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JMU professor studies the relationship between life and death

NEWS

FEAR OF THE GRAVE
JMU professor studies the relationship between life and death

NEWS

DISNEY’S DEMISE
There’s not enough new content for Disney+ to keep viewers

OPINION

INSIDE THE STUDIO
Those in the industrial design program focus on innovative problem-solving

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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.

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Lindsey Harvell-Bowman said she believes terror management theory states that there’s a “juxtaposition” between the desire to live and the inevitability of death. Many people gravitate toward scary festivities in the fall, but for Harvell-Bowman, topics like death are commonplace. Harvell-Bowman, an associate professor in the School of Communication Studies and the psychology department, works in the terror management lab. The lab has completed research on paranormal beliefs, suicide and death anxiety.

She said that constantly focusing on death is “not easy to deal with,” but she relies on getting the most out of her own life to help her cope with the idea of it.

“I think helping young people and developing new therapy techniques is one way that I could live on after death and, hopefully, try to keep other people alive,” Harvell-Bowman said. “I just, kind of, immerse myself in work and family and my religion and just living every day to its fullest and appreciating my wonderful life that I have and this wonderful place that is James Madison University.”

During her doctoral program, Lindsey Harvell-Bowman’s adviser died from cancer. It was this event, coupled with a viewing of the documentary “Flight from Death: The Quest for Immortality,” that inspired her to dive into terror management theory.

Kenneth Critchfield, an associate professor of graduate psychology, worked with Harvell-Bowman on a study of undergraduate experience with suicidal ideation. Critchfield is a licensed clinician and studies populations that have high suicide rates.

“What we’re trying to do is, on the one hand, see to what degree being aware of one’s death or talking about it impacts how people think about their lives,” Critchfield said. “From a terror management theory perspective, at least at a distance, I think it’s interesting — if we’re so terrified by the idea of death, why should some people be attracted to suicide?”

Critchfield said that in the populations that he works with, people often have “good reasons” for their suicidal thoughts to override the natural fear of death. The therapy approach he uses is built around helping people think and feel through how they’ve gotten to the point where they could consider suicide as an option.

“By allowing people a safe forum in which to talk about their thoughts and feelings, it doesn’t actually freak people out so that they become more clinically disturbed,” Critchfield said. “In a safe space, it often helps people feel more calm, less suicidal, to have someone who cares and is listening.”

Mira Gruber is a senior psychology and philosophy major who is involved with the terror management lab. Gruber is the principal investigator for her honors thesis study that involves caregiving robots. Gruber is figuring out whether robots that care for the elderly could potentially elicit death anxiety in patients. Gruber is currently in the data collection process.

“This is really the first study being done with this,” Gruber said. “We are kind of pioneering this sort of investigation.”

Gruber said that the most important thing that she’s learned is how to design a study with valid methodology. Gruber also had to build off what terror management theory information has already been published and apply it to this new question she wanted to answer.

In the terror management lab, there’s currently research being done on death anxiety, organ donation and suicidal ideation and attempts, along with Gruber’s study.

“I think death isn’t something that we talk about as a society that much,” Gruber said. “Being part of a lab that studies death has been a very unique experience in letting me investigate this thing that happens to everyone. Terror management theory has provided me with more insight into what happens when we talk about death [and] what happens when people are dying.”
As of Dec. 2, there have been approximately 110 cases of pertussis, more commonly known as whooping cough, in the Waynesboro, Augusta and Staunton areas since Oct. 25. Even though there aren’t any reported cases in the Harrisonburg and Rockingham area yet, these 110 convey a spike from the 2016-18 average of three whooping cough cases in the same areas, according to the Virginia Department of Health.

The outbreak of whooping cough is steadily rising in the area. On Nov. 8, there were only 23 cases of whooping cough in the area.

Whooping cough, a contagious respiratory illness caused by the bacteria Bordetella pertussis, can last up to six weeks, Denise Bonds, director of the Thomas Jefferson Health District at the Virginia Department of Health, said.

“Whooping cough sounds often like a seal barking, and you get these proxies of them, so you just keep coughing, coughing, coughing,” Bonds said.

Bonds said most of the newfound cases are found in those who have had the vaccine, but the vaccine lost its strength over time. To combat this issue, Bonds said a “booster,” another vaccine of the immunization, is recommended.

“As many as 80% of immunized household contacts of symptomatic cases become infected, mainly because of waning immunity,” Bonds said.

Additionally, Bonds said that if one has had a tetanus shot, then one’s had the vaccine for whooping cough, as the Tdap shot includes immunization for tetanus, diphtheria and pertussis. The Tdap shot is required for students to attend JMU.

An official diagnosis is reached after going through symptoms, seeing if one has been introduced to the illness prior and, lastly, doing a nasopharyngeal swab, which typically goes through the nose to the back of the throat. The swab is sent off to the lab for testing.

The individuals most at risk of contracting whooping cough are infants, women who are pregnant, those with pre-existing illnesses and the elderly, Bonds said. These individuals are more susceptible than others because of their weaker immune systems.

As far as college student’s susceptibility to whooping cough, Louise Temple, professor of integrated science and technology, said college students on their own are no more susceptible than others to whooping cough. However, they become vulnerable to the illness when they are in close contact with others, such as living in dorms, as the disease is extremely contagious.

“The risk of college students having it is when they go home for the holidays,” Temple said. “Then there are elders around or babies around and that would be the vulnerable population.”

According to the Centers for Disease Control and Prevention, symptoms of whooping cough begin with a low-grade fever, runny nose, occasional cough and sleep apnea in babies. It can present itself as early as five to 10 days after initial contact or as late as three weeks.

The health department is still “continuing to work on case reports for the ongoing outbreak in the Staunton/Augusta/Waynesboro area,” Laura Kornegay, health director of the Central Shenandoah health district at the Virginia Department of Health, said in an email.

“The outbreaks aren’t being counted on a case-by-case basis right now but are being investigated as a whole,” Kornegay said. “There are no cases in the Rockingham County or Harrisonburg region, though.”
Cough | Whooping cough cases increase in communities near Harrisonburg City

The outbreak may continue to spread and potentially make its way to the Rockingham and Harrisonburg areas, and JMU students may become infected. In order to be proactive about the illness, Bonds suggests hygienic steps such as covering one’s mouth when coughing and washing hands frequently.

“If you do become ill, stay away from other people so you don’t infect them,” Bonds said. “Of course, a vaccine can be very helpful. Those are kind of the big ones: good public health, self-isolation if you start to develop a cough. If you do develop a cough, be sure to go to the doctor to get a diagnosis.”

