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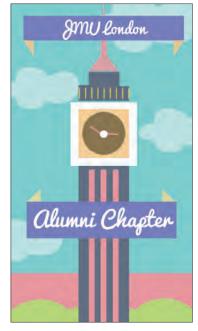
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London calling

JMU creates alumni chapter abroad to establish connections



BLAIR ROSEN / THE BREEZE

By STEVE WILDEMANN *The Breeze*

JMU has established its first international alumni chapter in the city where its study abroad program was born.

The JMU Alumni Association, in conjunction with the Office of International Programs, has created an alumni chapter in London. The London program was JMU's first semester-long study abroad program in 1979, and will celebrate its 35th anniversary next year during 2014-15. The new chapter will also be JMU's first alumni chapter established outside the United States Currently there are 60 JMU alumni who are living in or around London. The unofficial kickoff of the London chapter took place this past summer when President Jon Alger visited as part of his summer tour of JMU semester study abroad destinations. While in London, Alger and Vice President of University Advancement Nick Langridge hosted a dinner for alumni along with members of the London study abroad program faculty including Lee Sternberger, executive director of international programs at JMU. "Starting an alumni chapter in London has been something that the advancement staff and I have been talking about for years," Sternberger said. "Having all these people together at this dinner was really the motivating factor and made us realize that we needed to have an active alumni chapter in London." The alumni chapter organizes events where alumni and students can get together, gain connections and enjoy JMU tradition. This past October, the London alumni got together with JMU students who were studying abroad to watch the JMU vs. College of William & Mary football game at Famous 3 Kings, one of London's best-known sports pubs.

SGA changes voting methods

Representatives hope iPads and ads will increase votes in major elections

By BIANCA MOORMAN contributing writer

The Student Government Association major elections will be held next month, and there are many changes planned this year.

Members of SGA have started visiting classrooms weekly to spread the word about voting.

According to Rachel Fisher, executive treasurer and junior writing, rhetoric and technical communication major, two committees have been created this semester — one for outreach and promotion, and the other for advertising. The promotion committee will help in promoting what needs to be addressed to the student body. Fisher said that the advertising committee will help create ads for SGA, which the organization hopes will help increase voting numbers. Student body president and senior history and political science double major Jake Jedlicka also said that SGA members are in the process of creating electronic ads.

SGA is also planning days on the commons where it will be sponsoring and having elections. There will be days when students will be able to vote for a candidate using iPads. Free food will also be available. "The iPads will be taking the voting to the people," Jedlicka said.

SGA wants to take this approach because a lot of students are not using the Be Involved website where voting normally takes place, according to Jedlicka. Since a lot of students are not registering on the website, a lot of students do not vote. SGA hopes that the new election process will attract more students to be involved in the election process so issues that affect students will be addressed.

In a previous interview with The Breeze,

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HOLLY WARFIELD / THE BREEZE

The artWorks Gallery opens a new undergraduate exhibit that tackles social issues. Page 9

On thin ice

Ice hockey player turns frozen ISAT retention pond into his own Winter Classic

By ANDY LOHMAN The Breeze

Two days before the Los Angeles Kings and Anaheim Ducks played the first outdoor NHL game ever in the state of California, sophomore computer information systems major Joe Cochran and his friends were creating some buzz of their own. Last Thursday Cochran and company went to the retention pond near the Skyline dorms and played on the ice there, à la NHL Winter Classic.

"I always play pond hockey up in NOVA [Northern Virginia], where I'm from. Me and my friends were doing that before we came down [to JMU] after break," Cochran, a native of Herndon, said. "When we came down here, we were just like 'Hey, let's find a pond to play pond hockey on at JMU.""

The group of friends didn't have to look any farther than campus to find a makeshift rink.

"At first we were like 'Newman Lake?' but that wouldn't be a good idea — with the fountain it doesn't freeze over too well," Cochran said. "But then we were like, 'Well, what about the East Campus retention ponds?' They're smaller, they freeze quicker and they're the perfect size for pond hockey."

Cochran and his friend, freshman accounting major Kevin Nguyen, checked the weather report and gave the pond ample time to freeze over. By 7:30 a.m. on Thursday, it was time to play.

"It was just me and Kevin at first skating around, passing the puck, but he had to go to class. So for a while it was just me [playing] around on the ice," Cochran, who has played hockey since he was 7, said. "People were walking by and acting like they had never seen anything like it before. To me it was normal because we do it all the time, but I guess it wasn't for other people."

With limited resources for hockey playing in the valley, those passionate for the game must find unique ways to play.

see HOCKEY, page 12



LAUREN GORDON/ THE BREEZE

Sophomore Joe Cochran has been playing pond hockey since he was 7. He was caught playing on the ice by the JMU Police and faces possible action by Judicial Affairs.



ASST. ADS MANAGER Will Bungarden

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Kerry K. Stolz | via Facebook

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- Thursday, January 30, 2014

3

BRIEF

VIRGINIA

U of R allows free tuition for families making under \$60,000

The University of Richmond is implementing a new program in the fall of 2014.

According to the Richmond Times-Dispatch, Virginia residents living in households with an annual income of \$60,000 or less will qualify for free tuition (including room and board without loans) at the university.

The school hopes to open its doors to more talented students who may have not had the opportunity to attend a university before.

GWNF considers allowing companies to frack in forest

The Richmond Times-Dispatch reported that the George Washington National Forest in Virginia is reconsidering allowing high-volume hydraulic fracking.

The water in the forest services more than 4 million people and the surrounding forest is home to several families who could be displaced because of fracking.

While the companies involved claim they will take all necessary precautions, there is still chance for error that could jeopardize all those in the surrounding area who use the forest's resources on a daily basis.

Shenandoah Valleys suffers propane shortage

The local area is feeling the effects of a national propane shortage, according to the Daily News-Record.

A late corn harvest caused Midwestern farmers to use a significant amount of the propane supply to dry their crops. Recent surges of cold weather have also increased demand.

Local suppliers said that they should be able to keep up with the demand, but are worried that people will panic and buy more than they need.

The need for propane has raised propane and gas prices. As of Jan. 20, the average cost for one gallon of propane in the U.S. was \$2.96, a 10 cent increase from the week before, and 68 cent increase from the same tme last year, according to the U.S. Energy Information Administration.

Study abroad puts JMU on the Map

Program ranked No. 2 on a national level for participation

The SIS offers students a unique educational experience that effectively combines academic work with extensive exploration of the city and Spain.

The London program offers courses in a wide range of subjects including: art history, communications, history, English and media arts and design.

JMU's Semester in Florence is designed for students who want to immerse themselves in courses such as art history, English, and Italian.

The Beijing Program spans from May to early August and features a Chinese business studies minor program/Asian studies minor.

Students in the Atwerp program study principles of business in a European context, and earn a concentration in European business, while living in one of Europe's most historical and progressive cities.

BLAIR ROSEN / THE BREEZE

By KELSEY BECKETT The Breeze

While some students were stuck in classes at JMU, others were skydiving in a different country.

"Luckily we had a perfect day for skydiving, and it ended up being one of my favorite days out of the 96 days I was abroad," said Jenna Ward, a junior marketing major. "The rush and excitement that I felt jumping out a plane is completely unlike anything else I've ever experienced."

Ward studied abroad in Antwerp, Belgium and completed her COB 300 class there.

