibe never changed. The room is loud, brimming with both laughter and reflective conversation. People ask about each other’s day while music plays softly from the speakers.

“How do we give [underclassmen] an experience I didn’t have?” Jones said. “How do we give them an experience that doesn’t leave them lost? That’s what drives me every single day, inside and outside of organizations. That’s at my core.”

The executive board stands strong with BOND not being an exclusively “black” group. Its mission statement focuses on men of any color and their issues at JMU, but to build that community and start those conversations, it must get its name out.

“Our mission this year is to hit the ground running,” Blackwood said. “This semester, we got a lot more planned out, so hopefully, we get a high attendance, great involvement from general body members and, hopefully, we can be the talk of the campus.”

BOND plans to bring past members back. It also wants to arrange professional development events like career fairs. Recreation-wise, the executive board is thinking of starting intramural teams, game nights and collaborations with other groups.

Now, it’s about gaining recognition, and it’s been a rocky start this year. At the first meeting, one member mentioned they haven’t seen too many students of color coming to community events. Someone else said more people came out last year and that there’s a sense of disconnect with the new freshman class. At the end of the meeting, Whitfield challenged every member to bring two people to the next one.

“Ultimately, I want BOND to grow, not just about numbers, but depth as well,” Whitfield said. “We can have 100 members, but if those members aren’t planning to be actively involved and make sure this is an organization that continues year to year to year, then it’s like, what’s the purpose?”

CONTACT Kailey Cheng at thebreezeculture@gmail.com. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.
Between classes, students participate in yoga and meditation to relieve stress and anxiety.

In a Yoga Fitness class offered at UREC, students practice stretching by rising into a half crescent pose.

By CAMRYN FINN
The Breeze

A dimly lit room is engulfed with the sound of soft music and falling rain. People stand silent and still as they look toward the windows, a stark comparison to the loud music just outside the doors at UREC. While yoga may not spring to mind when one imagines exercise, the mind and body studios offer students a unique escape.

After the first couple weeks of school, semesters transition from introductions and syllabi to essays, exams and all-nighters. It may become necessary for students to look for outlets to separate themselves from the hustle and bustle of campus life. A number of Dukes turn to yoga not only to find a way to get in a good workout but to destress and improve their mental awareness.

Yoga is an age-old practice centered around the connection between the body and mind. Physically, it focuses on strength, flexibility and stamina as participants hold various poses. It also incorporates a strength component, as the more advanced stretches — tree pose, pigeon and the warrior sequences — often require power to keep stable.

Junior interdisciplinary studies major Claire Kinsey began practicing yoga in high school and has continued throughout her time at JMU. She practices while juggling classes to bond with friends and keep in shape — she wants to be at the top of her game in her Club Quidditch team. She said yoga is an ideal outlet to be active, but it’s not too overwhelming or taxing.

“I like it because it’s nice if I want to get some exercise in and do something that does require some physical activity, but maybe I don’t want to go do heavy lifting or go run on the treadmill for a given day,” Kinsey said. “It gives me something so I feel like I’ve done something to help my body without necessarily going crazy.”

One of the more specific ways Kinsey’s benefited through yoga is through its restorative power. After injuring her ankle, she turned to yoga to rehabilitate and regain her abilities.

Besides its physical benefits, yoga is also used as a way to cleanse the mind. A large portion of yoga focuses on mental wellbeing through concentration on breathing and learning how to listen to one’s body.

One of the clearest ways this is incorporated in yoga practice is through relaxation or Savasana. At the end of a session, participants lie down and allow all their muscles to soften. With the absence of tension in the body, all thoughts can focus on the mind and its current state.

Junior biology major Hannah Hildenbrand began practicing yoga recreationally as a way to keep active over breaks. Once she got back to school, she searched for a way to stay active and disconnect herself from academic stress. She doesn’t consider herself an expert at yoga but has been practicing a little more seriously while on campus because it lets her do both physical, spiritual and mental care at once.

“It’s very helpful with anxiety and stress, which is extremely important when you’re at school and have all this schoolwork you have to do and so many things on your mind,” Hildenbrand said. “With meditation, it really helps you calm down and relax, which is really nice.”

Senior business management major Kaitlyn Ahrweiler has been doing yoga both in classes at UREC and individually. She said she appreciates how people from all experiences can participate in yoga and how it’s accepting of anyone who wants to give it a try.

