



The Breeze

James Madison University's Student Newspaper

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Thursday, March 1, 2007

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It ain't easy being green, says columnist Brian Goodman.



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Women's hoops prepares for Senior Night against Towson.



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Check out JMU's Nuance Winterguard.

Part-time profs don't get same benefits

BY ALEX SIBNEY
senior writer

Bad offices, difficulty in accessing resources and even being mistaken for the secretary are all a part of being an adjunct professor.

Shelley Aley was one of those professors.

"My first year teaching in college [at Southwest Missouri State] the secretary said, 'We're looking for teachers, do you want to teach?'" said Aley on her time as a part-time instructor.

Part-time, or adjunct, professors make up 26 percent of the JMU faculty, according to the Office of Institutional Research.

These 300 of the 1,131 professors at JMU, according to JMU Provost Douglas Brown, teach about 20 percent of all courses.

Adjuncts are paid by the section and, while the university is reluctant to give out salary figures, Aley did say those in the writing and rhetoric program average \$2,350 per section. They also are not eligible for the same benefits as their full-time colleagues, including health insurance or retirement.

In addition to the lower wages and lack of benefits, Aley dealt with offices she remembers less than fondly.

"I've been in the old houses," she said. "I was in the living room [office] and every student who came in thought I was

the secretary."

While JMU cleared out many of the old houses across from the Quad on South Main Street, until two years ago adjunct writing professors had offices in Stone House, where they shared two run-down computers and occasionally faced parents who worried students were meeting professors in houses off-campus.

Now the situation has improved but adjuncts still face an uphill academic battle.

"The main issues [regarding adjunct faculty] have been low compensation and lack of health insurance," said Joan Frederick, speaker of the Faculty Senate and an English professor. "They are very

poorly compensated."

Pavel Zemliansky, who, as composition director for the writing program helps coordinate many adjunct GWRIT professors said: "It's impractical to buy health insurance out of pocket — you can end up paying half your salary." Without even the option to buy into the JMU insurance plan, there are few options for adjuncts.

Avent Beck, an adjunct writing professor, sees another problem with working part-time.

"Part-time professors need to be doing a bunch of things to advance their careers," he said. "Teaching the

see **ADJUNCTS**, page 3

Election policy debated

SGA constitutional amendment would affect this year's race

BY ANNA YOUNG
contributing writer

Tuesday night's SGA meeting was business as usual, with the discussion of two contingency bills and a presentation of upcoming UPB-sponsored events. But there was a more pressing piece of business to discuss.

Sen. Matt Winer (Jr.), co-chair of the elections commission, posed several amendments to the SGA Constitution regarding polling procedures, including an amendment to extend the SGA polling period for major elections from one to two days. This amendment would not affect class council or senate elections, but the SGA executive offices.

Because of unprecedented events that occurred during the meeting, senior Stephanie Genco, Student Senate speaker, said that as of now, the SGA's major election policy is suspended.

This means the Elections Commission could not distribute the election packets to aspiring candidates by Feb. 28, as they had previously planned. The suspended policy, if left unresolved, could possibly change the time frame for 2007 SGA major elections, which were originally scheduled to occur on April 5.

"We are one of the only universities of our size in our region that doesn't hold elections for at least two days," Winder said regarding his initial proposal of the amendment. Winer justified the amendment by citing the voting success of about 20 other universities who have had considerable voter turnout on the second day of elections.

Winer stressed that this particular amendment would have a greater and more direct effect on the SGA's attempts to mobilize more students to participate in SGA major elections.

"Not only is this about staying up to par with other institutions, but this is about giving students a better chance to vote," Winer said.

When the floor opened to debate the amendment, Sen. Geary Cox, a graduate student, motioned to extend elections over not two, but four days.

"If we're going to say we're going to reach everyone on campus, then let's reach everyone on campus," Cox said.

Most senators reacted to Cox's proposal with one word: "ridiculous."

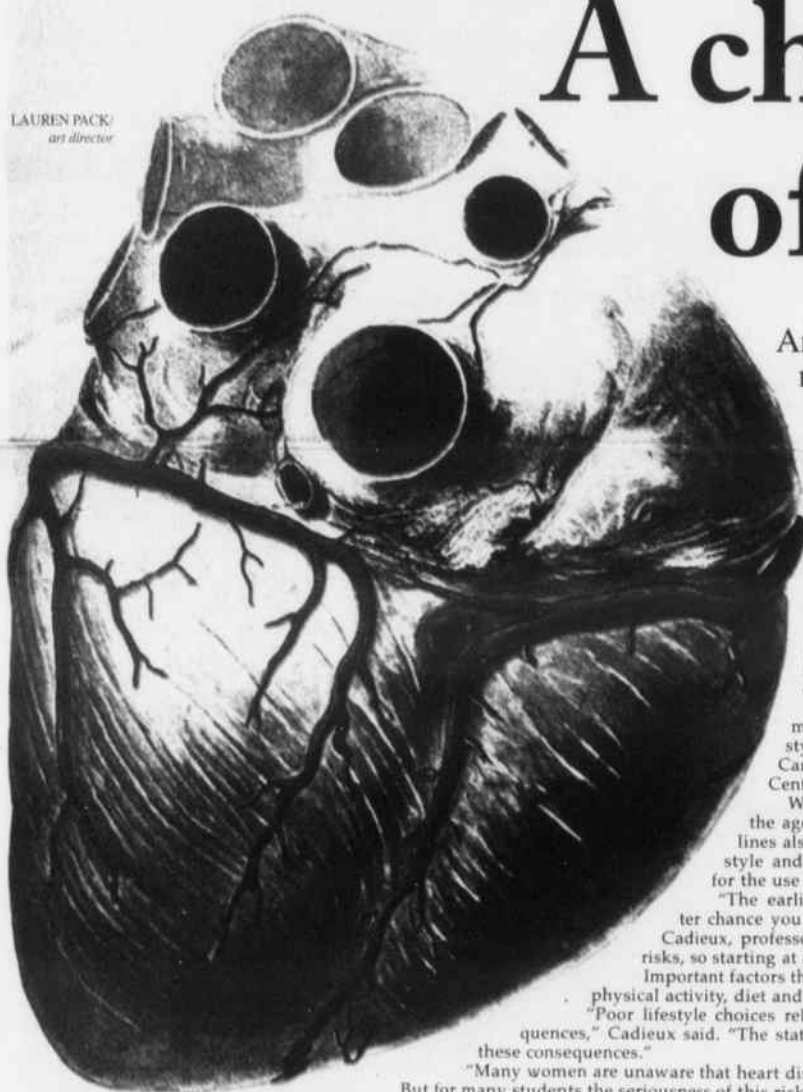
Some senators were suspicious that allowing almost a full week of elections would encourage candidates to skip class to campaign.

"Four days of elections doesn't allow time for candidates to go to class and get the education they're paying for," sophomore class treasurer Tara Rife said.

Sen. Tommy Bluestein (Soph.) suggested the absence of quorum, which is the number of senators needed to conduct business. In this case, two-thirds, or 53 of the 76 senators, needed to be present at the meeting for the quorum to be upheld. The quorum was not met by 12 senators, and the session was dissolved by Genco.

"I really don't think 41 people should decide something this big," Bluestein said.

Genco called for an emergency SGA session on Thursday at 5 p.m.



LAUREN PACK/
art director

A change of heart

American Heart Association releases recommendations for women at risk for heart disease

BY SHAYNA STRANG
staff writer

In 2004, an estimated 8 million American women were living with heart disease and 500,000 were killed by it, according to the American Heart Association.

In an effort to reduce these numbers, guidelines for women's heart disease shifted their focus from high-risk candidates to a lifetime prevention of heart disease, according to the AHA.

"The guidelines include more aggressive recommendations for high-risk women and emphasize lifestyle strategies to reduce risk in all women," said Vickie Carothers, nurse practitioner at the University Health Center.

Women should begin being screened for heart disease at the age of 20, regardless of their risk level. The 2007 guidelines also included a new model for risk assessment, new lifestyle and medication recommendations, and new instructions for the use of aspirin for heart disease prevention.

"The earlier you begin to identify your risk factors, the better chance you will have at preventing heart disease," said Cynthia Cadieux, professor of dietetics. "The new guidelines focus on lifetime risks, so starting at an earlier age is imperative."

Important factors that increase risk include family history, smoking status, physical activity, diet and weight maintenance.

"Poor lifestyle choices related to smoking, diet and exercise have real consequences," Cadieux said. "The statistics show that young women are not immune from these consequences."

"Many women are unaware that heart disease is their greatest health risk," she said.

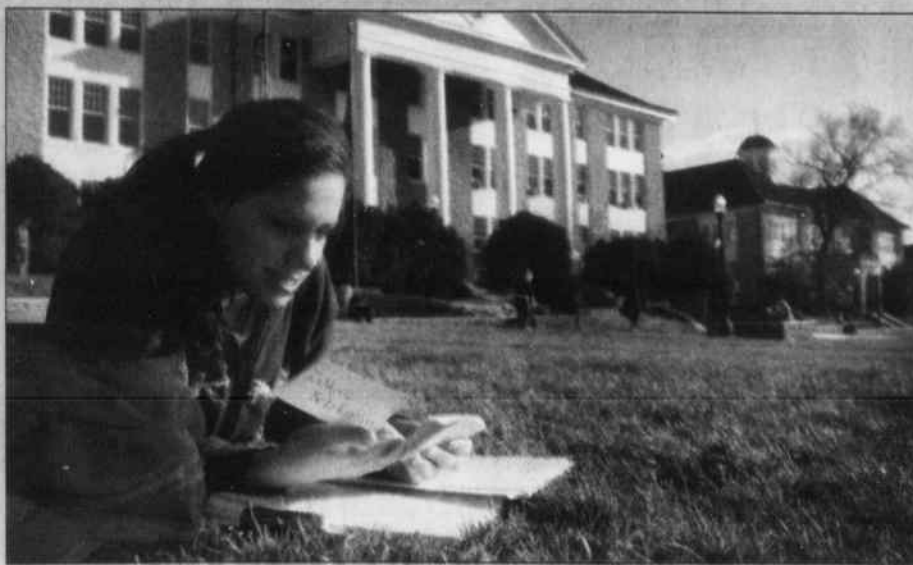
But for many students the seriousness of this risk doesn't seem to be a reality.

see **HEART**, page 4

Let the sun shine

EVAN DYSON/photo editor

Freshman biology major Leslie Parker soaked up the sun and studied for an exam Wednesday afternoon on the Quad. She was one of many taking advantage of the warmer weather to study before the start of Spring Break.



