grace+main coffee shop shapes a community around a passion for great coffee Jake Conley **CULTURE** 16

FULL HOUSE

Airbnbs fill rapidly as City of Harrisonburg continues to give out permits

NEWS

8

LOOK INSIDE FOR A **SPECIAL ISSUE ABOUT OFF-CAMPUS** HOUSING

1.11

Lauran code in the second

IT

A DECADE OF EXCELLENCE

Volleyball coach sets high standards for program during her career

> **SPORTS** 20

Vol. 98, No. 6

Breeze

ge

Thursday, September 26, 2019

breezejmu.org



RENOVATED CLUBHOUSES NEW HARDWOOD FLOORS UPDATED APARTMENTS APPLY FREE ONLINE

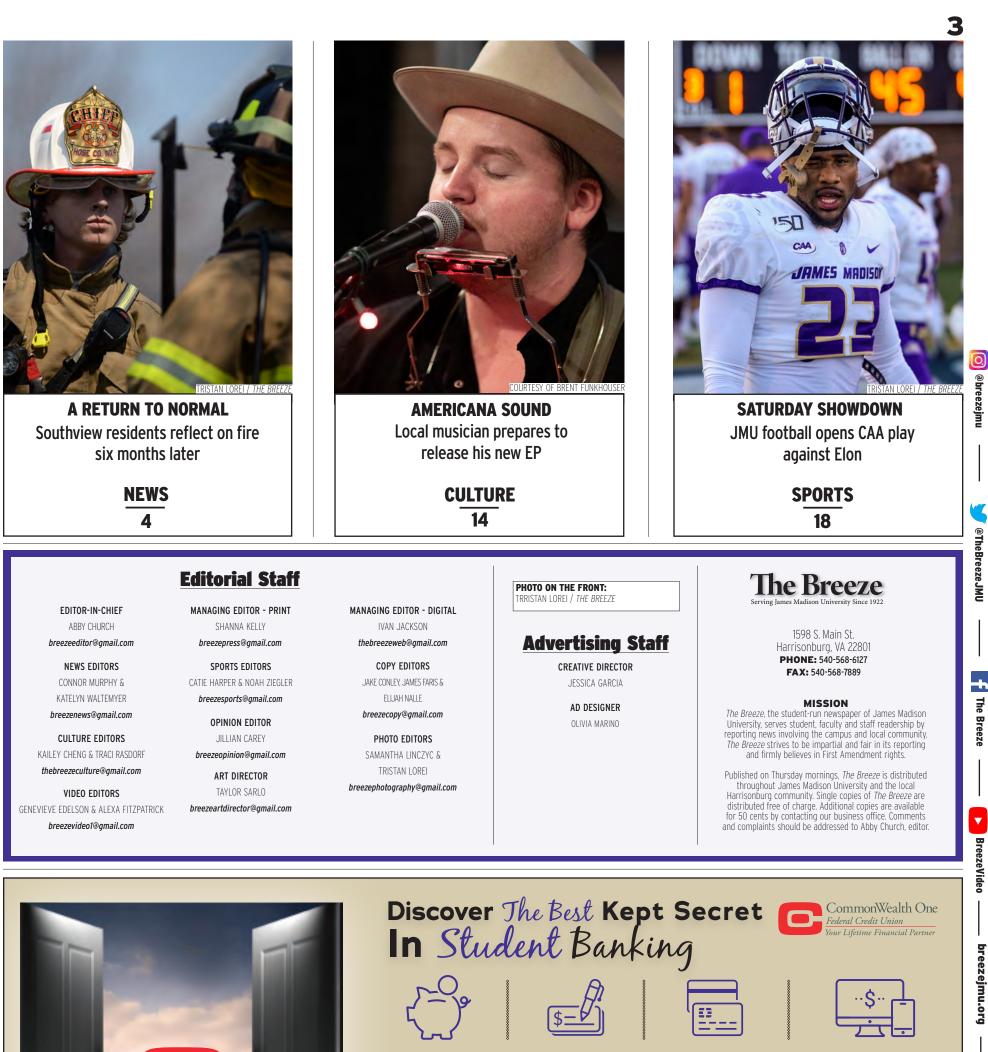








540.432.0600 | LIVE-THEHILLS.COM





DDD

Madison Union Branch

Free Checking Account

Loans & Credit Cards





Financial Resources

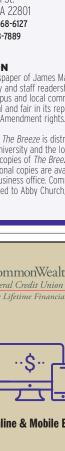
Online & Mobile Banking



Free Bank to Bank Transfers

Visit cofcu.org/jmustudent and open your account today!

Madison Union Branch (Next to the Post Office) (800) 424-3334 Mon-Thurs: 9:00am-5:00pm = Fri: 9:00am-5:30pm *Annual Percentage Yield (APY). Students earn 2.1% APY on the first \$1,000 on deposit. Federally Insured by NCUA. Equal Opportunity Lender.



The Breeze

breezejmu.org

Thursday, September 26,

EDITORS Connor Murphy & Katelyn Waltemyer

NEWS

MARCH 28, 2019

Building 1083 in the Hills of Harrisonburg at Southview Apartments caught fire shortly after noon. According to an email from University Communications, students who lived in buildings 1073, 1083 and 1093 were asked to report to the Southview Clubhouse on 1070 Lois Lane.

Timeline of events

Following the initial outbreak, the Harrisonburg Police Department and Southview immediately called all 43 residents of 1083 Lois Lane. Ian Bennett, fire chief of the city of Harrisonburg, said all residents were accounted for in the following 35 minutes.

A GoFundMe was created in support of those displaced or affected by the fire in any way. The page was run by Courtney Brogna, a senior hospitality management major, and over the next several months brought in a total of \$89,886.

JMU announced shortly after the fire that programs for school supply replacement, computer loans and short-term cash loans would be put in place. The university also revealed that those impacted by the fire could live on campus and in local apartment complexes. JMU worked with students to accommodate for classes missed due to the incident and the university also made arrangements for those who lived in Southview but didn't have meal plans.

Benny's, Bojangles', Buffalo Wild Wings, Chick-fil-A, Domino's, McDonald's and Pizza Hut donated food to the Southview residents. Anyone impacted by the fire was able to eat at the Southview clubhouse for free. Red Cross caseworkers came to the scene from Charlottesville to assist affected students by gathering their contact information and assisting them with their financial needs.

Members of the JMU Counseling Center also appeared at the scene. Students were able to talk if needed or could make appointments for a future date.

Father Peter Nassetta from the Catholic Campus Ministry also came to the scene to help students process the events of the day.

Southview also began accepting non-monetary donations from the public.

Student organizations came forward in support of those impacted by the fire. Delta Phi Epsilon had a proceeds night for Southview residents, and the Muslim Student Organization organized a dinner in Madison Union open to the residents.

The Hills and 865 East began accepting clothing, food and toiletry donations to the Southview residents. The Student Government Association and Women of Color also encouraged the community to donate items such as body wash, feminine hygiene products, blankets and other necessities.

Resident advisers walked around the scene and the Quad with donation boxes. Donations were also accepted in the SGA office in Madison Union.

The Harrisonburg Fire Department confirmed the death of a cat inside the complex.

It was also confirmed in the late afternoon that the fire began at the back of the building and made its way to the attic.

MARCH 29, 2019

The HFD released an updated statement in the late afternoon regarding the cause of the fire. Investigations revealed that the cause of the fire was the "improper disposal of smoking material."

MARCH 30, 2019

Rebel, a dog living in the Southview Apartments, was discovered by firefighters at the scene. Kayla Blake, a Southview resident, returned to the complex to see the building and heard Rebel inside. She was discovered under Blake's desk on the third floor of building 1083. Rebel was retrieved by the HFD around 6:30 p.m.

APRIL 18, 2019

An article published by The Citizen discussed the mulch ordinance that some believe contributed to the fire. In the article, Bennett said he wasn't counting on state legislators to change the code.

The Breeze reached out to The Hills of Harrisonburg at Southview for a statement regarding the current condition of the affected buildings. It was unable to provide the requested information prior to The Breeze's deadline. The online article will be updated as information arises.

THE FIRST MONTH The week of March 24, Marissa Ritter was planning on attending

The Breeze

planned to wear was gone. On March 28, tragedy struck the JMU community as a fire severely damaged building 1083 at Southview apartments. In the days, weeks and months following the incident, several students were forced to rebuild their lives. With the help of the community around them, these Dukes have been doing one thing –

trying to find a way back to normal. Ritter started this process with her formal.

"Literally, the day after it happened, I had my sorority formal, and I didn't own anything at that point," Ritter, a junior interdisciplinary learning studies major, said. "So, I had sisters do my makeup, someone gave me a dress, someone gave me shoes. It was so sweet."

Copelyn Kelly's return to normal started with a visit to the 865 East apartments. She said that the people distributing donations instantly made her needs their priority, offering to do whatever they could to help - something she said she didn't expect to happen.

"Everyone there just came over and, like, gave us a hug," Kelly, a junior communication sciences and disorders major, said. "They were putting together boxes of donations for us, asking, like, what specific, like, shampoo we would like — like, things you wouldn't even consider."

At the same time the students who'd lived in building 1083 were visiting donation centers, they said

survived the fire, if any. For many of those affected, they said it wasn't items like electronics or clothes that were the most impactful - it was the little things.

When firefighters approached Andrea Azabache to give her what they recovered from her apartment, it wasn't the clothing or the that impacted her the most, she said. Instead, it was something small and simple — a picture.

"My parents are divorced, and I had a picture from back when I was first born of us still a family, so that brought me to tears," Azabache, a junior communication studies major, said. "That was one thing that really hit me."

For Kelly, moving on meant doing her best to finish out the semester. Even with the events surrounding the fire, end-of-semester exams were still approaching, including her anatomy final. On the day of the fire, she said she realized she'd left all her notes in her apartment.

"The edges were burnt a little bit, but I was still able to salvage some of it, and I got them back just in time for finals," Kelly said.

MOVING FORWARD

Following the end of the semester, the question became one of the next steps on the road to normalcy.

Alumnus Patrick Vigna ('19) used the fire as an opportunity. Graduation meant transitioning into the workforce, and with that came an entirely new wardrobe. By losing everything right before beginning a phase in his life — a process he described as "starting over" - he was presented with the unique opportunity to start completely from scratch as he moved forward from losing his entire closet.

her sorority formal that Friday. By Thursday, everything she had





0

Ъе

0

201

26,

September

Thursday,

TRISTAN LOREI / THE BREEZE









Over 40 residents were displaced as a result of the fire.

"When I would go shopping for clothes, I wasn't looking for things to go to classes, I was looking to go to work," Vigna said. "I was able to use that time — use what happened to me — as a transitional period to go from college to post-college."

For other Dukes, summer didn't mean starting a new phase. Instead, it meant preparations for another year at JMU. From decisions on where to live during the next academic year to extensive lists of things to replace, Azabache said that, to this day, she still catches things she needs to buy — things that others may not even think about six months later.

"It was kind of weird because I'd go shopping with my family, and I'd be like, 'I have to get this," Azabache said. "And they'd be like, 'Don't you already have that?' And I'll just look at them, and they're like, 'Oh.' And that still happens."

Ritter also said she feels the longterm effects the fire has had on her life. Besides the physical and emotional process of rebuilding — what she refers to as "reinventing herself" — she said she's still finding ways the fire has impacted her mentally, whether it be through tics like unplugging everything before leaving the house or a fear of leaving open flames unattended.

"One day, I had a candle burning in my room, and my mom was like, 'Marissa, come upstairs. I need you to run an errand for me," Ritter said. "And we were in the car, and I was driving, and I literally stopped in the middle of the road, and I was like, 'You need to call my brother, you need to call Matt. You need to have him blow out the candle." As she said, "Anytime I see anything with fire, I think about the fire."

Through it all, these students expressed one thing uniformly gratitude to the JMU community for its efforts to care for its fellow Dukes. From the donation piles at the 865 East apartments to simple acts of kindness like cooking meals for others, Vigna, Ritter, Azabache and Kelly were all quick to talk about the thanks they give to the community that surrounded and uplifted them — something they said they never expected.

"Everybody wanted to help, and it was amazing," Vigna said. "This terrible tragedy happened, and the whole community just stepped up completely. There wasn't any hesitation; there wasn't anything about it."

Six months later, these Dukes affected by the fire are back to school or starting their time in the workforce. Fall semester has brought classes, extracurriculars, jobs and friendships. But among all of that, these Dukes have one common thread running through them. In Ritter's words, they're still "trying to move forward."

"There's so much stuff you see on the news," Vigna said, "Or you see happening to somebody else, and it was me. It was me and my roommates."

CONTACT Jake Conley at breezecopy@ gmail.com. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



HFD determined the cause of the fire to be the "improper disposal of smoking material."

Tutti Gusti

AUTHENTIC ITALIAN CUISINE

In Italian, "Tutti Gusti" means "all flavors" and for ten years, we have been proudly serving the city of Harrisonburg and James Madison University with all the flavors of authentic Italian cuisine, delivered with fast and friendly service and great value for your money. We invite you to take a seat at our table or yours and enjoy all the flavors we have to offer.

PIZZA - SUBS - PASTA - HAMBURGERS

Located at 1326 Hillside Avenue Harrisonburg, VA 22801

Off Port Republic Road, next to Starbucks

Order online at

www.tuttigusti.us

Or contact us at (540) 434-6177

FREE WiFi @ Restaurant and FREE DELIVERY

Catering Available for All Occasions

ALL-NEW HOURS M-W: 10am-11pm Th-Sat: 10am-3am Sun:10am-1am

> Hours can vary in the Summer. Minimum for Delivery: \$6.00

Ask about our JMU specials!



o thebreezenews

🍧 @BreezeNewsJML

The Breeze

▼

BreezeVideo

breezejmu.org

Thursday, September 26,

6 Final countdown JMU faculty selected to contribute to Census Committee

Breeze News JMU

The Breeze

4

BreezeVideo

breezejmu.org

Thursday, September 26, 2019

While the 2020 Census won't open until April 1, 2020, JMU faculty Carah Whaley (left) and Andy Perrine are working to make sure JMU students participate.

BV MITCHELL SASSER The Breeze

Jonathan Alger and Carah Whaley were both appointed as members of the Virginia Complete Count Commission to ensure every resident in Harrisonburg is counted in the 2020 census.

While Andy Perrine, associate vice president for communications and marketing, isn't on the commission, he said his goal for the census is to increase student participation. Census data determines federal funding for

the next decade. There's \$675 billion in federal funding that's allocated toward transportation, employment and jobs, medical assistance and healthcare, housing and education for all 50 states. In the 2000 census, Virginia had a population of 7,078,515. In the 2010 census, it had 8,001,024 — a 13% increase.

"If your response rate is undercounted, it means you will be less well-represented in the federal government in terms of your congresspeople representing your interests," Perrine said. "For the folks who are concerned about our political environment, it's really a No. 1 priority to answer the census."

The 24th U.S. Census will open April 1, 2020, with an option to respond via phone, mail or online. This will be the first census where an online form will be available. By switching from paper responses to digital, this saves taxpayer money and modernizes how the government figures out the number of people living in the country. Every home will receive an invitation to respond to the Census.