“I love how open it makes my body feel, so I almost feel like the stress melts out of my body as I’m stretching and doing certain poses,” Ahrweiler said. “It really relaxes my mind and takes the focus away from being a student and it shifts it to focusing on myself.”

One of the most accessible ways for students to begin their own yoga practice is through the classes offered at UREC. They’re offered on a weekly basis and encompass all levels.

UREC classes range in the types of flow and intensity of workouts, including Vinyasa Flow, Stand-Up Paddleboard Yoga and Power Yoga classes. There are also more specific classes available, such as Restorative Yoga and Trauma Sensitive Yoga, which focus on recovery in both a physical and emotional sense.

Other ways JMU and Harrisonburg offer yoga and meditative opportunities are through multiple studios located in the area. These studios — such as The Nest, Rocktown Hot Yoga, Shenandoah Yoga and The Center — offer a wider variety of classes including hot yoga and pilates in addition to more traditional practices.

Above all, yoga is an individualized practice. Whether in a class or personal setting, practitioners are encouraged to only do what they’re comfortable with. It’s not so much about the difficulty of poses as much as the improvement from session to session.

“It is probably one of the most judgment-free exercise activities that you can do because people are so open to all levels,” Ahrweiler said. “[Instructors] always say that ‘this is your practice, go at your own pace, do what you feel comfortable with’.”

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By ALEXANDRA DAUCHESS
contributing writer

Old-fashioned arcade games lining the back wall, shelves stacked high with plush Pokemon toys, original Nintendo DS games from 2004, game consoles dating back to the ’60s proudly displayed in glass cases, Harry Potter amulets dangling from racks and rows of Funko Pop Figures swallowing nearly an entire wall; This is the scene that greets customers when they enter the doors of the newly relocated Gamer Oasis.

This new-age gaming store carries everything from retro games and consoles to trading cards and the newest video-game releases. It was originally founded as “8bit Oasis” in 2014 by Harrisonburg local Lauren Davis, but this past summer, the store underwent major changes with a rebranding campaign to accompany its recent move from Carlton Street to a more central location in downtown Harrisonburg.

The independent gaming shop seems like a strange addition to the landscape of the Friendly City, as a GameStop already exists just a few blocks from campus.

But Gamer Oasis is more than just a gaming store.

“It feels like going into a classic arcade from the ’90s ... with the old-style standing arcade games,” avid gamer and junior geographic science major Robby Cordts said. “It was a really inviting environment ... a super cool place.”

Behind the nearly endless shelves brimming with products for gamers of all ages is a large section of tables at the back of the store set up for group games like Magic: The Gathering and Dungeons & Dragons. Space that could’ve been filled with more merchandise is instead being used to bring people together and build an accepting community where all players are welcome.

“The mission of the store is to create a safe environment for gamers and non-gamers alike,” Davis said. “One where people can learn new games, meet new friends, escape from the constant rush of everyday life and just have fun. We all have an inner child, and we are there to help you find it.”

This hidden gem in Harrisonburg allows the gaming community to spend time with each other and enjoy games they’re passionate about. It’s a place where people not only buy their new favorite games but play them, too.

Customers are free to bring their own games to play with friends or attend one of the many events the shop hosts for the community. Every Tuesday, there’s a &D Adventure League session that’s free and open to anyone.

On weekends, it has a “Boards and Brews” event for gamers over 21 in the area. On Valentine’s Day, it hosts a “Find Your Player Two” event for single gamers. Periodically, it also has a variety of buy-in tournaments and cash prizes for games like Warhammer 40,000 and Magic: The Gathering.

With hundreds of products, gaming events every week and a staff that values community and inclusion as its top priority, it appears the store lives up to its ambitious name. One might view it as a paradise — an oasis — for gamers of all ages.

“One of my favorite things about this store is this community, being able to give everyone a place to hang out regardless of what you like, what your interests are,” Hersey Lane, a JMU alumnus (’18) and the store’s online media content manager, said. “So just come on out. See what we’re about. Odds are, if you’re interested in it, we carry it.”

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Thursday, September 19, 2019

Cooper Trueblood met with former JMU star and current Green Bay Packer Raven Greene last month in Baltimore prior to Greene’s preseason game.

By CATIE HARPER
The Breeze

In August 2018, Cooper Trueblood was preparing for his first day of kindergarten.

