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# The Breeze

Serving James Madison University Since 1922

Vol. 94, No. 2

Thursday, September 3, 2015

breezejmu.org

## Prevalent pills

JMU students consider consequences of prescription misuse



CHELSEA GLOWACKI / THE BREEZE

In the past year, 9.3 percent of college students have reported using stimulants not prescribed to them.

By SAMANTHA ELLIS  
The Breeze

As JMU opens its doors for another semester, some students already find themselves dealing with a full workload and high levels of stress. While some use exercise, caffeine or other stimuli to cope, others are turning to prescription medication.

Adderall, a psychostimulant most often used to treat attention deficit hyperactivity disorder, is the drug of choice for some students.

"My freshman year, after a couple months, I had let my work kind of build up and realized I had a lot to do and felt like there wasn't enough time," said a JMU alumnus who graduated in May and preferred to remain anonymous.

Often lauded as a miracle study drug because of its effects on concentration, memory and alertness, the alumnus said Adderall certainly lived up to its hype.

"After [I took the medication], I wasn't tired and was much more focused on my school work than I ever had been in the past," he said.

He became part of a rising trend. According to the Coalition to Prevent ADHD Medication Misuse (CPAMM), 9.3 percent of college students have reported using a prescription stimulant not prescribed to them in the last year.

An anonymous senior writing, rhetoric and technical communication major, who has been diagnosed with ADHD, acquired a prescription after his mom and sister had success with the drug.

"It's been really helpful for me," the senior WRTC major said. "It's helped me to really concentrate on my papers because before it was difficult because of my attention span."

After being prescribed, the senior WRTC major, found that his friends were eager to borrow some of his prescription.

"I sometimes give it to friends if they ask for one, especially around exam week," the senior said. "I think it's very prevalent here on campus. People don't think of it the same way they do [about] taking hard drugs, but really it's only a step down from that."

Adderall is prescribed for daily use, with patients instructed to take the medicine at the same time every day. However, some college students use it recreationally, and only bother to take it when they feel it's necessary.

"I didn't take it every day, only when I needed to really put the pedal to the metal and study hard for something or if I had a crazy busy day," the alumnus said.

Side effects of Adderall include loss of

see **ADDERALL**, page 3

## Honoring a



# legacy

ERIN WILLIAMS / THE BREEZE

Students, faculty, alumni and community members gathered in front of Wilson at 6:45 a.m. Wednesday, one week after JMU alumna Alison Parker and her WDBJ-TV colleague Adam were killed. The event included speakers as well as a performance by The Overtones.

## Alison Parker remembered in Quad vigil

By ERIN FLYNN  
The Breeze

Silence and tears filled the Quad Wednesday as members of the JMU community gathered to remember JMU alumna, former Breeze staffer and WDBJ-TV reporter Alison Parker at a vigil.

The vigil took place at 6:45 a.m., exactly one week after Parker and WDBJ-TV coworker Adam Ward were killed. And instead of focusing on the negativity of the situation, the ceremony focused on the legacy Parker, a former Breeze news editor and reporter and a media arts and design major, left at the school she loved.

"She loved JMU and JMU loved her back," Brad Jenkins, the general manager of The Breeze, said. "And so it is right that we should gather here on this Quad, where she lived and loved and learned,

to remember her and, as fellow Dukes do, mourn together and try to find some resolve to remember her life and to honor it."

Senior music major Elizabeth Garcia believes the number of people who showed up, which was at least 100 individuals, speaks volumes about Parker.

"I think it's really nice that they had [a vigil] and I was impressed by how many people showed up at 6:45," Garcia said. "That says a lot about who she was and the impact that she left. It's very moving."

During this time of mourning, JMU President Jon Alger encouraged community members to join together as a family.

"This is much more than a university ... this is a family and ... we share together, we learn together, we grieve together as a family

this morning," Alger said. "We all have choices to make about how we can build that sense of family and community to be there for one another, to try to build a brighter future as we go forward."

Despite the tragic event, Alger said that Parker's family has appreciated the outpouring of support and he looks forward to the impact her legacy will have on others, which includes a scholarship that has been established in her name.

"We know that [the scholarship] can't bring her back, but it can be a way to shine a light on her legacy and her memory and what she stood for, for generations of students to come," Alger said.

As previously reported by The Breeze, the Alison Parker

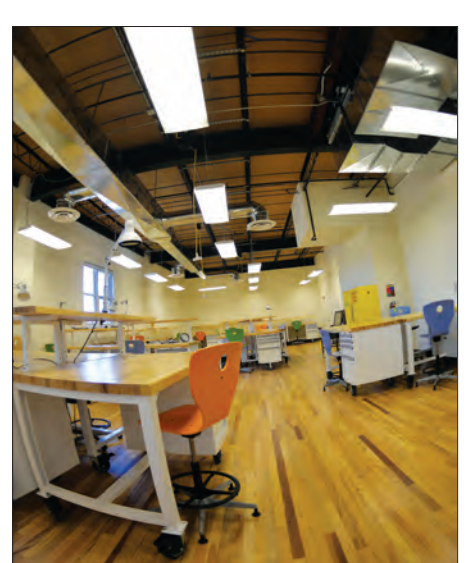
see **VIGIL**, page 3

"She loved JMU and JMU loved her back."

**Brad Jenkins**  
general manager of The Breeze

## Students get new fabrication shop

Space shared by industrial design, architectural design and graphic design programs



MARK OWEN / THE BREEZE

Handmade furniture fills the spacious, new studio.

By JULIA NELSON  
The Breeze

Back in the '90s, architectural design professor Jack Fanning, a JMU alumnus, was doing his classwork on a desk made from an old dormitory door in a windowless room in Duke Hall.

Fast forward 20 years and his students are working in a brand new, state of the art fabrication shop alongside the graphic design and industrial design majors in the Studio and Design Center on Grace Street.

"We didn't have labs, we didn't have a shop," Fanning said. "What these students have now compared to what we had, it's not even close."

Originally, numerous studio areas for painting, drawing, sculpture and art education were located in the Studio Center, but relocated to Duke Hall in the summer of 2014. That allowed for the design programs to consolidate and coexist.

Fanning is the design fabrication manager as well as a professor in the new shop. He's spent his summer organizing the space with interns and setting up the labs by building custom furniture

for equipment. He even built some extra desks himself.

In the woodshop — the first room in the facility — handmade tables, desks, scrap bins and tool racks made by Fanning adorn the space, begging students to get creative. There's also top-of-the-line woodcutting saws and enormous machines for manipulating wood in any way a student may need to.

Next door, a computerized numerical control (CNC) machine takes up the entire room. The machine is used for cutting out pieces of wood based on the instructions of computerized drawings to assemble furniture or more sculpted wood products.

"Everything you buy at IKEA is made from one of these [CNCs]," Fanning said. "They just cut theirs out by the thousands."