All of this was made possible by JMU's study abroad program.

The Institute of International Education's 2013 Open Doors Report nationally ranked JMU No. 2 among all study abroad programs of similar schools for the total number of students sent abroad. The program was also ranked highly for participation in short-term programs.

The Institute of International Education s an independent nonprofit organization whose main focus is international education and training.

in education.

Lauren Franson, assistant director of the Office of International Programs at JMU, believes that what separates JMU's study abroad program from other universities' is the role the faculty plays.

"I got to see the new Pope being elected. I was so close to St. Peter's Square, it was so cool being part of such a Roman tradition."

Janelle Cheselka junior psychology major

"JMU has a strong faculty-led component with their study abroad," Franson said. "We also have a commitment to being in many different regions in the world. We're right now on at least five different continents with our programs. Corey Swanson, a senior biology major, studied abroad in Madagascar and thought it was a great experience.

Swanson also believes that students learn a lot from studying abroad.

'You learn probably 10 to 15 times more [compared to being in a classroom] just from the environment," Swanson said.

Janelle Cheselka, a senior psychology major, traveled to Rome said studying abroad was one of the best things she has ever done.

"I got to see the new Pope being elected," Cheselka said. "I was so close to St. Peter's Square, it was so cool being part of such a Roman tradition."

She recommends the experience to put the world in perspective and as a way to meet new people.

"It's a very humbling experience because you see how big the world is and you see how small of a part America has," Cheselka said. "You get to meet such different people."

The cost to study abroad varies by program type, length of studying through JMU and location.

Franson says that students should care about studying abroad because of the current trend of globalization.

JMU's study abroad program has been around for 35 years, and it sends approximately 1,100 students abroad each year to all over the world, including South Africa, China and Italy.

JMU has recently partnered with the University of Salamanca, Spain's oldest university, to offer a new dual master's program

"It was a very short period of time where there was a lot packed in," Swanson said. "We had to follow lemurs around in the jungle and track their ranges, so the thing I remember the most is probably laying down in the rainforest and looking up at four or five lemurs."

"In the classroom, through business, via the media and beyond, globalization is happening in all sectors," Franson said. "Students need to be prepared for this. Interacting with people from other countries and experiencing different cultures equips them to be future leaders."

CONTACT Kelsey Becket at becketka@dukes.jmu.edu.

A community classroom

Psychology professor Judy West gives students an opportunity to see Harrisonburg in a different light

By SAMANTHA ELLIS

contributing writer

Every Thursday, The Breeze will be running a Q&A with one of JMU's professors. This week we're featuring psychology professor, Judy West. West formerly served as a counselor and will be retiring in the fall.

What have you enjoyed most about being a professor?

Seeing students take an interest in the topic and getting excited with them. Having them come up and tell you they enjoyed my class. Hearing one of my students told their friends about my class. I hold these comments close to my heart.

Before becoming a professor you were a licensed professional counselor. Does that affect the way you teach?

It made me aware of the fact that everyone comes into the classroom with a story, most of which I'll probably never know. Being an LPC taught me that I should never just assume. It motivates me to treat all my students with respect and fairness. They could be going through a host of things outside of class, but in my classroom they'll be treated as equals.

What do you want students to take away from your class?

Things that they'll need to know for their own lives. I remember being your age and thinking I wouldn't ever need to know any of the stuff about parenting. How babies develop, the fact that children need to be interacted with. Psychology shows us how we learn, how we remember, how we come to understand language. To me, that knowledge is very important.

Every fall semester, you do a community service project with your class. What motivates you to do that?

Rarely are young people given the chance to think of others, and when it is presented to them they usually jump at the opportunity. Last semester we raised more than ever for the Spotswood Elementary School library. My son remembered buying things for children at the holiday season, and the joy that it brought him. I think most students welcome the opportunity to feel good, and research shows that giving back achieves that.

What is your preferred style of teaching?

Visual. I like to have as many pictures and videos as possible to help students understand. I have such a low boredom threshold. As much as I hope to engage my students, I amuse myself when making these presentations. And I always like to go back and change even the most minor detail, though it is often only noticeable to me. I like to play with colors, and think that a conceptual subject like psychology is made so much easier when you have tangible demonstrations.

You're retiring at the end of the semester. Will you still go back and change the PowerPoints?

No, a lot of people have asked to use them, but they've become slowly mine. I will continue to make them as perfect as I can regardless.

What is your most inspiring moment as a professor?

Years ago, a student who transferred from JMU to another university. She called the school to get my address and send a thank you note. All you can do in this life is leave good memories, and it is wonderful to know that I've done that for someone.

CONTACT Samantha Ellis at ellissl@dukes.jmu.edu.



MEGAN TRINDELL / THE BREEZE

Judy West, a former JMU student herself, enjoys being a visual teacher. She requires students to complete a service project for her class and encourages them to be involved in the community.

4 Thursday, January 30, 2014

VOTE | Elections are next month



MARK OWEN / THE BREEZE

SGA executive officers Rachel Fisher (left) and Vanessa Burshnic (right) are helping lead the organization in getting the student body more informed about the upcoming major and minor

from front

Ryan Windels, a sophomore accounting major and former election commissioner for SGA, said there were about 1,300 votes cast last year. This was a drop from the previous year, when about 2,000 votes were cast.

The election process happens in two stages, major and minor elections. Major election positions include the student body president, vice president, executive secretary and student representative to the Board of Visitors. The major election process is what the student body votes on. For the major elections, the applicants have to fill out a packet and get 200 student signatures. Minor elections fill representatives for each academic department and the freshman, sophomore, junior and senior classes.

Windels explained that only students in a certain academic department are allowed to vote for their department's representative.

Jedlicka said that SGA would also like to have major elections before spring break because the students are more focused.

Candidates for major elections aren't allowed to begin campaigning until Feb. 16. Voting will take place Feb. 26 and 27.

CONTACT Bianca Moorman at moormabr@ dukes.jmu.edu.

LONDON | Presence of chapter benefits students studying abroad

from front

According to José Gonzalez, a 2003 graduate, both events were received very well by alumni and JMU students. Gonzalez lives in London and is helping organize this new chapter. In a JMU press release, Gonzalez stated that the alumni have managed to keep a large group of members actively involved. Gonzalez also stated that they are always welcoming and trying to get as many people involved as possible, including alumni members living in other parts of the United Kingdom.

International alumni outreach has been made a priority by the Alumni Association.

"It's nice for people who are so far away from home and JMU to be able to get together and share their experiences with one another," said Ashley Privott, executive director of the Alumni Association.

Privott believes it is important to have connections with international alumni because it helps expand JMU's network.

The presence of the London chapter also benefits the students involved in the London study abroad program.

"The presence of the new alumni chapter really enriches the experience of those who are studying abroad in London," Privott said. "It is comforting for those students who are living abroad in London to know that there is a network of JMU alumni there that can help them become acclimated to life in London. I think any time you put alumni together with students it's helpful for students to envision what their futures

"It's nice for people

who are so far away from home and JMU to be able to get together and share their experiences with one another."

Ashley Privott executive director of the Alumni Association

Sternberger has been talking with alumni in London about the possibility of meeting with study abroad students for job shadowing and informal mentoring. She believes that over time the interaction between the alumni and study abroad students will increase.