But then, his legs started to hurt, and he was asking to be carried up the stairs. His sister, Evyn, had only been born three-and-a-half weeks earlier, so Cooper’s parents and JMU alumni, Kristy and Jason, assumed he wanted attention.

When the five-year-old went to the doctor for his wellness check, the Truebloods were told everything was fine. But Kristy had a feeling that it wasn’t.

A trip to the park three days later confirmed Kristy’s suspicions. Cooper couldn’t run.

“I called the doctor, and I said, ’You know, I’m not gonna try to tell you how to do your job, but there’s something wrong with my kid, and I want a blood panel pulled on them,’ ” Kristy said. “They pulled a blood panel, and we were at Hopkins being diagnosed that day.”

Suddenly, a newborn wasn’t the only adjustment for the family. At 1 a.m. in the hospital room, as Kristy was trying to feed Evyn, the nurses delivered the news — Cooper had acute lymphoblastic leukemia.

Next came a 30-day, steroid-heavy regime with chemotherapy to fight the disease. His parents couldn’t put a number on how many rounds of chemo Cooper endured during that first month, but through it all, they said he showed maturity.

“He’s definitely a normal, happy six-year-old now in terms of when he’s at home,” Jason said. “He loves Legos, he loves playing outside, he loves swimming … but when you put him in that framework … he just knows that he’s got a day in front of him and he’s got to get through it.”

During Cooper’s treatments, the Truebloods didn’t look too far ahead. Their plan revolved around getting through the next visit with the doctors or the next operation. As the process progressed, they took the schedule one day at a time, counting down one day at a time. Through it all, Cooper was the one helping his parents.

“You honestly rely on the strength of your kid,” Kristy said. “The kids carry the parents through those situations.”

Prior to Cooper’s diagnosis, the Trueblood family had plans to make the trip from Maryland to Harrisonburg for a JMU football game, but Cooper’s diagnosis held them back because it was dangerous to have him around so many people.

With Kristy (’08) and Jason (’07) being JMU alumni, Cooper’s love for JMU football started early because of it.

“Unable to be at Bridgeforth, Kristy decided to take a chance. She reached out to former JMU football head coach Mike Houston, asking if he’d have the team sign a shirt she sent him. Houston took it one step further.”

Soon after, Cooper received a package in the mail. Its contents ranged from a poster and mini helmet signed by the entire team to videos of the players rooting for Cooper.

Kristy’s mom — who lives in nearby Waynesboro — wanted to return the favor.

“My mom made like 350 brownies and sent them to the team,” Kristy said. “The kids carry the parents through those situations.”

At the game, Houston gave Cooper a game-worn jersey — No. 5 to match his age. The jersey was formerly JMU standout Raven Greene’s, who had worn it the year prior during his senior season.

It was here that Cooper’s love for Greene started.

Greene, who now plays for the Green Bay Packers, heard about Cooper’s story and wanted to make sure he had some updated gear to wear, too. The NFL safety sent a care package to Cooper containing his Packers jersey, a mini helmet and the infamous Green Bay Packers’ cheesehead. The gifts, his parents said, made him “a Packers fan for life.”

Not long after Cooper received the gifts, he lost his hair. Kristy recalled Cooper telling her he was having a hard time and wanted to feel strong.

Cooper picked a shirt that made him feel just that way — his No. 36 Raven Greene jersey.

During Cooper’s treatment, his family was selective when it came to what friends could come over and often needed to make sure whoever came had a flu shot. One friend who was allowed to visit was his best friend Sebastian, who’s originally from Wisconsin.

"Dukes take care of each other"

JMU football offers support and friendship to young fan with cancer

JMU alumni, Cooper’s love for JMU football started early because of it.

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During Cooper’s treatment, his family was selective when it came to what friends could come over and often needed to make sure whoever came had a flu shot. One friend who was allowed to visit was his best friend Sebastian, who’s originally from Wisconsin.
When Sebastian arrived at Cooper’s house, Cooper was eager to show him all of his new Green Bay Packers gear. Unbeknownst to Sebastian, Cooper’s favorite player wasn’t star quarterback Aaron Rodgers.

“He’s my friend Sebastian, says, ‘Oh, you really like Aaron Rodgers?’” Kristy recalled. “And Cooper says, ‘I don’t know who this Aaron Rodgers guy is … I like Raven Greene.’”