What sets the new shop apart from traditional design spaces at other universities is that each discipline of design is physically intermixed with the others. Digital design students are working in

see **DESIGN**, page 7



## LETTUCE HELP YOU

Off-campus food options within walking distance

LIFE | 5



## JMU CLASSIC TAKEAWAYS

New team members prove vital to success

SPORTS | 6

## TODAY WILL BE Thunderstorms

88° / 65°  
Chance of rain: 40%





EDITOR Maribel Perez

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Thursday, September 3, 2015 2

## The Breeze

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### MISSION

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

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

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TH  
Sept. 3

Def Poetry Jam @ Center for Multicultural - Student Services, 7 p.m.

College Night featuring live music @ The Basement Lounge, 8:30 p.m.

Salsa night @ The Artful Dodger, tickets \$5, 9 p.m.

Weekend Warmup with DJ Barkley @ Rubys, 9:30 p.m. to 12:30 a.m.

F  
Sept. 4

Wine and Cheese Lecture @ Ernst Terrace, Edith J. Carrier Arboretum, \$15, 5 p.m.

Upperclassmen Student Org Night @ UREC Turf, 7 p.m.

Upperclassmen Ice Cream Social @ UREC Turf, 8 p.m.

S  
Sept. 5

Kitty Petting Zoo with Humanitarians of Pet Education @ Staunton City, 1 p.m. to 4 p.m.

JMU vs. Morehead State Home Game @ Bridgeforth Stadium, 6 p.m.

Midnight Spaghetti and The Chocolate G-Strings @ Clementine Cafe, \$7, 9:30 p.m.

SU  
Sept. 6

Brunch @ Clementine Cafe, 10 a.m. to 3 p.m.

President Lincoln's Rockingham Roots @ The Heritage Museum, \$5, 5 p.m. to 9 p.m.

International Student Reception @ Madison Union Ballroom, 3 p.m.

Missing something? Send us your events at [breezecopy@gmail.com](mailto:breezecopy@gmail.com).

FOR RELEASE SEPTEMBER 3, 2015

## Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- iTunes Store category
  - Reach for the stars
  - Ones dealing with deductions, briefly
  - Fit
  - Surpass
  - Jessica of "Machete Kills"
  - Hood sites
  - George H.W. Bush, once
  - Type of infection
  - One eavesdropping, perhaps
  - Royal decrees
  - "Cool!"
  - Lesage hero Gil
  - Hood site
  - Bourbon bigwigs
  - "Trust me!"
  - Shad delicacy
  - Fidgety character
  - Raggedy
  - Theatrical device
  - "Friday" actress Long
  - Enter carefully
  - Pet-adoption ads, briefly
  - Hood sites
  - Mafia bosses
  - Busy mo. for FedEx
  - On hold, with "in"
  - Fuel efficiency stat
  - Enters, in a way
  - One of a classically opposed pair
  - Hood site
  - Peony holder
  - North Dakota home of the Roger Maris Museum
  - '60s sitcom boy
  - Technical sch.
  - "Dude!"
  - Overflow
- DOWN**
- Lord & Taylor competitor
  - Departure notice?
  - Bone involved in Tommy John surgery
  - Weight training exercise
  - Pontiac muscle car
  - Spheres
  - Dining faux pas
  - Reply offering hope
  - Rental car feature, briefly
  - Fancy spread
  - Standing order?
  - Harbor after a heist, say
  - Gullible sorts
  - Scorch
  - Native plants
  - Post-Breathalyzer-test charge: Abbr.
  - Dancer's deg.
  - Colleague of Elena and Ruth
  - Not reliable
  - "August: \_\_\_ County": 2008 Pulitzer-winning play

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| 66 |    |   |    | 67 |    |    |    |    |    |    | 68 |    |

By C.C. Burnikel

9/3/15

### Monday's Puzzle Solved

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9/3/15

- Pro sports VIP
- GUESS material
- Party supplies
- Pro shop pickups
- Buzzed
- Kind of question
- Like Kung Pao chicken
- Drying-out hurdle
- Subtle acknowledgment
- Wine holder
- Docs using cones
- Son of Leah
- "Terrible" ruler
- [Air kiss]
- Lady maker
- Water conduit
- Home port for the USS Niagara
- Peony part
- W. Coast airport
- Huge number

## WORLD NEWS

### Pilot named hero and outcast

McClatchy Washington Bureau

CHINA — Long Qiming was a Chinese hero during World War II. He piloted cargo planes over the Himalayas to resupply China after Japan's military had cut off land routes into the country's interior.

Yet after WWII and the founding of the People's Republic of China, Long paid a harsh price for his decision to stay in his adopted homeland, mainland China. Long was born in Hong Kong, so he held a British passport. He also had flown planes for the 14th Air Force Chinese-American Composite Wing, an arm of China's nationalist government.

When Mao Zedong and his Communist Party seized power in China, both of these connections — Long's British passport and his collaboration with U.S. and nationalist forces — came into question. At the start of China's Cultural Revolution, the government stopped treating him like a war hero. Instead, according to his son, Long Wenjun, "they thought he was a spy."

In a recent interview, Long Wenjun recounted the ups and downs of his father's roller coaster life. From an early age, his father was a refugee, then a war hero, then an outcast and finally a hero again.

### Train attack adds security concerns

McClatchy Washington Bureau

BERLIN — After three Americans thwarted a gun- and knife-wielding attacker on a French train Aug. 21, Belgian Prime Minister Charles Michel said that it might be time for security checks at his nation's borders with its European neighbors.

"It might be time to adjust the Schengen agreement," he told Belgian public television, referring to an accord between 26 European nations to allow passport-free travel. "The agreement is important, but we now find ourselves confronted with a new threat scenario in Europe."

It's also a notion that cuts at the heart of the idea of a united Europe, with border-free travel being one of the more dearly held, and symbolically important, aspects of the European experiment.

When examined more closely, it's an idea that has very little to do with preventing the attack. The gunman, Ayoub El-Khazzani, 25, appears to have collected the weapons with which he launched his attack while in Belgium, meaning border checks would not have factored into his efforts.

A Moroccan, Khazzani had been granted Spanish residency years ago, meaning that stopping him from entering Belgium would have required more than simply border checks but a revision in the way European residents are allowed to travel.

### Refugee crisis engulfs Germany

McClatchy Washington Bureau

BERLIN — German Chancellor Angela Merkel opened her traditional news conference Monday by noting that — while the suffering is real and the stories are too often tragic — there are positives Germans can take from the refugee crisis now engulfing her nation and all of Europe.

Her words came as other European leaders have cast refugees as a threat to Europe, even at times tying their arrival to the current terror threat facing the continent. She also spoke after a weekend during which several German leaders, for the first time, noted that even last week's updated forecasts on the number of refugees expected to arrive in Germany this year understate the issue.

Last week, the forecast was as many as 800,000 this year. This weekend, two state governors said they were preparing for 1 million asylum seekers by the end of 2015.