The JMU Health Center declined to comment on the matter, as did Sentara RMH Medical Center. When The Breeze asked to speak with someone from the Rockingham County and Harrisonburg health districts, it was deferred to Kornegay repeatedly.

As far as what's being done to mitigate the outbreak, Bonds said immunization boosters and prophylactic antibiotics — antibiotics that prevent an illness — are being used. The treatment for whooping cough consists of antibiotics and plenty of rest, Bonds said.

“Pertussis is spread through respiratory droplets, so the best way to prevent is through contact isolation,” Bonds said. “Those that are infected should stay home and should especially stay away from the high-risk groups.”

CONTACT Carley Welch at welchcw@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

The cough can present itself as early as five to 10 days after initial contact.

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Mom power

Alumna uses marketing skills she learned at JMU to launch consulting group for mothers

By KAMRYN KOCH
The Breeze

After seeing the false representation of motherhood in everyday advertising while on maternity leave with her second child, JMU alumna Katherine Wintsch (’99) decided to do something about it.

She launched The Mom Complex, a consulting organization that helps other companies support mothers with products and services that are created with them in mind. In March, Wintsch released her book, “Slay Like A Mother,” which acts as a guide for moms to help eradicate their self-doubt.

Wintsch majored in marketing at JMU and transferred her 15 years of experience in the field to her own entrepreneurial venture. The company has mostly worked with Fortune 500 companies such as Walmart, Johnson & Johnson, Chobani and Pinterest to help moms who are employees and customers by making their lives easier with new marketing for products, smarter ways to shop and more.

Wintsch’s passion for marketing began in high school, and, at JMU, she learned about the different pillars of business through the course CoB 300: Integrative Business. She said this course helped her immensely as an entrepreneur because it connected the different elements of business through a single project. In her sophomore year, she joined the business fraternity Delta Sigma Pi, where she met her friend Lisa Klein (’99) and now husband Richard Wintsch (’97).

Katherine said she considers The Mom Complex’s research methods unconventional compared to other companies’. Instead of focus groups, the company throws “opinion parties” in several countries that bring together mothers who already know each other to discuss different topics on motherhood. The company also uses digital tools, like apps, where moms can track certain aspects of their daily routines. Katherine said these research methods are intended to generate honest and raw responses to get more accurate data.

“My research has shown that we’re just working ourselves to the grind, trying to collect external signs of success so we can feel better about ourselves,” Katherine said. “I have seen the suffering that lives inside so many mothers when we don’t believe that we’re good enough.”

Before writing “Slay Like A Mother,” Katherine wrote posts for her blog, In All Honesty, which explores her personal experiences with modern motherhood. Klein said she found herself relating to these posts frequently, and when she found out Wintsch was writing a book, she was excited.

“I just overall think she’s an inspiration to so many moms and women that don’t feel their best, that don’t think they’re good enough,” Klein said. “I’m just super happy for her success and excited for what’s next for her.”

After being rejected for four years by 23 different publishers, Katherine received a book deal from Sourcebooks and began writing. She wrote the book in seven months, writing for nine hours a day, five days a week. Katherine said that the book itself is a self-help book to guide mothers through destroying the self-doubt that’s holding them back from being their best selves.

“Slay Like A Mother” has been recognized by The Today Show and Good Morning America, and it was named by Parade Magazine as “one of the top 10 life-changing self-help books of 2019.” Katherine said that she receives feedback from mothers around the world whom she’s personally impacted. Richard said he’s proud of how much of an impact Katherine has had on so many mothers’ lives.

“Her No. 1 goal is to help one mother at a time, and the fact that she can do that in her business at The Mom Complex is extremely fulfilling for her,” Richard said. “I’m glad she’s fulfilling her dreams and loving herself in the process.”

Currently, The Mom Complex is working on creating online learning modules that go beyond “Slay Like A Mother” to delve deeper into the work that needs to be done to turn self-doubt into self-compassion. Katherine said she’s proud of her work, and she’s excited about the future of the company.

“When I was living in The Village on campus, I never in a million years would’ve thought that this is what I would be doing,” Katherine said. “To me, it’s not about selling books; it’s about changing people’s lives.”

CONTACT Kamryn Koch at kochkr@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.
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Disney+ won’t last

The nostalgia that brought viewers to the service won’t be enough to keep them there

A “thanks-for-nothing” dart to the administration for not closing campus for the new fall break.

From a student employee who won’t be able to go home because campus will be open.

A “you’re-useless” dart at my brain for mentally checking out over Thanksgiving break, just in time for finals.

From someone who just needs it to be winter break already.

A “bless-your-soul” pat to the girl who was handing out candy canes in Carrier.

From someone who needed that boost of energy.

A “you’re-got-to-be-kidding” dart to my dog who jumped onto the counter and ate our only leftover pumpkin pie over break.

From someone who forgives him already.

ALLISON BAXTER | what now?

Like many people born in Generation Z, I remember watching “Kim Possible” reruns through blurry eyes at 2 a.m. and fuming when my parents wouldn’t let me watch “Hannah Montana” because “she’s disrespectful to her dad.” Nevertheless, when Disney+ launched on Nov. 12, I was skeptical about having to pay $6.99 to relive the past. It wasn’t long after I decided against it that I received a text from my 18-year-old brother with his username and password followed by the words, “You’re welcome!”

Since he made the decision for me, I had no choice but to investigate the new streaming platform. A sensory overload bombarded me in every section from movies and television shows I had forgotten about. As Josh Spiegel stated in an article for the Washington Post, “The most powerful force in American culture right now is nostalgia, and no one can sell viewers more nostalgia than Disney.”

After watching a couple of shows, I realized that the content just doesn’t relate to where I am in life now. Nostalgia wasn’t enough for me to keep engaging with Disney+. However, it seems that it’s enough for others my age — at least for the time being. A study by Tim Wull in the Journal of Media Psychology explains that undergraduates experience media-induced nostalgia by reengaging with beloved media from their past. Additionally, doing so increases their enjoyment. This is how Disney is getting away with not having to produce new content, but nostalgia for past media can only take them so far.

Instead of creating new content, Disney continues to remake its classics that have continuously done well in the box office, like “Aladdin” and “The Lion King.” This shows that the Disney company is more motivated by profit than it is by creating new content. This sentiment was echoed by columnist Charlie Jones in an article for The Breeze, saying, “A company of Disney’s size is going to try to minimize their profit, so one can expect the output of Hollywood’s silver screen.”