Contact Us

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

Main Telephone:
 (540) 568-6127
 Fax: (540) 568-6736

Editor: Matthew Stoss
 (540) 568-6749
 editor@thebreeze.org
 stossmr@jmu.edu

Advertising Department:
 (540) 568-6127

Arts and Entertainment Desk:
 (540) 568-3151
 ae@thebreeze.org

News Desk:
 (540) 568-8041
 news@thebreeze.org

Photo/Graphics:
 (540) 568-8041
 photo@thebreeze.org
 graphics@thebreeze.org

Sports Desk:
 (540) 568-6709
 sports@thebreeze.org

Opinion Desk:
 (540) 568-3846
 opinion@thebreeze.org

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CORRECTION

In the Feb. 26 issue of The Breeze, the article "Philosophy gets a new twist" stated guest speaker Jude Dougherty would be coming March 15. He is actually speaking in Taylor Hall, room 404, March 19 at 5 p.m.

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Around Campus

Phi Beta Sigma starts formal rush today

The Pi Nu Chapter of Phi Beta Sigma will start its formal rush March 1 at 9:45 p.m. in ISAT, room 143.

The fraternity asks that those male students who are seriously interested attend the meeting on Thursday night.

Recycled Percussion comes back to campus

Recycled Percussion will pay JMU another visit on March 19 at 7:30 p.m. in Wilson Hall.

The three-man band delivers "quick-paced, funky, beat-box driven power percussion," blended with hip-hop rhythm delivered by DJ Pharaoh.

The event is free, and for more information, contact Renee Cramer at 568-7815 or cramerr@jmu.edu.

In the Valley

Council welcomes immigrant advisory group

HARRISONBURG — The *Daily News-Record* reported yesterday that the city council "welcomed the chance" to work with New Bridges Immigrant Resource Center, a proposed immigrant advisory group in the area.

According to the *DN-R*, the center wants "to develop a committee that would include members from the Latino, Kurdish and Russian communities and other groups."

World & Nation

Chávez attempts to hinder U.S. econ. plans

CARACAS — Leftist Venezuelan President Hugo Chávez is strengthening ties in the region to "buck" U.S. economic plans for Latin America, the *Washington Post* reported yesterday.

Part of Chávez's plan is to build housing, an oil refinery and highway in Nicaragua, the home of one of the United States' "most tenacious Cold War adversaries, Daniel Ortega," according to the *Post*.

In addition, the article said the United States has an "enormous influence in and close ties with most Latin American countries."

Cheney gets too close to suicide bomber

The *Washington Post* reported yesterday that Vice President Dick Cheney was inside the main U.S. airbase in Afghanistan when a suicide bomber detonated his explosives outside the gates.

According to the *Post*, military officials issued a "red alert" at the base after the blast.

Hours after later, the Taliban claimed responsibility for the blast that killed as many as 23 people, the *Post* reported.

U.S. joins talks with Iran and Syria

The United States has agreed to join "high-level talks" with Iran and Syria on Iraq's future, the *Washington Post* reported yesterday. Many have seen this move as shift by the Bush administration.

Secretary of State Condoleezza Rice announced the policy shift during Senate Appropriations Committee session, the *Post* reported.

The first meeting will be next month, at the ambassadorial level. Then Rice will speak with foreign ministers herself in April, the *Post* reported.

Under the red light's gaze

BY KIM CHU HA
senior writer

The Virginia Senate recently passed a bill approving the reinstallation of photo-monitoring systems at intersections with traffic lights to try to reduce the number of motor vehicle accidents.

According to the Virginia Department of Motor Vehicles, 2.6 percent of motor vehicle accidents are caused by motorists running stoplights and stop signs.

"This week I almost got hit by two cars that ran red lights, and it was real scary, so the cameras would probably reduce the possibility for accidents," junior Amanda Chaney said.

The bill, if signed into law by Gov. Timothy M. Kaine (D) later next month, will allow local governments in towns and cities with populations of more than 10,000 to install the cameras. Motorists that run red lights will be photographed and ticketed.

"The governor now has 30 days to review the bill and consider whether he'll sign it," said Jimmy Carr, assistant secretary of transportation.

Photo-monitoring systems were in place for a number of years in the counties of Arlington, Fairfax and Loudoun, as well as Falls Church and Virginia Beach. The Virginia General Assembly failed to renew them, and they were discontinued last July.

Under the new bill, localities can install and operate the systems at no more than 25 intersections at a time.

"I think public policy would say that

the number-one priority is the safety of the traveling public," Carr said. "It's also been important to the governor that any photo red bill be a local option and that the privacy and integrity of any data collected is carefully protected."

But some dispute the effectiveness of the bill.

A study conducted in 2005 by the Virginia Department of Transportation showed an increase in the total number of crashes, including injury accidents where the red-light cameras were used. There was also an increase in rear-end crashes, although there was a decrease in injury crashes due to motorists running red lights.

"I'm on the fence about this issue because ... it is safer to barely run a red light than it is to slam on the breaks and jeopardize yourself and the cars behind you," junior Lizzy Nguyen said. "At the same time, though, there are still those idiots who pay no attention and run solid red lights, putting others in danger."

If the bill is passed, the decision on whether to install them in Harrisonburg will be left up to the city council.

"[The bill] gives us that local option, not to say that we'll use it, but we're in the process of looking into it for some of our more challenging intersections," said Harrisonburg Mayor Rodney Eagle. "It costs about \$100,000 per camera, so we'd think long and hard [about installing them] and sometimes they cause more accidents than they prevent."

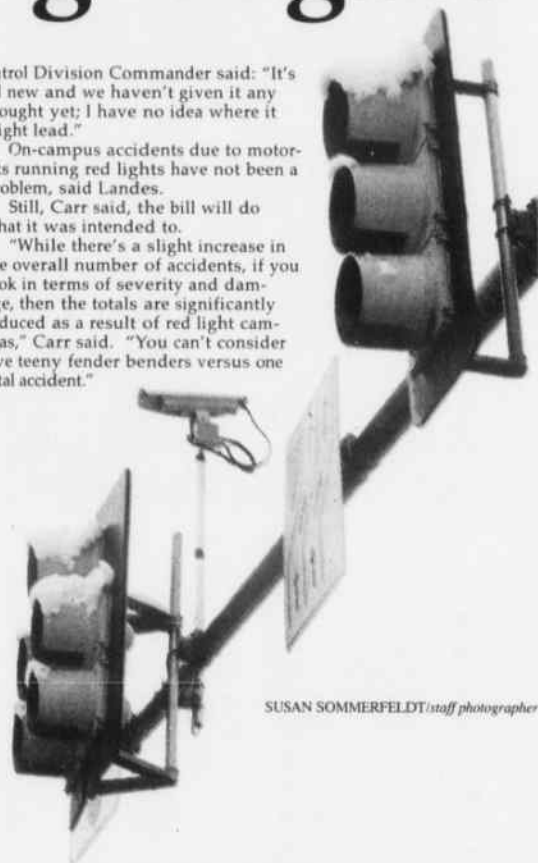
As far as installing photo-monitoring systems on campus, Lt. Landes, JMU's

Patrol Division Commander said: "It's all new and we haven't given it any thought yet; I have no idea where it might lead."

On-campus accidents due to motorists running red lights have not been a problem, said Landes.

Still, Carr said, the bill will do what it was intended to.

"While there's a slight increase in the overall number of accidents, if you look in terms of severity and damage, then the totals are significantly reduced as a result of red light cameras," Carr said. "You can't consider five teeny fender benders versus one fatal accident."



SUSAN SOMMERFELDT/staff photographer

A woman's perspective



MINDI WESTHOFF/
senior photographer

The Center for Multicultural Student Services and the Women's Resource Center sponsored "Through the Eyes of a Woman" Tuesday evening in Grafton-Stovall Theatre as a part of Women's History Month. To view a multi-media show of the event, visit The Breeze's Web site at thebreeze.org.

ADJUNCTS: Difficult for many to become full-time profs

ADJUNCTS, from front

load that a part-timer teaches makes it hard to become full-time."

He has taught up to six sections combined at Blue Ridge Community College and JMU in the past and said that, with a heavy teaching load, he had little time to work on his own writing and help himself.

Currently, Beck is working on turning parts of his doctoral dissertation — which he completed at Columbia University in 2003 — into articles for publication while teaching four sections at JMU.

Seeing professors like Beck, who taught at JMU in the 1990s prior to his current stint, raises the question of why adjuncts have yet to be offered full-time or tenure-track positions.

Frederick said JMU, like other state universities, is only allotted a certain number of full-time professorships to distribute among the various colleges. Because there is more demand for classes and professors than what the state funds, adjuncts are hired to pick up the slack.

Brown said some adjuncts are hired because of their

expertise, such as those in the College of Business, who also maintain professional jobs outside of the university. The College of Education, which employs the largest number of adjuncts with 50 of 95, also includes many outside educators and community organizers, the college's dean, Phillip Wishon.

Breaking out of the part-time ranks can be difficult because most full-time positions look for terminal degrees, Aley said. This often means a Ph.D., which can be hard to get in areas without major graduate-level universities.

"We have some people who have risen through the ranks, but it is rare," Aley said.

She mentioned two cases, and both times the professor was not granted a tenure-track position despite being hired full time.

Foreign languages department head Giuliana Fazzion, whose department employs a university-high 40 of its 59 professors part time, wishes there were more done for adjuncts. She has worked to get the costs of attending conferences covered, at least in part, by her department for adjuncts as a perk to make up

for some of the drawbacks.

"We had a meeting set up to try and improve [relationships within the department] and [the adjuncts] got scared that they were in trouble," Aley said. She knows and has been told that no matter what efforts the department makes at decreasing reliance on adjuncts, they can't do without them.