Sternberger has also been working together with the advancement staff to develop a strategy to improve international advancement. Sternberger also said the program hopes to host a "Relive Your London Days" event with the programs founding program director, Ralph Alan Cohern, in the future.

"The London alumni chapter is just one piece of this strategy," Sternberger said. "We are also interacting with other alumni who currently live abroad, international student alumni who may have returned home after obtaining their degree at JMU and of course all of our alumni who participated in the study abroad program. We hope to have events with them here at JMU like the 35th [London] anniversary to keep them involved with JMU."

Privott would like to remind students that even if you move somewhere new or far away after graduation, there are always ways to keep connected with JMU, and the establishment of the alumni chapter is a perfect example of this.

"There are chapters like this everywhere," Privott said. "All you have to do is check the alumni website to see where the chapter nearest you is and what programs they are hosting. There is something out there for all our alumni no matter how far you go."

CONTACT Steve Wildemann at wildemse@ dukes.jmu.edu.

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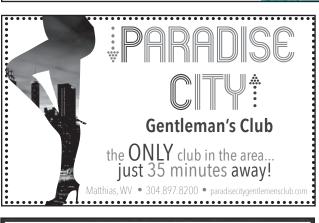


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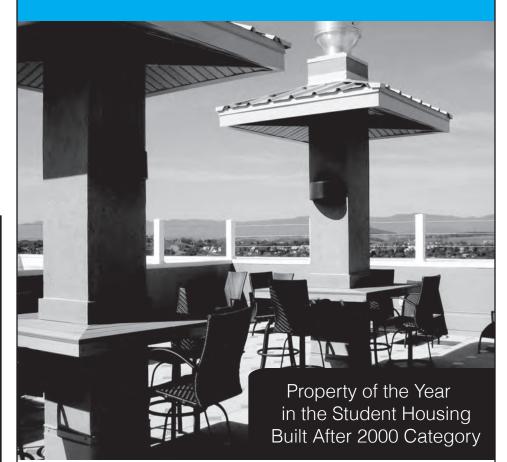
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KEVAN HULLIGAN | contributing columnist

Ukrainians aren't the only ones who should be protesting

In the midst of a large battle between the country's government and citizens, Americans should take action

Taking a cursory glance at American news outlets will leave you overwhelmed with news about the recent arrest of Justin Bieber, the Super Bowl and the Chris Christie scandal. Hardly pressing news stories, I know. However, in Eastern Europe a fight against tyranny, corruption and brutality is underway. Hundreds of thousands of Ukrainians are joining together in the streets of Kiev to protest the increasing despotic actions of the government lead by President Viktor Yanukovych.

First, some background information. While originally about the reluctance of the government in regards to joining the European Union and seemingly joining with Russia, the tone of the protests radically changed after Nov. 30. That was when members of the Berkut, a division of the Ukrainian police force, attacked protesters and civilians with batons and gas. Many were injured and no action has yet been taken to punish these officers for their blatant acts of brutality and unwarranted violence against peaceful protesters. Most recently, the government passed a series of anti-free speech laws that allows for people to be arrested for speaking badly about government officials on social media, driving in a group of more than five cars and attending a protest while wearing a mask or other face-covering apparel.

Protesters have been attacked, beaten and even killed under mysterious circumstances — some have been found with bullet holes and multiple stab wounds.

To say this is a travesty and an outrage would be the understatement of the year. The elected government of Ukraine has stopped representing the will of the people and started pursuing its own agenda no matter what the cost may be.

When revolts and riots took place in countries like Egypt, Libya and Syria, other countries around the world convened, but there hasn't been any such reaction for the events that are unfolding in the Ukraine.

Solidarity among people is vital to raise awareness of the crimes against freedom and civil society taking place in such a developed country. While Secretary of State John Kerry denounced the laws passed against protesters, further action is not only necessary but direly needed. To keep ignoring the revolt would allow even more peaceful Ukrainian protesters to fall under the tyrannical lunacy.

That is why I believe that making progress on this issue is up to us, the everyday citizens.

Contact your government representatives and demand that action be taken against the Yanukovych government. We cannot be silent about this. With the power of the Internet and social media, we can let our voices be heard across countries and oceans. We can harness this power for the benefit of humankind and in defense of these basic human rights. If we don't stand up for the people of Ukraine, we leave the door open for other countries to act with impunity regarding free speech and the right to assemble peacefully. As Martin Luther King, Jr. once said "Injustice anywhere is a threat to justice everywhere."

Kevan Hulligan is a junior political science major. Contact Kevan at hulligkx@dukes.jmu.edu.



KAT MCDEARIS / THE BREEZE

in plain English Thanks, Obama

JMU is, by and large, a liberal school. I don't think a lot of people would deny that. In fact, I'm sure that most students and professors don't have a problem with this. For me, however, it has caused a lot of discomfort.

JESSICA WILLIAMS

I came to JMU with an indifferent opinion about politics and, like any good college should, my classes challenged me to choose a side. However, when I did start choosing sides I found that I didn't always agree with my peers or professors, and that's when I realized how biased this school can be.

Before I'm accused of making a sweeping generalization, I'd like to point out that many of my professors have been careful about keeping their classrooms impartial. In fact, I didn't run into this problem until I started taking upper-level courses where professors are allowed to choose their own topics.

While they may attempt to remain neutral, it's pretty obvious what their opinions are and students often attempt to impress them with the fact that they share the same view. At times, I've felt like part of a captive audience being spoonfed one side of the story with only a passing mention of the other. But isn't that a good thing? Shouldn't that encourage me to become an expert in both sides of the argument so I can argue effectively in class? Well, not necessarily. I've been in situations in which the room has morphed into a mini-democratic (and, sometimes, aggressively feminist) convention. I've seen other students get shot down for disagreeing and I've dragged them to safety, where they whispered in their last breath, "Thanks, Obama." It can be difficult to disagree when you're afraid of getting speared by your neighbor or crossing the line to the professor's bad side. But what can be done about that? Professors can't help what they believe and students can't either. It was, after all, my choice to enroll in a school that is mostly liberal. I will, however, suggest this. In times when the classroom gets political, respect each other's opinions and pay attention to biases. Professors should be careful too. They may not realize it, but their opinions are often more obvious than they think, and it can create an uncomfortable atmosphere. As for my resolution, I've vowed to speak up more. Part of the reason classrooms become biased is because no one is arguing for the other side. I want to be able to debate effectively both here and in the working world, but to do that I need the same encouragement as everyone else.

A large number of Ukrainian citizens have been protesting and rioting in the streets as a reaction to government decisions made by their president, Viktor Yanukovych.



Darts & Pats are anonymously submitted and printed on a space-available basis. Ins creatively depict a given situation, person or event and do not necessarily reflect the truth. Submissions creatively depict a c Submit Darts & Pats at breezejmu.org

An "Ebert-would-be-proud!" pat to Travis Barbour for his witty and scathing review of "I, Frankenstein."

From a former Life editor who thought it was very well written and applauded your zero star rating.

A "you-knew-it-was-goingto-be-canceled" dart to all the employees and students who are complaining about going in and then immediately leaving campus.

From someone who got up, looked outside, emailed her supervisor and then went back to bed.

An "I-have-the-coolest-fellowemployees" pat to all of the folks in the Adventure Program at University Recreation.