Another factor that’ll lead to Disney+ fading is the removal of its content from all other streaming services. Peter Fader, a professor at the University of Pennsylvania, explained in an article for Peru Today that the decision to pull content from other streaming services doesn’t mean that everyone will subscribe to the new service.

“You want to have your content out there as broadly as possible,” Fader wrote. “By pulling it away, you’re devaluing the content by saying, ‘You know, if you want to watch ‘The Office, you’re going to have to come watch it over here,’ and thinking everyone is going to go running from Netflix.”

Customers aren’t going to subscribe to certain streaming services just because they have their favorite show. I predict what might happen is that customers will weigh the pros and cons of each service and make sacrifices depending on what’s more important to them. For me, and I suspect most of the public, it’s the streaming services that are going to provide long-term satisfaction that’ll earn a subscription. Disney+ is too niche of a market to offer customers long-term satisfaction.

Disney was smart to release its streaming service around the holiday season. No doubt, families with a subscription will gather in the living room on Christmas Eve and stream “Home Alone.” After the holiday season, though, I predict Disney+ subscriptions and the streaming service’s overall popularity will decrease. With only 11 forms of original content — with many of those still playing off the back catalog like “High School Musical: The Series” and “Phineas & Ferb in Real Life” — Disney has nothing truly new to give, and after finishing all two seasons of “Lizzie McGuire,” viewers will inevitably go back to Netflix to binge the flood of original content that is released monthly.

Allison Baxter is a junior media arts & design and communication studies double major. Contact Allison at baxte2ae@duke5.jmu.edu.
When talking about holiday rom-coms, whether one's family members watch it or one has even just flipped past the channel, Hallmark’s a household name during the holiday season. Every year from mid-November until the start of the new year, the channel premieres two new original movies each weekend. Many viewers among Hallmark's widely female holiday season fanbase, as reported by broadcastingcable.com, may describe the movies as addictive or swoon-worthy but wouldn’t hesitate to admit that the movies are so cliche that, at times, they’re almost cringe-worthy.

The seasonal romantic movies most often center around a caucasian female in her late twenties to mid-thirties. She’s usually depicted as a city woman obsessed with her work who has no time for love or holiday cheer. Luckily for her, a country bumpkin-like, charity-loving man always arrives just in time to bump into her and subsequently tags along for a series of adventures including snowball fights, carol singing and sleigh rides across his charming small town. In order to produce some suspense within the audience, Hallmark defaults to the woman having to decide between going back to the city and advancing in her business or staying in the small town with her new beau for the sake of love. One may easily guess which route the leading lady takes. With a perfected plotline and a little fake snow, Hallmark has the ultimate holiday chick flick down to a science. Unfortunately, this formula is not viable for a soon-to-be majority millennial audience.

Although Hallmark movies are fun to watch from time to time, there are a few reasons why they won’t be staples of the millennial movie-binge list. For starters, the lack of diversity is blatantly offensive. When looking at the covers of their 2018 movie schedule, indiewire.com pointed out that, of the 38 movies on the holiday roster, only four — approximately one-tenth of their output — cast women of color in starring roles. Hallmark has a long way to go when it comes to diversifying their channel.

Additionally, Hallmark has never produced a movie with an LGBTQ+ lead. Although their casting choices reflect the majority of current viewers, this audience is aging to the point where their demographic will soon become irrelevant. If changes aren’t implemented in the near future, Hallmark’s empire will soon crumble, leaving millennial viewers to turn to Netflix's rapidly diversifying original romantic movies.
Deadly costs

The price of insulin needs to go down so people can afford the life-saving medicine

IAN WELFLEY

In 1922, 14-year-old Leonard Thompson didn’t have much time left. Weak and frail at 65 pounds, his doctors put him on a near-starvation diet in hopes of countering the Type 1 diabetes ravaging his body. His parents watched their son wither away in a diabetic coma, knowing the disease was a death sentence. Without much left to lose, they offered their son as a test subject for a new medication called insulin, devised by Canadian scientists Frederick Banting and Charles Best.

After being injected with it, Thompson immediately awoke from his coma at full health, according to the Global Diabetes Community. Banting’s discovery of insulin bagged him the Nobel Prize for Medicine in 1923.

He subsequently sold the patent to the University of Toronto for a single Canadian dollar, believing that everyone in need of his medication should be able to afford it. But Banting’s heroic selflessness gave way to corporate greed in the modern-day, as the cost of insulin has skyrocketed to an absurd $450 per month as of 2016, according to The New York Times. This has doubled from the monthly price of $234 in 2012, and it seems that prices aren’t going down anytime soon. The CDC reported that over 30 million Americans have diabetes or prediabetes, and it’s time that insulin prices were lowered so people can afford the life-saving dose. This has resulted in the deaths of several underpaid Americans, an example being Alec Raeshawn Smith. NPR states that Smith was diagnosed with diabetes at the age of 24 back in 2015. However, he had to pay a ludicrous $1,000 a month to keep his disease in check while only earning around $3,000 a month from his job as a restaurant manager. Having been forced to ration his costly insulin, Smith died in his apartment two years after his diagnosis, his empty insulin pen within reach.

According to Vox, insulin-related tragedies are common due to America’s lack of drug price regulations. In a country like England, where there’s a single-payer health system, a government agency directly communicates with pharmaceutical companies and sets a maximum price for drugs. If the company doesn’t comply, they’re simply omitted from the market. America lacks such an efficient system due to its implementation of free-market policies when it comes to pharmaceuticals.

Despite all of the greed, some insulin manufacturers have proposed solutions to remedy this growing dilemma. CNBC reported that the health insurer Cigna will lower the cost of insulin copays to $25 a month for some members starting next year. While a good start, this will only impact 700,000 diabetics across the country, which will only assist 2.3% of the 30 million Americans the CDC spoke of.

No matter who wins office in the upcoming 2020 election, lowering the costs of insulin should be one of their top priorities. Yet, the only candidate who’s truly been vocal on the issue has been Sen. Bernie Sanders, who went as far as personally taking diabetics across the Canadian border in order to buy affordable insulin, according to Healthline. Upon their arrival, dozens of cheering Canadians gathered to show their support and vocalize their contempt for the greed of U.S. companies, showcasing how other nations view America’s approach to insulin costs.