"My hope is that this will provide an opportunity for all people, but particularly young people and college students,

PHOTGRAPHER

respond in a way that is convenient for them," JMU President Alger said. "I think it's an important recognition of the ways in which people communicate in the 21st century, so I'm delighted that the federal census has moved in that direction."

Questions on the census include the number of people living in a home and the age, sex and race of those people. Whaley, the associate director of the Center for Civic Engagement, said that people living together need to make sure they're all on a form together.



International students who are studying at JMU need to fill out the Census in order to count for Harrisonburg. Students who are studying abroad don't need to fill out the form, which makes the Virginia Complete Count Commissions job "a lot to keep track of," Whaley said.

Perrine said the ability to respond electronically to the census will increase the response rate over 2010 by a "great deal."

Perrine said that one of the ways they reached students in the 2010 census was through stickers on top of pizza boxes and inserts in take-out from restaurants to educate people about the necessity of the Census. He said that "Dukes encouraging fellow Dukes" to participate in the Census is a way to show university pride.

"We created all of these materials so that we were reaching students where they lived and where they ate," Perrine said. "Getting information in front of people in such a way that it conforms to their lifestyle is the secret to successful calls to action."

One of the ways JMU plans to do this is through social media. Including Twitter and Instagram, Facebook. JMU was ranked as the top performing university on social media according to the 2018 Higher Ed Social Media Engagement Report.

Whaley said that the census being available online will be easier for some people, but harder for those who don't have broadband access. The count commision is partnering with local libraries and healthcare providers like the Virginia Rural Health Association.

"The strategy is to find trusted voices

in those communities that can help educate about going online," Whaley said.

Some of the hardest to count populations include young people, non-English speaking individuals, undocumented immigrants and highly mobile persons, according to the U.S. Census Bureau.

"There's also a lot of fear about what might be done with information that is given by a lot of the populations that are already most likely to be under-counted and also have the most to lose for not being counted because it means less political representation," Whaley, the associate director of the Center for Civic Engagement, said. "It also means the potential for less funding for services."

The U.S Census Bureau determines population shifts provided by information from the Census. State legislatures then handle the process of redrawing district lines.

Census results also determine the number of seats for each state in the House of Representatives. Virginia isn't likely to lose a seat unless there's a severe undercount, Whaley said.

"One of the things that we have going for us here at IMU is that James Madison was one of the biggest advocates for the Census," Whaley said. "One of the things that he said was that if you want to make good laws, you should know who your constituents are."

CONTACT Mitchell Sasser at sassermp@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



The Breeze

BreezeVideo

breezejmu.org

Thursday, September

26





Presence of short-term rentals increase in Harrisonburg City, 78% already booked during family weekend

reezeNewsJMU ------

@**Br**

Fe

breezejmu

0

26,

ember

Thursday,

David Kreider was approved to operate his short-term rental in August.

By BRIDGET MURPHY The Breeze

Twenty-one homes have been approved by the Harrisonburg City Council to operate shortterm rentals with special use permits. According to Airbnb.com, 78% of the rental locations available to at least one adult — in Harrisonburg and the Shenandoah National Park area are already booked during JMU's Parents Weekend.

The operation of a short-term rental — one with an occupant for 30 days or less — is illegal without the permit approval. Hosts must adhere to the regulations and requirements for their rental location, such as providing a parking space for each guest room available, and go through the application approval process, which takes roughly two months.

"Some people like the idea that they can host a traveler in the community; they love Harrisonburg, and they want to house people to be able to come here," Assistant Director of the Department of Planning and Community Development Thanh Dang said. "It's important to regulate [them] to protect the living spaces that people have so they don't become commercial areas."

Dang said the application fee is directed toward any advertisement the property may receive during the process. After Planning Commissions reviews the case, a public hearing is held to allow opposition or support claims. Neighbors and adjacent property owners are notified by letter that the permit is being requested prior to the hearing, along with the placement of a sign on the home property or street and a newspaper announcement.

If there's support from the hearing, it's passed on to City Council where another hearing is held to determine the status of the permit. Parks said this can impact Harrisonburg and local businesses greatly due to the flow of visitors throughout the year for university events, hiking or visiting other scenic areas in the Shenandoah Valley.

Parks said it's too early to analyze whether this has had an impact on the high tourism in Harrisonburg thus far, but he expects to see effects within a year. Dang also said the original regulations that were adopted in March have been slightly changed over time so far, so there could be room for more improvement. "There was an interest in amending our zoning origins to regulate [short term rentals]," Dang said. "A number of them were operating and not paying business or lodging taxes through the city, so there was interest to make a pathway for them to become legal and also to collect the taxes."

Airbnb host David Kreider has used the upstairs of his home as a short-term rental in Harrisonburg for years and received his permit in August. Kreider said this produces an outlet for more people to visit Harrisonburg, no matter the reason, and has positively impacted him and his wife.

"We meet people from all over the world," Kreider said. "It's interesting for us, both having grown up overseas, to feel like the world is more connected [here] ... In a way, it gets to connect us to other neighbors in the area and to new people who are from different parts of the world."

Dang said the permit requirement also applies to any bed-and-breakfasts in the area that operate out of a single-family home, although the city hasn't received any requests so far.

Parks said feedback over time will show what the city may need to change within the process or regulations.

"In general, this is a process that's going to continue here. We don't anticipate people stopping wanting short-term rentals," Parks said. "We know every month, we are going to see some that we will consider, and we want to work with our residents to make that happen for them, but we're also going to be keeping an eye on this and seeing if it needs to evolve."

Approved renters can operate as Airbnb's in their single-family or single detached singlefamily homes. Dang said the majority of applicants are families, couples or single individuals looking for revenue on top of their income.

"It's part of what we, as the Friendly City, have to offer," Kreider said. "We have a very diverse community and it leads to the connections we can build with people who come from wherever to see family members, friends or other events hosted in the area here. It fits beautifully to parts of our community and the values of our community, and it's great to be a part of that."

CONTACT Bridget Murphy at murph2br® dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



City Council members approved several short-term rentals Sept. 10.

By JAMIE MCEACHIN *The Breeze*

Harrisonburg City Council met Tuesday evening and approved the use of \$153,000 to purchase a small plot of less than an acre for the new high school. This will be in addition to the \$5 million purchase of the school's planned 60-acre site.

The inclusion of this real estate will give further access to the high school's northern campus and will minimize the effects of traffic generated by the school on Main Street.

Councilmember Richard Baugh shared his memory of fighting for the city to purchase the property during the years he served as a planning commissioner and expressed his eagerness for Harrisonburg to take ownership of the land for public use. Baugh referred to this vote as a chance to correct a "bad decision" made by city council years ago, when the land was considered for rezoning and purchasing but wasn't bought by Harrisonburg.

"I thought it was one of the worst decisions the city ever made," Baugh said. "Now here we are, years later ... this is our chance to sort it out."

Members also voted to consider approving two public works programs: an update on the Public Access Permit Program and a new Drainage Improvement Program proposed by Tom Hartman, director of Public Works. Both programs were met with enthusiastic approval from council members.

The updated Public Access Permit Program is designed to allow the Public Works Department to enforce the collection of fees from contractors as part of the permit process, to ensure contractors are on schedule and following permit plans. It will instate a \$100 non-refundable fee and begin to collect surety, a type of bond to act as insurance with contractors given permits by the department. The permit program was modeled after Virginia's Department of Transportation guidelines. The new program was approved and will be in effect Nov. 4.

Hartman began to develop the proposed Drainage Improvement Program after a series of flash floods in May 2018. Harrisonburg has over 200 reported areas with drainage issues, and in 2018 there were 97 requests for the public works department to respond to drainage problems. With the program in place, Harrisonburg residents will be given the chance to directly apply to the public works department to respond to drainage issues on public and private property.

"I think it absolutely addresses something that has always slipped through the cracks," Baugh said.

Baugh hopes that the program will encourage neighbors to collaborate on the application to Public Works, and — as a community — identify the drainage issues in neighborhoods. Now that the proposal has been approved, applications will be considered by the public works department, and the city will work with each neighborhood to best solve and prevent drainage problems.

Sal Romero, vice-mayor, thanked Hartman for his proposal and expressed confidence that the program will be used by residents because he had seen first-hand how residents responded to a previous community flooding discussion.

"They felt heard," Romero said. "They were very pleased that the city took the time to come and listen to them."

There are similar programs in Washington, D.C., Minnesota and Washington State, but Harrisonburg is the first locality to start this type of collaborative program in Virginia. Hartman hopes that direct communication with neighbors will enhance the relationship between the department and community.

"We're really giving some opportunities to go out and help the citizens," Hartman said. "And by getting them at the table, involved in it — that's how we get things done — by getting community members engaged with us to push these things forward. We want them involved from the beginning."

Other topics included the approval of renaming a portion of Hillcrest Drive to Carrera Lane after a new residential property was built in what would be the 1300 block of Hillcrest Drive, an address that already exists. City officials gave the family living on the property the chance to name the street, and Carrera Lane was chosen from a list of pre-approved names. The city hopes this change to Carrera Lane will prevent confusion for emergency responders.

Council members also considered authorizing the Shenandoah Valley Regional Airport to incur debt for the purchase of facilities to accommodate the rapid growth of the airport in the last 18 months after partnering with United Airlines.

CONTACT Jamie McEachin at mceachja@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

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 SDC GIVEAWAYS & RAFFLES



BENEFITS INCLUDE:

- SDC 2019 Pull-over
- Exclusive seating & access
 - opportunities at JMU sporting events • Early access to premier events
- Early access to pro
 Exclusive apparel
- Exclusive apparent
 Duke Club bonus point allocation
- JMU Networking opportunities
- Student Duke Club Discount Card

OLYMPIC SPORT WEEKEND

VOLLEYBALL

WOMEN'S SOCCER

TODAY, vs. UNCW @ 7 PM

POST-MATCH AUTOGRAPHS

SATURDAY, vs. CHARLESTON @ 1 PM FAN GIVEAWAY JMU BANDANA

> SUNDAY, vs. TOWSON @ 1 PM

GODWIN HALL

TODAY, vs. WILLIAM & MARY @ 7 PM STUDENT GIVEAWAY/RAFFLE SOCCER SCARF

SENTARA PARK

FIELD HOCKEY

SUNDAY, vs. #1 UNC @ 12 PM

GREEK NIGHT STUDENT RAFFLE

FIELD HOCKEY COMPLEX

SATURDAY, vs. DREXEL @ 7 PM STUDENT GIVEAWAY PINT GLASSES

MEN'S SOCCER

WEDNESDAY, OCT. 2 vs. CAL STATE FULLERTON @ 7 PM STUDENT RAFFLE SENTARA PARK



EDITOR Jillian Carey

EMAIL breezeopinion@gmail.com



@breezejmu

@TheBreezeOp

The

Want to praise someone or get something off your chest? Darts & Pats is the place to do it. Submit your own at breezejmu.org.

A quick, enthusiastic **"you're-insane"** dart to the mans who thinks it's OK to zoom across three lanes of traffic on Port Republic on a Bird scooter.

From someone who doesn't feel like hitting a guy with my car.

A big, purple **"thank-you!"** pat to the young man who was a student worker on the 6th floor of the College of Business today for insisting on carrying heavy boxes for me.

From a very grateful mail carrier!

A **"thank-you-ma'am"** pat to the skunk in Pheasant that let me and my roommate pass by and capture it on Snapchat without spraying us.

From a girl who didn't have to bathe in tomato sauce.

A **"you-saved-my-life"** pat to the stranger on the Quad who helped me carry my things while I limped to my car after injuring my knee.

From a girl who's thankful for good people in the world.

Future of mind control Neuroscience could be the next big technological advance

WILLIAM MEARA | looking forward

The



personal computers and the internet has been one of the biggest technological advances humanity has experienced in recent history. The effects of the internet can be throughout felt

advent

society, increasing the technological power wielded by humans but also leaving new problems in its wake. To better prepare, the world should look to the future and consider what the next groundbreaking technological achievement might be. It's likely this achievement will be a new control and understanding of the human brain.

Neuroscience has come to dominate much of biological and computational research, fueled by new experimental and analytical techniques that have broadened understanding of the nervous system. Today's researchers have an unprecedented ability to selectively turn on and off parts of the brain. This technique, known as optogenetics, has given neuroscientists an astounding degree of control over animal behavior. With the flip of a switch, scientists can spontaneously make mice walk in certain directions or initiate aggressive behaviors. Such technologies applied to humans could suppress depressive thoughts or seizures, curing the most difficult-to-treat psychiatric disorders. They could also be used to irresponsibly alter brain states, creating drug-like or painful effects on an individual's conscious experience.

It's already possible to gain remarkable insights into what an individual experiences based on neuroimaging data. Scientists at Berkeley University recently were able to computationally reconstruct what a subject in an fMRI machine saw. Using only the pattern of electrical activity in the cortex, researchers created a crude video of what the subject saw in their visual field. Imagine the implications posed by a more refined version of this technology; machines that could decipher brain activity could recreate a person's thoughts or memories, extracting someone's inner monologue. Neuroimaging data used to train AI systems could employ the way humans process information for its own ends.

Eventually, it's possible that conventional computer technology will begin to more directly merge with human biology. While still outside the scope of current techniques, accurate brain machine interfaces could revolutionize the way humans interact with computers. It's difficult to predict what such technology may do, but its effect will most likely be to allow humans and computers to strengthen each other's weaknesses. Humans currently excel at creative thinking and learning, while computers are better at rapid information recall and mathematical analysis. Melding computer science and neuroscience could give rise to the first human-like artificial intelligence. It could also vastly enhance human intellectual capabilities via neural implants. As a pacemaker controls the electrical activity of the heart, neural implants would allow for direct functional control of the brain, perhaps enhancing memory formation or recall.

Ultimately, scientific advances aren't inherently good or bad. Science only gives humanity more power. Neuroscience could lead to cures for Alzheimer's and depression, powerful AI systems and the progression into a new era of civilization — but the costs could be devastating. While the internet has given corporations and the surveillance state newfound ways of manipulating individuals, neuroscience could enhance the control those in power have over people. Technology is only as moral as those who control it, thus a proper framework for the use and development of neurotechnologies must be established. The ethics of brain science must be discussed openly and democratically, leading to the thoughtful enactment of regulations and restrictions. It's paramount that the power neuroscience gives humanity is shared by all and used for the benefit of all.

William Meara is a senior biotechnology major. Contact William at mearawr@ dukes.jmu.edu.

The Breeze welcomes and encourages readers to voice their opinions through letters and guest columns. Letters must be no longer than 250 words. Guest columns must be no more than 650 words.

The Breeze reserves the right to edit submissions for length, grammar and if material is libelous, factually inaccurate or unclear. The Breeze assumes the rights to any published work. Opinions expressed in this page, with the exception of editorials, are not necessarily those of The Breeze or its staff.

Letters and guest columns should be submitted in print or via e-mail and must include name, phone number, major/year if author is a current student (or year of graduation), professional title (if applicable) and place of residence if author is not a JMU student.

10

TAYLOR SARLO / THE BREEZE

History repeats

Disturbing parallels can be drawn between the Soviet Union in HBO's "Cherynobyl" and the U.S. government today

IAN WELFEY | notable now



At 1:23 a.m. one fateful Saturday morning. the 49,000 residents of Ukraine, Pripyat, were jolted awake by a sudden boom in the distance. Possibly perplexed, the citizens most likely parted their curtains the to sight of a billowing

fire at the Chernobyl Power Plant. While probably shocked, none of the residents likely fathomed that within a day, their oncethriving city would be reduced to a ghost town.