At 24 years old and only a second-year pro, it isn’t often Greene gets put ahead of players like Rodgers who have a Super Bowl, two league MVPs and seven Pro Bowl selections to their name. But, to Cooper, Greene is the star.

“The smile was on my face the entire time,” Greene said, referring to that story. “I couldn’t hold it back. I couldn’t stop looking at him, and just, I mean, realizing how much he admired me, it really meant the world, and I’m glad that I got a friend in him.”

The two friends met in person last month when Greene was in Baltimore with the Packers for a preseason meeting with the Ravens. The Trueblood family let Greene know they were going to try and get Cooper to M&T Bank Stadium for the contest.

It was the night before the Packers’ game when the duo came face-to-face for the first time. The Truebloods, along with Greene and his dad, who was in town to watch his son play, gathered at a local restaurant for dinner.

With his Packers jersey on his back and his JMU No. 5 jersey ready for a signature from its previous owner, Cooper arrived at dinner with gifts of his own for his NFL friend — a homemade version of the Superman logo that featured an “R” in the center for Raven, along with “cookies for the Packers.”

“I can’t even figure how many cookies it was in this huge Tupperware container,” Greene said. “[He had] a picture that he had handcuffed himself… Super Raven, and it was all the Packers colors. I mean, it just really all hit me like a ton of bricks.”

The group hung out for two hours. Cooper asked questions ranging from who Greene’s best friend on the Packers was to where he liked to play the most. To Kristy and Jason, the interactions between the pair didn’t seem like a six-year-old meeting an NFL player for the first time.

Even with a game the next day, Greene didn’t rush the visit, only leaving when he had to get back to the team hotel for that night’s meetings.

“He was just asking him all of these normal six-year-old questions that you just wouldn’t think to ask somebody like that,” Jason said. “Raven was the same way. I mean, he just showed up and gave Cooper a hug … Like, Raven [is] in there coloring with Cooper on his little menu while they’re just kind of having an old conversation like two old friends would.”

As JMU alumni, what Greene did for Kristy and Jason’s son over the past several months doesn’t surprise them. Since sharing their story on the JMU Nation Facebook page following JMU’s loss to Elon last season, there’s been an army behind the Trueblood family.

Not long after the initial post, people from across the JMU community reached out to the family. The mom of a current student in “Love Your Melon” contacted Kristy and Jason, and when Cooper made it to the game last season, there was a care package filled with beanie babies waiting for him.

“Dukes take care of each other,” Kristy said. “It’s such a good community.”

It’s been more than a month since the meeting. Cooper is now in first grade and got to experience his true first day of school at the end of August after not getting to go on his first day of kindergarten last year. Greene just finished Week 2 of his season and is currently on injured reserve.

But even with separate schedules and over 800 miles between the two, their friendship is still strong. Greene called Cooper last week to talk about how his first week of school went and check up on how he was doing. As for Cooper, he’s at a stage in his treatment where, if someone were to look at him, they wouldn’t realize he’s currently a cancer patient, his parents said.

Cooper will be in treatment for another two years. The first nine months were active treatment, where “he had four phases where each chemotherapy regimen was very different,” Kristy said. Cooper is through that phase now, and for the next two years, he’ll be in a maintenance stage — something Kristy describes as a “holding pattern.” He receives at-home chemo every day, has blood checks at the hospital once a month and will have spinal and IV chemo every three months.

Throughout the last year, numerous members of the JMU football family like Ben DiNucci, Riley Stapleton, Trai Sharp and Jimmy Moreland have made sure Cooper knows they’re behind him, highlighting who they are away from the game.

And, for those players who’ve reached out to the family, Kristy left them a simple message. “What you do on the field matters,” Kristy said. “But oftentimes, it’s what you do off the field that matters most.”
JMU men’s soccer defeats No. 1 Wake Forest 1-0 after a 52nd-minute free kick

By NOAH ZIEGLER
The Breeze

In what was the most anticipated regular-season match since 2012, JMU men’s soccer took the field against perennial powerhouse and No. 1-ranked Wake Forest.

The Dukes didn’t receive votes in the current national polls, while the Demon Deacons are the consensus first-ranked team in all three major college soccer polls.

On paper, Wake Forest was the favorite. But, in its audition to break into national title contention, JMU came out as victors, defeating WFU 1-0 after senior midfielder Manuel Ferriol broke the deadlock in the second half.