The U.S. government needs to understand that the health and wellbeing of its citizens should eclipse corporate profit. ADA reported that, in 2015, diabetes was the seventh leading cause of death in America. The idea that a child should die because their family can’t afford the cost of insulin would make Frederick Banting roll in his grave, as he firmly stuck to the belief that it was unethical for a person to profit off something that saved lives. It’s time for insulin manufacturers to set aside their greed and follow the example of the very man who invented their source of profit.

ian welfley is a junior communications
Aside from diversifying its cast, Hallmark is simply becoming lazy in its production and screenwriting. When memes are consistently posted regarding the channel’s look-alike leads, eerily similar sets and recycled plots, one would think that the channel would take the hint to expand its production team to include members who contribute new original ideas. For example, the movies Snowed-Inn Christmas (2017) and Check Inn to Christmas (2019) both follow leads who at first don’t get along but soon come together to save a local inn from destruction. Along the way, they rediscover their love for Christmas and, as in all Hallmark movies, fall in love and live happily ever after. As each new holiday season arrives, it seems as if Hallmark is allotting fewer resources to its Christmas movies and will slowly start losing touch with its once die-hard viewership.

Hallmark has the advantage of its audience swelling every year during the holiday season. Yet, they will lose this influence if they continue to lack diversity, production resources and creative plotlines. If Hallmark wants to remain relevant to its millennial audience, it must realize that the only way to relate to a younger audience is to drop the baby boomer attitudes and embrace the all-inclusive nature of today’s younger generation.

Liz Riccio is a freshman media arts and design major. Contact Liz at riccioem@dukes.jmu.edu.
Planet-friendly presents

Give thoughtful gifts this holiday with these six sustainable, cheap ideas

By RYANN SHEEHY
The Breeze

’Tis the season for holiday cheer, family gatherings and gift-giving galore. The joy that may fill the air during a Friendsgiving feast or a Secret Santa get-together is electric. But on a college budget, finding just the right gift for friends and loved ones can be challenging. Each year, tweets from college students complaining about what their loved ones deserve versus what they can actually afford spread around the Internet.

It seems many people want to give special and meaningful gifts to those they care about but feel like everything is too expensive. The truth is, there’s no correlation between the cost of an item and its importance. There’s a multitude of gift ideas that cost little to nothing and can mean the world to the person receiving them. Here are just a few ideas for low-cost presents that also have a minimal impact on the environment.

Buy local

Yes, online shopping means no lines, no limits and — most importantly — little effort. While purchasing from a bunch of online retailers in pajamas can seem like the most efficient use of time and money, gifts can automatically gain meaning when they’re carefully hand-selected in person. Harrisonburg is full of local artisan shops like The Lady Jane Shop and those in the Agora Market.

Buying local not only supports the livelihoods of Harrisonburg store-owners and residents, but it also cuts out large corporations whose production practices may rarely do the environment any favors. If the perfect gift is from a big-name chain store, buying in person can still cut down on the emissions produced in package transportation.

Don’t forget the trimmings

Meaningful gifts don’t stop with the purchase. It’s important to pay special attention to the wrapping, too. Using old newspapers, paper grocery bags or recyclable wrapping paper can be a unique way to prepare a gift and contribute to a zero-waste holiday. Instead of plastic ribbons and bows, use natural raine and some foliage from outside to create an aesthetically-pleasing and environmentally-friendly presentation. Reusable gift bags, tote bags and gift baskets are also great ways to give each aspect of the gift meaning and purpose.

Charitable donations

There may always be someone on the list who’s impossible to buy for — they’re too picky, they have no time or they already have it all. In that case, consider making a charitable donation in their name. Donate whatever amount is on-budget to a cause that’s near and dear to someone’s heart, and one can be sure to make them feel like they’ve given back this holiday season. Plus, any donations are tax-deductible.

Give an experience

Experience gifts can even be free and are probably some of the most meaningful ways to show someone love and appreciation during the holidays. One can write their mom a coupon for five unsolicited calls home or their dad a gift card for 10 free hugs. If money is a little tight right now, give an “I owe you” to a significant other for an all-expenses-paid date night or a girls-night-in with friends. Worry about the money later, but focus on the promise of quality time now.

Plants

Positively impacting the planet can also come in the form of something as simple as a winter bulb in a pot or a bouquet of flowers. The waste is entirely compostable or — in the case of vases — reusable, and a single amaryllis or paperwhite bulb can cost as little as $1. Local nurseries like Hess Greenhouses and Mistimorne Plants sell a wide array of options for any beginner to advanced green thumb. Succulents and other house plants can also be relatively inexpensive and last long after the holidays are over.

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.
BreezeVideo

Rhode Island School of Design, where she
industrial design major, but rather, an area of
the program.
said it’d take a year or two to hire someone for
about starting an industrial design major. They
a colleague took her on a tour of JMU and talked
completed a graduate program. After her move,
she said, “an accidental academic. “
middle of its eighth year at JMU. Barnes was, as
founded the major, which is currently in the
professor of industrial design and the area head,
focus in the studio art major. Barnes, an associate
get to know each other on a personal level.
which are vital, Benjamin Corey, a sophomore
studio on Grace Street, each of their workspaces
constantly bounce ideas off each other.
make prototypes with all kinds of materials and
of a beehive.
majors’ activity in the studio mimics the chaos
"what. “ This class requires sketching, drawing
more of the "why" things are made instead of the
design class. Barnes calls this a "boot camp. “ It’s
up to working on semester-long projects. As a
major, one must take a studio design class. Barnes calls this a "boot camp. “ It’s
more of the "why" things are made instead of the
"what. “ This class requires sketching, drawing and
trying different designs again and again.
"We’re not just getting talked at, “ Corey said.
"There is usually a phase where Audrey will talk
about some of the homework or reading we did
before or a documentary or TED Talk we watched
on design thinking. “
Corey and other sophomores in the major
usually have three to four projects per semester
so they can get a handle on the process. As
one progresses through the major, the projects
become more in-depth and typically last an entire semester. For instance, right now, professor
Kevin Phaup is teaching a class on how to design
and make kayaks.

When designing lesson plans for a project,
barnes first thinks about the skills she wants her
students to gain from it. Once she’s finalized her
ideas, she frames it in a way that will interest and
engage her students enough to practice those
skills.

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Students within JMU’s small, intensive industrial
design major spend hours in the studio to create
innovative projects.

Jake Shaffer created an on-board white water kayak storage project.

Cattien Cao (above) and other seniors showcased their work in Duke Hall on Dec. 4.