"If so many people brave such hardship to come here, this is a sign of approval for us," Merkel said. "The world sees Germany as a country of hope and of chances. That hasn't always been the case."

She was referring, of course, to the events of the 20th century, when Germany was at the heart of two world wars and a Cold War, when German villains such as Adolf Hitler made this nation synonymous with doom, hatred and genocide.

### US lowers its Mideast profile

McClatchy Washington Bureau

IRAN — Iran's agreement to curb its nuclear program in exchange for sanctions relief by world powers was welcomed at every level of society here, but nowhere more warmly than in the foreign policy community, which foresees a big boost for the Islamic Republic's regional role, especially as the U.S. lowers its profile.

There is even gloating about what many expect to be the major spinoff from the accord — a U.S. loss of interest in the Middle East and its many conflicts, opening the way for Iran to play a leading role in the region.

"The nuclear deal is a turning point," said Kayhan Barzegar, chairman of the Institute for Middle East Strategic Studies in Tehran. "The main change is in the regional context, and Iran's place in it. To be honest, I think Iran has an upper hand on the regional issues."

He referred to President Barack Obama's statements that the U.S. will not take the lead role in crises such as Syria's devastating civil war and will seek regional solutions to regional problems. The Middle East.

"Having no policy is a good policy — good for Iran, no doubt," Barzegar said.

Compiled from Tribune News Service.

## NATIONAL NEWS

### Do you need to tip your Uber driver?

Pittsburgh Post-Gazette

PITTSBURGH — When it comes to tipping, some Uber drivers have started to take matters into their own hands.

The ride-sharing giant, which pairs drivers in their own vehicles with passengers via a smartphone app, spells out its official policy on its website: "You don't need cash when you ride with Uber. Once you arrive at your destination, your fare is automatically charged to your credit card on file — there's no need to tip."

A spokesman added that the "Uber experience" is meant to be seamless. "We communicate that to both riders and drivers, and we never want riders to feel obligated to pay extra at the end of Uber trips."

Uber takes 20 percent of each fare, and what drivers earn can vary based on time of day and length of trip. Weekend evenings, have higher rates than others. The minimum fare is \$5.

If a passenger insists on tipping, Uber drivers are free to accept it, the spokesman added.

For Lyft, Uber's closest rival tipping option is built into the app's payment screen.

### Samsung releases two new smartphones

The Dallas Morning News

TEXAS — Samsung is looking for the right combination of features to dethrone the iPhone as king of the smartphone world.

Where Apple releases one or two models annually — usually in September — Samsung releases new phones almost monthly. Of course, not all new Samsung handsets are aimed at the top of the market, but a few times a year, Samsung takes a big swing.

August brought the Galaxy S6 Edge+ and the Galaxy Note 5. These two phones are largely the same on the inside. They look alike from a distance, but there are a few differences.

Both phones are big. They share a 5.7-inch Quad HD display with a resolution of 2560 x 1440 pixels. Pixel density is a very good 518 pixels per inch. As a comparison, the iPhone 6 Plus has a pixel density of 401 ppi.

Both phones have a unibody metal frame with glass on the front and rear, which means the bodies are sealed.

### No plans to rename Mount Rainier

McClatchy Washington Bureau

WASHINGTON — Since President Barack Obama decided to rename Mount McKinley, why not also restore the Native American name of Mount Rainier, the iconic Washington state peak named for a British admiral who fought the Americans during the Revolutionary War?

That's what advocates in the long battle to rename Mount Rainier as Mount Tacoma or Tahoma want to know.

"It's a much more compelling argument to rename the mountain here than in Alaska," said Bill Baarsma, former mayor of the city of Tacoma and president of the Tacoma Historical Society. "Why are we continuing to name this mountain after a British admiral that slayed Americans in the Revolutionary War?"

Federal officials, though, say there are no plans to rename Mount Rainier and that Interior Secretary Sally Jewell's order changing Mount McKinley to its Koyukon Athabascan name of Denali was unique.

### Amazon expands Dash buttons

Los Angeles Times

LOS ANGELES — Need some Ice Breakers breath mints but don't want to leave your house? There's a button for that.

Initially thought to be an early April Fool's Day joke, Amazon.com's Dash Button program is definitely real — and has added 11 new brands such as Orbit gum, Hefty trash bags and Depends undergarments.

This brings the total of Dash Button brands to 29. The Seattle-based online retail giant said the program offers more than 500 products for purchase.

With Dash, customers can order products by pressing the button, which is connected to Wi-Fi. After the button is pushed, shoppers receive a cellphone notification of the order and can cancel within 30 minutes.

Dash Buttons are now available to all Prime members. Each button is \$4.99, and with the first purchase members will get \$4.99 credited back.

Compiled from Tribune News Service.

## RMH to add new crisis center

Addition will serve those with mental illness and will be state funded



DANIEL STEIN / THE BREEZE

The new RMH Crisis Intervention Team Assessment Center is under construction, and is scheduled to be completed in a few months. The new facility will provide law enforcement with an alternative to booking mentally ill individuals and allow the officers to get back on the streets more quickly.

By MIKE DOLZER  
The Breeze

Sentara RMH's Emergency Department will soon have its own Crisis Intervention Team Assessment Center.

Harrisonburg City Manager Kurt Hodgen and Rockingham County Administrator Joseph Paxton announced the addition in a press release on Aug. 11.

The Assessment Center can function as an alternative to incarceration for those going through an acute or sub-acute mental issue, and allows efficient transfer of custody so that officers can return to their routine law enforcement duties. It will operate Monday through Friday from 4 p.m. until midnight.

While open, Assessment Center personnel will have immediate access to mental health patients for emergency clinical assessments, necessary medical screenings, mental health referrals and linkage to appropriate treatment services, according to the press release.

The center will get \$208,824 of state funding in its first year. Every year thereafter, it will get \$166,108 of state funding and \$71,190 of local government funds.

"This is the type of wonderful community partnership that will help so many local residents," Hodgen said in the press release. "It leverages healthcare resources and braids together funding in support of our ongoing efforts to divert individuals from the local criminal justice system when their real need is for mental health treatment."

The goal is for every Assessment Center statewide, such as this one, is to eventually operate 24 hours a day, 365 days a year.

"A person who is picked up by law enforcement and has a serious mental illness now has a place to go where a professional assessment can be done," Harrisonburg-Rockingham Community Services Board Acute Services Director Ellen Harrison said. "Law enforcement can hand off custody and get back out on the street."

Currently, the assessment process can take up to eight hours by Virginia code, and the arresting officer must be present for the entire assessment. This is one issue that the center will address.

"Eight hours off your shift as a law enforcement officer is the entire shift, so we are now then down a law enforcement officer on the streets," Harrison said. "Historically, the arresting officer had to be there to do the assessment, but now we will have a law enforcement officer in the emergency center to do that and the arresting officer can return to the streets, where they need and want to be."