“Amazing,” Ferriol said. “It’s an amazing feeling. It’s the best feeling I’ve ever had in my life.”

Ferriol’s goal pushed JMU over the line after the No. 1 ranked team. Twenty minutes later, Ferriol once again came close to opening the scoring. This time, his long-distance effort rattled the crossbar to the dismay of JMU fans, but the attacking mentality kept the atmosphere at a high level.

The end of the first half saw both teams scoreless, meaning halftime adjustments could prove to be the difference. JMU head coach Paul Zazenski said he wanted his team to remain focused and keep the match in front of them, both of which the Dukes did successfully in the second half.

Sometimes, the X’s and O’s absolutely don’t matter,” Zazenski said. “It’s just a willingness to win, and I think we had that tonight.”

For the first hour of play, JMU was the team on the front foot. It had controlled possession and minimized legitimate scoring opportunities from Wake Forest. Then, momentum shifted in the 61st minute when the Dukes were given a penalty.

Pannenberg denied goalscorer Ferriol to keep the deficit at one. From then on, the Demon Deacons pressed the JMU back line in search of an equalizer and a potential game-winner.

Fourteen minutes later, Wake Forest was gifted a chance to level the score. The referee awarded a penalty to it, setting up a showdown between redshirt junior goalkeeper TJ Bush and senior midfielder Bruno Lapa. Bush denied the Brazilian’s penalty in what was a crucial moment in the Herndon, Virginia, native’s third straight season. He also accumulated a season-high 7 saves.

“Toughest game of the season,” Zazenski said. “We know how good we really are, and we had faith in ourselves from the pregame until the 90th minute,” Judge said. “I don’t think we ever lost that faith, our energy. We kept the pressure on them.”

All 1,453 fans were treated to an exciting match that could go in the history books as a turning point for the JMU men’s soccer program. It showed its run to the 2018 Men’s College Cup quarterfinals wasn’t a fluke, and the team’s aspirations of a national championship aren’t far from being accomplished.

“The best environment we’ve ever had at James Madison while I’ve been here,” Zazenski said. “We owe that all to the crowd and the people that came out and supported us.”

“The Dukes — now 4-2-0 (2-0-0 CAA) — shift their attention to Mount St. Mary’s, a match that’ll kick off at 7 p.m. Saturday. Wake Forest (5-1-0, 1-0-0 ACC) will return to Winston-Salem, North Carolina, and look to get back to winning ways against ACC foe Syracuse.

CONTACT Noah Ziegler at breezesports@gmail.com. For more soccer coverage, follow the sports desk on Twitter at @TheBreezeSports.
When news of a high school athlete committing to a Division-I school comes out, it’s hard to ignore. Many different athletes dream of becoming Olympic champions, being a part of a professional league or getting a scholarship to play in college.

But, it takes a special type of person to play at the collegiate level. Statistics from the NCAA say only about 7% of high school athletes will play in college, regardless of the division. Yet, some of the biggest challenges begin once an athlete goes to summer training. Adjusting to college isn’t easy, and adding the pressure of playing in a competitive NCAA sport can make adapting more difficult.

Despite the overwhelming nerves of joining a field hockey collegiate team, freshman midfielder Mikenna Allen has enjoyed her journey to becoming a JMU Duke. Originally from Birdsboro, Pennsylvania, Allen was a cheerleader until second grade and then started learning about field hockey. She says watching Brenda Hauffmann alongside JMU head coach Christy Morgan in the Olympics helped her begin playing the sport.

"Brenda Hauffmann played in the Olympics with Christy Morgan [and] she got me into playing field hockey," Allen said. "I have three brothers, and she went to my mother and she put me into field hockey."

It didn’t take long for Allen to develop a strong love for the game. She joined the WC Eagles Field Hockey Club, a nationally recognized travel club from Chester County, Pennsylvania. From there, Allen grew her ability and played at the national level in the National Indoor Tournament, winning twice in the U19 division.

Her success on the field didn’t just impact her travel team. Allen also played on her high school varsity field hockey team all four years. She helped lead her team to its first Pennsylvania Interscholastic Athletic Association AA state championship her freshman year. Allen received All-County recognition all four years in high school and also received two All-State selections.

"Mikenna, in particular, is a firecracker," Morgan said. "That kid loves life and loves to be on the field, so anywhere she goes, she lights up the room."