The 1986 Chernobyl disaster was a momentous event that felt like a worldwide wake-up call. Many mourned the death of such a lively city, but for a while, none were privy to the subsequent cover-up by the Soviet government. HBO's acclaimed new miniseries, "Chernobyl," dares to tackle the corruption and lies that lead to the deaths of thousands, exposing its viewers to the

lengths a government will go to deceive its citizens. The miniseries dramatizes a 33-year-old event, yet in the current world of "fake news," governmental cover-ups and alleged collusion, there's much that modern viewers can glean from "Chernobyl."

"Chernobyl" is a 2019 show revolving around the Chernobyl nuclear disaster of 1986, where a safety test at the Chernobyl Nuclear Power Plant resulted in a steam explosion that led to an open-air reactor fire. Written by Craig Mazin and directed by Johan Renck, the series was immediately lauded for its grim, authentic depiction of a disaster that rocked the world. What makes "Chernobyl" so unique from

other historical dramas is its ability to place its viewers in the shoes of the people who experienced the event firsthand. Despite knowing the context, viewers feel the ignorance and confusion that might come from such an event because of how the series wisely chooses to show every individual occurrence through the perspective of someone who witnessed it.

see CHERNOBYL, page 13



Ulana Khomyuk (Emily Watson) in "Chernobyl."

The Breeze

breezejmu.org

Thursday, September 26,





Don't Shoot It's too easy for anyone to buy a gun

JILLIAN CAREY | jillian cares



The need for gun control is never quite so apparent as when you're face to face with the dire consequences that come from current lax its legislation. process of The purchasing а weapon is one that takes minutes: the

gun passes from one side of the counter to the other as a few bills do the same.

"That's why I'm a Democrat," my brother said after telling me the story of how his best friend almost killed himself. "That's why I believe in gun control."

Many occurrences that aren't normal seem completely unquestionable to children, which probably explains why my brother returning home from IMU in the middle of his senior year - something that drew concern from every adult in his life — only made me feel lucky. After all, my brother had come home and suddenly had all the time in the world to spend with me, playing video games, going to the movies and grabbing lunch together. I had no idea that part of the reason my brother had a sudden desire to hang out with his 11-year-old sister was because he'd come close to losing someone else he was close to, nor that in between rounds of Rayman and Guacamelee, my brother was fighting a sudden slew of mental health issues.

"It was [in] a plastic bag," he told me, recalling that day nearly a decade ago something that occurred just minutes from campus. "I took it from him — it was heavy." His friend had purchased it from a gun shop, the computer running an automatic background check while he signed a few forms.

What's crazy is that this could've been anyone — any student struggling with depression, any student with just enough money in their pocket to make the transaction and the decision to kill themselves.

"He was drunk," my brother continued. "How can a drunk person buy a gun?"

On the receipt, the employee had written, 'thank you!' They'd handed over a pistol to an inebriated college student who only planned to use it once — and thanked him for it.

That day, my brother woke up at 9 a.m., unaware that his friend had already made that fateful trip to the store. Still drunk from the night before, his friend had grabbed his keys for the second time that morning, so my brother had taken them from him.

"Let's go to Jack Browns," my brother had said, wanting to distract him. He told me he'd been filled with unease for reasons he couldn't quite place — a feeling that had only grown when his friend refused the outing. Without his keys, he'd left the building anyway, but my brother was convinced this was fine since he wouldn't be able to get a DUI if he couldn't drive.

"But then I thought, 'What if he does something worse?" he recounted.

It was at that time that he'd left his apartment, finding his friend's car unlocked. When he turned around, his friend was six houses down, the plastic bag retrieved from the car and now dangling from his hand. My brother chased him down the street and took the bag, shocked at how heavy it was. He'd opened it and pulled out a pistol.

"Is this a gun?" he'd asked. "Is this a gun?" My brother had never seen a gun that wasn't of the Nerf variety in real life before, much less held one. Needless to say, he hadn't given the weapon back to his friend. Instead, he'd hidden it in his own room.

That week hadn't been a good one for my brother. Finals were upon him and for some reason, he just felt apathetic. He simply didn't care about going to class, didn't care what getting zeros on all his finals would do to his GPA. In the grand scheme of things, it just didn't seem to matter. His best friend was suicidal and he himself had a gun hidden in his room — he was the only reason his friend was even alive that week. So he didn't go to his classes and he didn't take his finals. To put it simply, he was depressed.

It shouldn't have been that easy for his friend to buy a gun. People shouldn't be able to buy weapons on a whim — shouldn't be able to set foot into a store and leave with the capacity to kill.

At the very least, there should be a lengthy process: a mental health evaluation, a waiting period, an inconvenient amount of papers to fill out — something more than just 18 years of life and a valid ID. Had that day been slightly different, my brother wouldn't have his friend anymore. Were our laws just slightly different, his friend would've have been able to purchase that weapon in the first place.

To me, to my brother, to anyone who's faced any sort of frightening situation involving a gun, it's readily apparent that something in this country needs to change. It's obvious that lives are at stake, that people are in danger. Sure, guns may not kill people, but the people easily obtaining them do.

Jillian Carey is a sophomore media arts and design major. Contact Jillian at breezeopinion@gmail.com.



👩 @breezejmu

@TheBreezeOp

The Breeze

BreezeVideo

breezejmu.org

Thursday, September 26, 2019

CHERNOBYL | HBO's show should been seen by everyone

The sad reality of the Chernobyl disaster was how easily preventable it was. HBO's "Chernobyl" showcases how the Soviet Union made a detrimental error during the construction of the power plant by cutting costs pertaining to safety in an attempt to keep ahead in the Cold War. They went about this by procuring control rods that were made of boron tipped with graphite, which goes against all the safety protocols of the West, as it accelerates the rate of fission to an unstoppable degree. And yet, the government neglected this simply because graphite was cheaper.

This is analogous to President Trump's budget, which intends to cut the total number of workplace safety inspections funded by the U.S. Labor Department by as many as 2,318 inspections. Trump's budget also happens to cut coal mining safety inspections by \$6 million, despite an average of 93 Americans being killed on the job every week. While this might not be in the same vein as the Soviet Union neglecting nuclear safety regulations, Trump slashing safety inspection funds to amass \$8.6 billion in funding for his border wall and to increase defense spending by \$34 billion still feels ominously similar to the Soviet Union prioritizing the Cold War over nuclear/worker safety.

"Chernobyl" meticulously shows

how the Soviet Union put more effort into covering up the severity of the accident instead of actually fixing it in the days that followed. Moscow didn't even announce the accident had occurred until nearby countries began to report unusually high levels of radiation in the atmosphere. The Soviet Media proceeded to falsely claim that cleanup was moving along swiftly and that the damage had been mended. They didn't stop there, as they even began to blame America for spreading false propaganda.

Material of this nature is discernable in modern America. Like the Soviet Union in times of crisis, Trump's administration has a tendency to deny any possibility of a mistake being presenting skewed made, information to the public in an effort to prove themselves right. This was recently seen when Trump made the erroneous claim that Alabama would be hit hard by Hurricane Dorian. When he was immediately corrected by the Birmingham National Weather Service, Trump didn't own up to his mistaken claim. Rather, he presented a Hurricane Dorian map altered with a pen in what the media is now calling Sharpiegate. In addition to this, President Trump has a habit of accusing the media of spreading false information or "fake news" when anything questionable is said, much like the Soviet Union did with the West's initial claims. To say these two instances are completely analogous may seem a little tenuous, seeing as how both approach what some might call authoritarianism from different ends of the political spectrum. But comparing this to the actions of the soviets in "Chernobyl" demonstrates that authoritarianism is always authoritarianism, right-wing or left-wing.

All in all, people of all political backgrounds should watch "Chernobyl," from the most extreme leftist to the staunchest Trump voter because its message above all is that life is a precious thing that shouldn't be jeopardized by lies and error. "Chernobyl" sets out to bleakly show how every man, woman and child was affected by such a calamity and demonstrates how large of an emotional toll it brought upon all involved. "Chernobyl" is something everyone should watch in 2019 because it makes every viewer reflect on the elusive question that the series tries to answer: What is the cost of lies?

lan Welfley is a junior media arts & design/communications double major. Contact lan at welfleim@dukes.jmu.edu.



@TheBreezeOp



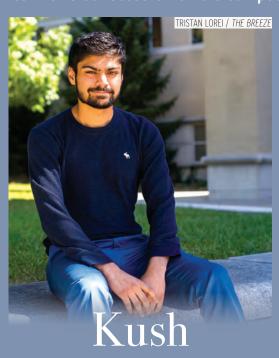
CULTURE

EDITORS Kailey Cheng & Traci Rasdorf

EMAIL thebreezeculture@gmail.com

Humans of Madison

Interviews collected on JMU's campus



"I guess my story is, during my freshman year, I got pretty good grades my first semester, so that led me to apply for a lot of internships. I got a decent amount of interviews, but the main interview that I stuck with ... and got the job with was for a company called Northrup Grumman; they're a defense contracting company. I was able to work with their research and development team, basically working on developing a lot of tools. How that's impacted my life here at JMU is pretty profound because they actually extended my offer to where I can work here at school. So, what I'm doing now is learning a lot of new time management skills in terms of balancing my work life along with my school life. And I feel like that's actually been helping me a lot in terms of getting better grades. It's also been really beneficial ... for me to apply my skills learned here at JMU and using them for my work and vice versa, using the skills used at my work over here. I just really like that aspect of how JMU – [Northrup Grumman] seeing that name and one of my teammates actually going to JMU - and [Northrup Grumman] knowing that it's a pretty good school, and the guys over here and girls come out to be pretty smart people and they know what they're doing."

Watch the video on breezejmu.org



By KAILEY CHENG & TRACI RASDORF The Breeze

Drums, electric guitars and recording equipment fill the spare room of the Haun Magruder Insurance office in Woodstock, Virginia.

Senior English major Brent Funkhouser says "it's nice," but he knows it's a mess.

"What workspace shouldn't be cluttered?" Brent Funkhouser, a senior English major, said. "If people saw my desk, they'd think I was a madman."

For the past two years, Funkhouser, a local Americana artist, has been working on his new EP, "Goodnight Dear Catherine." He's been writing, recording, mixing and mastering his music, and has invited guest artists to be featured on the album.

As the Oct. 18 release date approaches, he said it's been a long, but worthwhile, process.

"I think this is the strongest collection of music I've ever put out in a lot of different ways," Funkhouser said. "At the core of it all, an underlying theme would be keeping on fighting, just moving forward."

While each song holds personal v a l u e t o Funkhouser, the EP's title track is one of the most impactful. He said he reconciles with different emotions and people throughout

"Goodnight Dear Catherine." The song he said he's most proud of, which he recently released as a single, is "The Man I Want to Be." In this piece, he sings about wanting to be a better person, finding himself and living up to a standard he's comfortable with.

For Funkhouser, lyrics are the heart of a song. During his songwriting process, he sometimes pulls out his phone and scrolls through more than 200 notes of bits and pieces of lyrical inspiration he wrote down over the summer. He adds to these lists whenever a thought pops into his head.

"I think that a lot of people think there's this magical quality about songwriting or something, and I think anyone who does it will tell you that's not the case," Funkhouser said. "It is about sitting down and working through it."

He said it can be chaotic. Some songs just come to him, but others take structure to reach a point he's comfortable with.

"If I can hear someone telling their honest story

in a song, it doesn't matter to me if it's Hank Williams or Kendrick Lamar," Funkhouser said. "If someone's telling their true story, then I'm like, 'That's awesome'. I love hearing

that."

Jesse Dean, a musical collaborator and Funkhouser's long-time friend, has watched Funkhouser go from performing solely in cafes to opening for major award-winning artists such as Judy Collins and Phil Vasser at last summer's Shenandoah Valley Music Festival. When the two work together,

Dean usually plays the electric slide guitar, — a way of playing he took up because of Funkhouser and their shared love for the Allman Brothers, a band who often uses the technique.

"I think one of his strengths is that he'll really embrace adding different musical genre influences in his songs," Dean said. "He's not afraid to experiment with one song kind of having a rock vibe to it or one having a jazzier vibe or maybe even a punk vibe."

Funkhouser isn't just a musician — he's also a full-time student and parttime Target employee. While there are more opportunities available for him in the musical world, managing these

ifferent roles in his life has been challenging.

He said that during his breaks at Target, he sits down on his laptop to send booking emails to venues.

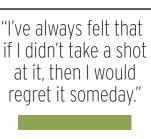
Senior Spanish and Communication studies major Ashlyn Johns has been supporting Funkhouser since she first befriended him at an open mic night her freshman year. She said she hopes to be a support system, fan and friend for him in his future as well. Whenever he's playing a local gig, she tries to move her schedule so she can attend.

"Although it's gonna be hard, at least there's someone who's appreciating the effort he's putting in," Johns said. "Being able to be the familiar face in the audience has been such a great opportunity for me."

Funkhouser said after he graduates, he wants to continue to pursue music. While he isn't sure where he'll end up, he knows he may not stay in the Valley. During his time spent touring in the past, he's visited cities in North Carolina, New York and Pennsylvania. He plans to return to the New England area this fall after the EP's release to play more shows and promote it

"I'm at a point right now where things have been picking up, and I've always felt that if I didn't take a shot at it, then I would regret it someday, and I don't want to regret it," Funkhouser said.

CONTACT Kailey Cheng and Traci Rasdorf 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.



Brent Funkhouser local Americana artist PHOTOS BY REBECCA GVOSDEN / CONTRIBUTING PHOTOGRAPHER



messages

JMU's chapter of To Write Love on Her Arms aims to end stigma around mental health

By RYANN SHEEHY The Breeze

Olivia Russell stumbled upon To Write Love On Her Arms at Student Organization Night her freshman year. Grace Gremillion was dragged to a meeting by her suitemate. Natalie Berry, anxious to go alone, convinced her roommate to go with her to her first meeting. Jensen Kenney hunted the organization down, sporting her TWLOHA T-shirt.

Now, these four women serve on the executive board for JMU's chapter of the national nonprofit organization.

According to the organization's website, TWLOHA's mission is to spread hope and "find help for people struggling with depression, addiction, self-injury and suicide." They "encourage, inform, inspire and also invest directly into treatment and recovery."

Originally founded by Jaime Tworkowski to raise money for his friend's treatment, the idea grew into a movement that aims to end the stigma around mental illness and help others through their journeys. The JMU chapter, founded in 2011, strives to bring that same awareness and acceptance to campus and the Harrisonburg community.

'There are definitely people who have that stigma in mind when someone says, 'I have depression.' They immediately think, 'Oh, you're crazy,'" junior sports marketing major and TWLOHA president Kenney said. "To see the different perspectives, it's really enlightening, because you don't know - the person that still has that stigma in their head - what their experience has been with it, so you have to take a step back and think, 'Okay, why are they thinking like this, what can I do to change their mind.""