By JEAN LUTHER
The Breeze

Audrey Barnes says the industrial design
majors’ activity in the studio mimics the chaos
of a beehive.
The students use this space to sketch and
make prototypes with all kinds of materials and
constantly bounce ideas off each other.
With a total of 63 students in the major in the
studio on Grace Street, each of their workspaces
are next to each other. This allows for easy access
to advice, mentorship and critiques — all of
which are vital, Benjamin Corey, a sophomore
industrial design major, said. This setup creates a
unique social situation where the students really
got to know each other on a personal level.
Before 2011, there wasn’t a standalone
industrial design major, but rather, an area of
focus in the studio art major. Barnes, an associate
professor of industrial design and the area head,
founded the major, which is currently in the
middle of its eighth year at JMU. Barnes was, as
she said, "an accidental academic. “
She moved to Virginia after she attended
Rhode Island School of Design, where she
completed a graduate program. After her move,
a colleague took her on a tour of JMU and talked
about starting an industrial design major. They
said it’d take a year or two to hire someone for
the program.
Three weeks later, she was offered the position
at JMU. Since the major was new, Barnes had the
creative freedom to shape the program.
"I got to, kind of, envision what industrial
design means, “ Barnes said. "I call this ‘the
love child of art and engineering with roots in
sociology, anthropology and business. “"
She also said she tried to take the concepts she
learned in school and to help create what she tells
the students is "a choose your own adventure. “
This allows industrial design majors to shape
projects toward their interests and goals. If they
don’t know what those are yet, they get to dabble
in each aspect of the major to figure it out.
As a student starts to gain traction in the major,
they must learn the basics before they can build
up to working on semester-long projects. As a
sophomore in the major, one must take a studio
design class. Barnes calls this a "boot camp. “ It’s
more of the "why" things are made instead of the
"what. “ This class requires sketching, drawing
and trying different designs again and again.
"We’re not just getting talked at, “ Corey said.
"There is usually a phase where Audrey will talk
about some of the homework or reading we did
before or a documentary or TED Talk we watched
on design thinking. “
Corey and other sophomores in the major
usually have three to four projects per semester
so they can get a handle on the process. As
one progresses through the major, the projects
become more in-depth and typically last an entire semester. For instance, right now, professor
Kevin Phaup is teaching a class on how to design
and make kayaks.

When designing lesson plans for a project,
barnes first thinks about the skills she wants her
students to gain from it. Once she’s finalized her
ideas, she frames it in a way that will interest and
engage her students enough to practice those
skills.

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lsA helps Hispanic and Latino Dukes find a home on campus

By TALIA DAVIS
The Breeze

When Dayana Ferman transferred to JMU in 2016, she was on the hunt to meet new people. Back in her hometown of Leesburg, Virginia, she said she was used to being a minority. According to the United States Census, 75.6% of Leesburg's residents are white compared to 17.2% of residents who are Hispanic or Latino. JMU's demographics tell the same story.

According to Data USA, Hispanic or Latino students made up 5.92% of the JMU population in 2016. Back home, Ferman was one of the few Latinas in her class. The nerves of finding a home within JMU kicked in as she started her college years, hoping she wouldn’t have a repeat of her life back home.

At Student Organization Night, the senior public health major saw a table for the Latino Student Alliance. She signed up for the email list but still had reservations about joining until she became a Transfer Orientation Guide, which increased her familiarity with the club. Ferman gained more interest in the club through a fellow TOPA, Marilyn Sanchez (’18), who was a part of LSA.

“I didn’t necessarily join LSA as a member, but I would go to the events with my friends,” Ferman said. “Marilyn introduced me to her friends and, I don’t know, that circle just kind of became my really close friend group.”

Ferman enjoyed how friendly and fun the members of the club were and could picture herself getting along with them. She said she was excited about joining LSA the next year, so that’s how she became a Transfer to Big and Little’s week, which gives new members the opportunity to meet current members and have a figure who acts as a role model within the club.

Leykie Green, a sophomore biotechnology major, is originally from Panama and joined LSA this year after turning it down multiple times. From the outside, she always saw how united the club was and felt like an outsider. This past semester, she got a “Big,” Laura Funes, a junior social work major. She said she enjoys having someone else in the club to guide her and make her feel welcome.

“[LSA is] like another home — it’s beautiful,” Green said. “I love the fact that, with my ‘Big,’ she tries to invite me into things and make me feel like I always have another family member here to help bring me into the homeyness of campus.”

Once “Bigs and Littles” week is over, LSA moves onto Hispanic Heritage Week. This week puts on a variety of events to showcase its culture to the JMU community. Ferman serves as the club’s culture and community chair and is in charge of planning out the week. She ensures that every event presents a wider range of Hispanic culture rather than one big idea.

“There’s this term, and its ‘Latinidad,’ and it’s not the most positive term, because it’s taking all of the cultures and just putting it in one and it’s not like that at all,” Ferman said. “There are so many variances within the countries, and each different country has its own culture.”

Hispanic Heritage Week is a chance for the club to represent its culture through informative and representational events like “The Amazing Race,” where four teams run across campus and compete against each other in different challenges, and the Hispanic Film Festival in Downtown Harrisonburg.

“I feel like what we do is we do a lot of family bonding events,” Green said. “We painted the spirit rock to show our presence, our heritage, and whatnot, and then immediately after, we did this amazing race all around campus, and that was amazing. [The events] not only [show] our heritage ties us together but the love that we have for our culture and how willing we are to spread that around the community by focusing on ourselves and trying to make sure we’re showing it around and having fun.”

Throughout the year, LSA holds volunteer and social events. At the end of the year, it celebrates at a banquet called “Celebración Latina,” where the club gives a scholarship to a Hispanic high school student in Harrisonburg, which they can use toward college-related expenses. The scholarship is fundraised over the course of the year.

LSA members say it helps them create a new home within JMU that makes them feel included. Not only that, but they also create friendships and memories that they will take with them after graduation.

“LSA is kind of my way of feeling like I belong on campus and that I deserve to be here just as much as anybody else on this campus,” Green said. “It’s kind of my way of being able to have a home away from home because I listen to Latino music all the time. Like, who can I share that with — my Latino friends. I don’t think that I would’ve felt as at home if I didn’t have LSA.”

CONTACT Talia Davis at davisty@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.

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Daka and Carter continue to prove their worth on JMU defensive line

By CATIE HARPER
The Breeze

Sports and dynamic duos are almost synonymous. There have been the ones who have graced the fields and courts for all to witness, like Serena and Venus Williams, and Babe Ruth and Lou Gehrig. There have also been the ones — while fictional — who have been ingrained in the memories of fans through TV shows and movies, like Benny and Smalls.

In recent years, JMU football has added its own dynamic duo to the college football history book. Ron’s Dell Carter and John Daka have come together as a vital pairing on the defensive front, making even some of the best quarterbacks in college football quiver. “The looks on their faces sometimes is priceless,” Carter said.