From a co-worker who wouldn't know what to do with herself without all of you in her life.

A "thank-you-for-all-you-

do" pat to the JMU Information Technology department.

From a Duke who understands that Blackboard, Canvas and MyMadison didn't just happen overnight.

An "awesome-opinion-piece" pat to Hayley Thompson. "Driving a wedge between facts and ethics" is one of the better opinion articles to come from The Breeze in some time.

From someone who believes that she kept the whole situation in perspective and gives a mature response to a divisive issue.

A "thanks-for-the-tip" pat to the guy who showed me that there is a pathway through the crazy construction on West Grace Street. From a fellow Duke who is glad that you responded when you saw me dejected and confused.

An "it's-not-rocket-science" dart to The Breeze Editorial Board article complaining about Canvas. From a non-tech savvy Duke who

thought the transition was easy.

A "Mr.-Fix-It" pat to whoever fixed the space counter on the Grace Street parking deck.

From someone who was "livin' on a prayer" that there'd be an open spot for a few days.

A "check-your-facts" dart to the student who complained about the JMU Computing HelpDesk's password change policy.

From someone who thinks you should know that the students there don't make the rules for IT, and we don't adore the every-90-days change either.

A "thank-you" pat to the Quad cats for braving the cold and still roaming around, making appearances and greeting students.

From a student who loves seeing you and knows you could very well just curl up on a hot vent or in your shelter.

LIFE EDITOR . LIFF FDITOR

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SPORTS EDITOR

Jessica Williams is a senior writing, rhetoric and technical communication and English double major. Contact Jessica at willi3jd@dukes.jmu.edu.

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- JAMES MADISON, 1800

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KRISTEN BAKER contributing columnist

Net neutrality should be supported

A new court ruling may raise prices and create larger monopolies

When the Internet was first developed in the 1960s, it wasn't formed around a central office but rather a central idea: free will. During this time, Haight-Ashbury was swarming with liberal, anti-authority individuals; the Internet flourished to empower these people with a voice to share and access ideas, unauthorized and uncensored.

In the late 1980s, Tim Berners-Lee took the power of the Internet even further by developing the World Wide Web. Through the creation of a common language, known as Hypertext, Markup Language or HTML, in combination with personal, cheap computers, people from around the world were able to unite in a massive informationexchanging community. The Web shattered the hierarchies of information sharing, giving the power to the masses, and forever changing the structure of authority from vertical to horizontal, granting all users equal access. However, as the Internet continues to expand and grow, the concept of equality is fading into the background.

In the early 2000s, the issue of Net Neutrality came to the forefront in the United States. According to The New York Times, "Net Neutrality is a concept that says the Internet should be free and open; users should have unfettered access to any service or application on the Internet, and the company operating the pipes that connect a user to the Internet cannot discriminate against or block any content, just as a phone company has to transmit a call that one phone user makes to another."

The goal of net neutrality is to keep the Internet an equal sharing platform, using it as it was originally intended. However, two weeks ago on Jan. 14, a federal appeals court rejected the Federal Communications Commission (FCC) rules that required Internet service providers to treat all traffic equally. It also rejected an FCC rule that would bar providers from blocking Internet traffic outright. However, according to the Benton Foundation, it did preserve the FCC's current power to require Internet service providers to disclose their activities, which reveals how they manage traffic.

So how does this decision affect us? Under current law, it means that certain Internet content providers can push their content to the top by receiving faster delivery time for a price. According to The New York Times, Verizon played a large role in the recent court decision; they argued that they offering creators of Internet content the

ability to pay to move their content through the pipes and to consumers more quickly. The FCC said that this could result in easy access to consumers by only the richest of companies and therefore, creating a huge problem.

When they first started up, Google and Facebook didn't exist the way they do now. They weren't well known or used by millions each and every day. They started small, harnessing the needs and wants of their audiences; thus, building a service we rely on daily. However, if Internet service providers accept payments to access certain sites in different ways, this could block the next small start-up company from becoming what could be an extraordinary and revolutionary web service. Allowing certain Internet content providers the ability to pay and receive better and faster connections re-establishes the information hierarchy that the Internet was created to shut down. In a way, it provides a way for Internet monopolies to thrive.

So how does this decision affect us? Under current law, it means that certain Internet content providers can push their content to the top by receiving faster delivery time for a price.

So what happens next? Unfortunately, the actions the FCC can take are limited. According to The New York Times, the FCC can either appeal the decision to the Supreme Court, try to rewrite its rules or it could overturn itself by reclassifying broadband as an information service to a telecommunication service and be subject to strict regulation.

The Internet was not created to foster commercialization; rather, it allowed commercialization to become a part of it. Companies shouldn't take advantage of this tool that granted their companies such immense growth. Just because the Internet made companies what they are, does not mean that they should be allowed to change what the Internet is

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MOLLY ROSSBERG | contributing columnist

Facebook 'friends' can be deleted

The number of peers on social media should be tailored down

I learned a few things over winter break. I realized that my 18-year-old sister is better at getting up at a reasonable time than I am and I realized it's actually fun to run into a billion people I went to high school with. We're all in the same working world

now - and it's not exclusive. And, most importantly, I figured out that I need to take control of my Facebook feed.

Let me explain. Since I graduated from JMU in 2011, no less than 50 of my Facebook acquaintances have gotten engaged. Many more have traveled to Europe, the Caribbean and all over the United States. They've found homes, friends and jobs in cities I would love to explore. They've gone overboard with baby albums, honeymoon pictures and wedding photos. My point in all of this is that I'm talking about my

Facebook acquaintances: that girl I had GHIST with sophomore year, the guy who is a friend of a friend of a friend, basically anyone I once knew but have no plans to stay in contact with.

Before you say something along the lines of, "Woah, that's harsh," take a moment and think about this. I had 1,200+ friends at the start of break, which is entirely too many. Now I have 984. That's still too much, but it's a good start to the Facebook cleansing process. I was comparing myself to (and getting jealous of) people I barely knew. Making such comparisons is unhealthy and pointless. Many authors, celebrities, doctors and scholars have agreed that comparison is the death of happiness. While looking to your peers for some perspective in life is healthy, constant comparison (which, hello, is the Facebook newsfeed) is not. It fuels our fear of missing out; so-and-so went to this party, that gathering, that event or has that job. It causes us to question everything from the current stage of our lives to how we handle ourselves on a daily basis.

But, after my massive unfriending and unfollowing spree, one question still remains: Do I compare myself to my friends? Of course! The difference is, when I see anyone I want to stay in touch with do something great, I'm happy for them. If they get a cool job, I congratulate them. If they have a baby, I can't wait to be

"Aunt" Molly. If they get married, there's a good chance I will be at their wedding. If they travel somewhere awesome, I want to hear all about it. I'm not jealous — I'm proud to know them and be their friend.

I'm talking about my Facebook acquaintances: that girl I had GHIST with sophomore year, the guy who is a friend of a friend of a friend basically anyone I once knew but have no plans to stay in contact with.

For example, I went to high school with Kyle Long who is currently a guard for the Chicago Bears. I haven't talked to him since our high school days, but when you're from a small town, there is an unspoken understanding that you try to stay connected with your peers, classmates and friends. In other words, none of us have forgotten where we came from. I remember Kyle as the goofy guy who sat behind me in 10th grade English who joked with me about my junior varsity softball team's terrible record (we were

really, really bad). He played varsity baseball, so I let it slide. I also had a higher grade in the class, which I never let him forget. I stayed Facebook friends with him not because he's well known, but because I care about the people I grew up with. I want to see them do well.