Said Maryann Wolfe, another adjunct writing professor: "It's like being in a state of perpetual transition." The uncertainty of employment from year to year can be a challenge when the courses offered vary every semester, both she and Beck said.

Some would think this would lead to a less, not more, devoted part-time staff. Frederick said this isn't the case.

"Their attitude is surprisingly positive," Frederick said.

Wolfe stays philosophical. "There's not much you can do about it, so you just go on and see what happens," she said. "When the jobs come up, you apply again."

But for the part-timers, it's all worth it.

"[It's] for the joy of teaching," Beck said.

Spiritual struggles common with students

BY ASHLEY HOPKINS
staff writer

Coming to JMU made it hard for recent alumna Annie Markowski ('06) to keep the faith.

Though she is currently an active member of the Canterbury Episcopal Campus Ministry, things were shakier when she was a student. Markowski, who began to participate in the ministry initially, left the group and university shortly after breaking up with her Episcopalian boyfriend and began to search for other religious outlets.

"I ran away scared," she said. "I was very discouraged."

During her junior year, Markowski transferred to Randolph Macon College, where she stayed for three semesters before returning to JMU. Things were not easier the second time around.

Markowski dated an agnostic and began to attend Freethinkers, a group of atheists, agnostics and humanists who meet to discuss organized religion and promote religious diversity on campus.

"I called myself a Christian, but I didn't know how to apply it to my life," she said. "[Freethinkers] helped me realize that I did believe in [Christianity] because I had to debate it."

With renewed devotion, Markowski decided to reintegrate herself into Canterbury and once again became an active member of the ministry. She remained involved until graduating in December and still makes time to go to the Haas House, where the organization resides.

"That's why I like it here," she said. "You can have a spiritual crisis and still be Episcopal."

Markowski is not the first and won't be the last student to have a "spiritual crisis." Laura Lockey, chaplain for Canterbury Episcopal, said since college is a time for students to explore their own individuality and make their own decisions, it is common for them to feel the desire to break away from the theologies they grew up with.

In an effort to accommodate those who might not otherwise become involved, the ministry works around students' busy schedules. Hosting evening Bible studies, nightly study breaks around finals and weekend retreats, students don't have to worry about fitting faith into their busy schedules. The work is done for them.

Easy schedules, however, are not the only reason students join the group, as it offers a positive environment to meet and discuss religious viewpoints, make friends and offer support.

No one knows about the emotional support Canterbury offers better than freshman Kate Nagy, registrar for the ministry.

Encouraged to join by her sister, a member of the University of Mary Washington's chapter, Nagy had no way of knowing how important the group would become to her until her grandmother died last week. The support and prayers of fellow Episcopals has helped her cope with her loss.

With the support of her peers at Canterbury, Nagy believes she is even more devout now than during her freshman year.

Surrounded by a community of like-minded individuals who understand her faith, she feels comfortable in the ministry.

"My faith is one of the most important things in my life," Nagy said. "When I came to college I wanted somewhere like this to go. It's nice having Canterbury."

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HEART: Campus uses zero trans-fat oils

HEART, from front

"I have no family history of it, so the guidelines don't mean much," junior Catherine Nightengale said.

But family history is only part of a person's risk factor, according to Cadieux. The best weapons to reduce risk involve a healthy diet, regular exercise, and not smoking.

"We see heart disease in women at younger and

younger ages," Cadieux said. "Yet it is a disease that can be prevented."

In an effort to improve, establishments on campus and around the state have begun using only zero trans-fat oils. This is one way to reduce the risk of heart disease, since consumption of trans-fatty acids should be as low as possible, according to the 2007 guidelines. But this

change in cooking style will be beneficial only if the trans fat is being replaced by a healthier alternative, Cadieux said.

Reducing trans fat should not lead to an increase in other saturated fats, according to the American Dietetic Association. And since the most common replacement for trans fat is another saturated fat, the risk could still be there.

With heart disease being one

of the top three causes of death of American women and men, prevention is the key, Cadieux said.

"I like to watch what I eat and work out, but I didn't realize that I could be lessening my risk of heart disease," freshman Heather Smith said.

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The Writing on the Wall

Reality rains on the green parade

Who knew saving the world could be so hard?

BY BRIAN GOODMAN
opinion editor

It may be politically expedient; it may be conscience soothing; it may be pride stroking. But one thing's for certain: it ain't easy being green.

These past two weeks in particular have been tough for the environmentally conscious. First came the news that contrary to popular opinion, all the carbon dioxide produced complaining about automobile emissions may have been ever so slightly misplaced. According to *The Christian Science Monitor*, livestock are responsible for more greenhouse gas emissions than "transportation." Bovine flatulence and manure, combined with the requisite deforestation and water usage to feed and slaughter the animals, produces more greenhouse gas emissions than every car, truck, bus, train, airplane, scooter, boat and Panzer on the planet. If getting people — Americans in particular — to stop driving in order to save the planet was nearly impossible, good luck trying to get us to forego burgers.

And a few days after that story was published, the news of Al Gore's not-unexpected victory in the Academy Awards' "Best Documentary" category for his controversial "An Inconvenient Truth" was tarnished by the revelation that global warming may not be the only "inconvenient truth" Al Gore could talk about.

According to the Tennessee Center for Policy Research, the former vice president's suburban Nashville home uses more than 20 times more energy than the average home. The gas and electric bills for the 20-room (eight-bathroom) home and pool totaled a whopping \$30,000 a year for the last two years, and actually increased after the release of his pedantic and pretentious documentary was released.

To cap it all off, media outlets then started to get wind of the new U.S. Environmental Protection Agency fuel economy ratings for vehicles, revised Feb. 13. For those that don't know, the EPA is responsible for the prominent fuel economy ratings posted on the window sticker of every car under 8,500 pounds (which is why the portly Hummer H2 and discontinued H1 do not have their miles per gallon numbers published). And as expected, most every car in the United States took a hit in the gas tank.

The significant changes to the EPA tests used to calibrate MPG ratings represent the first real overhaul since 1984, more accurately representing real-world driving situations — and therefore more accurately representing real-world MPG returns. For example, the EPA has spent the last 22 years calculating highway gas mileage by driving the cars at 55 mph, though the thought of traveling at 55 mph on Interstate 81 is equal parts laughable and horrifying. We travel 55 mph down Port Republic Road. The EPA also did not use air conditioning and accelerated slowly from stops that, among other things, made their numbers entirely unachievable in the real world.

The new tests have incorporated a "high-speed" test to correct the most glaring of the errors, complete with jackrabbit starts and 80-mph highway driving. It also formed a test with air conditioning use appropriate for a 95-degree day, and started a "cold-temp" test (automobiles get far worse gas mileage when they are cold started).

As the EPA admits on its Web site detailing the changes (fuelconomy.gov), these new tests will likely reduce mileage ratings for most cars. However, the tests had the most dramatic effect on hybrids, the vehicle of choice for the greenies.

The old tests artificially augmented the battery performance of most hybrids, resulting in severely over-inflated mpg ratings. The Toyota Prius, the reigning champion of the hybrid market, saw city performance drop from 60 mpg to 48 mpg, highway from 51 mpg to 45 mpg; the non-hybrid Toyota Corolla, for comparison, went from 30 mpg to 26 mpg in the city and from 38 mpg to 35 mpg on the highway.

Of course, the actual performance of the cars hasn't changed, only our ability to more accurately measure it. Most of us who drive were already well aware that our cars did not return the gas mileage the EPA claimed it would. But this "inconvenient truth" will not help the burgeoning hybrid market, nor will it help stymie the vociferous critics of hybrids and the "eco-fascists" who drive them.

From cows to cars to civil servants, environmentalists have taken a pretty hard beating. But, as the brilliant 20th-century philosopher Kermit the Frog reminds us, no one ever said being green would be easy.

Brian Goodman is a senior communications major.

House Editorial



Swift boats and Belgium

Sen. Kerry, if you don't have anything nice to say, don't distrust a Senate Foreign Relations Committee hearing to say it

To paraphrase former Sen. Bob Dole's comments about Theresa Heinz-Kerry (full name: Maria Teresa Thierstein Simões-Ferreira Heinz-Kerry), there is not a muzzle big enough to silence her husband, Democratic Sen. John Kerry of Massachusetts.

Walking in late to a Senate Foreign Relations Committee hearing Tuesday, the former presidential candidate decided to make a scene over the nomination of St. Louis businessman and super Republican donor Sam Fox as ambassador to Belgium.

Unfortunately for Fox, who had been treated to what the Associated Press considered "glowing tributes" at the start of the hearing, was subjected to the wrath of Kerry over his 2004 donation of \$50,000 to the "527" group Swift Boat Veterans for Truth, whose unsubstantiated accusations against Kerry's Vietnam war record cost him much-needed votes.

"Might I ask you what your opinion is with respect to the state of American politics as regards the politics of personal destruction?" Kerry asked, without providing an explanation as to why the nominee's opinion on the politics of personal destruction would be relevant as he represents the United States in the "Land of Beer and Chocolate."

Fox offered a dim response about the damage done by 527s across the political spectrum, claiming that his

donation to the group was to counterbalance the other side, prompting Kerry to respond with the earth-moving question: "So is that your judgment that you would bring to the ambassadorship, that two wrongs make a right?"

Clearly, Kerry has fallen off the horse since his defeat two years ago. Combined with his over-reported "mis-spoken" joke from back in October regarding the intelligence of the president and the troops serving in Iraq was not enough, it is becoming increasingly clear that Kerry's foot has taken up permanent residence in his mouth.

Nothing in his slap-fight with Fox was, in any way, appropriate or significant in a hearing to decide whether he was eligible for what, at some level, is a paid European vacation. And even if Swift Boat Veterans for Truth did need to be discussed, it would have served Kerry better to let one of his compatriots, like Sen. Barack Obama of Illinois who chaired the committee, to pursue the line of questioning. For Kerry, any business with the organization is inescapably personal.

Whatever happens with Fox's nomination is of precious little concern to us. Kerry, on the other hand, has a few more years left in politics. For that reason, it would behoove the senator to mind his temper and hold his tongue, even when faced with the chance to attack a supporter of Swift Boat Veterans for Truth. After all, two wrongs don't make a right.