A quarterback’s sheer discomfort fending off the duo was on full display during the Dukes’ trip south to Chattanooga, Tennessee. Against the Mocs, Carter and Daka combined for nine tackles, four tackles for loss and a sack. “He’s just a true-senior campaign — as to why it should be Buck Buchanan Defensive Player of the Year. John was a rotational guy last year, and he went our team in sacks and TFLs,” Carter said. “He played 20, 15, less snaps than me and had more TFLs and more sacks … He’s somebody that is naturally gifted — certain things, you just can’t be taught.”

Neither player will know if they won the award until the season concludes, and they’re not focusing too much on it anyway. To them, the individual accolades don’t mean as much as team success does.

Both Carter and Daka stressed the importance of the group staying humble. Even when there have been numerous coaches and players sending their praise to the pair and the line, the duo makes sure everyone is still focused on improving because Carter and Daka know what happens when a team loses that mindset. “We’ve seen what happens when you’re complacent,” Daka said. “We’ve seen what happens when you lose that hunger; we’ve seen what happens when you feel like you can do [it on] your own.”

Within the next month or so, the pair will suit up in the purple and gold one last time. No one knows for sure when that day will come, as it’s dependent on how the team performs in the playoffs. But for the dynamic duo, they know where their final game should be. Carter and Daka want it in Frisco, Texas, on Jan. 11.

ACCOUNTABILITY [was big], and I felt like we lost our confidence as well,” Daka said. “I feel like we’re just trying to, like, not show the world that we’re the No. 2 team … I just feel like, internally, we had to feel like we were that type of team.”

It can be argued that the pain they felt at the end of last season has helped fuel Carter and Daka to put together an almost picture-perfect senior year. Both are finalists for the STATS FCS Buck Buchanan Defensive Player of the Year. While some may selfishly want the award to themselves, when the pair was asked why the other one is the best candidate for the honor, there wasn’t much hesitation in their responses.

To Daka, Carter has put together a career that few can rival and is what he calls a “way more complete player.”

Carter, though, points to Daka’s performance in 2018 — along with what he’s done during his true-senior campaign — as to why it should be the Upper Marlboro, Maryland, native who takes the coveted award. John was a rotational guy last year, and he led our team in sacks and TFLs,” Carter said. “He played 20, 15, less snaps than me and had more TFLs and more sacks … He’s somebody that is naturally gifted — certain things, you just can’t give someone.”

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JMU women’s basketball’s redshirt senior center Kayla Cooper Williams provides consistency

By JASON CLAMPITT
The Breeze

JMU women’s basketball is currently 6-2 and coming off a trip to the quarterfinals in the WNIT last season. One of the reasons for the program’s sustained success has been because of redshirt senior center Kayla Cooper Williams dominance in the paint.

She has become a key role in JMU’s defense and has helped JMU reach the WNIT three occasions and an appearance in the NCAA Tournament in 2015. After accumulating 200 defensive rebounds and 98 blocks, Cooper Williams earned CAA All-Defensive Team and the CAA Defensive Player of the Year.

“It’s a very big honor to have that,” Cooper Williams said. “But, I try not to let that carry over into this year. There’s a lot of things that I could improve my game.”

Since entering the program in 2015, the Dumfries, Virginia, native has set the team record in blocks (284) and ranks third all-time in rebounds (936). JMU head coach Sean O’Regan acknowledged how Cooper Williams has grown a player and remembers the first time he saw her on the hardwood.

“The first time I saw Kayla, it felt like she weighed about 72 pounds at six-foot-two,” O’Regan said. “She looked a little bit bigger at the AAU game I saw her at … [She’s] super athletic always, wiry and she always had an ability to block shots.

Her defensive game has grown throughout her career, but one thing remained constant has been her ability to block shots. Despite her accomplishments, she’s had her share of obstacles along the way that have helped her development.

“I think she’s had an interesting road because her freshman year, she was playing with a pretty veteran team, and all she had to do was rebound and defend and didn’t have to worry about anything else,” O’Regan said.

“Watching her flourish in that role, she was matured pretty quickly.”

After winning Rookie of the Year, she faced one of the biggest challenges during her sophomore season. In the first exhibition game, she tore her ACL and was forced to sit out the entire season, a process O’Regan remembers.

“So, now those motions, those jumps, those landings — now she’s kind of thinking about it, second-guessing a little bit,” O’Regan said. “So, watching her play a little tentative and working herself through that year and coming back her redshirt junior year and winning Defensive Player of the Year, I think says a lot about her perseverance, her resiliency, and she’s got a strong will, and she’s got a quiet perfectionist in her.”

She set a career-high seven blocks against Towson in 2017 as well as setting the program record in blocks last season against William & Mary. Her nine blocks against Towson last season created one of the best defensive games of her career.

Her teammate, senior guard Kamiah Smalls, says her shot-blocking is the best aspect of her defensive game, and her defensive mentality is the same regardless of the opponent.

“You come in the paint, you’re getting your shot blocked by Kayla Cooper Williams,” Smalls said. “It doesn’t matter who you are or the name that’s on your jersey; we’re attacking everybody the same. It’s about JMU women’s basketball; it’s not about anybody else.”

Since Smalls began playing with Cooper Williams during the 2016-17 season, she’s seen numerous blocks and great defensive games from her. One block that stands as Smalls’ all-time favorite block came two years ago in the WNIT against East Tennessee State University.

“One of the things that is just really cool about Saint John’s. While both milestones are impressive, she says she doesn’t hold one over the other.

“Her maturity level, her leadership, how hard she works is never going to change,” O’Regan said. “I know she’s going to have as good a year, if not better. I hope she gets recognized in that way, too. It started with the Lisa Leslie list … It’s going to be a fun year watching her.”

CONTACT Jason Clampitt at clampit@dukes.jmu.edu. For more basketball coverage, follow the sports desk on Twitter @TheBreezeSports.
Year averages over 270 passing yards per game and the game as well. The 2019 Big South Player of the senior quarterback Kenji Bahar will be a key in to shut down the Hawks' rushing attack, redshirt size is 6-5, 295 lbs.

“Intangibles are key,” Fornadel said. “You can be talented and all this, you can have all the speed, but if you don’t know what you’re doing when they’re showing something different or they’re lined up not like they’re used to, the intangibles carry you. They carry you through all that.”

The Dukes are eager to play in front of a crowd throughout the playoffs, but they know they have to remain locked in so they can continue to host games this year. For them, they don’t have two more potential games to play on Zane Showker Field — they have one game that they’re preparing for.

“In the playoffs, you have to be ready for anything,” Smith said. “They’ve had time to put in some extra things that we may not have seen yet. When it’s playoffs, and it’s win or go home, they’re willing to do anything.”