The hope is that cases involving those with mental illness will be treated with more care.

"It helps the individual who has been picked up by the law enforcement officer to not wind up going to the jail and being charged with a petty crime because the law officer is anxious to turn them over to somebody else or doesn't know what else to do with them," Executive Director of Harrisonburg-Rockingham Community Services Board Lacy Whitmore said. "This way, they can get a professional mental health assessment and we can help them get whatever the right services are at that point in time."

Locally, over 134 officers have completed

the extensive 40-hour training program designed to educate and prepare them to interact with individuals in crisis. Training is tailored so that officers can recognize the signs and symptoms of mental illness while responding effectively and safely.

But despite its stated benefits, the program isn't tailored to students.

"Because of the vulnerability of young people in terms of that first episode of a major mental illness, anything that we can put into place there is good," Whitmore said. "I think that's an important population that needs more specialized services, but this program will not be that. We hope in the pipeline somewhere that there will be more specialized services for that population."

Despite there being no direct effect on the students, Harrison sees the program to be beneficial in other ways.

"We don't see many students normally, but the average age of onset serious mental illness is 18 to 25, so we do see a few," Harrison said. "If a student is picked up on an emergency order and needs a mental health assessment, [they] can get the services they need as quickly as possible."

With its opening just months away, Whitmore is excited about the Assessment Center's impact on the larger community.

"It's a win-win on many fronts, and one for the community at large," Whitmore said. "People will get the services they need, it'll keep law enforcement personnel out in the field and it's the right thing to do."

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## VIGIL | JMU community expresses hope for the future

from front

Memorial Fund will support future media arts and design students. According to JMU Senior Director of Communications and University Spokesperson Bill Wyatt, \$76,278 has been raised, including a \$25,000 matching gift from JMU alumni Joe Showker ('79) and his wife Debbie ('78).

"Debbie and I watched along with the rest of America as the tragic events unfolded this past week. This talented, young journalist and her cameraman were taken too soon from their families, loved ones and the professional media community," Showker said in a statement. "Alison was a rising star in television media and was the proud product of the James Madison University SMAD program."

According to senior media arts and design major and president of Alpha Phi Sarah Lundberg, Alpha Phi, which Parker was a member of, has also experienced a large outpouring of support.

"We've had alumni come just [to] support us and everyone who has donated to not only to her scholarship but contacted the Alpha Phi foundation to support not only our chapter but the legacy she left at JMU," Lundberg said.

Meanwhile, those who knew Parker well, though saddened, encourage students and faculty members to share her story.

"We all have a duty and an obligation as part of the JMU nation today," Roger Soenksen, a professor in the school of media arts and design, said. "We owe her boyfriend to continue to tell Alison's story. We owe anybody who sets a foot on this campus Alison's story. We owe that to her parents. We must keep Alison's memory alive. We owe that to Alison."

Alger agrees, saying that he hopes the situation isn't viewed as just another news story.

"I hope that ... this won't just be another tragedy in the news, that Alison's life will mean something to all of us and that tremendous, creative spark that she had will shine a light on our campus and in our hearts for years and years to come," Alger said.

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## ADDERALL | Popularity of use among students to be determined



PHOTO ILLUSTRATION BY CHELSEA GLOWACKI / THE BREEZE

Some side effects of Adderall, a stimulant prescribed to individuals who suffer from attention deficit hyperactivity disorder, include increased tolerance and blood pressure. Neurotoxicity – an alteration to the nervous system which causes damage to nervous tissue – can also be present among those who take higher doses and individuals have a higher risk of seeing these effects if they take Adderall recreationally.

from front

appetite, headaches, upset stomach and insomnia. Some students do experience these side effects, but still believe that the drug's benefits outweigh the pitfalls.

"I was aware of the side effects, but to be honest it didn't bother me too much," the alumnus said. "There are times though where I do find it difficult to sleep if I take my Adderall too late in the day."

While some understand that prescription drug misuse is not advised, others overlook the fact that it can also be very dangerous.

"Taking any prescription drug that is not

prescribed to you is dangerous because health care providers who prescribe medications are monitoring their patients and discuss possible side effects and dangers," Veronica Jones, assistant director of marketing, communications and outreach at the University Health Center, said in an email. "When someone takes a prescription drug that is not prescribed to them, they do not have that benefit."

CPAMM officials are looking to find out exactly how prevalent an issue it is on campuses, but find that many students are not willing to be surveyed on such matters, making for a smaller than ideal sample size.

"Often individuals may not self-report misuse of prescription drugs," Jones said. "We know it is a problem not only here, but across our country, however, we don't have an exact number."

Jones also said that some effects of using Adderall include an increase in tolerance and blood pressure and, in higher doses, the potential presence of neurotoxicity — or an alteration to the nervous system in a way that causes damage to nervous tissue. Individuals taking Adderall recreationally could be at a higher risk of these effects because their dose is not being regulated by a doctor.

While currently a serious issue among the

student population, some say recreational use will decrease as society learns more about Adderall.

"A few years ago, Ritalin was the thing that was being most prescribed, but that really messed with a lot of people's minds," the senior writing, rhetoric and technical communications major said. "I think the same thing is going to happen with Adderall. Once we study some more of the long-term effects, I don't think it will be as prevalent."

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RYAN PARKHURST | guest columnist

## Gone too soon

SMAD professor reflects on his relationship with Alison Parker



COURTESY OF RYAN PARKHURST

Alison Parker ('12) operates the camera in her electronic news producing and editing class, taught by media arts and design professor Ryan Parkhurst.

It was the fall of 2012, and I was sitting on my couch holding my 3-month-old baby daughter. I was having a conversation with my wife about this amazing student I had in my broadcast news class. I had taught her previously and always gushed about her.

It was her senior year, and her drive and passion for journalism (and life) was refreshing and heartening. During the conversation I told my wife in the simplest terms possible how I felt about this student: "If our daughter can grow into the type of person that Alison Parker is, we'll have done our job as parents."

When I became a father, I realized that my hopes and dreams were now intrinsically tied to my daughter's hopes and dreams. I live for her now — my dream is that she succeeds in her dreams.

Similarly, a professor's lot in life is much the same. My hopes and dreams in my job are wrapped up in the hopes and dreams of my students. If they succeed, I feel as if I in some small way have succeeded as well.

So it was with Alison. From the first moment she bounded into my office, Alison made an impression. Her blonde hair and quick smile could fool you into believing she wasn't anything more than that. Then she spoke, and you realized that this type of woman was rare. She was smart and able to set you at ease in an instant. Broadcast journalists should be great communicators. Not all are. Alison was a natural.

Alison didn't look at people as reporter/interviewee or professor/student. If she liked you (and she rarely didn't like people) she looked at you as a friend. She had this easy and approachable manner that was always a

hallmark of our relationship.

I found myself almost naturally talking to her about my personal life and my affection for my wife and my daughter. Likewise, she would share personal moments from her life. All great communicators and all great reporters realize that making a connection to the person with whom you're speaking is the most important way to get good information. Alison was a natural reporter.