Through the Looking Glass

The skinny on all-too-thin models

The cultural ideal of Barbie beauty cannot continue to claim women's lives

BY SARAH DELIA
staff writer

Over the course of seven months, three scarily slender models have died. If you search the Web for pictures of Carolina Reston, Luisel Ramos or Eliana Ramos, you will find virtually the same image which includes a face that looks too big for the body it is attached to and a bathing suit with a skeleton-like figure desperately attempting to keep it on. Go one step further and you will see that all these ladies have one other thing in common: they all have an obituary.

Imagine consuming nothing but apples and tomatoes such as Reston did, who died this past November of anorexia, allowing herself no other foods or spices save for ice cubes in between photo shots. If that diet doesn't whet your appetite, think of Luisel

Ramos' diet of lettuce leaves and Diet Coke. She was not only the first of the three models to die of anorexia, but also set the stage for her younger sister Eliana, who would die a mere six months later.

In an attempt to stop the deaths of young women who are overwhelmed by the pressures of the modeling industry's demand for unrealistic figures that mimic Barbie's measurements, rules concerning a model's body weight have been initiated throughout fashion week locations. Madrid and Milan, two locations that host fashion weeks, were the first to implement an official weight to correlate with the model's height. If models do not have a body mass index of 18.5, they are considered to be underweight and are not allowed strut down the catwalk. England, as well as the United States, has opted instead for a slap-on-the-wrist mentality, as they shook a finely

polished finger at the skinny models, agents and designers that make clothes for unrealistic shapes by giving them a list of guidelines rather than actual rules to follow. Some of these suggestions include exercise, eating regularly and also recommends that models be at least 16. But these suggestions are just that — implications that have no consequences if not followed.

Nataliya Gotsii, a Ukrainian model criticized for her size-zero bony frame, believes that the mandatory BMI for models is unnecessary, claiming that current models look "natural." When asked about eating disorders in the industry, Gotsii angrily reported, "We're having dinners, everybody's eating, there's no anorexia in this business." The next week Gotsii certainly ate one thing: her words as news broke out that the younger Ramos sister had had a heart attack, fallen down the stairs, and was found dead by her grandmother.

Every day people who are overweight, eat unhealthy foods and do not take general care of themselves have heart attacks. These people are generally between the ages of 40 and 60. When Eliana Ramos died of a heart attack two weeks ago, she was not old, eating unhealthy foods or neglecting to exercise. She suffered from what so many people in Third-World countries cannot help but avoid — malnutrition.

Pancho Dotto, founder of the Dotto modeling agency Ramos worked for, finds the claim of malnutrition "absurd." He sees a correlation with her and her dead sister's death as opposed to her eating habits: "It is obvious the sisters' deaths are due to a genetic problem, and not their diet." When Dotto was asked whether his agency had checked on the health of the models, he replied once more by stating "that is absurd," because "nowhere in the world do they do medical checks on models." Apparently Dotto has never been to Europe before. I suggest he start with Milan and Madrid.

Whether the subject is supermodels at fashion week or JMU girls sweating away at UREC for hours at a time, disillusionment is contagious. The women who are the Victoria's Secret models versus the women who gaze up at the scantily clothed "angels" in the mall windows are one in the same — victims of a size-zero pant size that makes as much sense as eating a strict diet of croutons and chewing gum.

Sarah Delia is a sophomore English and art history major.



Submit Darts & Pats online at thebreeze.org, or e-mail submissions to breezedp@hotmail.com.

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



A "put-your-money-where-your-mouth-is" dart to my lazy roommate for offering to clean other people's apartments for \$20.

From your irritated roommate who thinks you should get off your butt and clean your own mess before trying to make a living off of the messes of others.

A "way-to-grab-a-seat" pat to the guy I watched carry an open lawn chair from the Village to the Quad on Monday.

From a humored junior who assumes you had a reason to do so, but has absolutely no idea what the reason could possibly be.

An "are-you-kidding-me?" dart to the "amused junior" who doted Brian Goodman, *The Breeze's* mouthpiece of the cosmos, for bad news.

From a fellow student who seriously hopes your anger was a joke, because no intelligent Duke would believe made-up horoscopes...right?

A "way-to-show-Mother-Nature-who's-boss" pat to the driver of the Jeep Wrangler parked at a precarious angle on a mound of snow in the R1 parking lot.

From an amused sophomore who wishes he could have been there to see you rappel out of your car.

A "my-ninja-skills-won't-save-me-from-this" dart to the maintenance crew that only caulked over the water damage hole in our dorm bathroom.

From a sophomore who appreciates all the hard work you do, but would love to be able to shower without having to dodge falling ceiling again.

A "the-entire-class-thanks-you" pat to the psychology professor who moved our midterm exam back until after Spring Break because of how stressed we all were.

From a thankful student who is glad you understood and made allowances for the fact that your class is not the only one we're taking.

Letters to the Editor

Both sides of the aisle on library socializing

Craig Finkelstein's vitriol attack against students who dare raise their voices above a whisper or choose to express their individuality through a ringtone is nothing more than a call for imposing library fascism upon Carrier Library. As an institution that promotes "higher-level research," and the expanding of student knowledge, Carrier Library is currently a place that encourages the free flow and exchange of ideas between students by encouraging vibrant and spirited conversation. Under Finkelstein's proposal, this exchange would be ruthlessly crushed under the iron-shod jackboot of silence.

Regardless, there are plenty of quiet places in the library as it currently stands where one can meditate — or sleep — in peace and tranquility. For example, the third floor, with its densely packed stacks and cubicles is perfect for the sort of mind-altering experiences Finkelstein is searching for because there are few places for large groups to congregate. And contrary to what he claims about students meeting in the traditional stacks, this is mostly impossible. The inner sanctum of the stacks is a place inhabited by only book mold and the rumbling elevator monster — otherwise it is silent. Most of the first and second floors are specifically designed to accommodate groups of students with its big tables and open spaces.

The library is a vibrant and exciting place, full of life and activity. The proposed solution would replace this energy with soul-crushing, mind-dulling and bone-softening silence,

dread and fear. JMU students, do not allow yourselves to be silenced.

Michael Yarborough
junior history and philosophy major

I must say that I wholeheartedly agree with Craig Finkelstein's statement in his article regarding the noise level in the library. I used to go to the library because I assumed that it was the one place that would be quiet enough for me to get work done in a considerable amount of silence, at least on the second and third floors. However, I have pretty much stayed away from the library this semester, partly because the study areas have managed to become places for socializing. If you're meeting for a group project, you should either find a study room, meet in the library lobby or meet somewhere else outside of the library. Just because the second floor holds numerous tables with four chairs each, this is not an invitation for three or four friends to get together to giggle with one another. The chairs are simply there to occupy more students who wish to get their work done in as much silence as possible.

So please, next time you're thinking about venturing off to the library with a friend or group of people, take into account everyone else who will be studying in that same library. Be considerate of others. Not a bad mantra to live by, in general.

Kristen Letnick
senior psychology major

Editorial Policies

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

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

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Matthew Stoss, editor in chief
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Brian Goodman, opinion editor

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dr. **biery & paulette**, p.c.

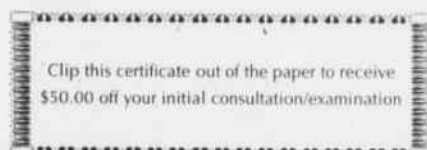
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Senior sendoff

Dukes wrap up regular season against Towson

BY CAROLINE MORRIS
staff writer

March madness started a week early for the women's basketball team when it lost back-to-back games last week at Delaware and Old Dominion, after starting 15-0 in the Colonial Athletic Association. In addition to falling from the Associated Press Top 25 ranking, where they'd sat comfortably for the last four weeks, the Dukes also fell to second in the conference (they are tied with Delaware), one game behind ODU.

"It was kind of going toe-to-toe and it was very evident as we went down the stretch," coach Kenny Brooks said of Sunday's ODU game that changed leads 10 times. "The last three to four minutes were one of the most exciting finishes that I think I've ever been involved in. Every time they would score a basket, we would answer the bell. We just could never get over the top."

The Dukes have a chance to turn their two-game losing streak into just a blip on the radar when they return to the Convocation Center and face Towson in their final regu-

lar-season game. Thanks to Bowling Green falling to Ohio University on Saturday, JMU's 25-game home winning streak is now the longest in the nation. If the Dukes win, they will have gone back-to-back seasons without a defeat on their home court, which has only been accomplished once before at the Convocation Center from the 1987 to 89.



Benvenuto

Most people don't see the Tigers, who sit at 8-9 in the conference, as much of a threat to the streak, but Brooks emphasizes the importance of concentrating on the game before thinking about the tournament.

"Towson's a good opponent and they had a very big win the other night," Brooks said of the Tigers' victory over UNC-Wilmington last weekend. "A win here could put them at .500. But it's great to be back home."

As if the win streak didn't make Thursday's game significant enough, it will be the last chance for seniors Meredith Alexis, Andrea Benvenuto, Lesley Dickinson, Shameena Felix and Shirley McCall to run through the purple tunnel and onto the floor at the Convocation Center.

"It's going to be really sad to have our last game at the

see SENDOFF, page 8



EVAN DYSON/file photo

JMU senior center and all-time leading scorer and rebounder Meredith Alexis will play her final regular-season game tonight at home against Towson.

CAA honors Berger

JMU senior midfielder Kelly Berger was named Colonial Athletic Association Player of the Week after finishing with seven goals on eight shots and one assist in the Dukes' first two games of the season. Against then-No. 5 Notre Dame, Berger recorded team highs in goals (three goals on four shots) and points (3). In their most recent outing against then-No. 3 Georgetown, Berger didn't miss. The Columbia, Md., native finished with four goals in as many shots, had a game-high five points and forced three turnovers to lead JMU to its first win.



Berger

With the win, JMU broke into the top-10 rankings at the No. 9 spot, according to ESPN affiliate Inside Lacrosse. Georgetown fell from No. 3 to No. 10, while Notre Dame slipped from No. 5 to No. 7.

Berger and the Dukes (1-1) are back in action this Saturday at 1 p.m. against Yale University, in what will be their first game at JMU Lacrosse Complex. Their first home game against Notre Dame was moved to Charlottesville because of icy conditions in Harrisonburg.