I'm not going to get married, have a baby, travel to Europe or become a professional athlete anytime soon, but I know that I am in the right place in my life. I know that, no matter where a Facebook friend falls on my spectrum of friends (from "person I went to high school with" to "best"), they are happy for the successes I've had. Am I too optimistic? Probably. But, if my newsfeed annoys someone, they can unfriend me. Whatever.

Remember, you are in control of your social media outlets. Someone posting a constant stream of "woe-is-me" statuses on Facebook? Unfollow them. Someone posting annoying, pointless rants on Twitter? Unfollow them. Someone blowing up your Instagram feed for no reason? Unfollow them. Make your social media platforms inviting - not stressful places to be. And don't forget to unplug once in a while.

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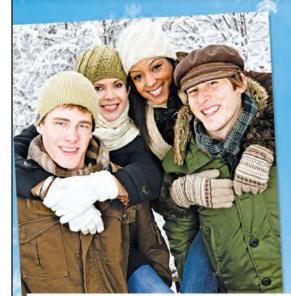
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More Grammys drama, page 10.

EDITORS Mary Kate White & Joanna Morelli EMAIL breezearts@gmail.com -

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PHOTOS BY HOLLY WARFIELD / THE BREEZE

Visitors to artWorks' latest gallery opening on Monday enjoy hors d'oeuvres while milling around the gallery. The current exhibit features 41 pieces, all constructed by students, including sculptures and paintings.

New exhibit at artWorks gallery inspires contemplation of the overlooked

By JOANNA MORELLI The Breeze

Disembodied fabric legs with a cloth banana attached reading "I Love You This Much" and a drawing of a ghost coming out of a cigarette box — just an average day at the artWorks Gallery.

The student-run art gallery features the work of undergraduate and graduate students and is located in a loft space on Grace Street. Monday marked the opening of new exhibits, displaying work by sophomore graphic design major Meredith Santo, junior art major Alex Foster, senior studio art major Matthew Cohen and freshman graphic design major Christian Arnder.

In order to get their collection into the gallery, artists must go through an application and interviewing process. Each semester, six to seven shows are scheduled for the gallery. About 23 students applied at the beginning of the semester, with all but a few being selected; artists are then grouped together to form the exhibits that are open to the public.

"This semester, all of the artists we've put into shows are themed. This one [gallery] questions society. There is a strong questioning in all of their work. I think it's a good theme for our campus to see; they're really pushing their boundaries," Ashley Roth, a freshman studio art major, said.

All of the artists took very different approaches to communicate controversial topics or subjects. The gallery's current collection will be open until Feb. 7.

The opening brought in a large audience, indicating a good turnout of future guests at the gallery and a promising future for art and artistic expression at JMU.

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Meredith Santo

In her work, Santo uses charcoals and red acrylics to portray impoverished children in less economically developed countries. With heavy shading and splashes of red that ominously resemble blood, Santo's works are not to be forgotten. "The theme of my pieces is the breaking of basic human rights and their effect on children, so I would describe my work as a social statement," Santo said. "Some of my pieces are pretty controversial and deal with issues that many people find unsettling, but I also see my pieces as a platform for people to learn about what's going on in the world today."



Alex Foster

Foster's work is striking and focuses on combating social norms. Her works range from self-portraits to a collection of giant tampons hanging from the wall, made from fabric and yarn. "I get inspiration from the process, I'll be making them, and then it will turn into something, such as the banana guy. The tampons I made on purpose because I don't like when people get grossed out by tampons," Foster said. The gallery's collections are intended to spark controversy and thought, and that's exactly what happened. "Every artist here is very different. I really like [Foster's] statement about noticing that you create the world you're living in and why do we not question things?" Lyndsey Tickle, a junior geographic science major, said. "We just accept them for what they are. I feel like her art statement made me think about her art more."





Arnder is influenced by the world around him when searching for inspiration for his art. His art in the gallery consists of a multitude of simplistic drawings that are both compelling and almost satirical, such as his personification of a cigarette box in a Grim Reaper-like form, entitled, "But He's My Friend."

"My work is minimalistic ... My favorite thing about being an artist is the fact that I'm doing something I love and getting to share it with people," Arnder said.





Matthew Cohen

Matthew Cohen uses a variety of media to make art. Cohen's work features a variety of different themes of art – from a sculpture of a bone mask to colorful paintings of dinosaur bones.

"My work is essentially my thoughts, belongings and experiences as I've grown up, all referenced and conceptualized into fictional pictorial narratives which I hope will invite and inspire the viewer," Cohen said. "I draw inspiration from music, action movies, old sega games, houseplants, dinosaurs, architecture and anything in between."





Students look at Matthew Cohen's paintings of the Coca-Cola and Pepsi logos with red and blue objects in front of them. Cohen's work is colorful and draws on his life experiences.



Pluto: Planet or Pretender? A forum to discuss Pluto's identity crisis, 7 p.m. in Wilson Hall Auditorium

An Evening with James McMurtry, 9 p.m. @ Clementine Cafe, tickets \$25 at the door

Salsa Night, 9 p.m. @ the Artful Dodger The Shack Band, 9:30 p.m. @ Clementine Cafe, \$7

DJ Neals Barkley, 10 p.m. @ Blue Nile, ages 21+

> Flashback Fridays with DJ V, 10 p.m. @ the Artful Dodger, ages 21*

Creepoid, Que Va and Sleep Talker, 7 p.m. @ the Artful Dodger, tickets \$4

Flux Capacitor and The Idiomatics, 9 p.m. @ Clementine Cafe, tickets \$6

Shadow Party with DJ U4IQ, 10 p.m. @ the Artful Dodger, cover \$5

DJ Fayo, 10 p.m. @ Blue Nile, ages 21+ **GROUNDHOG DAY!**



Inter Arma, Earthling, Repellers and Thrones of Deceit, 9 p.m. @ Blue Nile, tickets \$5

Something missing? Email us at breezearts@gmail.com.

commentary

Not 'feeling incredible'

Macklemore's acceptance of the Best New Artist Grammy kills Kendrick's vibe

By BREANNA GARRETT *The Breeze*

There's always drama at the Grammys. For the dynamic duo of Macklemore and Ryan Lewis, the 56th Annual Grammy Awards morphed from an extravagant fashion event into a slew of rap problems.

Hip-hop artist Macklemore, also known as Ben Haggerty, and his producer and sidekick Ryan Lewis were nominated for five categories and walked out with four wins. But the results for Best New Artist made rapper Kendrick Lamars' fans and supporters into one "m.A.A.d City." Lamar, nominated for seven awards, walked away with zero Grammys. But he wasn't the only one who was completely shocked.

Not too long after the ceremony ended, Macklemore sent a text message to his friend Kendrick that said, "You got robbed." He posted a screenshot of the text on his Instagram account. He claims that he wanted to say that in his speech but was rushed off stage by the music. Seems to me that Macklemore sent the text to attempt to save his friendship with Kendrick, but not to sympathize for Kendrick's disappointment.