The group holds weekly meetings on Tuesday nights, where a small group of students gather to discuss mental health issues like body image and depression that are prevalent in today's society. Their meetings often include group activities — like "step-in, step-out," where members stand in a circle and share facts about themselves that others can relate to - or projects that benefit the community like spreading messages of hope on baked goods at a sale.

"We are not a support group because we are not trained for that, but, in helping others and spreading hope to others, it gave me hope," Berry, a sophomore psychology and nursing double major and TWLOHA vice president, said. "That kind of made me feel in debt to TWLOHA, and it makes me feel even better

to keep spreading hope, and I feel like I need to keep doing that because it's gonna make me feel better and make others feel better."

Recently, the club recognized Suicide Prevention Month by discussing the national organization's current campaign, "You make today better," and writing kind Post-It notes to spread around campus.

Grace Gremillion, a junior biology major and the club's outreach coordinator. remembered a time when she witnessed someone trip on the Madison Union hill and remarked how quickly so many students were

there to help. All four women agreed that JMU is an incredibly friendly and helpful place. However, that surface kindness doesn't always equate to a deeper acceptance of people who struggle with mental illness.

"I've personally been affected by suicide and mental illness and substance abuse in my life way more often than I would have liked to admit," Gremillion said. "It's a huge thing in our society, but no one talks about it until it's a headline."

Besides regular meetings, the club hosts two large outreach events each year, such as an open mic night or a benefit concert. More immediately, the club provides a safe space for people to talk about important issues and be par t of a nonjudgmental and loving community.

"Being surrounded by people who understand where your head's at, like if you [say], 'Hey, I'm gonna miss a meeting, I'm not in the right headspace,' everyone knows what that means and what that feels like," Gremillion said. "Whereas, I feel like people might not feel that comfortable or be that transparent in other organizations on campus."

The group praises the JMU Counseling Center for its advocacy work and resources, but it also encourages students to take preventative steps through self-care practices.

"Especially freshmen, at the beginning of the year, take time to be by yourself," Olivia Russell, a sophomore business management and in-reach coordinator for TWLOHA, said. "There's all this pressure to join clubs and make friends and be with somebody all the time, but that is

exhausting. Even if you're an extrovert, you still need an hour in your bedroom by yourself every once in a while, and that's something a lot of people forget at the start of the semester and get run into the ground."

Russell also emphasized the importance of reaching out. Even if it looks like someone is just having a bad day, there's no harm in asking what's wrong, she said.

From providing moral support and a friendly face to discussing uncomfortable topics and creating connections in the community, TWLOHA creates a welcoming atmosphere for anyone interested in finding their place at JMU.

The way that we treat each other in the organization has gotten me through some hard times," Kenney said. "I still haven't met another group on campus that's the same way.

CONTACT Ryann Sheehy at sheehyrl@ dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.



CORN MAZE, PIG RACES, PUMPKIN PATCH, HAYRIDES AND MORE OPEN WEEKDAYS 3-7 P.M. SATURDAYS 10-6 P.M. SUNDAYS 12-5 P.M.

FLASHLIGHT MAZES GO UNTIL 10 EVERY SATURDAY IN OCTOBER

ONLY 15 MINUTES FROM CAMPUS CHECK OUT OUR WEBSITE FOR GROUP RATES!







🗿 @breeze_culture

@Breeze_Culture

BreezeVideo

breezejmu.org

Thursday, September 26, 2019

(THOMPSON / CONTRIBUTING PHOTOGRAPHE

Hotel Madison's coffee shop creates a student-friendly atmosphere and aims to consistently serve high-quality beverages every day

By JAKE CONLEY

The Breeze

grace+main coffee shop opens its doors at 6:30 a.m. Within 30 minutes, light jazz music and the rich smell of espresso waft through the air as Sam Denny prepares the first drink of the day — a vanilla latte.

He doesn't miss a beat in his conversation with the customer while preparing the drink. Pulling espresso shots, pumping vanilla syrup, steaming milk — at this point, it's all reflex. Less than a minute later, the latte slides across the bar, and one more JMU student heads out with a cup of coffee in hand.

This simple interaction is the ethos of grace+main. Located at the intersection of Grace Street and South Main Street, the shop is nestled directly below Hotel Madison. It might be easy to miss amid the hustle and bustle of one of the busiest intersections on campus, but it's there on the corner, ready to fulfill all of JMU's coffee-based wants and needs.

Denny, the shop's newly promoted manager and a returning Duke from the class of '13 currently studying graphic design, has one goal in mind when running grace+main: to provide the community with a comfortable, friendly coffee shop that holds itself to the highest quality of coffee-making.

"We want to be the in-between between Starbucks and a really super fancy place," Denny said. "We want to have the appearance of refine — have really refined items, coffee, etcetera — but still have a really relaxed college-friendly atmosphere."

The morning goes on, and the shop's seats slowly fill with members of the community from all walks of life. Tyler Maust, a grace+main barista, said the shop acts as an intersection between JMU's different populations.

"People are getting out of class, so they're going to stop by and grab a cup of coffee," Maust said. "You'll notice sometimes that professors will meet other professors here and have quick meetings, or students will come in quick and just meet each other for a cup of coffee."

As 2 p.m. rolls around and students filter out of buildings throughout campus, some in the know about grace+main stop by to study, write papers or simply grab a drink with a friend.



Exceptional Sandwiches served on House-made Sourdough

made-from-scratch salads, soups, sides, and sweets local, seasonal food & finely curated market *delivery available*

540.217.2494 // www.grayjayprovisions.com MON – FRI: 11AM – 7PM // SAT – SUN: CLOSED 1311 SOUTH HIGH STREET, HARRISONBURG, VA, 22801







Whether he serves students before morning classes or late in the afternoon, Denny said, "every order is a conversational journey."

Kailey Smith, a junior interdisciplinary liberal studies major, walks in occasionally to get work done in an environment she says is cozy, convenient and perfectly suited for a relaxing study session.

"I like that it's kind of quiet," Smith said. "I think it's kind of a hidden gem on campus."

The "hidden gem" environment Smith described isn't just a byproduct of the shop's existence. It's embedded in the culture the staff seeks to create — one focused on giving patrons the best possible coffee shop experience. From Denny's rule that the best place to greet a customer is from 20 feet away — which happens to be the distance from the bar to the main entrance — to the staff's complete willingness to remake any drink that isn't exactly what the customer wanted, the experience is, as Denny put it, "all about the customer."

"We just want it to be a very welcoming environment, an educational environment if you're curious about coffee," Denny said. "Basically, I want to capture the first moment that I had an insanely good iced latte."

That desire to serve every customer the perfect cup of coffee shows in the way the grace+main staff approaches every drink they make. All of the shop's beans are sourced from a local roaster, Chestnut Ridge. The main difference this makes, Denny said, is that other chain shops like Starbucks have their beans roasted out-of-house, leading to a delay that can range from days to months before the

beans are used. Denny explained that by being Chestnut Ridge's "biggest cheerleader," grace+main is able to serve beans roasted "right down the road" and offer customers rich-tasting, fresh coffee while supporting the local coffee farming industry.

And the specialty isn't only in the source. It's also in how the final product is served. Alongside coffee shop staples like macchiatos, americanos and mistos, grace+main offers "nitro cold brew" — a current trend in the coffee industry - and "pour-over coffee," where baristas make a strong form of drip coffee on a mini-brewing station right in front of the customer.

It's innovations and uniquities like these that the grace+main staff say they hope will set the shop apart. But right along with future steps and plans, menu expansions, customer diversification and everything else that comes with running a business in the hospitality industry, for grace+main, it all comes back to one thing - offering customers a great experience with great coffee.

"If college students are coming in here and discovering what really good coffee can taste like and what it can do for their day," Denny said, "that's the main goal."

CONTACT Jake Conley at breezecopy@gmail.com. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.



0 @breeze_cultur

Women's Health Care Focused on You





Applications due NOVEMBER 7, 2019 For more information visit: http://jmu.edu/cisr

©ISR



'50

EDITORS Catie Harper & Noah Ziegler EMAIL breezesports@gmail.com

@TheBreezeSports ____

The Breeze

bre

0

201

26,

September

Thursday,

Dukes eager for matchup with Elon

By CATIE HARPER The Breeze

It's been almost 12 months since that game. The game where Elon won its first game in Bridgeforth Stadium. The game that saw JMU football's 20-game win streak against CAA opponents snapped. The game that ended 19-straight home wins.

But, it's a new season now, equipped with a new staff — much of which walked the visitor's sideline of Zane Showker Field during that game last season.

JMU football is composed of players who would rather focus on the week ahead over than past results. But, the memory of their 27-24 loss to Elon last season still lingers, ingrained in the backs of their minds.

Saturday's contest won't only be about avenging that loss nearly 365 days ago; it'll also be head coach Curt Cignetti's return to the stadium where he spent two seasons leading the Phoenix

1. Return of the Phoenix: A preview of Elon football

Following Elon's victory over JMU last October, the Phoenix got hit with numerous injuries. The team lost both star quarterback Davis Cheek to a knee injury and starting running back Malcolm Summers last October in the weeks following the victory against the Dukes.

two stars on offense, Cignetti's former team struggled to find traction for the remainder of the season, losing four of its last six games. And, after the season ended, the Phoenix had to deal with Cignetti's departure for the purple and gold.

Under new head coach Tony Trisciani, who was Cignetti's assistant coach both years at Elon, the Phoenix currently sit at .500 through four games.

"I learned a lot from Curt Cignetti he's a real good football coach," Trisciani said. "He's a very good leader, good motivator for the players and the staff ... I learned that sometimes, less is more. Focus on a few things — the things that are important — and do them right, [and] do them well."

Though there's a level of familiarity between the two head coaches. that's not changing how Trisciani prepares for Saturday's matchup. Cignetti brought new coordinators to Harrisonburg who didn't work with him at Elon, something Trisciani said will make Cignetti's team different from what he saw when they worked together.

Trisciani also recognizes that the JMU football team has talent running through its roster no matter who's leading the program on to the field. The Phoenix will be tasked with limiting redshirt senior quarterback Ben DiNucci and the offense, which has been difficult for opponents to While trying to absorb the loss of its stop early in the season.

DiNucci currently leads the FCS for completion percentage out of quarterbacks who've played in four games, finding his receivers 74% of the time. The Wexford, Pennsylvania, native also has the highest passing efficiency (181) in the ČAA. DiNucci has weapons at his disposal whether it's in the run or passing game.

"They've got a dual-threat quarterback in DiNucci who can extend plays, and he's a tough guy to get on the ground," Trisciani said. "He's got some big receivers outside, and he's got some speed too, with the addition of Brandon Polk.

Coach's corner: Don't let the opponent be a distraction

Cignetti has been asked about this game since the time he settled into his new position at JMU. But, Cignetti doesn't let his mind wander to it too much. He's said in the past the key is to keep the opponent faceless.

Throughout the week, too, Cignetti has kept his comments on his former program limited, more concerned with his current roster and how he can lead them to a win Saturday.

'You're just trying to put your guys in the best position to be successful," Cignetti said during the CAA Football Media Teleconference on Monday. "They're trying to do the same thing, and, at the end of the day, the team that executes the best will come on top.

Last week, JMU showed its strength



SOCON

CHATTANOOG

Cignetti wants to improve before the Dukes travel south to Elon. Against Chattanooga, JMU's

defense didn't tackle as well as it had earlier in the season. There were missed opportunities to bring down Chattanooga's players, something that helped lead to the Mocs tying the game in the first quarter.

Improvement in tackling this week will help JMU in its goal to make Elon one-dimensional this weekend. The Dukes currently boast the thirdbest rush defense in the FCS, which Cignetti wants to see continue this weekend against his former school. IMU hasn't allowed over 100 vards rushing this season and will face a team that averages 129.8 yards per game, making for an exciting matchup.

"If you can make a team onedimensional, that's half the battle right there," Cignetti said. "Then, it's just a matter of stopping the forward pass."

3. Player's perspective: Start early and start fast

If there's one aspect of the JMU defense that could improve, it's forcing turnovers. If there's one thing the Elon offense does well, it's keeping possession. Under Cheek, Elon has turned the ball over just once off a

fumble — Cheek has yet to throw an interception this season.

"Davis Cheek is a smart quarterback," Ron'Dell Carter, redshirt senior defensive, said. "He's one of the smartest quarterbacks I've played against ... he reads coverages well; he does checkdowns well ... he picks up blitzes well, [and] he doesn't turn the ball over at all."

And it's not just being able to keep the ball in Elon's hands that Cheek does well. So far through the 2019 season, Cheek has helped his team thrive in red zone play.

In Elon's 10 trips to the opponent's red zone this season, the Phoenix have scored a touchdown nine of those times. Even against Wake Forest — an FBS matchup — Elon's one trip to the red zone ended with seven points.

"Hopefully, they don't get in the red zone ... and that's on us," Carter said. "If they had those kind of numbers in the red zone, you got to make sure they don't get in the red zone if [they're] pretty successful at it."

For the JMU offense, last season's game against the Phoenix wasn't great, even with DiNucci throwing for 316 yards. The Dukes struggled to finish drives, settling for four field goals and only recording two touchdowns late in the game during the fourth quarter.

RISTAN LORFL / THE BREEZE



Former JMU field hockey standout returns to the Dukes as a student assistant coach

By JASON CLAMPITT *The Breeze*

For any student-athlete, the hardest part of their career may be the end of the journey. For former JMU field hockey standout Corey Mayer, her journey in the sport and at JMU is far from over as she completes her master's.

During her career at JMU, Mayer compiled 14 goals, eight assists and 36 points in 73 games. Although her time playing for the Dukes was over, she decided to continue being involved with the team, only on the sidelines this time. After being a student coach in the spring, she approached JMU head coach Christy Morgan to see if she could return in the same role during the season.

"After the fall last season, I knew that I wanted to continue to be involved with the team," Mayer said. " So I was able to kind of be a student coach last spring. In knowing that I was going to be here for my master's, I approached and asked her if I could possibly be involved with the team again as a coach. So, I found my role as the student assistant, which is such a great opportunity, and I really couldn't be more appreciative that Coach Morgan let me stay for another year and let me be a part of this program."

Mayer said she sees the game from a new perspective as a coach and is grateful to use her experiences as a player to help the team grow. She also said she sees the rest of the coaching staff as role models during the process.

Once on the sidelines, the biggest adjustment she had to make was to stop thinking as a player. Mayer is learning from the rest of the coaching staff as much as she can while offering her perspective.

"Not being able to be physically on the field and really being in that athlete mentality," Mayer said. "It's definitely challenged me in a positive way just to switch that mindset and really focus on being able to verbalize instead of physically playing, so just growing as a coach from that aspect."

Morgan said Mayer's evolution into more of a vocal leader is vital to her role as a coach and

to the success of the team. She also said it's a skill that will help Mayer when she enters the U.S. program.

"She has to be ... she's different," Morgan said. "She has to be vocal. She's not a vocal player, and she has to be vocal as a coach. Our job is to correct when it's wrong and acknowledge when it's right."

One of the benefits Mayer brings to the staff is that players can relate to her experiences as a player. While she never left the team, the players were excited to have her come back in a leadership position. Most of the players on that team played with Mayer for multiple years. One of those players is redshirt senior midfielder/ forward Miranda Rigg. In her new role, Mayer has had to put her friendships aside for the betterment of the team.