But, every athlete faces harsh challenges and obstacles, with injuries being most common. They challenge an athlete, and Allen wasn’t a stranger to them.

Allen broke her wrist during her freshman season in high school, making it difficult for her to play for the majority of her season. However, she was able to participate in the state championship game by continually passing the ball to her teammates, even with her cast on.

"Everyone has setbacks, but you can’t focus on those," Allen said. "I was told you have one minute to feel bad for yourself, then you gotta push it out and focus on what’s ahead."

Allen has been excited to be a part of the JMU field hockey team and has played 63 minutes so far this season. She’s contributed to her team through her passing and elimination skills during her playing time.

"I think the underclassmen integrated very well," senior defender Megan Guzzardi said. "They have a really great energy, and they have great passion and desire to just follow the culture and really be a part of the greatness of this team. I think that, because we do have a bigger younger class, they do a great job of promoting the best culture for this team."

At 2-4, the Dukes have endured a tough non-conference slate, facing three teams in the top-20. The development of their freshmen will play a key role for the remainder of the season.

CONTACT Madison Hricik at hricikmn@dukes.jmu.edu. For more field hockey coverage, follow the sports desk on Twitter @TheBreezeSports.
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38 1956 crisis site
39 MiG developer
40 Darts
41 Slow, to Ravel
42 Rock band’s preferred dishwashing liquid?
45 “Supergirl” actor Jon
46 It can be thin but not fat
47 Glance through
48 Goaded, with “on”
49 Trusted advisor
50 Pesky bug
51 Goes back
52 Seed used in smoothies
53 Rear
54 “Picnic” playwright
55 Forever
56 “O brawling love! O loving...”:
Romeo
57 Using dishwashing liquid in the shower?
58 Placeholder abbr.
59 “that a lot”
60 One likely to snap
61 Spree
62 Like everything in a she shed
63 Ballpark figure
64 Aconcagua’s range

DOWN
1 Pram pusher
2 Son of Leah
3 Black, to a bard
4 Zero, quaintly
5 Martini specification
6 Dance with a queen
7 Captain Kirk’s home state
8 Common greeting card content
9 Far from soothing
10 Masonry finish
11 Bully
12 “Everything’s ready to go”!
13 Chance at the spinner
18 Clump of dune grass
24 Fleur-de-
26 Baa ma __
27 One whose work is laughable
28 Heavenly path
29 Gear bit
30 Word with hot or dog
31 Zone out
32 Tablet with Air, Pro and Mini models
33 Update the look of, as a product
34 MLB team with Mr. and Mrs. mascots
35 Duchamp genre
36 Like some bistros
37 Like some bistros
38 1957 Coasters chart-topper with the refrain “Gonna find her”
39 Chest-beating beast
40 Opponent
41 Fragrant chain

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The City of Harrisonburg is seeking individuals interested in a full-time, benefits-eligible Van/Car Driver position to transport students. To find out more and apply online, visit https://www.harrisonburgva.gov/employment. EOE.

Nanny - Check out of daycare
Help with pickup from daycare on Neff Ave, 3-4 days per week at 5:50pm until approximately 6:45pm, most days 6:30 pm. No driving, can wait outside at table until parent arrives from work. Need help ASAP. Please email to schedule interview. Will pay $15.00 per day. Cespinosa955@gmail.com.

Seasonal Golf Cart Attendant
Do you want a seasonal position with flexible scheduling that will assist in projecting a friendly image of our golf course facility? If so, the City of Harrisonburg’s Golf Cart Attendant position may be the right job for you! To find out more and apply online, visit: https://www.harrisonburgva.gov/employment. EOE.

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The Harrisonburg-Rockingham Emergency Communications Center (HRECC) is seeking applicants for full-time and part-time 911 Emergency Communicators. To find out more and apply online, visit hrecc.org/employment. The HRECC & City are Equal Opportunity Employers.

Full-Time School Bus Drivers
The City of Harrisonburg is seeking applications for full-time School Bus Drivers. To find out more and apply online, visit https://www.harrisonburgva.gov/employment. EOE.

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White Birch Communities is now hiring for part-time evening and night floor aide positions. We will train the right candidate. Every other weekend is required. This job is perfect for nursing students who desire to gain experience in caring for people. Apply online at www.whitebirchcommunities.com or call 540-879-9699.

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