— from staff reports

Dukes draw Mason in round one

JMU hopes to upend last year's Cinderella team

BY JOHN GALLE
sports editor

The JMU men's basketball team heads into Richmond Friday hoping history won't repeat itself.

For the last three years, the Dukes haven't advanced past the opening round of the Colonial Athletic Association tournament. Tomorrow, against sixth-seeded George Mason, 11th-seeded Madison looks to reverse the trend.

"We're excited to play George Mason," JMU coach Dean Keener said. "I've sensed that from our kids in talking to them. They're ready ... I'm more nervous from Mason's perspective

than our perspective."

Though the Patriots (15-14 overall, 9-9 in the CAA) have beaten the Dukes (7-22, 4-14) twice this season by an average of 19.5 points, JMU believes its draw may be a blessing in disguise.

"I'd rather play [George Mason] than ODU or a team like William & Mary," sophomore guard Joe Posey said. "As far as our personnel, it's not a bad [match-up]."

In its second meeting against the Patriots on Jan. 27, Madison's 2-3 zone held its opponent to 59 points — 14 fewer than the first meeting Jan. 13. Unfortunately, JMU's offense did not respond in that contest, man-

aging just 41 points.

"To be successful, you have to have three capable scorers on the floor at all times," Keener said. "For us, we haven't always had three ... there have been times we've had three and that has shown when we've played well within games or we've won games."

In the last four games, JMU's offense has progressively improved, averaging nearly 70 points an outing, including 72 points against the CAA regular-season champion Virginia Commonwealth University and 78 against third-seeded Hofstra.

Along with the emergence of junior forward Terrance Carter and freshman point guard Pierre Curtis in the second half of the season, Keener said sophomore forward Juwann James is back in form and sophomore forward Kyle Swanston has broken a season-long shooting slump. James

has reached double figures in his last five games, something he was only able to do once in the six games prior, and Swanston is 50 percent from 3-point range (8-of-16) in his last three contests, averaging 10 points per game during that span.

Even with the recent positives, Keener said JMU still needs to be better on both sides of the basketball.

"They understand what it takes," Keener said of his young squad, "but we're just limited in what we can do. Whether it's having enough guys that are able to beat people off the dribble or defensively, you know, we have some deficiencies on the perimeter [and] we don't really have a shot blocker back there."

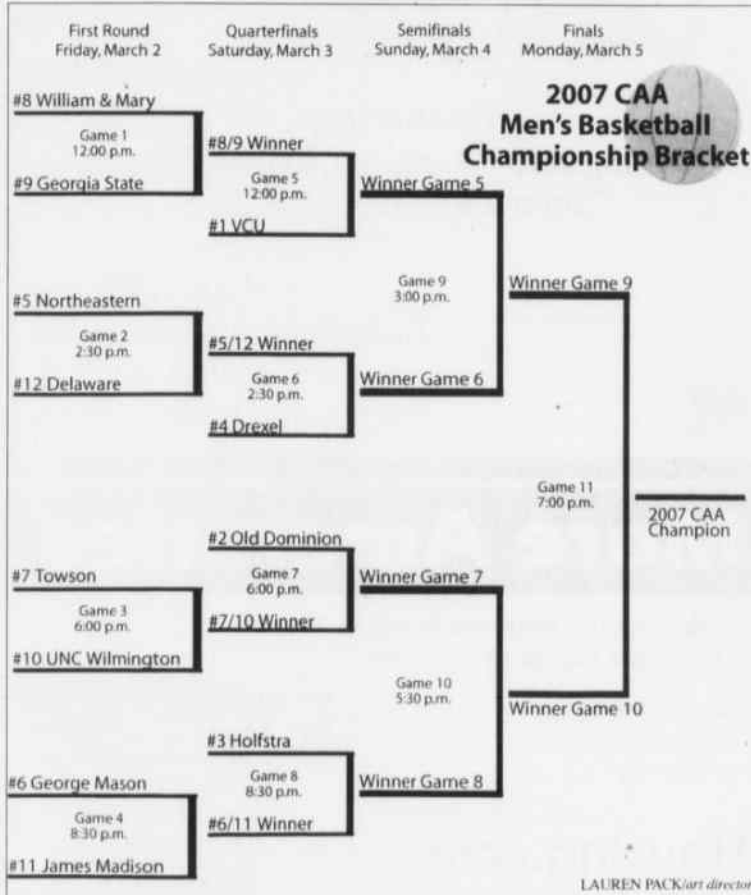
Said Carter: "We just need to have consistency. We have a lot of scorers capable of scoring in double figures ... with

see TOURNEY, page 5



EVAN DYSON/file photo

Sophomore forward Juwann James and the Dukes will try to knock off George Mason in the first round of the CAA tournament.



Kulbacki, Fabiaschi receive CAA honors

Right fielder named conference Player of the Week

Junior right fielder Kellen Kulbacki picked up right where he left in the Diamond Dukes opening weekend of the season.

On Tuesday, Kulbacki, the reigning Colonial Athletic Association Player of the Year, was named CAA Player of the Week for his performance at the Buckeye Classic last weekend. Joining the Dukes star right fielder for this week's awards was freshman second baseman Mike Fabiaschi, who was named Rookie of the Week.

Kulbacki, who last season set a Madison record and led all of Division I baseball

with 24 home runs, went 10-for-16 (.625 batting average) over the Dukes four games to garner Most Outstanding Player honors for the Buckeye Classic. Five of his 10 hits were extra-base hits as he hit three home runs and two doubles, while driving in seven runs and scoring three times.

In addition to being named CAA Player of the Week, Kulbacki was also selected to the College Baseball Foundation National Honor Roll.

The three home runs now give him 35 for his career and moved him to fourth place on the all-time list, passing both Scott Mackie (1985-87) and Jim Barbe (1974-77). His next home run will move him into a tie for second place.

Last season the Hershey, Pa. native won the Triple Crown in

the CAA adding 75 RBIs and a .473 average to his 24 home runs.

Fabiaschi came into this season with the unenviable position of replacing the Dukes' all-time leader in home runs Michael Cowgill, who is now a member of the Minnesota Twins organization, at second base. Fabiaschi responded to the challenge by going 7-for-14 and earning All-Tournament honors in his first collegiate action. The 5-foot-11, 175-pound freshman drove in six runs on five singles, one double and a home run. He also added six runs, two stolen bases and two walks.

JMU opened its season last weekend by going 1-for-4 in the Buckeye Classic held in Tampa, Fla., last weekend.

The Dukes returned to action yesterday at against Longwood. This weekend the Diamond Dukes play a three-game series at Charlotte before finally opening their home schedule next Tuesday against the University of Virginia.

— from staff reports



Kulbacki



Fabiaschi

SENDOFF: One last hurrah for Kenny's class

SENDOFF, from page 7

Convocation Center because it's been so good for us," Benvenuto said.

The senior class, along with junior Tamera Young, has broken almost every record in the books at JMU this season. The squad boasts four 1,000-point scorers and Alexis became the school's all-time leader in points (1,677), rebounds (1,255), field goals (667) and games started (118). Dickinson holds the school's record for free throws (440) and Benvenuto owns the single-season assist record with 190.

"I'm going to be like 'Oh

my gosh, my last first basket in the Convo,'" Alexis said. "Tears are going to be falling Thursday."

Pregame ceremonies ought to make it a very emotional night for the Dukes, as many of their parents will be in attendance to catch their final home game at JMU.

"My mom is the most emotional person in the world," said Benvenuto, whose mother is flying down from Canada with the rest of her family to see the 5-foot-7 point guard play one more time. "She cried at 'Mrs. Doubtfire.' So I think my family is

going to be a wreck; I think I'm going to be a wreck. I even think our coaching staff is going to be bad."

After the tears have dried and the Convo has emptied, the Dukes will travel to Delaware once again for the CAA tournament beginning March 8 in Newark, where Benvenuto knows the atmosphere will be tense.

"Even at our other game last week, I felt like the whole state of Delaware showed up," Benvenuto said. "They had tremendous fan support, but I think we did too, and I think we will at the tournament."

TOURNEY: No. 11 JMU faces No. 6 George Mason tomorrow in Richmond

TOURNEY, from page 7

consistency and defense we'll have a fair shot of winning the game."

If JMU upsets GMU tomorrow, it will have a second-round date with the Pride — a team that blew out the Dukes by 20 in the season finale.

"[Holstra] could [win the tournament]," Keener said. "When you've got guard play

like them, anything is [possible]." But the Dukes can't play spoiler until they get by their formidable foe: the Patriots.

"They're beatable," Posey said. "[It's] definitely not the team they had last year."

Nevertheless, Madison will face one of the premier post players in the CAA in GMU's Will Thomas (61 percent shooting, 13.7 ppg, 7.1 rpg), not to

mention scoring threats Folarin Campbell and John Vaughn (combined 23.1 ppg).

JMU is more confident with its 22-loss season wiped clean for the start of the tournament. But, the team is careful not to be overconfident at the same time.

"We can't think we're due for [a win]," Posey said. "But maybe we are."

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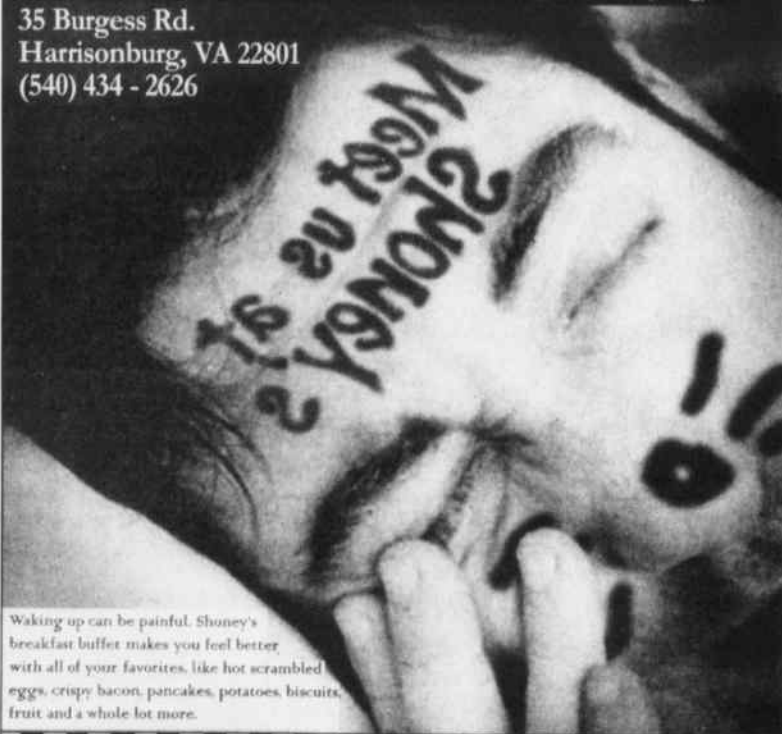
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What's going on
around here?