"Sometimes, we have to set boundaries, but I respect her as a coach, and I respect her as a friend, too," Rigg said. "I know she's knowledgeable enough about the game where we're all going to listen to her if she wants to give us pointers."

Rigg acknowledges that Mayer misses being on the field as a player but loves to be around the team and wants to help the team succeed. At times, Mayer plays with the team during practice, which Rigg said is fun.

While helping the team out as a student coach, Mayer sees the possibility of pursuing a career as a coach. She said the most fulfilling part of this experience is seeing the development in the players.

"Just seeing people grow each day," Mayer said. "I think sometimes when you're in the moment as a player, you're not as aware to the growth of teammates. But from a coaching perspective, when you see that lightbulb go off or that connection made, it's really fulfilling, and those goals being scored from the sideline, you get the goosebumps just as much as you do when you're in the game."

CONTACT Jason Clampitt at clampijt@ dukes.jmu.edu. For more field hockey coverage, follow the sports desk on Twitter @TheBreezeSports.



o athebreezesports

a The Breeze Sports

20 FOUR DOWNS | JMU football prepares for Elon

from page 18

0

eezeSports

Гhе

breezej

0

26,

Thursday,

In last year's loss to Elon, the running backs struggled to get their feet under them. By the conclusion of the game, the Dukes only had 103 rushing yards for an average of 2.6 yards per carry. Junior running back Percy Agyei-Obese, who didn't see any carries against Elon last season, recognizes the offense needs to get started early and fast in order to knock off a ranked program.

"We know what type of team they are," Agyei-Obese said. "They're hard workers. They'll get after us, and we'll get after them. And, we know that every play that they'll be working and the hard-nosed football team."

Agyei-Obese can provide a spark for the Dukes' run game. The true junior is coming off a game that saw him rush for over 100 yards — the first JMU player to hit that mark this season — and he also found the end zone two times against Chattanooga. Redshirt freshman Solomon Vanhorse,

redshirt junior Jawon Hamilton and Agyei-Obese are a lethal combination against the Phoenix. They're preparing to face an Elon team that's allowed 149.8 rushing yards per game and has given up six rushing touchdowns this season.

JMU's offense is fully capable of being the best in the CAA this season. It'll face a tough task in Elon this weekend, but with DiNucci paired with experienced players both out of the backfield and on the flanks, Agyei-Obese believes this unit will be difficult for any opponent to limit.

^aWe have a lot of weapons," Agyei-Obese said. "This offense is not too readable by the defense. They can't just ... be like, 'Oh, they're gonna run the ball, they're going to pass the ball.' We could switch it up at any time."

4. Editor's input: A new JMU team is ready for the task

This game is going to be a good one. While Cignetti & Co. may not pay attention to most of the external factors of this contest, fans will, and it'll add to the excitement.

If there's anything to take from how Cignetti and his players have presented themselves over the past week, it's that they're ready to face Elon this weekend. This team isn't just anxious to play against a team that defeated them last year — the group is ready to compete against CAA programs.

Both Carter and Agyei-Obese emphasized that the CAA is the best conference in the FCS, and they're probably not wrong. The CAA currently has the most teams ranked in the Top-25 with six, and that's for good reason.

There's an understanding among the players that any other team in this conference can win any game. Because of that, the Dukes aren't looking past Elon and are trying to avoid letting any past experiences affect them.

On Saturday, JMU will be just fine. The Dukes have been calm so far this season and haven't let a game get too big, even against an FBS opponent. If JMU's star players show up and play like they've been doing early in the season, it'll walk away with its fourth win of the year. JMU wins, 27-10.

CONTACT Catie Harper at breezesports@ gmail.com. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.

BREEZE FILE PHOTO By SAVANNAH REGER contributing writer

On Jan. 25, 2010, JMU volleyball hired Lauren Steinbrecher as its new head coach. It was the beginning of a new era for the Dukes, and the volleyball program was looking forward to a new start.

Now entering her 10th season at JMU, Steinbrecher has changed the way the program is run, seen players come and go and become the winningest coach in JMU volleyball history. "Steinbrecher definitely sets standards for all

of us," senior outside hitter Briley Brind'Amour said. "How we act on the court, how we act off the court and culture-wise, and she definitely sets those standards for us and puts us in that direction very well."

Steinbrecher played college volleyball for the Georgia Tech Yellow Jackets from 2001-04 and played professionally for a year in Spain before transitioning to coaching. In 2007, Steinbrecher joined the University of Kentucky coaching staff as an assistant. She spent three years there while helping the Wildcats get to the Sweet Sixteen in 2009.

"I was just passionate about it," Steinbrecher said. "I just had this incredible experience with my coaches in college. They said, 'Why don't you coach?,' and that's how it got started."

After her years at Kentucky, Steinbrecher earned the head coaching job at JMU. From there, Steinbrecher had the opportunity to make an impact on a program of her own. With former JMU players like Kelly Johnston, Lauren Fanelli, Lindsay Callahan and Jessica Zeroual, Steinbrecher was able to lead the Dukes to a 22-8 record and make it to the semi-finals of CAA Tournament as the No. 2 seed in her inaugural season at JMU.

"The first year, we had an incredible group of players on the team," Steinbrecher said. "The senior class was still locked in and wanted to be coached and win a championship. I think that we have developed more coaching philosophy, more culture. A lot has changed, but I have very fond memories of the first year."

Between 2011-14, the volleyball program was plagued with injuries, going 13-16 in 2012 before building up the team again in 2013 and 2014. Steinbrecher put together a 67-58 record

Decade of SUCCESS

Volleyball head coach has built the program into a CAA power

during those four seasons, enduring early exits in the CAA Tournament.

In 2015, everything changed. The Dukes and Steinbrecher replicated the 2010 season's record by going 22-8. On Oct. 9, 2015, the Dukes beat Northeastern three sets to one, helping Steinbrecher earn her 100th win with JMU. The win helped build momentum to finish the regular season in first for the CAA with a 12-4 record in conference play.

"It was one of the greatest things I have ever worked toward in my life," Steinbrecher said. "It took us getting a little bit better every year, and we have had some incredible athletes come through. They were all bought in, and incredible players that just came in were really dominant and helped JMU to that win."

In 2016, a new face came to JMU volleyball: M'Kaela White. White, a 6-foot 4-inch middle blocker, brought energy and passion to JMU. Steinbrecher made sure to use White's abilities on the court. In White's first season, the Dukes went 21-11 during the regular season and claimed the CAA title during the postseason tournament. Steinbrecher led the Dukes to the first CAA tournament title since 2000 — the first since she became coach. She also brought the Dukes back to the NCAA Championship after winning 10 straight games to end the season. The Dukes ultimately fell to Coastal Carolina in five sets in the first round of the tournament.

"M'Kaela is not only super physical and talented athlete but a super-incredible human being," said Steinbrecher. "She has an incredible heart. She's got incredible energy, she's a leader for us and has been very easy to work with for the past years."

White is also grateful that she's worked with Steinbrecher during her career at JMU, and the coaching staff is a big reason why she came to Harrisonburg.

"I think she has made everybody feel extremely comfortable here," White said. "She knows your passions and your goals and pushes you towards them."

Steinbrecher saw similar success in 2017 as she did in 2015. She also compiled another stellar record of 23-6 overall and a CAA Tournament victory. Steinbrecher posted the most wins since 1999 during the 2017 season and defeated College of Charleston in straight sets to earn the Dukes' second consecutive NCAA tournament bid.

Even with her success on the court, though, Steinbrecher has also excelled off the court. Her players said she has an "open office," and she's someone they know they can talk to.

"The big thing about Coach Steinbrecher is that she is involved in our lives," Brind'Amour said. "She loves when we text her about lunch, and she's always down for it. She likes to get to know us personally."

Steinbrecher has fully embraced Harrisonburg as the home for her family. Her husband, Casey Steinbrecher, is an assistant coach for the team, and they have two children together: Luke and Grace.

In 2019, it seems Lauren Steinbrecher has made the program one to be reckoned with. In 2009, the year before Steinbrecher came to JMU, the team was struggling, with an 11-19 record. Steinbrecher helped see JMU volleyball to a .366 improvement in winning percentage after one year with the program, which was the fourth-best nationwide that season. The team had a .733 winning percentage overall as well.

Currently, the Dukes are 6-4 in 2019. After a slow start, they've won their last two matches and play UNC Wilmington on Thursday in their CAA opener.

"We have gotten better every weekend," said Steinbrecher. "We also graduated a lot from last year, so it's exciting to see."

Looking ahead, Steinbrecher is hopeful. The current 2019 freshman class is already playing well for the Dukes, and Steinbrecher can see potential and a bright future for JMU.

"Our freshmen have come in, and it honestly has been seamless," Steinbrecher said. "Our freshmen, right now, are leading us in kills ... I think that right now we are just focusing on getting better every day and that JMU could be a national powerhouse. In 10 years, I would love to see us in the Top-25, making [and] winning the first round, winning second round, and that special year where JMU makes it to the Sweet Sixteen."

CONTACT Savannah Reger at regersj@ dukes.jmu.edu. For more volleyball coverage, follow the sports desk on Twitter @TheBreezeSports. SPORTS

	Image: Descent and the second and t	Catie Harper Sports Editor15-9JMUVillanovaWashingtonEaglesGiantsJaguarsCatie Harper Siguars <t< th=""><th>Koah Ziegler Sports Editor17-7JMUVillanovaWashingtonPackersGiantsJaguars</th><th>James Faris Copy Editor17-7JMUVillanovaWashingtonEaglesRedskinsBroncos</th><th>Shanna Kelly Anaging Editor 11-13 JMU Maine USC Eagles Giants Broncos</th><th>Ivan Jackson Managing Editor18-6JMUMaineWashingtonPackersGiantsBroncos</th><th>Abby Church Editor-in-Chief 11-13 JMU Villanova Washington Eagles Giants Broncos</th><th>Image: State of the state of the</th></t<>	Koah Ziegler Sports Editor17-7JMUVillanovaWashingtonPackersGiantsJaguars	James Faris Copy Editor17-7JMUVillanovaWashingtonEaglesRedskinsBroncos	Shanna Kelly Anaging Editor 11-13 JMU Maine USC Eagles Giants Broncos	Ivan Jackson Managing Editor18-6JMUMaineWashingtonPackersGiantsBroncos	Abby Church Editor-in-Chief 11-13 JMU Villanova Washington Eagles Giants Broncos	Image: State of the
SHAT				PROP B TE COL th e, Downtown	SH Thur Fri Sat AGS: \$5.0	are er	Students Students 1 - 1 C 1 - 1 C 2 - 1 C UMES WEL sored by Feat JML Sh) pm) pm) pm) pm) pm) pm) mrsday, September 26, turing the L ROCKY HORROR adowcast

21



	FO	RR	ELE	ASE	SEF	РΤΕ	MBE	ER 2	6, 20)19						
Los Angeles Times Daily Crossword Puzzle																
Edited by Rich Norris and Joyce Lewis																
ACROSS Indian food option	1	2	3	4		5	6	7		8	9	10	11	12	13	
4x2=8" rapper	14					15				16						
om Korea	17		-		18		┢	-		19				┢	h	
t: and others		20	┣─	├		—	┢		21	<u> </u>	-		-	┢	\vdash	
roy, N.Y., school																
rojan War hero Delivery method				22				23					24			
uke's Mike	25	26	27		28						29	30				
írzyzewski,	31		-	32		33	-			34						
amiliarly all	35		<u> </u>		36	_		37	-	┣─			38	39	40	
oats and gravy								- ·								
oats tockpiled	41						42			43					\bigcirc	
igers, on				44					45			46				
coreboards	47	48	49				50			-	51		52			
Viracle on Ice" vinners: Abbr.	53		<u> </u>			54				<u> </u>		55				
ours carelessly												Ľ.				
tart of el año Juick bite	56			57	58				59				60	61		
hef's collection	62			1				63						1	64	
iri device	65		-	\vdash		-		66	\vdash			67	-	\vdash	\vdash	
ointed facial eatures	68		<u> </u>	┣		<u> </u>		69		┣		70	<u> </u>			
1orris	00							09				/0				
uttermaker's	By D	avid	Poc	ole										9/2	26/19	
bad news" team	6.5	pot l	buye	er												
mooth jazz	7 H	lalf a	i cos					_				_				
pray can output ike some U.S.		/hole Valke								f				_		
nail			usly					1	2							
frican antelope	9 S	ome	e sur	nmei	r			The Breeze	Į.							
inge Iontgomery of	ە 10 S	abie		drv))							
azz		vinds		ary												
art of UCLA	11 W								-					N		
lue asy marks	12 "F	orma Resi		tion												
del Fuego	S	ymp	hon	У"				ÌÈ								
ngular abode complex	cómposer															
ontaining	13 Invites for 18 Antacid brand															
niamine and	ne and 21 Italian scooter					Check your answers at Prease IMU ar										
iacin Close tightly	23 L		eatu			Check your answers at BreezeJMU.org										
lalf of eleven?				d by t	this											
pots at the	р	uzzl	e's c	ircle												
rom? Discount phrase	le 25 Y	etters ard.				39	Thor	nfiel	d Ha	II	55	"Aur	nt	Cor	be	
arm sci.	26 J		governess Book"													
lower holder	27 Tennis immortal 29 "The					40 Capt.'s 57 subordinates							Black Friday event			
DOWN	29 ^m			quet		58	58 Controversial									
rit's raincoat	S	tory	" aut	hor			seño	prita				radi	o ho	st		
lick's love in Casablanca"	30 A			cally by ba	nd			he so t Tex			60	Like	e cho esec		te	
) Of	32 W				пu	48	Prep	py s		-y	61	Actr	ess			
ecrees	а	rchit	ect .	Jame	s	49	Cele	stial			00		nawa			
996 Richard Gere/Edward	34 R 36 M			n war	nt		-	o's ho erie m		ers	63	Intl. broa	new adca			
lorton thriller				n colo			in sla			510,	64	Res				
				-												
	2	0		7/	71	7	n			e	vel					
		C	2	1		(Ē	<u>_</u>		1				
				1	7	\lor			L	1	2]				
										2		1				
SAMURAL OF PUT	ZLES	By	The	Mep	ham	Gro	up			3	4]				
		-		~ 7												
9	7						2									
		+	-		-	_										
7																
+ +	+_	+	-		-					Com	plete	e the	gria	l so		
	5		6		8					ead	ch ro	W, C	olun	าท		
+ + -	+	+-	-+	~								-by-3				
				2								d bor eve				

© 2019 The Mepham Group. Distributed by Tribune Content Agency. All rights reserved.

3

8

3

5

1

6

3

1

4

6

9/26/19

4 3

8

contains every digit,

1 to 9. For strategies

on how to solve Sudoku, please visit

sudoku.org.uk

BreezeVideo

breezejmu.org

Thursday, September 26, 2019



MADISON MARKETPLACE

Madison Marketplace is open for business, and all text-only listings are **FREE**! Post job listings, announcements, rentals and more using our online placement tool. Ads run two weeks online and in two print editions.



JOBS

In need of creative, artistic talent

Looking to hire an upcoming artist with their creative ideas to paint a mural on a concrete wall in front of our log cabin home in Massanutten. Need to be self driven and looking for an opportunity to display their talent. Plenty of exposure. Please text Steven at 540-630-1316 for further information. Rate negotiable.