The chats with Alison are what I'll miss the most. Our relationship started as student/professor and ended as friends. I relished hearing from her about her stories from the field and idle newsroom gossip. It was this easy relationship throughout her career at JMU that quickly turned her into my favorite student.

It was her hard work and tenacious attitude that made her my best student. Behind that smile and bright eyes was a ferocious competitor. As a journalist, competition for interviews, for ratings, for the best stories is what we thrive on. Alison was no different. The problem for the people who competed with her is that they could never beat her.

Another former student of mine shared this anecdote about Alison in the days after the horrific shooting that took her life much too young: "Remember when we were in the broadcast news class and Alison tried to do a story on the elusive guy who bikes around JMU? She couldn't find any trace of him, changed her story last minute and it was still a better piece than anyone in the class."

That was Alison. She was the bar that everyone tried to reach. No one could.

Hopes and dreams. That's what I keep coming back to as I reflect on Alison's life. She

had network television in her sights, and there's no doubt she would have achieved it. She never rested on her laurels and continually fought to be better than she was the day before. What could she have been in 10 years? In 20?

As a professor, my hopes and dreams were wrapped up in Alison's. We kept in touch after she graduated, and I kept tabs on all she did. I was excited for the day when I could text her and ask what the president was really like, in that exclusive interview she did as the lead anchor for ABC News. Unfortunately, that day will never come. We've been robbed of a tremendous journalist that would have made a difference in the world. I've been robbed of a friend.

I will still use Alison as an example in class. She was too good not to. Students need to have a bar set for them. Alison will always be that bar.

My hopes and dreams for Alison now shift to my daughters. When the time is right, I'll show my daughters video clips of Alison and explain to them what an amazing person and amazing role model she was.

If I'm lucky I can instill those traits that made Alison such a unique and wonderful person into my two daughters. If some of Alison and the things that she taught me about being a better person can be passed onto my daughters, then maybe in some small way, Alison will live on. That's how I will honor her. That's how I will hold her memory close. If I can do that, I'll know I'll have done my job as a parent.

Ryan Parkhurst is an assistant professor of journalism. He taught and advised Alison Parker for the three years she was enrolled at JMU.

HAYLEY MOORE |

historical nonfiction

## Internship credit should be offered by all majors



JMU students who take initiative to go above and beyond their requirements and decide to apply for internships should be rewarded with academic credit for doing so, especially since many undergraduate internships are unpaid. They shouldn't

have to hope that they will get academic credit for spending 20 to 30 hours a week doing an internship. It should be a given.

Every time I logged into Facebook this summer, most of my friends were traveling, posting about Netflix binge-watching or sleeping in until noon.

Unlike everyone else, I wasn't traveling and sitting around catching up on my sleep and Netflix shows. Instead I was taking summer classes and had an internship at the Woodrow Wilson Presidential Library, as it was a requirement for my history major.

It was a typical internship where I was unpaid and worked 20 to 30 hours a week and I was excited about it, especially with the fact that I was getting school credit. At this point in my life, I'd rather get credit than get paid.

One evening last semester, my roommate and I ended up on the subject of internships.

When she asked if mine was paid, I explained to her that it wasn't, but it was a class in the history department with academic credit. My roommate, a graphic design major, looked at me strangely and told me that her major didn't have a set class assigned for internships. If she wanted to do any internship she had to email someone and get approval for course credit. It wasn't a given as it was with me.

Personally, I found this comment a little strange considering that both my history major and writing, rhetoric and technical communication major made it a requirement for me to have internships in order to graduate. I was under the impression that all majors at least had the option to do an internship for academic credit.

My curiosity got the best of me and I decided to go through JMU's internship page. Most of the departments at JMU have an internship coordinator who students can email about internships. However, seven departments at JMU don't.

Internships are overall a great experience. You get a chance to work in a specific field that you might be interested in going into while building your resume and network. When it comes to applying for jobs and graduate programs in some fields, you're setting yourself apart from the rest of the applicants. It's surprising that not all JMU departments encourage their students to partake in one for academic credit.

From my time at JMU, I've been encouraged to push myself and explore many paths from all that this school has to offer. When doing this internship, I did just that.

I'm not saying that internships need to be a requirement to graduate in all majors as it is in some cases. Sure, not having an internship is OK — but it would be nice to at least have the option to get credit if the opportunity presented itself.

Hayley Moore is a senior history and writing, rhetoric and technical communication double major. Contact Hayley at moorehe@dukes.jmu.edu.

NAHLA ABOUTABL | respect the riot

## #BlackLivesMatter everywhere



Never forget. Never again. #BringBackOurGirls. #BlackLivesMatter.

The world has witnessed massacre after massacre while repeating pretty slogans and running more useless headlines. Yet, as we speak, many Central Africans are being murdered and forcibly removed from their homes and their villages are being burned by the anti-balaka, a Christian militant group in the Central African Republic (CAR).

The victims? Thousands of Muslims, an estimated 6,000 according to the United Nations Security Council. And that is said to grossly underestimate the number of lives lost so far. This doesn't include the estimated 30,000 Muslim Central Africans that have fled or been forced out of their homes.

The conflict arose after a mostly Muslim rebel coalition, the Seleka, overthrew CAR President Francois Bozize, causing the country to spiral into more ethnic conflict. The anti-balaka has since made it its goal to rid the CAR of its

Muslims, which make up around 15 percent of the total population.

The words "ethnic cleansing," "genocide" and "religious terrorism" come to mind when reading about the atrocities taking place, yet the conflict has been largely ignored.

While major networks use the Black Lives Matter movement as another way to sensationalize a real problem within our society, little coverage goes to the thousands of black lives being murdered for senseless reasons in the CAR.

We see presidential candidates trying to connect with leaders within the #BlackLivesMatter movement, except I have yet to hear any significant condemnation, or even acknowledgment of what's going on to the Muslims of CAR. Yes, #BlackLivesMatter is an American movement that tries to dismantle and fight institutional racism, but politicians can't claim to support #BlackLivesMatter while ignoring the black lives being affected by ethnic cleansing in the CAR.

Politicians also can't claim to fight terrorism and then back off when the terrorists don't exactly fit the popular mold — when the victims are Muslim and the terrorists are Christian. The

conflict would've at least made a few headlines, maybe even triggered a hashtag, had the terrorists been Boko Haram.

I'm sure most of us can remember when public figures used #BringBackOurGirls to express their disgust at Boko Haram. So why is it that although the anti-balaka and ISIS both use religiously fueled terrorism as a means to an end, we only see one group hogging the media's attention?

Institutional racism doesn't only exist in America, nor is its effect limited to the land between "sea and shining sea." The systematic murder and disenfranchisement of people of color has long oppressed those who weren't "privileged" enough to stand under the umbrella of human rights.