JMU arts

● artWorks Gallery Exhibition

JMU students Kaitlin Murphy, Tyler Weeks, Kaitlin McPherson and Katherine Sheldon will have art on display at artWorks Gallery beginning March 13.

● Sawhill Gallery Exhibition

Check out Jimbo Blachly's exhibition, "Rear View of Cottage with Protective Roof and Attached Well" at Sawhill Gallery through March 25.

● Warren Art Gallery

Senior Reid Ganther's exhibit, "Generative Form," is on display at the Warren Art Gallery, located in Transitions.

JMU theatre

● "The Goat, or Who is Sylvia?"

Theatre II returns from Spring Break with its latest production featuring a man who falls in love with the wrong person. Actually, he falls in love with a goat. Question what love really is March 13 to 17 at 8 p.m. Tickets are on sale March 12 from 4 to 7 p.m. or two hours before the show.

JMU music

● Guest Artist Recital

Come hear guest musician Bradlet Garner play the flute at Anthony-Seeger Hall today at 3 p.m. Student tickets are \$2 at the door, \$5 for general admission.

'Burg fun

● Finnigan's Cove

Local musician, Jimmy O, will perform a collection of classics tonight at Finnigan's Cove.

● Court Square Theater

Get ready for two nights of laughter as Court Square Theater presents "Comedy Fest," featuring performances by Glick & Phillips and Nickels & Weiner at 8 p.m. Saturday and Sunday. Student tickets are \$21 at the door.

● Belly dancing

Head over to Isis Café to watch a professional belly dancer, as well as a customer belly-dancing competition starting at 10 p.m. Friday night.

Send us events at
breezearts@gmail.com

Put your guard up



MINDI WESTHOFF/senior photographer
Flag in hand, senior Caroline Fuhrman concentrates as she performs with JMU's new Nuance Winterguard.

BY MEGAN WILLIAMS
contributing writer

"Nuance" is defined as a very slight variation in color or tone, and with its twirling colored flags and equipment, it is a fitting name for JMU's new Nuance Winterguard.

Nuance Winterguard is in the midst of its inaugural season, and the season has been successful so far. Practices began in January after the winterguard was given permission to use Memorial Hall gym as its training area. In February, just a few short weeks after members began putting together a show, they competed in two competitions against other area colleges and independent winterguards, and won first place in both.

"I've been really pleased with how much they have accomplished already," said graduate student Carly Crockett, the Nuance Winterguard's instructor. "I hope that they will continue to improve individually as the season continues."

Crockett came up with the idea to start a winterguard. She served on the Marching Royal Dukes' color guard for four years, along with the Marching Royal Dukes band staff.

"We had a really talented color guard this season, so I decided that this was a great year to try and bring out a Winterguard," Crockett said.

Two other graduate stu-

Nuance Winterguard brings it indoors for its inaugural season

dents help run the winterguard and help Crockett with choreography. They practice three times a week for two hours and have various performances and competitions throughout the season. Crockett described it as dance and theatre combined with equipment in your hands. The equipment includes flags, rifles and sabres, and the dance consists of a combination of modern and jazz. There are 20 members of Nuance Winterguard. Crockett describes them as "a large group of individuals with their own unique skills."

On Feb. 22, they performed at the Memorial Hall gym to a crowd of about 75 that included friends and family members of the guard members, as well as some students who enjoy JMU's color guard.

The theme of the current show was modeled after a play which showed man always in pairs, but when the gods got angry with man, they split them apart so that they would always be searching for their other halves.

The choreography reflected this theme by partnering the members and intertwining movements to show both the skills of the members as well as the idea behind the choreography. The audience members were very supportive, which helped give the group confidence as it performed. Due to the cheering and encouragement from the crowd, the winterguard made few mistakes and recovered easily from them, demonstrating why they have won first place in the competitions they have taken part in.

After the show, audience members took the time to congratulate their friends.

"We were all really motivated by the crowd," said freshman winterguard member Steven Hildebrand. "We all really got into it toward the end."

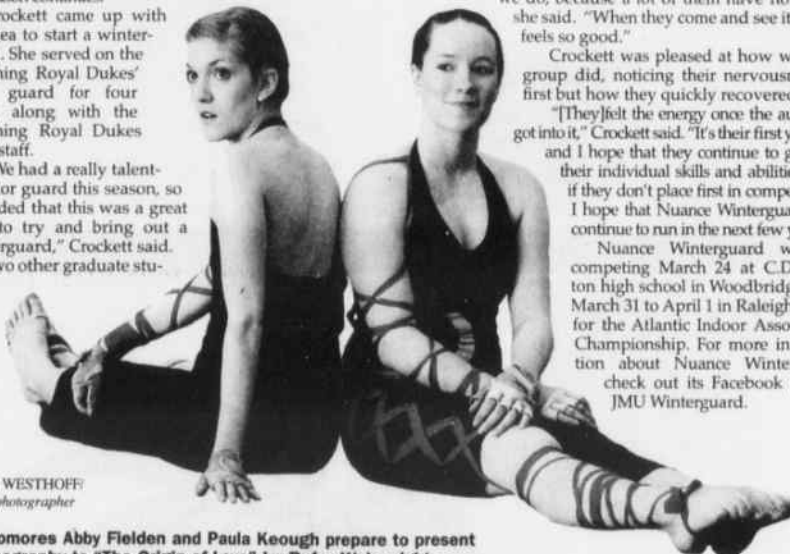
Sophomore member Jennifer Bon capitalized on this sentiment.

"It was pretty fabulous to have all of our friends and people we know here so they can understand what it is we do, because a lot of them have no idea," she said. "When they come and see it, it just feels so good."

Crockett was pleased at how well the group did, noticing their nervousness at first but how they quickly recovered.

"[They] felt the energy once the audience got into it," Crockett said. "It's their first year out and I hope that they continue to grow in their individual skills and abilities even if they don't place first in competitions. I hope that Nuance Winterguard will continue to run in the next few years."

Nuance Winterguard will be competing March 24 at C.D. Hylton high school in Woodbridge, and March 31 to April 1 in Raleigh, N.C., for the Atlantic Indoor Association Championship. For more information about Nuance Winterguard check out its Facebook group, JMU Winterguard.



MINDI WESTHOFF/senior photographer

Sophomores Abby Fielden and Paula Keough prepare to present choreography to "The Origin of Love" by Rufus Wainwright.



Spring Break Special

JMU students look forward to week break full of relaxation, adventures around the world

After hard midterms, Spring Break trips are much anticipated

BY KATHLEEN HERRING
contributing writer

For some students, Spring Break is a time to relax, visit with family and catch up on work. For others, exotic trips provide a much-needed break from the responsibilities of classes and homework. Whether taking it easy or traveling the world, just about everyone is looking forward to a break.

For those students heading home for the week, many are looking forward to home-cooked meals, free laundry and showering without shoes.

"I would love to have some of my mom's lasagna — she makes the best," said junior Christina Nelson.

Senior William Kenlon plans to spend his break finishing a piece of music he is presenting at a student composers' recital in April.

"I usually finish and rehearse my pieces at the last minute, and I end up getting stressed out," Kenlon said, excited to have some free time to work on his music. "It will make the preparation of the piece much easier on myself and on the performers."

Senior Amy Caouette is looking forward to her Spring Break plans.

"I'm going on the Norwegian Cruise Line to the Grand Cayman, Cozumel and Key West," she said. "It will definitely be a well-deserved reward after midterms."

From Caribbean cruises to overseas flights, the destinations of JMU students this Spring

Break are many and varied.

There are many opportunities for students wishing to do something more charitable than homework or vacationing. For freshman Sam DuVal, Spring Break is a good opportunity to help those less fortunate. While many will be sitting at home in front of our televisions, DuVal will be driving 15 hours to get to Louisiana.

"I'm going to New Orleans with

the Campus Crusade for Christ to help out with Katrina relief efforts," DuVal said. "We'll probably either be gutting damaged houses or working on repairing the less-damaged ones."

According to the Campus Crusade Web site, more than 15,000 college students and volunteers have helped with Katrina relief, and more and more young people continue to lend a helping hand.

The Katrina catastrophe may have taken place more than a year-and-a-half ago, but for residents of the New Orleans area, the devastation is still very much a part of their daily lives, and they gladly accept any and all help the volunteers are willing to give. When asked what made him decide to spend his Spring Break this way instead of going home, DuVal replied that he "just wanted to do something constructive."



Students have a wide variety of events planned for Spring Break. Some are going home for Mom's good cooking, while others are venturing out of the country on exotic excursions or volunteer efforts.



Preview

Film festival showcases student talent

Submission deadline quickly approaching in annual UPB event

BY REBECCA ELMO
staff writer

Martin Scorsese. Spike Lee. Woody Allen. Joel Coen.

All four of these successful Hollywood directors have one thing in common: they were involved with film on their college campuses.

On March 26, JMU student directors have a chance to showcase the talents they have developed in school with UPB's 12th annual Student Film Festival. The festival provides JMU students with a chance to come out and watch student-made films, as well as providing student filmmakers with an outlet to display their film talent.

"The festival is a good opportunity for students to come out and showcase their talent and apply what they have learned in class," said junior Gwendolyn Brown, the UPB director of film.

Although it seems as though this festival would appeal to filmmakers only, Brown believes the films appeal to both aspiring filmmakers and anyone who "genuinely likes the filmmaking process."