Tap Dance Teachers Wanted

NOW HIRING Tap Dance Teachers at local downtown studio! Please email resume and references to dancencompany@ gmail.com or call 540-433-7127 with questions.

Bartender: Full or Part Time

Evenings and/or weekends. Apply in person. American Legion Post 188. 350 Waterman Drive, Harrisonburg. 540-434-1887.

Equestrians!

Looking for a super nice horse to ride? JMU Prof needs an experienced rider to help exercise my quiet 16.1 TB hunter. Easy, uncomplicated ride. Free lease, tack provided. Just come ride! Indoor/ outdoor rings, trails, open fields. Minutes from JMU. Text 540-421-3325.

Drivers Wanted

Come join the team delivering the best pizza in town! Chanello's Pizza has been serving JMU since 1998. Drivers should be 18yo with reliable car, insurance and clean driving record. You will take cash home every night plus receive a paycheck every two weeks. Earning at least \$100 a night is common while averaging \$14-\$20/hr. MUST be available late nights (2 a.m. daily, 3:30 a.m. Fri/Sat) and required to work at least one weekend night per week. Apply to chanellospizzajmu@ gmail.com.

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 \$10.00 per day. CEspinosa935@ 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.

911 Emergency Communicators Needed

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.

Assisted Living Floor Aides Needed

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.

Field Trip Driver - Part-Time

Do you want to utilize your driving skills for a part-time job that fits your flexible schedule? Do you like watching sports events? If so, find out more and apply online for the City's Field Trip Driver position: https://www.harrisonburgva. gov/employment. EOE.

Need Cleaning Associates

Looking for part time evening Cleaning Associates to join our growing TEAM. If you are willing to work, learn, help your team, and maintain your jobsite, we need you to apply. Check out our website at firsttimecleaning. net to learn more about us and fill out an online employment application.

Yard Work Needed

Looking for someone to do GENERAL YARD WORK. Very flexible hours. Very good pay. Located in Penn Laird. Call (540)289-6181.



Free Horse Boarding

In exchange for work or riding privileges. Only 7 miles from JMU campus. 540-383-3320.

FUNDRAISING IDEAS FOR STUDENT GROUPS

Sell custom items with your art or logo in a structured, quick, easy program. Email campuscustom@gmail.com or call 540-433-3734.

Counseling Services in Downtown Harrisonburg

Memes Don't Count as Therapy. Transitions Individual & Couple's Counseling. Located in downtown Harrisonburg. Slidingscale discounts offered. Contact Travis Kessell, Resident in Counseling, at (540) 441-0222 or by email at travis.kessell@ therapysecure.com.

COMMUNITY

Caring & Sharing Benefit Concert

A concert to benefit Walk to End Alzheimer's, team Hope for a Cure. Sunday, Oct. 20, 3 p.m., Bridgewater Church of the Brethren. Enjoy duos, trios, quartets, poetry reading, interpretive movement, an Alzheimer's Association speaker, and audience participation in the final song. Donations are appreciated at the concert or online: http://act.alz.org/goto/mkadams.

Contemplative Worship Service

Contemplative Worship Service weekly on Sundays at 8 pm at Community Mennonite Church in the fellowship hall. Come deepen your everyday connection to God, yourself and the community through healing, action, and contemplation. The service will include silence, embodied practice, and a space that welcomes and affirms everyone.



FOR SALE

2013 Mini Countryman S For Sale 2013 Mini Countryman S 4 door hatchback. One owner. Non smoker, 83000 original miles, in excellent condition, complete maintenance records. 1.6 liter turbo 4 cylinder, 6 speed manual transmission, FWD, AC, AM/FM/CD/SiriusXM/ Bluetooth, heated cloth/vinyl front seats, Panorama double sun roof. \$10,800.00 or best offer. Call or text 540-908-1050.

Desk and shelf unit for sale

Oak Desk and shelf unit for sale. Adjustable space saver desk slides onto shelf unit. Has light on upper shelf. Great for a student. 540-271-7557.



Share Home

Looking for graduate or older student to share 3 bedroom, 2 bathroom home with 1 artist, 1 dog and 2 cats. Located in Harrisonburg about 5 minutes from campus. \$400/month with \$150 nonreturnable deposit. Full kitchen, laundry, parking privileges. Text 540-560-1285.

Duplex for Lease

Lovely 3 BR 2 BA duplex, within walking distance of EMS and EMU. Interior just painted! Spacious MBA suite, cathedral ceilings in LR an DR, large kitchen with breakfast nook. Fenced in back yard with gorgeous country views! 540-487-0861 0

@breezejmu

@TheBreeze.

JM

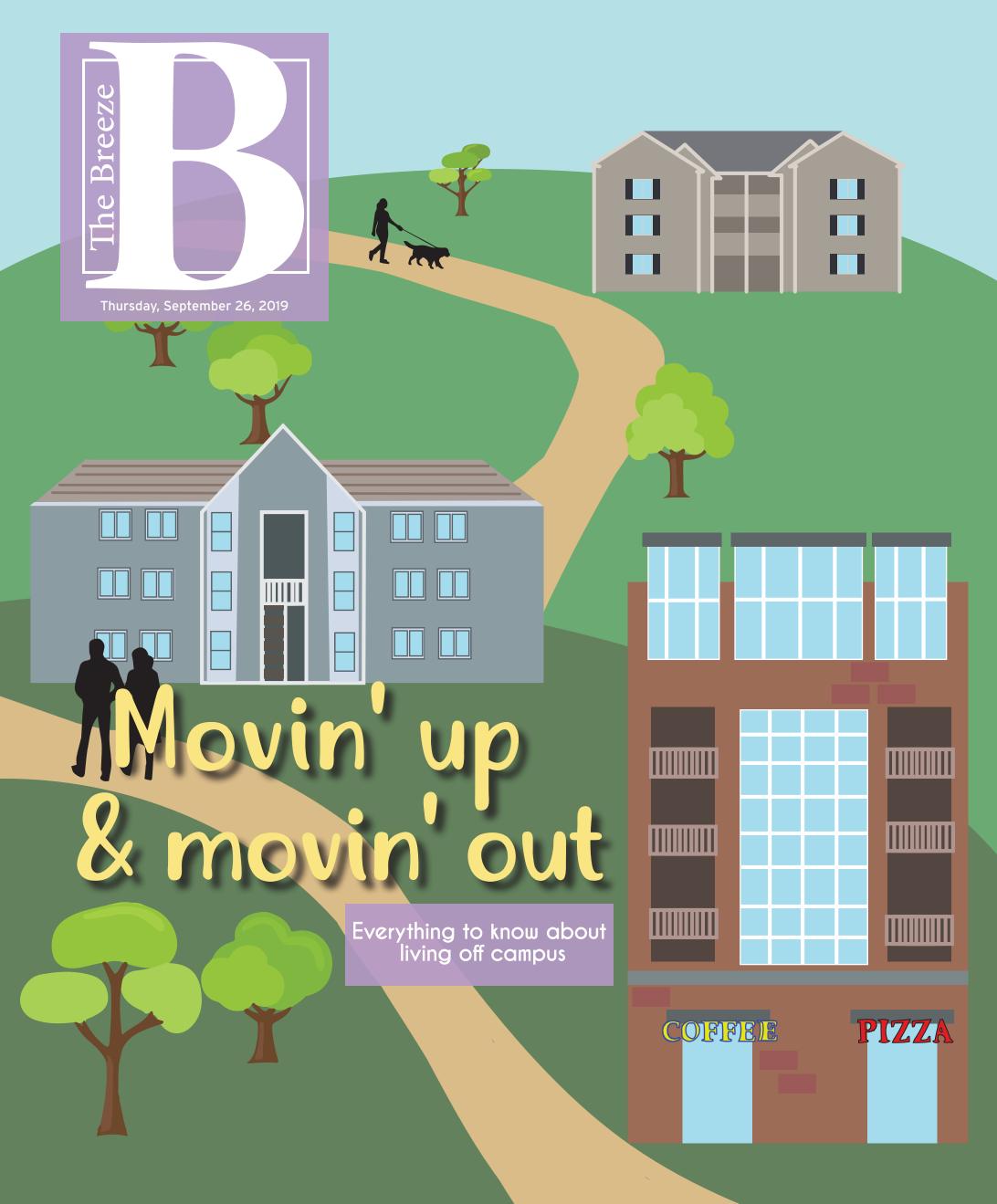
The Breeze

BreezeVideo

breezejmu.org

Thursday, September 26, 2019







Live Life at the Top!



Stop by today for a tour or give us a call for rates!

Enjoy Life at the Top with our conveniently located premier student housing! **865 East** offers tenants the means to escape the stress of student life through amenities such as our Rooftop Lounge, Game Room, Fitness Center, and much more!

865 East Port Republic Road (540) 442-8885

MHAIPS INSIDE.

- Off-campus housing options
- Consider this while house hunting
- What to know before moving in
- How important is it to sign your lease early? Ways to save on living expenses 12. Tips on decorating any living space 14. Commuter parking personalities 16. living with pets off campus

The Breeze

1598 S. Main St Harrisonburg, VA 22801 **PHONE:** 540-568-6127 FAX: 540-568-7889

MISSION

MISSION 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 Hornings in the beeze 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

Supplement Staff

EDITOR-IN-CHIEF Abby Church MANAGING EDITOR-PRINT Shanna Kelly COPY DESK Jake Conley & James Faris CULTURE EDITORS Kailey Cheng & Traci Rasdorf

PHOTO FDITOR Samantha Linczyc ART DIRECTOR Tavlor Sarlo CREATIVE DIRECTOR Jessica Garcia AD DESIGNER Olivia Marino

Front Page Graphic: TAYLOR SARLO / THE BREEZE





Here are the options and what they provide

By BRICE ESTES The Breeze

@breezejmu

0

TheBreezeJMU

Breeze

The

4

.org

breezejmu.

0

201

26,

September

Fhursday,

865 East

Rent: \$655 per room (average) Size: 1,093 square feet (average); 1-4 bedrooms, 1-4 bathrooms

Amenities: water, cable and internet, furnished, in-unit laundry, fitness center, game room, computer lounge, tanning beds, rooftop terrace

Distance from campus: 1 mile; fourminute drive or 21-minute walk

Aspen Heights

Rent: \$638 per room (average) Size: 1,963 square feet (average); 2-5 bedrooms, 3-6 bathrooms

Amenities: fitness center, pool, private shuttle to JMU, pet-friendly, study lounge, volleyball court, movie theater, tanning beds Distance from campus: 1.9 miles;

seven-minute drive or 42-minute walk

Campus View

Rent: \$494 per room (average) Size: 1,220 square feet; 4 bedrooms, 4 bathrooms

Amenities: cable and internet, furnished, fitness center, pool, bus service to JMU, guest parking, pet-friendly, study lounge, volleyball court, basketball court, hammock lounge

Distance from campus: 2.2 miles; eightminute drive or 47-minute walk

Charleston Townes

Rent: \$499 per room

Size: 2,200 square feet; 4 bedrooms, 5 bathrooms

Amenities: internet, in-unit laundry, fitness center, pool, hot tub, guest parking, volleyball court, basketball court

Distance from campus: 1.7 miles; seven-minute drive or 36-minute walk

Copper Beech

Rent: \$646 per room (average) Size: 1,488 square feet (average); 1-4 bedrooms, 1-5 bathrooms

Amenities: cable and internet, inunit laundry, fitness center, two pools, bus service to JMU, volleyball court, two basketball courts, game room, tanning beds, computer lab

Distance from campus: 2.3 miles; eightminute drive or 50-minute walk

Foxhill

Rent: \$450 per room Size: 1,500 square feet; 4 bedrooms, 2 bathrooms

Amenities: utilities, cable and internet, furnished, in-unit laundry, fitness center, bus service to JMU

Distance from campus: 1.4 miles; sixminute drive or 30-minute walk

The Harrison

Rent: \$489 per room (average) Size: 1,133 square feet (average); 2-4 bedrooms, 2 bathrooms

Amenities: utilities, cable and internet, furnished, in-unit laundry, fitness center, yoga studio, pool, pet-friendly, study lounge, volleyball court, basketball courts,

game room, tanning bed Distance from campus: 1.2 miles; fiveminute drive or 26-minute walk

The Hills Northview

Rent: \$419 per room

Size: 1,194 square feet; 4 bedrooms, 2 bathrooms

Amenities: utilities, cable and internet, furnished, in-unit laundry, fitness center, bus service to JMU, volleyball court, basketball court, pet-friendly, computer lab

Distance from campus: 1 mile; fiveminute drive or 22-minute walk



The Hills Sou<mark>thview</mark>

Rent: \$469 per room

Size: 1,315 square feet; 4 bedrooms, 4 bathrooms

Amenities: utilities, cable and internet, furnished, in-unit laundry, fitness center, bus service to JMU, pet-friendly, volleyball

court, basketball court, computer lab Distance from campus: 1.6 miles; sevenminute drive or 35-minute walk

The Hills Stonegate

Rent: \$487 per room (average) Size: 1,315 square feet; 4 bedrooms, 5 bathrooms

Amenities: utilities, cable and internet, furnished, in-unit laundry, fitness center, bus service to JMU, petfriendly, volleyball court, basketball court, computer lab

Distance from campus: 1.8 miles; seven-minute drive or 34-minute walk



The Mill

Rent: \$429 per room (average) Size: 1,265 square feet; 4 bedrooms, 2 bathrooms

Amenities: utilities, cable and internet, furnished, in-unit laundry, Valley Fitness membership, bus service to JMU, guest parking, pet-friendly, basketball court

Distance from campus: 0.7 miles; fourminute drive or 17-minute walk

North 38

Rent: \$563 per room (average) Size: 1,290 square feet (average); 3-4 bedrooms, 3-4 bathrooms

Amenities: utilities, fitness center, pool, private shuttle to JMU, pet-friendly, study lounge, volleyball court, tanning beds

Distance from campus: 3.7 miles; 10-minute drive or 57-minute walk

The Pointe

Rent: \$575 per room

Size: 2,300 square feet; 4 bedrooms, 5 bathrooms

Amenities: cable and internet, in-unit laundrv

minute drive or 54-minute walk

Pheasant Run

Rent: \$399 per room Size: 1,400 square feet; 4 bedrooms, 3

bathrooms Amenities: and internet, cable

furnished, in-unit laundry, bus service to JMU, volleyball court, basketball court

Distance from campus: 1.4 miles; fiveminute drive or 30-minute walk

The Retreat

Rent: \$652 per room (average) Size: 1,771 square feet (average); 2-5 bedrooms, 3-6 bathrooms

Amenities: water, cable and internet, fitness center, pool, volleyball court, disc golf course, computer lab, tanning beds Distance from campus: 2.3 miles; eight-

minute drive or 49-minute walk

Squire Hill

Rent: \$597 per room (average) Size: 1,061 square feet (average); 1-4 bedrooms, 1-5 bathrooms

Amenities: cable and internet, in-unit laundry, fitness center, pool, hot tub, bus service to JMU, pet-friendly, study lounge, game room

Distance from campus: 1.2 miles; sixminute drive or 27-minute walk

Sunchase

Rent: \$524 per room

Size: 1,419 square feet (average); 4 bedrooms, 4 bathrooms

Amenities: water and sewer, cable and internet, in-unit laundry, fitness center, pool, hot tub, pet-friendly, study lounge, tanning beds

Distance from campus: 2.2 miles;

Distance from campus: 2.5 miles; nine- seven-minute drive or 35-minute walk

Urban Exchange

Rent: \$877 per room (average) Size: 950 square feet; 1-3 bedrooms, 1-3

bathrooms Amenities: internet, in-unit laundry,

fitness center Distance from campus: 1.5 miles; seven-

minute drive or 27-minute walk

CONTACT Brice Estes at estes2ba@dukes. imu.edu.