Under Macklemore's screenshot he stated, "He deserved best rap album," referring to Kendrick. "I'm honored and completely blown away to win anything, much less 4 Grammys. But in that category, he should have won IMO." Macklemore simply praised Kendrick as a rapper and in a way only downplayed himself.

music scene

All that jazz

JMU's jazz combos share their musical gift with the community

By DOMINIQUE LATEGANO The Breeze

Every Tuesday, JMU's jazz combos perform at the Artful Dodger in downtown Harrisonburg. Free to all, the performances draw crowds of students and Harrisonburg locals alike. Onlookers can wine, dine, drink a cup of joe or do their homework while listening to live jazz ranging in style from contemporary to bebop and hard bop from the 1940s and '50s.

About 36 students in total participate in JMU's jazz combos. Auditions are open to anyone at JMU, regardless of their major or year. The auditions take place during a jam session on the first Tuesday of the fall semester at the Dodger. Once accepted as a part of the jazz combos, students perform four to five shows per semester.

"I just went to the jam session, got up there with a group and afterward I was invited to be in two combos," James Adelsberger, a freshman business management major with a minor in music industry, said. He currently plays drums in two jazz combos, attending four mandatory practices per week. But playing live music is only a small part of being in a jazz combo. Students experience every aspect of being a musician, including the business and management sides. They're in charge of booking their own shows and marketing themselves all while organizing their band as they would in the real world. However, the hard work pays off when it's time to perform. "The live performance was awesome, the band had a really nice sound. It was a lot more crowded than I expected but everyone seemed relaxed and friendly," Rachel Kay, a sophomore interior architecture major, said. "I will definitely be back again next week." Jazz guitarist Kirby Vitek, a sophomore media arts and design major, performed at the live show Kay attended. Vitek is part of a jazz combo with Adelsberger. Vitek enjoys the experience of playing live music and gaining the skills that can only be learned from playing in front of a live audience. The atmosphere at the Dodger is welcoming and there's no real pressure to put on a big show, but there's enough students and other people hanging out that it feels like an actual performance that people can enjoy



Not too long after expressing his thoughts to Kendrick, Macklemore bragged via Instagram about being Best New Artist. What a good friend right?

But I wonder how Ryan Lewis feels about all this? Lewis hasn't yet expressed any sort of feelings for Kendrick and I don't believe he will. It's fine if Macklemore creates a stylish apology to Kendrick for not winning the award, but why should he? What point was he proving?

The fact of the matter is that both artists' albums hit No. 2 on the U.S. Billboard Charts at one point in time. They've each had numerous No. 1 singles and equally deserved a chance to win such an honorable award.

Neither of them had control over the nominations or the results. It simply is what it is. The fans and supporters making comments and being upset is pretty normal, but Macklemore's viral text was actually what made it controversial. I'm sure there are many who believe that Kendrick should have won the majority of the awards Macklemore did, but for Macklemore to state it on Instagram was far from classy.

Although it came as no surprise from the press that Macklemore and Ryan Lewis won four Grammys, I don't think Macklemore cares to understand why Kendrick's big-time hiphop fans feel so strongly about the recording academy's decision. And no flashy screenshot of a text could make these fans feel any different.

Macklemore's text to Kendrick didn't cover up his pleasure in accepting the award. After all, he didn't give the award back. If he truly cared about his "friend" Kendrick, he would have objected to the decision, but instead he apologized for it, bragged about it and got himself tangled into a musical controversy with many trying to comprehend the true definition of hip-hop and a friend.

Breanna Garrett is a senior writing, rhetoric and technical communication major. Contact her at garretbd@dukes.jmu. edu.

JMU students play jazz at The Artful Dodger every Tuesday night at 8 p.m.

and take seriously," Vitek said.

Outside of live performances at the Dodger, it's common for sororities, fraternities or bars to book JMU's jazz combos for events, sometimes earning the musicians substantial amounts of revenue.

"It continually makes me happy to see how creative students can be if you give them a chance."

Chuck Dotas Director of JMU jazz ensemble and jazz combos

Chuck Dotas, director of JMU's jazz ensemble and jazz combos, has seen past jazz combos perform at Cally's (now Capital Ale House), and has witnessed a decade of young musicians perform at the Dodger.

"The students are much more able to do things on their own than many professors give them credit for; they take everything very seriously. It continually makes me happy to see how creative students can be if you give them a chance," Dotas said.

Successful graduates of JMU's jazz combos include Omar Thomas ('06). Thomas, who now lives in Boston and teaches at the Berklee School of Music and Harvard University, returned to JMU in 2012 to conduct his arrangement of Radiohead's "Sail to the Moon" with the JMU jazz ensemble. He is now working to arrange pieces for American jazz singer Dianne Reeves.

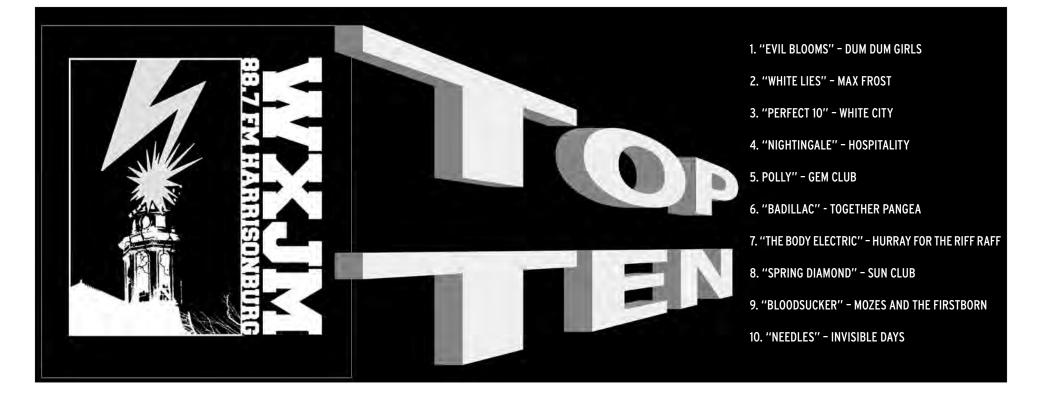
Some graduates have pursued doctorates and are now professors, while other graduates are making a living as professional jazz players in New York City.

JMU's jazz combos are unique to Harrisonburg and work to enrich both the students involved and the rest of Harrisonburg and the JMU community.

"If you want to be in a town with a great bar and live music scene, you have to be out there supporting it," Dotas said.

Judging by every taken seat and standing onlookers crammed inside the Dodger this past Tuesday, Harrisonburg is doing just that.

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— Thursday, January 30, 2014

11

ATHLETE OF THE WEEK

Just getting started

WOMEN'S BASKETBALL (15-4)



Redshirt sophomore guard Jazmon Gwathmey has stepped up when given more opportunities the last three games, shooting and scoring at a higher rate.

By WAYNE EPPS JR. The Breeze

Speed and athleticism are assets for sophomore guard Jazmon Gwathmey.

Gwathmey started playing organized basketball in middle school. Growing up, the 6-foot-2 Bealeton, Va. native said she's always been taller and faster than most other players. Fast-forward to 2014, it's the middle of her third season with JMU, and Gwathmey appears to be emerging as yet another consistent scorer for the Dukes.