As far as creativity goes, the films are limited merely by a time limit of 15 minutes. Other than that, the directors can present anything they desire.

Past festivals often included screenings of 10 to 12 films, all of which varied in terms of technique, editing, cinematography and more. This year, submissions for the festival are due on March 16 by 5 p.m. to the UPB office in Taylor, room 234.

The films are judged in terms of six categories: screenplay, soundtrack, editing, cinematography, best ensemble and directing. The winner receives various awards and prizes from both the JMU Bookstore and from businesses in the Harrisonburg community. Audience members also get to participate by voting for their favorite film for the Viewer's Choice Award.

The judges for the festival include the winner of last year's festival, Paul Benjamin Robinson, professors of the film studies minor, Dr. James Ruff and Dr. Robert Hoskins, and SMAD videography professor, Dr. Thomas McHardy.

Overall, Brown said he sees the festival as a way "to enlighten students about the potential that JMU students have," plus as an occasion to eat lots of popcorn.

The festival is free and begins March 26 at 6 p.m. at Grafton-Stovall Theatre. For questions about submissions or the festival, contact Brown at the UPB office.

UPB Film Festival

Due: March 16

Festival: March 26 at 6 p.m., Grafton-Stovall Theatre

Spring Break traveling tips:

- Make sure to have a signed passport or visa if needed
- Familiarize yourself with local laws and customs
- Don't leave luggage unattended
- Don't be a target for thieves by wearing expensive jewelry or carrying excessive amounts of cash with you

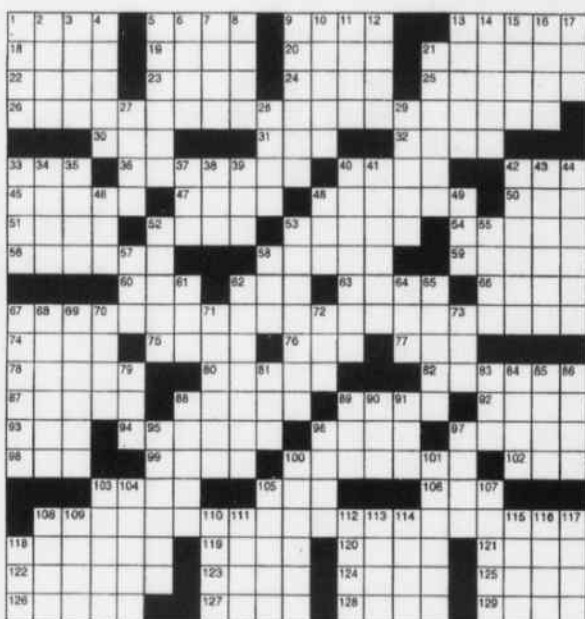
photo illustration by AARON STEWART/senior photographer

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- 1 Bargain
5 Sagan or Sandburg
9 Actress Arlene
13 Trite
18 - podrida
19 Spread in a tub
20 Jai -
21 Brimmed hat
22 Move like a hummingbird
23 Runner Zatopek
24 "The - Is High" ('80 hit)
25 Cashew kin
26 Start of a remark by Bob Phillips
30 Catchall abbr.
31 Echidna's tidbit
32 Sharpen
33 Prune
36 School subject
40 "Beat it!"
42 Dandy
45 Simpson of fashion
47 Sausage segment
48 TV's "- & Greg"
50 Tax shelter
51 Wolsey's successor
52 Green house?
53 Pianist Glenn
54 Light beer
56 Monstrous
58 Worries
59 PR concern
60 Shuffleboard stick
62 Bovine bellow
63 Swarm (with)
66 Word with man or maiden
67 Middle of remark
74 New York county
75 Borscht ingredient
76 A Stooze
77 Slip up
78 Michael of "Dynasty"
80 Dietary need
82 Harvest tool
87 Sans emotion
88 Heaped
89 Entice
92 - price
93 Flagon filler
94 Actress Plummer
96 Wet blanket
97 Highlight hair
98 Rock's - Zeppelin
99 Bailiwick
100 Make a mistake
102 Ewe said it!
103 Summer top
105 Actress Leoni
106 It may be split
108 End of remark
118 Golden girl



- 119 Bustle
120 Glum drop?
121 Taj town
122 Shrink back
123 Mighty mite
124 Concerned with
125 Indigent
126 Put on a pedestal
127 Skirt shaper
128 Playwright O'Casey
129 Humorist Bombeck

DOWN

- 1 Take off a toque
2 Fitzgerald or Grasso
3 Landed
4 Woodworking tool
5 Force
6 Charity
7 Actor Wallace
8 Entertainer Falana
9 Archaeological activity
10 "He's making - - -"
11 Muslim pilgrimage
12 Place
13 "Ma - Amie" ('70 tune)
14 Fess up
15 Cranny's companion
16 "Rule Britannia" composer
17 Youngster
21 Comprehend
27 Raison d'
28 Pull sharply
29 Damocles' dangler

- 33 Writer Charles
34 Bouquet
35 Neighbor of Bolivia
37 Pie - mode
38 Uproar
39 Calligraphy supply
40 Move to and fro
41 WWII admiral
42 Barber of Seville
43 Beaver State
44 Rear
46 Permit
48 Female goat
49 Campbell of UB40
52 Caption
53 Cared for a Clydesdale
55 In the thick of
57 Expert
58 Eddie of vaudeville
61 Nationality suffix
62 "Waltzing -" (1903 song)
64 Pupil's place
65 Dotty inventor?
67 Servile
68 Prophet
69 Neatened (up)
70 Sock part
71 Characterize
72 Negative correlative
73 Psychic Geller
79 Rug type
81 Arthur of "Maude"
83 Mongrel
84 Handle

- 85 Kudrow of "Friends"
86 James or Jones
88 Cozy coat
89 "Hulk" Ferrigno
90 Decorative vase
91 Chianti color
95 Comic Howie
96 Dull
97 Set loose
100 Suit
101 Screenwriter Nora
103 High-toned guy?
104 Actress MacDowell
105 Henry VIII's house
107 Dumbstruck
108 "Citizen Kane" prop
109 Somewhat, to Solti
110 For men only
111 Lorre role
112 Patriot James
113 Hawaii's state bird
114 "Cheerio!"
115 Perpetual lab assistant
116 Starting at
117 Binky's "- Road"
118 It may be strapless

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Men's Health Minute

No. 10: Male Sterilization - Vasectomy

by Barbara Brennan ND, FNP

There are few contraceptive options for men, and the responsibility of contraception has traditionally been carried by women. For couples wanting permanent contraception or for men who are certain that they do not want to father children, vasectomy, a form of sterilization, is an option. It is cheaper and safer than a tubal ligation (female sterilization) and more effective than most other forms of contraception.

Vasectomy is a relatively uncomplicated surgery. A review of anatomy and physiology of the male reproductive system can help to understand the procedure. (See <http://www.webmd.com/hw-popup/Male-reproductive-system> for an illustration.) Sperm are produced in the testes, located in the scrotum. Semen (a whitish fluid) is produced in the prostate gland which is located below the bladder and surrounds the urethra (see MHM #6 for a discussion of the prostate gland). During orgasm the prostate gland secretes (emits) semen and the testicles secrete sperm. The sperm are carried from each testis through a tube called the vas deferens to the prostate gland where it mixes with the semen and is then secreted into the urethra (the tube through which urine leaves the body) and from there the semen and sperm are ejaculated from the penis. If orgasm occurs during intercourse, the semen carries sperm into the vagina. If sperm and egg meet, pregnancy can occur.

The word vasectomy means, literally, cutting of the vas: each vas deferens is severed just above the testicle preventing sperm from being released.

Vasectomy does not prevent the production of sperm nor reduce the emission of semen during orgasm. The prostate gland continues to produce semen. The sperm which are produced after a vasectomy are reabsorbed by the body and semen will continue to be emitted during ejaculation.

The vasectomy involves making a small incision in the scrotum and severing each vas deferens with a scalpel. The severed ends are then tied, clamped, or cauterized (destroyed with an electrical current), blocking the tubes so that sperm cannot leave the testes. The procedure takes about 30 minutes and most activities can be resumed in one or two days. This procedure is about 99% effective and very few serious side effects are reported. Vasectomies can be done in a doctor's office by a family physician or urologist.

This procedure is reserved for those who are sure they do not want to father children (or more children) and is not intended as a temporary form of contraception. A full and thoughtful period of consideration should precede any decision to have a vasectomy. Ultimately, some men regret having had a vasectomy and wish to have it reversed. This is possible in many cases but is a much more expensive and complicated surgery. See www.webmd.com for more information on vasectomy.

Contact brennabp@jmu.edu with questions or suggestions. The Men's Health Minute can also be seen on the UHC website.