Monmouth isn’t seeded, but JMU is the No. 2 seed. Monmouth has never made the playoffs before this season. JMU has been in it 16 times. On paper, the two programs are night and day when it comes to being an FCS power. However, it’s matchups like this that test up-and-coming teams like Monmouth.

After being snubbed in last year’s playoffs, the Hawks look to prove what they’re made of by coming to Harrisonburg and leaving victorious. They’ll have to do it behind junior running back Pete Guerriero, who’s rushed for over 200 yards on four occasions.

Guerriero leads the nation in rushing yards with 1,888, which is 275 yards more than the second-best rusher. He has 17 touchdowns on the ground and has caught two more. His speed and agility at the line of scrimmage are what cause teams fits, but Monmouth hasn’t faced a rush defense like JMU’s.

“Their offense, I think structurally, is very similar to ours with the RPOs and the type of runs that they do run,” JMU head coach Curt Cignetti said at O’Neill’s Grill on Monday. “They’ve done a nice job at creating a softer box, which has helped their run game. But look, they got a really good offensive line … When you look at their offensive line, they’re long and they’re lean. Their average size is 6-5, 295 lbs.”

Because the Dukes will target Guerriero and try to shut down the Hawks’ rushing attack, redshirt senior cornerback Kenji Bahar will be a key in the game as well. The 2019 Big South Player of the Year averages over 270 passing yards per game and boasts 29 touchdowns and just eight interceptions. The Bahar-Guerriero duo will have all eyes on them come Saturday, putting the pressure on MU.

“We’re looking forward to stopping the run and forcing the quarterback to throw,” senior safety Adam Smith said. “I think this is the most accurate quarterback that we’ve faced all year.”

The Dukes’ secondary has seen quality quarterbacks with their tough schedule. West Virginia’s redshirt junior Austin Kendall and Towson’s redshirt senior Tom Flacco have tested JMU, preparing them for whatever is thrown at them during postseason play.

The Big South champs have the opportunity to enter Bridgeforth and stunt the FCS. The task may be big, but with Bahar and Guerriero ready to attack with a potent offense, JMU will have its hands full.

Throughout the regular season, Cignetti always discussed his one-game-at-a-time mentality that he instilled into his team. He never looked forward or backward, just on the team waiting for him on the coming Saturday. That won’t change because of the playoffs.

“It feels like December, and we’re getting ready for our next game,” Cignetti said. “If there was a magic way to prepare for the playoffs, we would do it.”

At O’Neill’s, Cignetti wasn’t afraid to note Monmouth’s veteran-laden team, citing its offensive line being a cornerstone in the Hawks’ success. He also went as far as saying it was the best team in MU’s history. The Hawks finished the regular season at 10-2 (6-0 Big South) with their only losses being to PBS Western Michigan and current-No. 6 seed Montana. MU has also beaten two teams that remain in the playoffs: a 38-35 overtime decision against Albany and a commanding 45-21 trouncing of then-No. 4 Kennesaw State.

One thing Cignetti is concerned about is the if the Dukes have a National Championship they wish to obtain, but they want to put last year’s shortcomings against Colgate to rest.

But they can’t think about that. As Cignetti preaches, the team must focus on what’s now. Last year is in the past, but the only way the players can respond is to take care of what’s in front of them.

“That’s the mindset we have throughout the entire year; we have to take it one step at a time, one day at a time,” junior defensive lineman Liam Fornadel said.

Intangibles are key, “Fornadel said. “You can’t be too pumped for anything because it’s just another game. It is playoffs, it’s higher stakes, and we understand that and realize that, but we gotta keep doing what we’ve been doing, and that’s being level-headed.”

Maintaining emotions is always important during the playoffs. In intense situations, players must know how to keep their emotions in check. Smith said those emotions come from wanting the ultimate prize: a trip to Frisco and the program’s third FCS title.

In order to get to Toyota Stadium, JMU’s veterans need to take control and handle adversity thrown at them. As December rolls on, it may not be pure skill that is the difference, but rather the mental strength of players.

4. Editors’ input: Home, sweet home

It’s no secret that Monmouth is playing the role of Cinderella, hoping to dance its way through the playoffs. JMU has other ideas, and despite a bye week shaking up momentum built from an 11-game win streak, the Dukes should take care of business.

Redshirt senior quarterback Ben DiNucci took home the CAA’s Offensive Player of the Year award, and redshirt senior defensive lineman Ron’Dell Carter earned the Defensive Player of the Year honor. Both are players that will be critical for the Dukes come Saturday, but they’ll also be in the comfort of their home stadium.

The Hawks will test JMU and be a good benchmark for potential games to come, but the Dukes will win 52-14 and advance to host the winner of Northern Iowa and South Dakota State.
IT’S NOT TOO LATE!

STUDY ABROAD PROGRAMS HAVE RE-OPENED

Visit jmu.edu/global/abroad to learn more about the available study abroad programs.
Los Angeles Times Daily Crossword Puzzle

ACROSS
1 Distillery mixture
5 The Flyers’ Gritty, e.g.
11 Poke fun at
14 __-inflammatory
15 Corrida figure
16 Important card
17 “Line never spoken by James Cagney
19 Cutting remark
20 4,300-mile range
21 Novelist Waugh
22 “In __ of gifts ...”
23 Rock pile at a prehistoric gravesite
26 Protect with a levee
30 Canon SLR
31 Gorilla expert Fossey
32 A pop
36 Sail (through)
40 Like Juárez, vis-à-vis El Paso
43 MGM part
44 Cork’s place
45 Racing legend Earnhardt
46 Brouhaha
48 Held to account
50 Far-fetched, as a story
56 Car rental giant
57 “Royal” seaside bird
58 Spare
63 GO or EW
64 “… Batman!”
66 Lyft driver’s ballpark fig.
67 Café option
68 Real estate ad number
69 Artichem contraction
70 “Hard to Stop” air conditioners
71 Use one’s outside voice

DOWN
1 “The Good Place” Emmy nominee Rudolph
2 In a trice
3 Poker choice
4 Keep out of sight
5 Debussy’s “La __
6 Chancel feature
7 Tablet accessories
8 Chick with Grammys
9 Soothsayer
10 Little one
11 Circle lines
12 Less approachable
13 Started
18 Library ID
22 Hall of Fame Dodger manager Tommy
24 Luau strings
25 Estée contemporay
26 Mild cheese
27 Nursery rhyme trio
28 Frequent prank caller to Moe’s Tavern
29 Arctic garb
33 Snacked, say
34 McBride of “Hawaii Five-O”
35 Sailor’s pronoun
37 Very little
38 Market
39 Walnut or pecan
41 Bar mixer
42 Round signal
43 Like a band in a bus
44 Cork’s place
45 Racing legend Earnhardt
46 Brouhaha
48 Held to account
50 Brief appearance
51 Egg-shaped
52 Cuban export
53 Street of mystery
54 “Trumbo” Oscar nominee Cranston
55 Set free
59 CT scan component
60 Run out of gas
61 Traditional dance
62 Mostly depleted sea
64 Party accessory
65 UFO passengers, supposedly