'She's always been capable, and she's always had the ability," head coach Kenny Brooks said. "She's always had our confidence that she could step up and take those shots. It's just a matter of her getting comfortable with her new role, to be a more prominent scorer."

In the last three games, Gwathmey has been producing at a higher rate offensively. Since the Jan. 19 game at Hofstra University, Gwathmey is averaging 12 shots attempted, 6.3 shots made and 15 points per game overall. Compared to 6.9 shots attempted, 2.6 shots made and 7.8 points per game in the previous 15 games this season, it's safe to say Gwathmey is definitely improving.

She's taking advantage of more time on the floor, averaging about six more minutes per game through the last three games than the previous 15. With her speed and athleticism, she's also taking advantage of new NCAA foul rules against hand-checking on her drives to the basket. "Since these new rule changes where the refs are more cautious of the touch fouls. that's a big advantage for me. Because I can blow by anybody on the first step, and anytime they touch me it's a foul," Gwathmey said. "So I just take that in the hand, just get to the basket when I can. If I'm open, shoot it ... So that's pretty much all I've been thinking about really."

To improve her driving ability, Gwathmey has been working on her midrange shots, including pull-up jumpers. She's also working on improving her three's, which she says she needs to be more consistent with.

After a handful of starts early last season, Gwathmey worked her way back into the starting lineup on Feb. 7 against the University of North Carolina at Wilmington as a fill-in for then-injured Nikki Newman. Since then, she's started all but one of the games she's played in.

Jazmon Gwathmey's last three games

Field goals attempted: 12 Field goals made: 6.3 Points per game: 15 Minutes per game: 30.7

But she's also surrounded by a team full of players who can score. Among the Dukes' starting lineup are three of the top 15 scorers in the Colonial Athletic Association: Kirby Burkholder (third, 17.8 points per game), Precious Hall (ninth, 12.9 points per game) and Toia Giggetts (11th, 12.6 points per game). There are only so many shots and minutes to go around, so Gwathmey's scoring ability isn't always at the forefront. "If she were on any other team in the CAA, she'd probably be the more dominant scorer," Brooks said. "But because we have so many weapons, she just fills a role. And when she gets her opportunity, she steps up." On the defensive side of the ball, shot blocking is an area where Gwathmey has consistently played well all season. It's a team effort - JMU is tied for 15th in Division I women's basketball

with 5.4 blocks per game - but Gwathmey is leading the way with a CAA-best 1.9 blocks per game, compared to 0.9 last season.

To avoid injuries, shot blocking doesn't happen during practices. Gwathmey calls it an instinct.

"I just dare them to come in ... I'm usually guarding smaller guards than me, so if they do take me, I can recover quickly with my athleticism and my height," Gwathmey said. "And my saying is, 'We're going to have a block party. If you're not invited, you're going to get sent out.' That's pretty much what we say."

And the Dukes love it. Blocks can be like a shot of adrenaline in the middle of a game.

"It gives us energy and everything," Giggetts said. "And it gets us hype when somebody gets a block, we all get excited. And it gives us energy to play though the rest of the game."

Gwathmey is progressing just like Brooks and his staff expected. He projected that by the middle of January Gwathmey would be one of JMU's better players. But because of JMU's other threats, he doesn't see her role expanding much more the rest of the season: however, he's expecting big things as her career progresses.

Brooks also said Gwathmey draws comparisons to former JMU guard Tamera Young (2004-08). Young is second on JMU's all-time scoring list with 2,121 points. She's also JMU's first and only WNBA draft selection, taken by the Atlanta Dream with the 8th pick in the 2008 draft. She currently plays for the Chicago Sky. "Tamera was more physical, but Jazmon is more skilled. If you want to do a workout tape, you want her demonstrating all the drills," Brooks said. "Because everything she does, she does it with flair. She can make a jump shot look spectacular. She can make a drive to the basket look more spectacular than most kids can. And she just has that ability."

in track season **By RICHARD BOZEK** contributing writer

Westbrook

helps JMU to

solid opening

Tiel Westbrook, a junior distance runner, didn't start running competitively until her late middle school years. But after a successful high school career, she has emerged as one of JMU's top runners.

Westbrook gave JMU one of its top finishes in the Virginia Tech **Hokie Invitational last** weekend, finishing third in the 800-meter event. Westbrook came across the line



with a time of 2:15.62. Even though the season is in its infancy,

Westbrook is impressed with how her team looks. We caught up with her to discuss her career.

When did you first get involved in track and field? I actually didn't starting running until eighth grade. Up until then I had only played soccer. I started running track [in eighth grade] just to stay in shape, but discovered I liked running more. I then went on and ran track and cross country all through high school.

What was the transition from high school to college track and field like? The biggest

difference is the workouts and practices, they are a lot more intense. You also need to dedicate much more time to running in college than in high school.

What is your favorite thing about running for

JMU? The thing I enjoy most is that I love being around my teammates. I really enjoy participating in meets with them and having them to race with.

How would you describe this season, and what goals have you set for the rest of the season?

The season has just recently begun, but so far I have been happy with it. Even though it is early the team is looking really strong. As a team we want to keep improving as the season goes on in hopes to be the best at the conference meet. Personally, I want to keep improving as well and try to set some personal best times.

What goes through your mind before and after races? I don't even know. I just try not to get too worried about the race. I think to trust all of the training I have done and know that it will all come together and pay off.

What is your favorite thing around campus, such as places to eat? I like plenty of things, but my favorite place to eat has to be D-Hall.

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STEPHEN PROFFITT | estimated proffitt

Less is more on social media

Fascination with platforms takes away from the moment

On Saturday, a fellow journalist presented me with a question: What did sports reporters do before the invention of the Internet? I laughed and straved away from the trite coffee-and-cigarette response. I said they most likely actually watched the game they were covering.

This was my subtle punch line at reporters — including myself — that the way we consume media has changed our field. But is it for the better?



With the State of the Union in the past and the Super Bowl on the horizon, I want to set the record straight on the all-powerful realm of social media.

On the surface it's quite simple. We, as users, are in an everlasting quest to procure the fine line between too little and its evil, dysfunctional twin, too much.

Participating in social media should not lead to guilt. These mediums are a resource like no other, but

possess one caveat: responsibility. Social media is like anything else in life — minus a few rhetorical categories — it's good, when used responsibly of course.

Mike Prior, assistant director of strategic communication for JMU athletics, knows social media, and he knows it well.

"Always it's reflection, and looking at the back end of analytics on how we're doing and where we're being successful and how to tweak and change things, but that's kind of the main gist," Prior said concerning his duties.

Now, we're talking about social media outlets like Facebook, Twitter, Instagram, etc., not a scout scene from "Moneyball." Analytics and social media? Yes, folks it's real. JMU needs to connect with its demographics, but as any user, do so in a modest way.

It's time we reflect.

"I think with social media, it's a lot of guessing," Prior said. "It's an everchanging environment. People are looking for new things. When it comes to content for me, I keep a close eye on not overpopulating because people don't want it shoved down their throat."

We are always critical of businesses, teams and organizations for shoving information down our pie holes, but sometimes we're the ones that choke ourselves in content. Heimlich maneuver, anyone?