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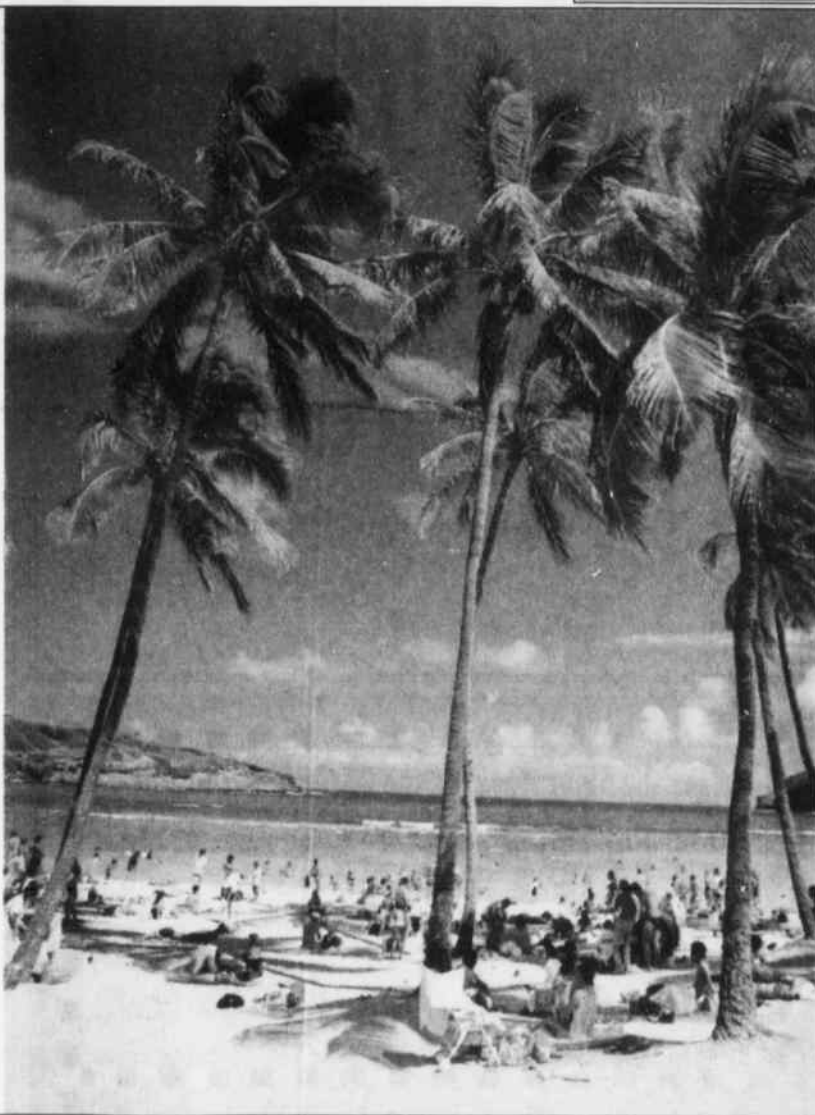
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Reserved Jones continues to evolve, grow artistically

Jones learns it's 'Not Too Late' to impress fans, critics with latest album

BY ANN POWERS
Los Angeles Times

HOLLYWOOD — At her piano, Norah Jones is at ease. Confronting the utterly casual atmosphere of Amoeba Music on Sunset Boulevard, where fans wedged into the aisles the Friday night before the Grammys to witness an in-store performance from Jones and her Handsome Band, the world's ruling female pop singer moved between the ivories, a Wurliitzer keyboard, and, on one song, an acoustic guitar. Rarely looking up, she sang as if her voice was surfacing within those instruments.

Her allure emanated from the introspection of her style — the sense that what mattered here was happening in the space between Jones' hands, feeling out an instrument, and her voice, reaching to connect with what it said to her. The songs weren't complicated — by now it's become lazy thinking to call what Jones does "background music" — but they drew listeners in, the way a soft command can gain attention more effectively than a shout.

This is the grace of Norah Jones, the first of a new generation of stars to succeed amid pop's current flash and crassness by putting music first. Her incredible rise since her 2002 Blue Note Records debut, *Come Away With Me*, has made Jones the central figure in a quiet movement sometimes cruelly dubbed "the new easy listening" (or, in branded shorthand, "Starbucks music") but more accurately described as pop's latest translation of sophisticated ideas into common vernacular. Jones, as humble a personality as fame allows, has blazed the path for young artists, many of them female singers, who uphold and update the legacy of crossover pop.

But she didn't always own this shy charisma. "I grew up imitating my favorite singers," Jones, who spent her youth in Dallas, recalled at her hotel the afternoon of her Amoeba date. "Not always hitting the notes right but just loving to sing along with Sarah Vaughan or Billie Holiday. Or Ann Wilson from Heart! But I also played piano, and I thought, 'Maybe I should get it together where I could sing and play at the same time.' Because it's not easy. It's two things at once." She patted her head and rubbed her stomach to signal the disconnect.

Jones worked through her problem in public. "I got this gig in college where I played and sang at a restaurant," she recalled. "For two years, twice a week, I just practiced for three hours. Nobody really listened; every once in a while people would clap. It was background music. It was supposed to be."

When she was discovered in New York a few years later, Jones was still playing jazz brunches and cocktail gigs. Years of fulfilling the lounge singer's command to set a mood without forcing anything on the listener led her to develop skills rarely valued in a pop star. When she became her own artist, she kept those skills intact.

"To these ears, her demos sounded like something people would buy," noted Craig Street, the producer who first brought her into the studio to record *Come Away With Me*. "When [Blue Note Records chief executive] Bruce Lundvall first

played them for me I told him that they sounded done. They had cool performances of cool songs and a personal stamp. She has an honest blend of all she's taken in, and it comes out in a way that folks love."

Jones gets prickly when asked about her reputation as "the queen of brunch music," as Slate critic Jody Rosen put it.

"I get attacked for playing 'background music' and I think, 'Wow, that really insults not only me, but everyone who listens to my music,'" she said. "If you're listening, it's not background music." But Jones is just fine with people turning her records down low. She doesn't believe in forcing things.

"I don't really care how people listen, if they put it on in the background or on headphones, or if it makes 'em cry or laugh or fall asleep," she said. "Great music has helped me fall asleep! If it moves them in any way, that makes me feel good."

Perhaps this is why so many people deride Jones and so many more love her: She's just so accommodating. Though her persona suggests reserve, in person she's the opposite, talking a blue streak and reconsidering every opinion she offers from several angles. She's reticent on one point, though: describing her sound. The words Jones favors — subtle, quiet, simple, slow, nice

— are vaguely pleasant, contradicting the rebellious individualism that's defined artistic genius not only in the rock era but since the Romantics. They don't get at that something else that's made her a bona-fide phenomenon.

Even as she tries to define and defend the gentle art she's perfected, Jones also seems to be stepping away from it, cautiously. "Not Too Late" shows Jones thinking beyond the influence of the record producer and crossover-pop founding father Arif Mardin, who died last June; Lee

Alexander, Jones' longtime companion and the bassist in her band, helmed the boards. Jones wrote or co-wrote all of the album's tracks. She and Alexander were going for a less refined feel, she said, but found it, paradoxically, by giving in to the singer's natural velvet.

"The kind of music I really love, like Aretha Franklin and Ray Charles, they brought the grit," she said. "But I just have a smooth voice. I've tried everything to sound like Ray Charles, but I just don't." Once Jones accepted this about herself, she said, she and Alexander had to find a way to uncover her version of grit. "I want to mess everything up a little bit. I want it to sound more homemade."

Jones has also given herself permission to play outside the realm of her superstar day job. Though she'll tour with the Handsome Band for the rest of this year to promote *Not Too Late*, she's keeping several side projects simmering. She has an electric trio with her regular backing vocalist Daru Oda and drummer Andrew Berger, explored her Texas roots in the urban-cowboy band The Little Willies, and guested with hip-hop tricksters OutKast and experimental metal king Mike Patton.

Most intriguingly, she'll star in her first feature film — the English-language debut of the great Hong Kong director Wong Kar-Wai, whenever the notoriously slow auteur gets around to finishing it.

She's kept these other Norahs out of her main gig; like the respectful entertainer of that college restaurant job, she's kept up her boundaries. But the gate is cracked open now.

"I would love to branch out," she said. "I might not like it, but it would be good to try."



photo courtesy of WALLY SKALLI/Los Angeles Times

Norah Jones used to be afraid to perform in public. However, since her 2002 debut, *Come Away With Me*, Jones has grown as an artist and surpasses her brand, "background music."

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Answers: 1) travel over seas 2) Shut up and Sit down
3) Robin Hood 4) Ready for Anything 5) Safety in
Numbers 6) Spring Break 7) Trip around the world
(8) Caught in the act

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James Madison

Fun Facts



- James Madison was born **March 16, 1751**, at **Port Conway, Va.**
- Madison attended **Princeton University** (then called the College of New Jersey).
- James Madison is the **Father of the U.S. Constitution** and **he wrote the Bill of Rights**.
- James Madison was the **fourth president** of the United States and his term lasted from **March 4, 1809 to March 3, 1817**.
- James Madison was the first president to come **under enemy fire** while in office (Battle of Bladensburg).
- James Madison's presidential salary was only **\$25,000 a year**.
- James Madison was the **shortest president** at an estimated height of **5 feet-4 inches** and weighed less than **100 pounds**. Maybe that's why they called him Jemmy.
- James was a fashion trendsetter. He was the **first U.S. President** to wear **long trousers** instead of knee breeches.
- Madison died **June 28, 1836**. He was the last living Founding Father.
- One of the **Library of Congress buildings** is named for James Madison.
- James Madison **never left the United States** during his lifetime.

MARCH 2007

Sunday 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
SPRING BREAK!						
11	12	13	14	15	16	17
	Back to Class	11 a.m. David S. Robarge "Secret Revolution: Intelligence and the American War for Independence" Taylor 404	<i>James Madison Day</i> 10:30 a.m. Free Cake at the James Madison statue 2:30 p.m. Main Ceremony Wilson Hall 5 p.m. James Madison Debate*		11 a.m. to 4 p.m. JMU Mubilee Festival Godwin Field	

*Free T-shirts will be given to the first 50 students through the door at the James Madison Debate!

COME EAT CAKE!

Join Dr. Mark Warner and SGA president Brandon Eickel at the Madison statue at 10:30 a.m. for the Madison Day wreath laying ceremony and **FREE BIRTHDAY CAKE!**



JEFFERSON AND MADISON

John T. Casteen III, President of the University of Virginia and former Virginia Secretary of Education delivers the Madison Lecture during the James Madison Day program at 2:30 p.m. in Wilson Auditorium.

James Madison Day

Wednesday, March 14, 2007

COOL LECTURES FOR SMART PEOPLE



David S. Robarge, Historian, Central Intelligence Agency will present the lecture *Secret*

Revolution: Intelligence and the American War for Independence. This lecture takes place the day before James Madison Day on March 13 at 11 a.m., Taylor 404.



THE MADISON CUP!

The James Madison Commemorative Debate and Citizen forum wraps up with the final round at 5 p.m. in Wilson Auditorium. Debate teams from schools including Brown, Cornell, Wake Forest, UVA, Princeton and JMU will all try to take home the coveted Madison Cup! They'll debate this sizzling resolution: *Resolved: That our nation needs Affirmative Action now more than ever.*

BANG!

A Cannon will fire on the Quad at 2:30 p.m. to signify the start of the official centennial year celebration at JMU.

Visit www.jmu.edu/birthday/ for all your James Madison Day details.