AUTHENTIC ITALIAN CUISINE

In Italian. "Tutti Gusti" means "all flavors" and for ten years, we have been proudly serving the city of Harrisonburg and James Madison University with all the flavors of authentic Italian cuisine, delivered with fast and friendly service and great value for your money. We invite you to take a seat at our table or yours and enjoy all the flavors we have to offer.

PIZZA - SUBS - PASTA - HAMBURGERS

Located at 1326 Hillside Avenue Harrisonburg, VA 22801

Off Port Republic Road, next to Starbucks

Order online at

www.tuttigusti.us

Or contact us at (540) 434-6177

FREE WiFi @ Restaurant and FREE DELIVERY

Catering Available for All Occasions

ALL-NEW HOURS M-W: 10am-11pm Sun:10am-1am



26

2019

Th-Sat: 10am-3am Hours can vary in the Summer. Minimum for Delivery: \$6.00



TAYLOR SARLO / THE BREEZ



abreeze

TheBreezeJMU The Breeze breezejmu.org

Surveying the options: how to decide where to live off-campus

JOSIE HANEKLAU | open outlook



With the fall months fast approaching, many students are already looking for apartments and preparing to sign a lease. However, many may be completely unfamiliar with the wide-varieties of

off-campus housing options. Making the drastic decision of where to live can be extremely challenging when it's unclear what to look for.

For most college students with nothing but pennies in their wallets, price is likely a factor of the utmost importance when house-hunting. In Harrisonburg, apartments are on average just over \$548. Stonegate, which is one of three of

the Hills apartment complexes just off-campus, is one of the cheapest places to live, all things considered. Totaling in at about \$487 a month per roommate for a four-bed, four-and-a-half bath, it's already a great price, but Stonegate also comes with all utilities included and is fully furnished. Stonegate also offers a free parking pass and free usage of a community gym. However, for some students, different and greater amenities might be more important.

Decisions. * decisions &

The Retreat is a JMU favorite location to live off campus. Although The Retreat is titled as an "apartment complex," the units are much more like townhouses — and they're brand new. The amenities are the real attraction of The Retreat. listed on their website as being "luxurious." A pool, a tanning center, a fitness room and a disc golf course are only some of many unique aspects The Retreat offers. However, the downside to this complex is the price. Not only

can units be as expensive as \$652 per roommate, some utilities aren't even included, some hefty first-time deposits are required and it comes unfurnished.

Maybe for some off-campus students, location is an important feature. The Hills apartments, which consist of Northview, Southview and Stonegate complexes, are all relatively close to campus. Northview is practically visible from campus and only \$419 a month, with some utilities not included. Foxhill Townhomes are also a decent walk from campus, with rent around \$450 and all amenities included.

Pricing and distance aside, online reviews and talks with current residents are also important factors in deciding where to live off campus. While the advice of online reviewers is appreciated, it should also be heeded with some caution. This is because customers of any service are more likely to leave negative reviews than positive ones — humans spend more time analyzing and talking about a bad situation than a good one. For example, it'd be more likely that someone would complain in an online review about losing money than about getting a discount and saving money.

When searching for a place to live, it's important for students to consider what factors are most important to them. If money is the main contention, hunt for apartments based on low to high pricing. If a student is without a car, searching for complexes where it'd be easy to walk or bike to campus could be beneficial. Whatever the case, trust that with the right amount of research, the perfect place to live will be found.

Josie Haneklau is a sophomore political science and psychology double major. Contact Josie at hanekljr@dukes.jmu. edu.



FALL FUN AT BACK HOME ON THE FARM!



CORN MAZE, PIG RACES, PUMPKIN PATCH, HAYRIDES AND MORE! OPEN WEEKDAYS 3-7 P.M. SATURDAYS 10-6 P.M. SUNDAYS 12-5 P.M.

FLASHLIGHT MAZES GO UNTIL 10 EVERY SATURDAY IN OCTOBER

ONLY 15 MINUTES FROM CAMPUS CHECK OUT OUR WEBSITE FOR GROUP RATES!



2915 WILLOW RUN RD HARRISONBURG, VA 540-442-6493 WWW.BACKHOME-ONTHEFARM.COM



540.433.9642

RocktownHotYoga.com/flow

ALLISON BAXTER | what now?



It's that time of year again the time when local off-campus housing complexes pounce on students to get them to start signing leases for the following school year. It can be a stressful time for those trying to figure out where to live and who to live

with. These are some helpful tips to keep in mind when deciding where to live.

1. Number of rooms

The number of rooms a student desires could affect which housing complexes to tour. Most complexes offer four or fewer rooms. It's important to keep in mind that the fewer roommates one has, the more expensive rent may be. If a student wants to room with more than four people, they should look at houses in downtown Harrisonburg.

TheBreezeJMU

2. Partying and proximity to campus

While the city of Harrisonburg might not feel too big, when it comes to making it to an 8 a.m. class, living further down Port Republic can be an inconvenience. Proximity to campus may also affect the number of parties thrown in a complex. If noise is an issue, places like Forest Hills won't be a good fit.



3. Pets

TRACI RASDORF / THE BREEZE

Freshman year is sadly deprived of any pets in the dorm, except for the occasional betta fish. If a student is thinking about adding a furry friend in the upcoming year, they need to make sure to check with the complex on its pet policy. Some complexes charge an additional deposit for pets, and others don't allow pets at all.

Zefore The big move

Nine important factors to consider when moving off campus

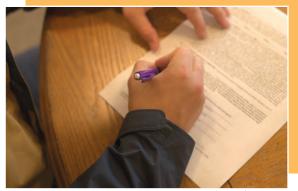


PHOTO ILLUSTRATION BY TRISTAN LOREI / THE BREEZE

4. Co-signer

When signing a lease, an important thing to consider is who to ask to be your co-signer or guarantor. A co-signer is another person who signs the lease and takes responsibility for payments to the complex in the event that the student on the lease doesn't pay the rent. Leasing offices will require students to have a co-signer to protect themselves from losing money. A good person to ask to be a co-signer is a parent or relative.



TRACI RASDORF / THE BREEZE

5. Furnishings

Many complexes like Pheasant Run Townhomes and Mountain View Heights come already furnished with the basics like couches, dressers and bed frames. Places available downtown — like 61 Court Square — rarely come furnished. It all depends on how much money a student is willing to pay for extra furniture. Places with furniture are generally more expensive than those without.

6. Security deposit

A great place to do research on security deposits is the JMU Parents Off-Campus Housing Forum. Parents create detailed posts outlining their experience with a certain complex. If one searches the name of a complex, there will be dozens of posts explaining security deposits for various complexes and how much one received back at the end of the year. Some complexes have a reputation for being picky about the condition rooms are left in. Additionally, some complexes may take out community fees for the use of a pool or clubhouse.



BREEZE FILE PHOTO

7. Sublets

On occasion, some students will change their mind about JMU and decide it's no longer a good fit for them, or they might decide to study abroad or take a semester off. In these cases, former students who have already signed a year-long lease may attempt to sublet their room. This process involves another student living in the room instead and making payments to the former student. The lease is still in the former student's name, so exercise caution when dealing with sublets.

8. Roommates

Who a student decides to live with can be one of the most important decisions they will make, since roommates can make or break a living situation. Even if one lives in the nicest apartment in Harrisonburg, it'll feel terrible when paired with the wrong people. Don't rush this process because things could drastically change between friends by the end of the year.



TRACI RASDORF / THE BREEZE

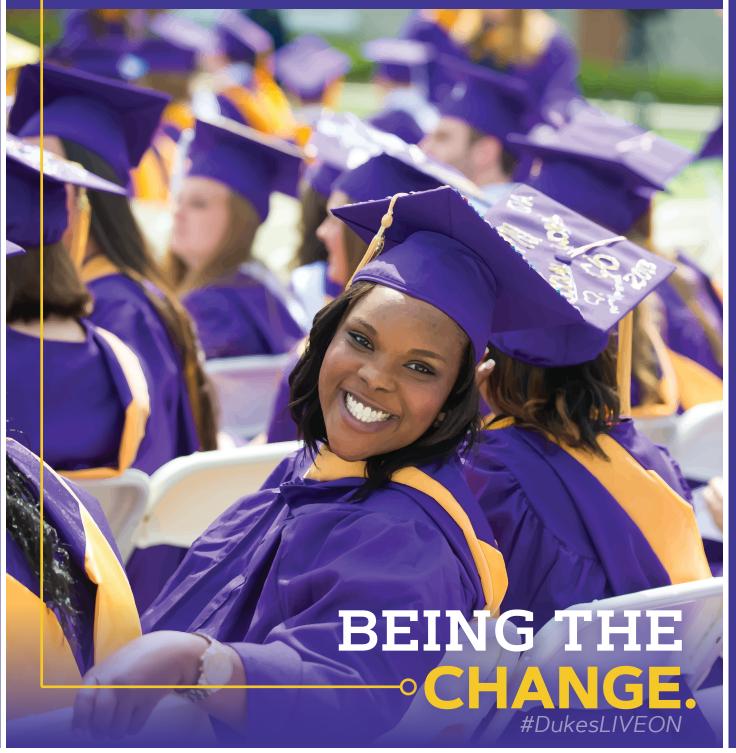
9. Visitor parking

Say a student wants a friend to come to JMU for a visit. Most complexes require a parking pass for residents, which puts visitors in a pickle. Take note of how many visitor spaces a complex has, or ask the leasing office what the policy is for visitors.

Overall, an important thing to remember is not to stress about signing a lease right away. There will always be opportunities throughout the school year and summer to find the perfect home.

Allison Baxter is junior media arts & design and communication studies double major. Contact Allison at baxte2ae@dukes.jmu. edu.

° LIVING ON MEANS...



SECURE YOUR ON CAMPUS HOUSING FOR 2020 - 2021 TODAY!

#DUKESLIVECLOSE #DUKESLIVESUPPORTED #DUKESLIVEENGAGED #DUKESLIVEON

questions or concerns? CONTACT US: 540-568-HOME | res-life@jmu.edu

FIND US ONLINE! **F S O S D O** www.jmu.edu/orl _{@jmureslife | #DukesLIVEON}

JOANNA SOMMER insightful thoughts

and

provide

Within the next few

townhouse

potential

months, local apartment

complexes will begin

offering cheaper rent if

students sign within a

certain amount of time.

Though the deals are

tempting and can save

people money, it doesn't

residents much time to



pick where to live or who live with. The deals may be heavily advertised, but there will always be other options for reasonably priced off-campus housing throughout the year. It's OK to not sign for them as soon as they're announced.

It may be more beneficial to wait until later in the year before signing, depending on one's current living situation. Throughout college, everyone is constantly being introduced to new people. Oftentimes, the first people freshmen interact with are their roommates, suitemates and hallmates. For some, their freshman year roommates end up being their next door neighbors for the entirety of their time spent at JMU. A powerful bond is formed, and those who have that know they wouldn't want to live with anyone else.

For others, this isn't always the situation. The reality is, things happen. Friends fight, students transfer, and once a lease is signed, it's difficult to break. Signing a lease so early in the school year means that if something goes wrong, the living situation could become messy. Between having to be responsible for filling empty rooms, making up for the lost rent or having bad blood between roommates, the risks run high when signing a lease early.

There's nothing wrong with one's first-year roommates not being their roommates for the next few years. As students, we're constantly getting involved in different ways on campus. Whether it's through clubs, Greek life, work or other on-campus opportunities, everyone finds their one true pair

some way. If one signs a lease as early as possible, they eliminate the option of living with someone they may have a stronger connection to.

Even if someone has found the people they're closest to, it doesn't mean they'll be the best suited roommate for them. There's a difference between living with a close group of friends and living with people because they're a compatible living partner. It's important to know the living habits of each roommate. Do they prefer the thermostat to be set to a certain temperature? Are they messy or organized? How late do they stay up each night? These are important factors to consider, because although roommates don't always get along, there's a difference between a few altercations and having a miserable year because of constant disputes.

When hunting for the best place to live, it's also important to set aside what places are considered "popular" and do what's best for all of the roommates. Just because some complexes are deemed superior to others doesn't make them the only option. It's beneficial for the entire party to do research on several units instead of jumping on the first one that's favored because each place has its own rules and guidelines. If one roommate is looking to have a pet, do research and find where the best pet-friendly options are. Location, distance from campus, visitor accommodations and parking passes are all factors that can significantly determine if somewhere is worth living.

Consider the living arrangements before hopping on the best deal. Some may know in their heart that they have their roommates and are ready to find their new home, but others may want to wait and see if they make new friends or find roommates who have similar living accommodations as them. This is ultimately a safer and smarter decision because there's more thought and consideration that goes into it instead of jumping at the first advertised deals.

Joanna Sommer is a sophomore media arts and design major. Contact her at sommerjj@ dukes.jmu.edu



Don't sign for an apartment at the first chance – potential roommates can change

Take a



It's better to wait to sign a lease with roommates because students' friends can change.





Bring your car to school ... and park close to campus

Bring Your Car to College **Private parking lot for JMU** freshmen with 24/7 security

Email us at freshmenlots@gmail.com 540.466.4668

@breezejmu



Living off campus doesn't have to break the bank with these ways to save money

Morgan said one should spend money on needs like groceries and not just wants for instant satisfaction.

By VANESSA NIKOLIC The Breeze

When students move to an off-campus house or apartment, more expenses and responsibilities start to add up. Dukes have to be on top of paying their rent on time, buying groceries and getting gas — if they decide to bring a car. Other expenses can include purchasing an on-campus parking pass or paying for utilities if rent doesn't already include it. Many students can become overwhelmed with these additional expenses. However, finding ways to stay cost-effective and learning how to budget can ease financial stress. These tips can help one save money and make living off campus more affordable.

1. Download a cashback and savings app

Having access to a

cashback or

savings app

may allow

students to

save money

These apps

help users

earn cash back

from their

Users are also

purchases.

efficiently.



able to track deals, rebates, bonus rewards and promo codes. Some savings apps are Mobee, Belly and Ibotta.

Senior kinesiology and modern foreign languages double major Warren Ramirez lives off campus at Aspen Heights and uses Ibotta on a regular basis. Ibotta allows its users to link their loyalty cards and find deals that are applied to their accounts. Customers get cash back and can access other coupons with proof of purchase, which sometimes includes scanning a receipt.

"You're already going to spend money on groceries and other items, so you might as well get a percentage of that back," Ramirez said. "Some people might say, 'Well that's too much work,' but that's money I didn't have beforehand, and all I had to do was scan a receipt that I was already going to have."