Prior is good at what he does. I've seen it personally. He's always on a brisk pace capturing moments from all angles at JMU sporting events, while



PHOTO ILLUSTRATION BY LAUREN GORDON / THE BREEZE

With today's technology, many fans spend excessive time on social media during major events like the Super Bowl, lessening the impact of the events themselves.

also looking sharp in his loud purple and gold argyle slacks.

"I look at it as I want to provide insight on the atmosphere and game day experience for our fan base who isn't in attendance," Prior said. "Be the eyes and ears for those situations and moments, and capture them."

It's an age-old dichotomy: capturing the moment versus living in the moment. Social media has enabled people to live in the moment while others actually capturing it.

Over their 30-year career, The Grateful Dead allowed fans to record all their shows and freely trade the tapes. You're probably thinking 'That's stealing." But that's how they got big. It's ironically why they

HOCKEY Got caught by the JMU police

from front

"You just have to get creative," Nguyen said. "Neither of us are on teams anymore, we're just trying to have fun and play.

Although this group has done this before, it is a rare opportunity that should be taken advantage of.

"I live in Northern Virginia, so it's not very often that I get to go out [on pond ice]," freshman marketing major and member of the club hockey team Drew Sandler said. "So the few times it gets cold enough for the ponds to be frozen without being dangerous, it's prime opportunity."

After a couple of friends from the club hockey team joined the game and played for a while the group decided to call it quits, at about 11a.m. Unfortunately, their activities had drawn unwanted attention.

'When I'm getting ready to leave, I'm putting my shoes on, I see cop cars at the top of the hill," Cochran said. "Drew was just like 'Don't worry officers, we're leaving!' and [the officer] said 'Not till I talk to you first.' He took our JACards and was like 'I'm going to have to report you to judicial."

Ice skating is considered a violation of Judicial Affairs' Dangerous Practices policy. No consequences have been handed down by Judicial Affairs yet. But the skaters could face anywhere from probation to mandatory education programs to suspension, based on past history.

Cochran did, however, have an extensive system for testing the safety of the ice.

"I'm a seasoned veteran when it comes to pond hockey," Cochran said. 'You start by slamming your stick on [the ice], if it goes through, you obviously can't use it. If you slam your stick and there's just a little white chalk, keep slamming it. Stay around the perimeter, in case you fall in, it's still shallow. Keep making your way across the ice, if it's not thick, you'll see a crack and go 'all right, I'm getting off.' We also have a rope with us for precautions, just in case someone does fall in, but I understand why JMU could be upset."

Cochran and his friends have learned lessons from their encounter with the law, but it won't stop them from continuing their love of pond hockey.

"I actually played again that week-end," Nguyen said. "There's this group on Facebook called the Shenandoah Valley Pond Hockey Group, and there's a guy who lets people play on a creek in his backyard. It's only a foot deep, so there's no risk of falling through."

CONTACT Andy Lohman at

FIELD HOCKEY

Acclaimed coach returns to JMU





Morgan led the Dukes to five NCAA championship runs, including the 1994 win over UNC Chapel Hill.

JMU has a new field hockey coach, but she is a familiar name. On Tuesday it was announced that Christy Morgan is back to lead the Dukes

Morgan was the associate head coach at Wake Forest University for the last three seasons but previously was the head coach at JMU from 1991-99. During her run at JMU, the Dukes went to five NCAA tournaments including a national championship title in 1994 with a win over the University of North Carolina at Chapel Hill.

The next season, JMU won the Colonial Athletic Association championship and went on to another appearance in the final-four before losing to the

eventual national champion UNC. From 1994-96, she had a 20-game regular-season CAA win streak.

COURTESY JMU ATHLETICS

Morgan was also the first person in NCAA field hockey history to win a national championship as a coach and as a player. She won three straight national championships (1982-84) as a player at Old Dominion University.

A member of the JMU Athletics Hall of Fame class of 2004, Morgan compiled a 133-66-2 record in her first tenure at JMU.

- staff report

'We're living on a million tiny stages' MEDIA

from page 11

were able to create the best business model the music industry has ever had and will ever see. Fans lived in the moment of a show while simultaneously capturing it for later consumption. In a way, it was primitive social media. It's the reason I purchased a custom-made 240 GB iPod to house all of this history. I've got it captured.

It's all about a balance. Are you really going to relive those 27 pictures you uploaded to Instagram that you took at a show inside a theater with the flash on? Do you need to subject your Twitter followers to the fact you're on your way to Sheetz? No, but sadly we are all guilty of this overuse. Fight the urge and be modest but not too prudish — go on a content diet.

Here's relevant input from my celebrity crush, Carrie Brownstein, star of "PortlandSleater-Kinney injected her frustration with this problem Sunday in The New York Times.

'We're living on a million tiny stages," Brownstein said.

This Sunday, let's live on a big stage, separating ourselves from these tiny stages that are social media. Consume the Super Bowl for what it's worth, which is a lot already. There is enough media to absorb; detach yourself from that mobile device that seemingly burns a hole through your pants. Would it kill you? It surely would be responsible and you may discover that desired fine line.

Over 108 million people watched Super Bowl XLVII last year. According to Nielsen, it was the third highest rating for a television program in history. The two that beat 2013's number: Super Bowl XLVI and Super Bowl XLIV.

"You have to have the attention grabber

the world of Twitter you have the ability to flick your thumb and you're onto the next five tweets. What am I doing or saying that's really catching their attention?"

For Prior, this concept is vitol to his profession. For the rest of us, we could create our own attention grabber by not contributing to the mess social media becomes during popular sporting events.

I learned a concept last year called the '10-second rule." After you compose your post, ponder whether it's relevant, accurate or even necessary. If it is, then post it. Tenseconds goes a long way in the mind.

In the recent film "Her," Joaquin Phoenix dates an operating system (OS) on his smartphone. Do you ever feel as if your relationship with your smartphone goes too far?

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lohmanar@dukes.jmu.edu.

ia." The former member of the rock band for you," Prior said of content. "Because in

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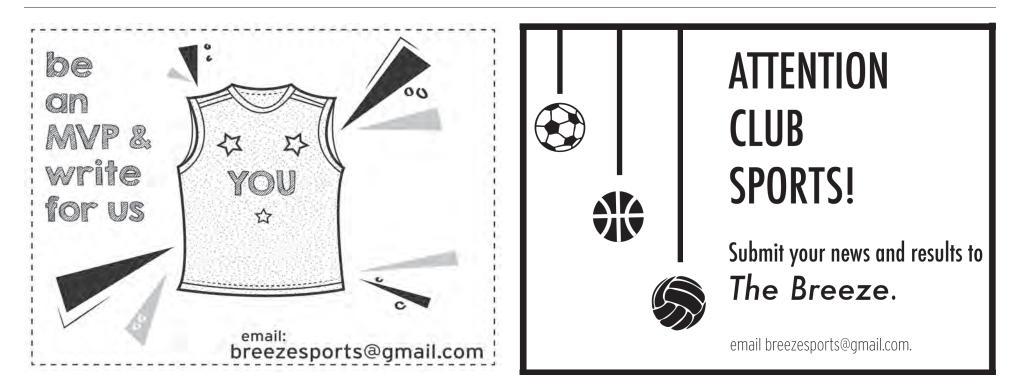


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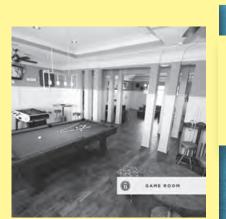
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