SUDOKU

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, please visit sudoku.org.uk

12/5/19

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JOBS

Athletic Field Turf Supervisor - Full-Time, Benefits-Eligible
Do you want to utilize your supervisory skills to manage, maintain, and improve the City’s athletic fields and outdoor athletic facilities? If so, consider applying for the Parks and Recreation Department’s full-time, benefits-eligible Athletic Field Turf Supervisor position at www.harrisonburgva.gov/employment. EOE.

Need Rock Band To Demo 2 RnR Songs
Wanted-RockRoll Band to demo 2 great songs in return for % of royalties if they get picked up by a publisher or label... They are great songs that will help your band get launched....Call Tom at 540-705-5792 or email writertomyeager@gmail.com.

City of Harrisonburg Full-Time Position - Real Estate Appraiser
Do you want a full-time position to utilize your administrative and customer service skills in a teamwork environment to ensure local real estate is properly assessed? If so, consider the Commissioner of the Revenue Office’s Real Estate Appraiser position! To find out more and apply online, visit: https://www.harrisonburgva.gov/employment. EOE.

Seasonal Youth Basketball Clinic Instructor Position
The City of Harrisonburg’s Parks and Recreation Department is seeking applicants for a seasonal Youth Basketball Clinic Instructor position that requires availability on Saturdays from January 2020 - March 2020. To find out more and apply online, visit: https://www.harrisonburgva.gov/employment. EOE.

Drivers Wanted
Come join the team delivering the best pizza in town! Channello’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.

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.

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.

Nanny - Check out of daycare
Help with pickup from daycare on Neff Ave, 3-4 days per week at 5:30pm 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. C.Espinosa935@gmail.com.

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.

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 firsttimemaidning.net to learn more about us and fill out an online employment application.

Yard Work Needed

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.

Internet/Digital Help
Internet/Digital assistant needed for progressive Jeep Ram dealership here in Harrisonburg. Must be well versed in managing websites as well as working with digital software and pictures. Apply in person to Andrew at Dick Myers CDJRF 1711 S. Main Street Harrisonburg.

Student Housing Rental

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.

FOR SALE

Moped for sale
2006 Cool Sport Moped - purple - 1050 miles - helmet & locking storage on rear $500 - (540)820-4480

Desk and shelf unit for sale

Professional Counseling Services at Transitions Individual and Couple’s Counseling
When memes and The Office reruns don’t cut it anymore, we can offer a compassionate, warm place to work through whatever you’re facing. Transitions Individual and Couple’s Counseling office located less than 2 miles from campus. Contact Travis at (540) 441-0222 or by email at travis.kessel@therapysecure.com.

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.

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

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Acorn Mini-Storage
Acorn Mini-Storage 540.574.3947 www.acornministorageva.com 24 Hour Access; Security Lights and Cameras; Paved Driveways; Trailer Access: Month to Month Leases; Office Staff On-site

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.

Post your ad at breezejmu.org/classifieds

Thursday, December 5, 2019

The Breeze

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breezejmu.org

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SERVICES

Equestrians!
Route 33 (East Market Street)  
Bridge Replacement Projects and Shared Use Path

**Interstate 81 Exit 247**  
Ramp Operations Project

**City of Harrisonburg**  
Design Public Hearing

**Thursday, December 12, 2019, 4 – 7 p.m.**  
Lucy F. Simms Continuing Education Center  
620 Simms Avenue  
Harrisonburg, VA 22802

**Find out** about the proposed improvements for the section of Route 33 (East Market Street) that extends from 0.009-mile west of North Carlton Street to 0.019-miles east of Linda Lane in the City of Harrisonburg.

**Come see** the proposed plans to realign and make operational improvements to the Interstate 81 Exit 247 interchange ramps and replace the Route 33 bridges over Interstate 81 and over Blacks Run and the Norfolk and Southern Railroad. Plans include a shared use path on Route 33. A brief presentation will be conducted at 5:00 p.m. and again at 6:00 p.m.

**Review** the proposed project plans and the National Environmental Policy Act document in the form of a Programmatic Categorical Exclusion (PCE) at the public hearing or at VDOT’s Staunton District Office located at 811 Commerce Road in Staunton, VA 24401-9029, 540-332-9075 or 1-800-367-7623, TTY/TDD 711. You can also review the project information at VDOT’s Harrisonburg Residency Office located at 3536 North Valley Pike, Harrisonburg, VA 22802, 540-434-2586. Please call ahead to ensure the availability of appropriate personnel to answer your questions. Property impact information, relocation assistance policies and tentative construction schedules are available for your review at the above address and will be available at the public hearing.

In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed project on properties listed in or eligible for listing in the National Register of Historic Places is provided in the environmental documentation.

**Give your written** or oral comments at the hearing or submit them by December 22, 2019, to Mr. John-Allen Ennis, P.E., Project Manager, Virginia Department of Transportation, 811 Commerce Road, Staunton, VA 24401-9029. You may also email your comments to johnallen.ennis@vdot.virginia.gov. Please reference “PH I-81 Exit 247 Ramps and Route 33 Bridges Comment” in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need special assistance for persons with disabilities or limited English proficiency, contact the project manager listed above at 540-332-9118 or 1-800-367-7623, TTY/TDD 711.

State Project: 0033-082-805,P101, R201, C501, B624  
Federal Project: BR-5115(196)  
UPC: 104177

State Project: 0033-082-765,P101, B623  
Federal Project: NHPP-5115(205)  
UPC: 100781

State Project: 0033-082-884,R201, C501, B626  
Federal Project: None  
UPC: 113487

State Project: 0081-115-261,P101, N501  
Federal Project: NHPP-0813(188)  
UPC: 111230

State Project: 0033-115-269, P101, C501  
Federal Project: None  
UPC: 115718

From: 0.009 Miles West of North Carlton Street  
To: 0.019 Miles East of Linda Lane

In case of inclement weather, the meeting will be rescheduled for Tuesday, December 17, 2019, 4-7 p.m. at the same location.