And while many people like to say that "all lives matter," it becomes apparent that maybe your life doesn't matter to the establishment if you don't look a certain way or adhere to a certain religion.

Nahla Aboutabl is a senior political science and international affairs double major. Contact Nahla at aboutanm@dukes.jmu.edu.

## DARTS & PATS

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

A "chilling-out-maxing-relaxing-all-cool" pat to the guy singing the Fresh Prince theme song in TDU.

From someone who couldn't stop laughing on the first day of class.

A "thank-you" pat to everyone who was involved in Alison Parker's vigil.

From someone who now knows that JMU really is a family.

A "please-God-no" dart to the Carrier workers who started taking away chairs in what I consider to be my spot.

From a senior who's spent the last three years sitting in the same place and can't deal with this change.

A "you-brighten-my-day" pat to Donna in D-hall.

From a hungry, hungry junior.

## Editorial Policies

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

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

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

## The Breeze

Serving James Madison University Since 1922

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"To the press alone, chequered as it is with abuses, the world is indebted for all the triumphs which have been gained by reason and humanity over error and oppression."

— JAMES MADISON, 1800

## Off-campus dining survival guide



HOLLY WARFIELD / THE BREEZE

This spicy black bean wrap, edamame salad and Kombucha are from the Friendly City Food Co-op on East Wolfe Street. Less than a mile from campus, this co-op sells organic and local goods.

By **HOLLY WARFIELD**  
*The Breeze*

It's the first week at school and, let's face it, you're no longer craving PC Dukes' chicken wraps, Top Dog's dumplings or Festival's sandwiches. Don't get me wrong, JMU's on-campus dining has tons of tasty options, but sometimes one's taste buds just need to venture off campus for something new to bite into.

Luckily, Harrisonburg happens to be Virginia's first Downtown Culinary District, offering a variety of fresh, local and unique flavors. Here's a list for all of JMU's meat lovers, veggie lovers, experimentalists and sweet toothed looking to explore Harrisonburg's exciting culinary scene.

### Billy Jack's Wing & Draft Shack

If you're looking for a uniquely meaty meal, the craftiest of craft beers (for us 21 year olds, of course) and a laid-back atmosphere that says "we're all just people here," Billy Jack's is the place to be. Located in the heart of Main Street, Billy Jack's offers more than just your classic sandwiches. The menu features eight different sliders with everything from mac 'n' cheese to wagyu beef to barbecue chicken squished between two flavorful mini buns. If you're tight on time or just want a savory snack, try its fried mac 'n' cheese bites. Or, if your sweet tooth is calling, try one (or two) of its \$2 donuts, which are made in-house with a new flavor every week.

**Distance from campus:** 0.5 miles

**Address:** 92 S. Main St.

**Hours:** Sunday-Wednesday: 11 a.m. - midnight  
Thursday-Saturday: 11 a.m. - 2 a.m.

### Xenia Kebab Grille

If you're yearning for a Mediterranean getaway, search no further than Xenia Kebab Grille. Okay, so you may not find the white-sand beaches or the sparkling blue waters, but you will find authentic Mediterranean recipes made with local ingredients for an affordable price. No need to break out that collared shirt or new dress, Xenia's casual atmosphere allows you to enjoy its fresh, clay oven-baked pita bread and tasty kebabs without all the hoopla of dressing up. Located in the Harrisonburg Crossing Shopping Center off Reservoir Street, it's a great place to order takeout for East

Campus residents and off-campus residents alike. Vegetarians, don't be deterred by the meaty nature of kebabs; Xenia offers falafel and veggie kebabs along with five other non-meat options on its menu.

**Distance from campus:** 0.6 miles

**Address:** 219 Burgess Road

**Hours:** Sunday-Saturday: 11 a.m. - 9 p.m.

### Kline's Dairy Bar

Since 1943, Kline's has been providing Harrisonburg residents and JMU students with quality, creamy and just plain delicious ice cream. In fact, if your parents went to JMU, they probably remember enjoying the tasty ice cream when they were students. Even though they only offer three flavors at one time, it's easy to see that, in this case, quantity does not mean quality. Kline's uses an old-fashioned, time-consuming process to create a new batch of ice cream each morning. So if you go, rest assured that your cone or cup is filled with the highest quality ice cream you will find in the Valley.

**Distance from campus:** 0.7 miles

**Address:** 58 E. Wolfe St. and 2425 S. Main St.

**Hours:** Monday-Thursday: 10:30 a.m. - 10 p.m.  
Friday-Saturday: 10:30 a.m. - 10:30 p.m.  
Sunday: Noon - 10 p.m.

### Friendly City Food Co-op

You might not have expected to find a grocery store on this list, but Friendly City offers more than just local and organic groceries. Tucked in the back corner of the store, which is located right next to Kline's Dairy Bar on East Wolfe Street, you will find some brilliantly healthy grab 'n' go meals for your eating pleasure. It offers a variety of healthy snacks and meals including edamame salad, spicy black bean wraps, tuna salad sandwiches and quinoa salad, all made fresh every day. If you're craving a healthy drink, try one of their Mountain Culture Kombucha drinks to compliment your meal. Kombucha is thought to have a number of health benefits, including metabolism and digestion improvement. Friendly City is a great place to grab lunch on a time crunch and avoid the guilt of a Big Mac and french fries.

**Distance from campus:** 0.8 miles

**Address:** 150 East Wolfe St.

**Hours:** Sunday-Saturday: 8 a.m. - 9 p.m.

### The Little Grill Collective

When it comes to breakfast, Little Grill has it all. Its menu, which includes eight omelet options, seven pancake options and nine unique breakfast specials, will have your mouth watering before you're even done reading the descriptions. While it does have a few meaty choices, what makes Little Grill unique is its focus on vegan and vegetarian meals that even the meatiest of meat lovers will enjoy. The worker-owned cooperative sources as many ingredients as possible from local farms and bakeries, so whatever you order, you know it hasn't traveled far to get to your plate. Although breakfast is its specialty, the lunch menu offers some of the most original meals you'll find in Harrisonburg, including a tempeh reuben. In order to keep its prices reasonable, Little Grill does not accept credit cards, so be sure to bring cash or a check to pay for your meal.

**Distance from campus:** 1.1 miles

**Address:** 621 N. Main St.

**Hours:** Monday: Closed

Tuesday: 7 a.m. - 9 p.m.

Wednesday-Sunday: 7 a.m. - 3 p.m.

### Grilled Cheese Mania

The food truck is to Harrisonburg as the Starbucks is to Seattle; there's one on seemingly every corner. From lobster rolls to Korean french fries, the 'Burg seems to have anything you could imagine done food-truck style. While each food truck offers uniquely delicious meals, if there's one that you don't want to miss, it's Grilled Cheese Mania. The menu includes seven different grilled cheese varieties served regularly and one special for each day of the week, and let me tell you, there's much more to these sandwiches than just bread and cheese. Portabello mushrooms, roast beef, sauteed peppers, bacon and sauteed sauerkraut are just a few of the exciting grilled cheese garnishes you'll find listed on the menu.