2. Make cheap and easy meals at home, but add a personal twist



Some students who move off campus don't purchase a meal plan or — if they do choose one with limited punches or Dining Dollars. This may leave them figuring out how to eat on a budget and learning how to make simple dishes. Ramen and instant macaroni and cheese are popular college staples known for being cheap. Eating these quick meals can be a good option, but adding one's personal touch can make them more enjoyable.

Senior architectural design major Caitlin Morgan lives at Sunchase Apartments and enjoys making quick and simple meals at home, but she adds her own creative take. She makes macaroni and cheese from the box but sprinkles in bacon and extra spices. When she makes instant ramen, she'll add a fried egg, chives and green onion that gives it extra flavor.

"I'm definitely a very cheap eater, but I do try to put my own spin on things because my wallet doesn't let me be creative," Morgan said. "Finding a way to just add my personal flair on things definitely makes me feel better, so it's still super cheap, but it's nice to have that creative twist that's mine."

3. Avoid buying a full-time parking pass and use the buses



TRISTAN LOREL / THE BREEZE

Many students who drive to campus struggle with finding a parking spot. A full-time annual parking pass is \$300, and students often try to avoid adding this purchase to their list of expenses. As a result, they turn to the bus system that takes them from their home to campus.

Junior biology major Abigail Culverhouse lives in The Hills of Harrisonburg Stonegate and uses the buses to get to her classes during the day. She believes leaving her car at her apartment complex and taking the bus to campus is a better option that saves her money.

"I don't have to spend money on gas nearly as often, and using my car less also means I'm not going to have to get oil changed as frequently," Culverhouse said. "I love the buses, and I don't see why you need a parking pass when the buses work just as well."

4. Check out cheap grocery stores and shop store brand



Grocery shopping can be a stressful experience for some students, but going to a less expensive store that provides generic brand options might ease the pressure.

Aldi and Sharp Shopper are affordable stores for grocery shopping. At Aldi, customers can buy produce for 30-60% less than what one can get at stores like Walmart. Aldi's store-brand items are half the price of name brands but can still be quality finds. Sharp Shopper provides closeout grocery items at a discount well below normal retail prices.

"Keeping track of what you're spending your money on isn't just something that you do right now because we're broke college students," Morgan said. "It's something that we should be doing throughout the rest of our adult lives."

5. Meal prep for the week



Meal prepping can be a great option for offcampus students on a budget. Not all students want or have access to an on-campus meal plan, and meal prepping at home can serve as a better, more cost-effective option. It prevents students from going out to eat when they already have food made in the fridge that just

has to be reheated. "On the weekends, I go ahead and make a total of about 12 meals," Culverhouse said. "I pick about three recipes; I make about four servings of each recipe, so that way, all I have to do is pull something out of the fridge and heat it up."

Culverhouse makes sure that she has different options when meal prepping. She makes stir fry with chicken and vegetables, browned meat for tacos and homemade macaroni and cheese. She believes having meals ready for the week helps her save money in advance and makes her less tempted to eat out since her food is ready in the fridge.

Saving money can allow students to spend it on things like making memories around Harrisonburg and doing fun activities on campus.

CONTACT Vanessa Nikolic at nikolivx@ dukes.jmu.edu.

TheBreezeJMU

The

Ψ

26

From house to home

12 simple ways to bring any off-campus room to life

By AMY NEEDHAM The Breeze

12

Making the move from a tiny dorm to a multiroom apartment or house can feel intimidating. It's difficult to find ways to fill empty space if one has no prior experience with interior decorating and little money to spend on decor. Here are 12 easy ideas to liven up one's home-away-from-home.



Add a pop of color to barren walls with self-adhesive removable wallpaper. It's easy to hang and safe for walls which protects against fines after moving out. Wallpaper adds an abstract element and is a great way to add character to any room.



Students often overlook plants as decor due to the obligation of watering them. However, the right kinds of plants and flowers require little care and still add color and texture to a home. One should consider purchasing fake plants or succulents. Just place the succulents by a window and water them occasionally.

Hanging instruments

Hanging guitars or ukuleles on the wall can add a three-dimensional element to the space and allow musicians to display their instruments instead of letting them collect dust in a closet. Records can also be used as wall decor. They add personality to a home and make great conversation pieces.

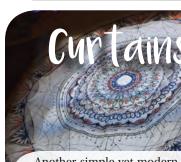
tots of lighting

Lighting is essential in setting the mood and can change the vibe of any space. String lights create ambiance and comfort without the intense brightness of overhead lights. LED colored lights increase the energy and fun of a room. Neon signs contribute to the design element.

Hooks and shoe racks

Though hooks and shoe racks are more

practical than decorative, they're extremely important pieces in an apartment or home. Shoe racks are excellent for storing expensive sneakers or elegant heels while over-the-door hooks can hang anything from ties, to purses, to hoodies.



Another simple yet modern option for decorating is curtains. They're a smart and easy way to add color and frame windows. Curtains are a more fashionable way of blocking out the sun if blinds don't do the trick, and if one's looking for total darkness, blackout curtains are a game-changer.



There's no easier way to make a home cozier than by adding a plethora of pillows and blankets. They add texture to couches and chairs and provide practical comfort for those lazy movie nights in.

poor wreaths

For those looking for a way to decorate a front porch or balcony, hanging a wreath on the door is a smart way to accent the space and welcome guests. Wreaths give a home character, and creating one is a fun activity to do with roommates.



Three-dimensional pieces are important in creating texture and personality in a home. Floating bookshelves are both practical and stylish and create the illusion of floating books. It's another way of using empty wall space. In addition, floating bookshelves help save floor space.



107.5

Flags and tapestries cover bare wall space and make great backdrops for photos with friends. Flags are also a perfect way to display school spirit and patriotism while tapestries brighten up a room and provide a colorful element.



Posters and album art catch the eye and contribute to a room's theme. They also allow students to express their interests and show support for their favorite artists or sports teams. Since most complexes have restrictions on painting, posters are the perfect alternative to get creative with wall space.



Having a pet in an apartment setting can sometimes contribute to stress because of the added responsibilities that go along with taking care of it. However, pet fish like bettas are low maintenance, surprisingly resilient and can make a strange space more enjoyable. They're also cheap and only require feeding and a large tank with a filter. One should make sure to check different housing complexes' policies to see if fish are included in their pet fee.



CONTACT Amy Needham at needhaal@dukes.jmu.edu.

🗿 @breezejmu

BREAKFAST Served all day, every day!

It's Bo Time all the time!

 \circ \circ \circ \circ

BOGO Cajun Filet Biscuit

OFFICIAL TAILGATE PARTNER



SE



Valid only with this coupon. EXPIRES: 10/31/19-NOT VALID WITH ANY OTHER OFFER Limit one per person. Accepted only in Harrisonburg, Charlottesville and Winchester, Virginia.

 \bigcirc

 \bigcirc

 \bigcirc

Park with a purpose

With new places to park on campus, students share ways to save time in the lots



By CARLEY WELCH The Breeze

There are five commuter parking decks and 21 commuter parking lots on JMU's campus. Within these decks and lots, there are 6,356 commuter parking spots and 2,721 resident parking spots that commuters can park in during the school day.

Benjamin Lundy, University

parking services field operations manager, said 8,996 commuter parking passes were issued for the 2019-20 academic year. With a cumulative 9,077 parking spots for commuters, it appears there's a variety of places to park, though some still experience difficulties.

These three commuters shared their experiences with JMU parking and their favorite places to park.

The East Campus Parking Deck Enthusiast

Junior health sciences major Sydney Osborne said she usually parks in the new East Campus parking deck since her classes are mostly on that side of campus. Osborne claims that it only takes her about five minutes to find a spot

there, whereas when she tries to park at the Chesapeake parking deck, it takes much longer.

"I love the East Campus parking garage because it's so easy," Osborne said. "I just like whip in and then walk and my class is right there."

The Gambler

Commuter parker Hayden Haupt, a sophomore communications studies major, likes to take his chances when parking on campus. Instead of checking the JMU parking app or website before leaving for class, he said he drives to the lot and checks the sign to see if there are any open spots. He said this has caused him to be late to class before.

"I feel like there should be a little

more parking available for students just so they don't have to stress and drive to a staff lot and pray they don't get a ticket for it," Haupt said.

He said he normally parks in the Warsaw parking deck, but when Champions parking deck is open, he prefers to park there. It usually takes Haupt five minutes to find a parking spot "on a good day," but sometimes it takes him 10 to 15 minutes.



1476 S. Main Street Harrisonburg, VA (540) 746-7515 grilledcheesemania.com Monday-Saturday 11am – 7pm

simple comfort food

 $\bigcirc \bigcirc$

tripadviso



@breezejmu

The parker who doesn't deal with decks

After countless tries to secure a spot in a parking deck, sophomore marketing major Dana Elzoobi decided to take a different approach to parking. Instead of the decks, she goes to the gravel lots.

Most of her classes are in Showker Hall, so she tries to park

on Main Campus. However, she no longer tries parking in any of the commuter decks or lots, so now the R2 lot is her go-to. "Honestly, I always find a spot

in R2 no matter what time I go, which is probably why that's the only place I try to park," Elzoobi said.

The consensus for all three commuter parkers was that they wish there were more places for commuters to park on Main Campus.

"There are a lot of lots that are just little gravel lots, and I feel like if they expanded those to maybe welchcw@dukes.jmu.edu.

to use that amount of space," Osborne said. "I just feel like they don't utilize the space efficiently." **CONTACT** Carley Welch at

be at least a two-level parking

garage, you would still be able



COMMUTER SPACES

Grace Street Deck

CHESAPEAKE AVENUE DECK

Students should look into pet policies for potential living places

By TAYLOR SARLO The Breeze

🗿 @ breezejmu

TheBreezeJMU

Breeze

The

breezejmu

Almost every Friday, one can expect to find junior Taylor Hines and her dog Piper in the Starbucks drive-thru line, eagerly awaiting their coffee and Puppucino. Piper, a two-year-old yellow lab mix, warms up to anyone willing to give her a treat. However, she hasn't warmed up to Hines' new hamster, Abrahamster Lincoln. Piper seems indifferent toward James Madiswim, Hines' betta fish.

Hines lives with her furry and fishy friends in Sunchase, a pet-friendly apartment complex with a Bark Park for Piper and other tenants' dogs to run around in. Having a pet is something many students look forward to about living off campus.

Junior nursing major Reagan Richmond has always been an animal lover. She chose to live in Charleston Townes after her freshman year so she could adopt a pet. Over the summer, Richmond adopted her cat, Katara, from the Richmond Society for the Prevention of Cruelty to Animals. One of Richmond's favorite parts of having a cat at school is

the companionship. "Last year, for [Katara's] first birthday, me and my roommates had, like, a little birthday party for her," Richmond said. "That was really fun."

Sarah Skidmore, a senior psychology major, lives in North 38 with her miniature Australian Shepherd, Maisal. She likes that North 38 has multiple dog-friendly outdoor spaces.

"Each side [of the apartment complex] has a smaller park," Skidmore said. "And then we have a larger fenced-in area for [dogs] to run in — and that's by the leasing office — and also, like, there are doggie bags and trash cans around so when you're walking, you can clean up after them."

Hunter's Ridge, The Harrison and Pheasant Run Townhomes are all neighborhoods with dog parks. Pheasant Run is located next to Purcell Park, where owners can take their dogs on the park's one-and-a-half miles of walking trails. Campus View Apartments also has doggie stations throughout the complex. Many pet-friendly off-campus housing

require an extra one-time security deposit well as as monthly а pet fee to be added to any owner's rent. This fee ranges from \$25 to \$50 per month at most complexes. For some students, fees influence their choice to adopt a pet. Natalie Lorusso, a junior dietetics major and resident of Copper Beech Townhomes, has found a way to make up costs for her cat, Lily.

JAMES MADISWIM

complexes

ABRAHAMSTER LINCOLN

PHOTOS BY REBECCA BURTON / THE BREEZE GRAPHICS COURTESY OF TAYLOR SARLO "I actually work at the Copper clubhouse, so I get a discount on my rent which basically pays for my pet fee and then a little bit more," Lorusso said. "So, that was something that, like, I considered when I got her. I don't really have to pay that \$25 a month because I'm getting that money back already."

Some complexes, such as Hunter's Ridge and Aspen Heights, require an extra security deposit but no monthly pet fee. Junior nursing major and transfer student Stephanie Heinz and her roommate both have cats in Hunter's Ridge. Heinz's is named Nyla.

"Having a pet living with you off-campus is like bringing a little piece of home with you," Heinz said. "Like a little family member you can have with you. I transferred here, so it's been really nice having that piece of home here with me."

Townhomes at Hunter's Ridge also have hardwood flooring throughout, so pet owners don't have to worry about their furry friends damaging the carpet. But, having a pet is more than just cleaning up after it. Heinz says having Nyla helps her get through the stresses of life as a college student.

"She'll rub her little face against the corner of my laptop," Heinz said. "And it's very comforting to have my cat there with me while I'm doing homework because it really destresses the situation."

Other complexes, such as The Hills of Harrisonburg at Northview, Southview and Stonegate don't allow pets at all, or only allow pets in certain buildings.

Senior biology major Anarae Howe-Flint lives with her labradoodle, Rex, at one of the apartments in Stonegate that does allow pets. During the school week, if she isn't on campus, Howe-Flint is often at home with Rex.

"He's always there, and he's always ready to play," she said. "I just like teaching him new things, and he catches up on stuff really fast."

Whether one chooses to adopt a dog or a cat or even a hedgehog, considering where to move off campus can make all the difference in the happiness of one's pet and its owner. In the right environment, pet ownership can be fulfilling for students.

"When I come home from class, I always know that, like, [Maisal's] going to be there," Skidmore said. "I could be having the worst day, and I walk in, and she doesn't care — she's always just so happy to see me. [Bringing her to school] I think is probably the best thing I've ever done."

CONTACT Taylor Sarlo at breezeartdirector@gmail.com.

"Having a pet living with you off-campus is like bringing a little piece of home with you."

MEATBALL

REBECCA GVOZDEN | THE BREEZE

Stephanie Heinz

PIPER



202 N Liberty St. Suite 101 Harrisonburg, Va 22802 | 540-434-5150



Discover Jhe Best Kept Secret In Student Banking



Youth Savings Account 2.1% APY*



Madison Union Branch Plus 6,000 Shared Branches Nationwide



Free Checking Account No Monthly Fees or Minimum Balance Requirements



Loans & Credit Cards Borrow for Any Worthwhile Purpose

C	
Г	
Ч	

Visa® Debit Card Access 80,000+ Free ATMs 4 On Campus



Financial Resources Free Seminars, Webinars, and Videos



Online & Mobile Banking Account Access Anytime, Anywhere



Free Bank to Bank Transfers Send and Receive Money Quickly

Banking is **Better Here** Visit cofcu.org/jmustudent and open your account today!



CommonWealth One Federal Credit Union Your Lifetime Financial Partner Madison Union Branch (Next to the Post Office) | (800) 424-3334 Mon-Thurs: 9:00am-5:00pm | Fri: 9:00am-5:30pm



RENOVATED CLUBHOUSES NEW HARDWOOD FLOORS UPDATED APARTMENTS APPLY FREE ONLINE









540.432.0600 | LIVE-THEHILLS.COM