**Distance from campus:** 1.7 miles

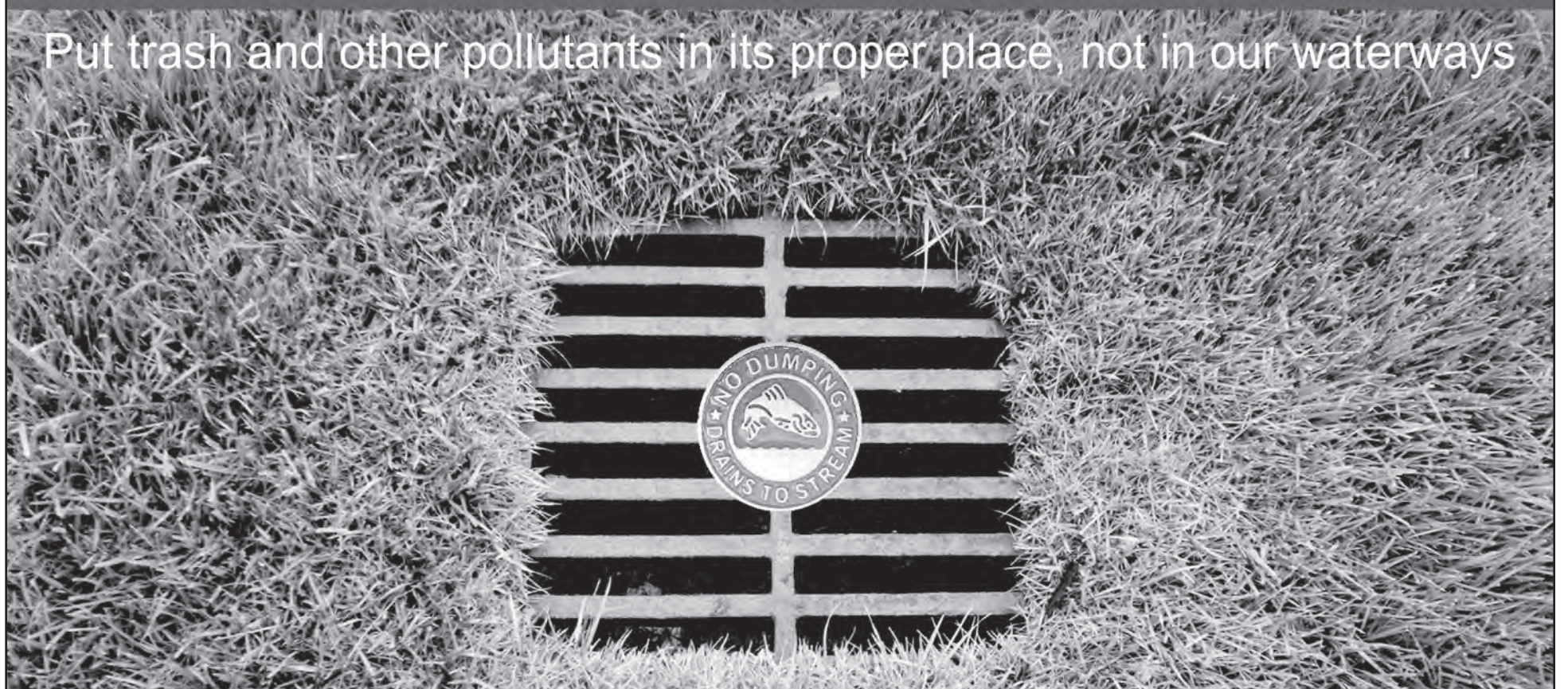
**Address:** 1321 S. High St.

**Hours:** Monday-Saturday: 11 a.m. - 7 p.m.

Holly Warfield is a senior media, arts and design major. Contact Holly at warfieha@dukes.jmu.edu.

## Stormwater Pollution Prevention @ JMU

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# Sports

EDITORS Peter Cagno & Richie Bozek EMAIL breezesports@gmail.com

JMU football will sport a decal in this weekend's home opener in honor of Alison Parker and Adam Ward.



COURTESY OF JMU ATHLETICS

## DANCE

### So you think you can dance?

Coming off a national championship in the spring, the Dukettes are ready to repeat

By **BENNETT CONLIN**  
The Breeze

As football season rapidly approaches, fans will soon flock to Bridgeforth Stadium. And while fans expect to see championship-level performances from their Dukettes during the game, they should also keep their eyes peeled at halftime for the reigning national champs: the JMU Dukettes.

The Dukettes are coming off their first national championship in program history under the leadership of head coach Julia Urban. The victory created quite the buzz around the program and young dancers nationwide have taken notice.

In the spring, the team held tryouts with about 40 dancers participating. While 40 dancers wasn't a huge increase in the number of participants from previous years, Urban believes the difference in this year's incoming Dukette class is the quality of the dancers.

"I felt that the caliber of dancers was much stronger this year," Urban said. "The tryout itself was a lot more difficult. The dancers were very excellent."

Freshmen go through an extensive tryout process that includes multiple days of dancing in order to showcase their talents to the coaches and have a chance to make the team.

"They teach you a jazz routine, a pom routine and a hip-hop routine the first day," freshman Dylan Rosenfeld said. "Then they ask you to do technique and to show them a special trick, you have to do turns, leaps. It's like an all-day process."

The difficult tryout process along with rigorous practices ensure that the Dukettes are getting the best dancers possible. Urban wants a deep team with every dancer possessing tremendous talent.

"We don't want to just have one or two great dancers, we want everybody to be able to execute those difficult tricks, so that we can be the absolute best team out there," Urban said.

The tryout process, while difficult in itself, provides an even stiffer test as the dancers need to not only perform to the best of their abilities, but also outperform their fellow competitors.

"It was definitely competitive, everyone was so nervous," Rosenfeld said. "You can see the tension in everyone's faces."

From the tryout group the Dukettes added nine new dancers this year. But the new additions to the team need to be more than just talented dancers in order to become a part of the select group.

"We're definitely keeping it selective, but it's not only based on technique, like you have to be a good person and be easy to work with and humble," sophomore Paige Ensminger said.

Being able to join a national championship-caliber dance team is a dream come true for many of the new Dukettes.

"I've always watched the Dukettes, every year I made sure I would watch nationals, so I would research dance teams," Rosenfeld said. "When I saw the Dukettes, especially this year, win the national championships I was like, 'I need to be on that team. I want to be on that team.'"

Winning the national championship not only created a buzz around JMU, but also at other dance programs across the country, who have taken notice of the Dukettes and their talent.

"We got so much recognition from other teams at nationals," junior captain Paige Reaman said. "There were universities there that had no idea what James Madison is, so now they do."

Coming off a season filled with accolades, the Dukettes carry the weight of added expectations into this season as they hope to repeat as national champions.

"There's not a day that goes by or a minute that goes by that I don't think about [nationals]," Rosenfeld said. "Every practice we have I have nationals in my mind."

Repeating as national champions never comes easily for teams and the dancers expect other teams to give them a run for their money when nationals roll around in the spring.

"The team that we beat last year is known for winning and they're ready to come back at us," Reaman said.

So, how are the Dukettes pursuing a second national championship?

"We'd be gonna take the same approach as we did last year, use the same choreographer, we're gonna train the same," Reaman said. "Just keep that humbled mentality going."

CONTACT Bennett Conlin at conlinbf@dukes.jmu.edu.

## VOLLEYBALL



LOREN PROBISH / THE BREEZE

Coach Lauren Steinbrecher speaks during Tuesday's practice. JMU will participate in the Dog Pound Challenge at the University of Connecticut this weekend.

### Dukes perform above the net

Younger players step up to help JMU start the season with a 3-1 record

By **WILL THOMPSON**  
contributing writer

This past weekend, the JMU women's volleyball team hosted its first home tournament of the season, the JMU Classic. After four games the Dukes came out with a 3-1 record.

The team came out firing on Friday against St. Francis College, decisively winning the match 3-0. Later in the day the Dukes defeated Northern Arizona University in five sets.

On Saturday, the second and final day of the tournament, JMU began against Lehigh University and won all three sets, which won them the tournament.

The Dukes' final game, against the No. 4-ranked University of Florida, was anticipated to be a shootout between two quality offensive teams. The Gators handed the Dukes their first loss of the season, 3-0.

Still, when asked about the loss to Florida, JMU head coach Lauren Steinbrecher looked to the positives.

"We have a ton of potential," Steinbrecher said. "They're good, and that they can hang against the No. 4 team in the country. Obviously we would have liked to finish at least one of those sets with a win. But I think they

took a lot away from the game such as the physicality and pursuit of Florida, we know we can pursue that same way."

Goodman led the Dukes in kills (52) and points (61) after the weekend. She credited her offensive success to hitting high and staying aggressive.

"We played so tough, we fought really hard and it was a great win and we played with a lot of passion [against Northern Arizona], and against Florida we were so happy and ready to go at it again, even though we lost it, we still had a lot of fun," Goodman said.

There were some younger stars that shined bright last weekend too, specifically freshman Bryn Recker and sophomore Taylor Austin, who was named MVP of the tournament.

Recker started her first collegiate season with a boom and was second to Goodman in both kills (44) and points (35). But while she excelled at the net in kills, a big part of her game last weekend was her serve.

She led the team with seven aces. "She is a type of player that's silent but deadly," Steinbrecher said of Recker. "You don't see her coming and then she has these great performances. She has all the volleyball skills and that's what sets her apart."

Conversely, Austin is one of the more

vocal leaders on the team and when asked who stepped up big last weekend she went with Recker.

"I call [Recker] 'Little B,' she was confident on the court, completely blew me away," Austin said. "Last year for me, I would be nervous coming onto the court and she was just completely confident."

While Recker might have been the surprise of the tournament, Austin earned the MVP honors by leading the team in digs (67). And she backs up her booming voice with diving saves and anticipation on defense.

Austin credited much of her MVP performance last weekend to her teammates.

"They push me in every single way and I can't do anything without them," Austin said. "They push me to be excited, and whenever I get down they always pick me back up, which is amazing."

This weekend, the Dukes head off to the University of Connecticut for the Dog Pound Challenge. There they'll face Connecticut, Bryant University and the University of Maryland, Baltimore County. The Dukes first serve up against UMBC Friday at 10 a.m.

CONTACT Will Thompson at thompwe@dukes.jmu.edu.

## COMMENTARY

# DOUBLE TAKE

MLB ROSTER EXPANSION IN SEPTEMBER

It offers a chance for prospects to prove themselves

By **SAMMY CRISCITELLO**  
contributing writer

As the summer dwindles down, you make your best effort to see your baseball team play as many games as you can. Let's say you're like me, a lifelong Yankees fan, and get out to see a game amid a pivotal September matchup with their division rivals, the Toronto Blue Jays. You're on the edge of your seat as the Yanks come up to

bat in the bottom of the 15th inning. You hear the fan next to you obnoxiously yell, "Hey Joe, we didn't pay to see some minor leaguer wearing No. 92 pinch hit!" — as if he thinks Yankees manager Joe Girardi could actually hear him. After following a team since April, it can feel unnatural to root for players who are only just now joining the team for the final month, when MLB rosters expand from 25 to 40 players. Before you start joining the obnoxious chorus from your neighbor, you might want to take a minute to contemplate how continuing to expand rosters may be best for baseball.

Off the bat, a common argument you hear against roster expansion is that it's unfair to have 40 men on a roster, as it eliminates the strategic role managers play in piecing together their pitching puzzles. My view is that roster expansion rules should be reformed but not eliminated. It would make most sense to allow managers

to carry 40 players but select 25 who are eligible to play each day. Such an approach would reduce injury risk as relief pitchers are heavily overused down the stretch, sometimes pitching three or four days in a row. Also, to prevent teams from having unfair 17-man bullpens in one game, teams could declare their five starting pitchers at the start of each week.

Many MLB analysts suggest roster expansions should take place in April, instead of September, when every game isn't a must win. Although I believe the aforementioned changes should be made, it's important to limit roster expansions solely to September. By expanding rosters in that month, when every game matters, there's more pressure on contending teams to have a well-developed farm system. Instead of trading away high-level prospects at the deadline to rent a player for the final months of his contract, teams are more inclined to hold on to their prospects. Once the calendar flips to September, unproven prospects have the chance to bloom into impact players in The Show, and teams wouldn't have to cut a player to call them up.

Suddenly, you snap out of this state of thought, as you hear the ball knock off the bat of the recently called up rookie, and watch the ball sail over the fence in right field, leaving the know-it-all fan next to you silent as some minor leaguer wearing No. 92 trots the bases for a walk-off homer.

CONTACT Sammy Criscitello at criscisj@dukes.jmu.edu.

The league is run by hypocrites

By **JAKE BROD**  
contributing writer

It's that time of year once again. September is officially here and that means the MLB is set to expand the 25-man roster to a 40-man roster.

This rule seems to contradict everything that the MLB prides itself on. Part of the entertainment for die-hard baseball fans is watching the chess match between each manager trying to utilize their rosters in order to win a ballgame. With a 40-man roster, this essentially eliminates all of the masterminding that goes on in the dugout.

Teams will often bolster their bullpens as a result of the roster expansion. That means we can have Joe Schmo, a 28-year-old left-handed specialist come out of the bullpen for one out each night. And with a seemingly endless pool of pitchers in the bullpen, having guys come in the game for just one batter is the norm. The average pitching change takes around three minutes. This seems awfully hypocritical from a league that's doing everything in its power to shorten the average time of

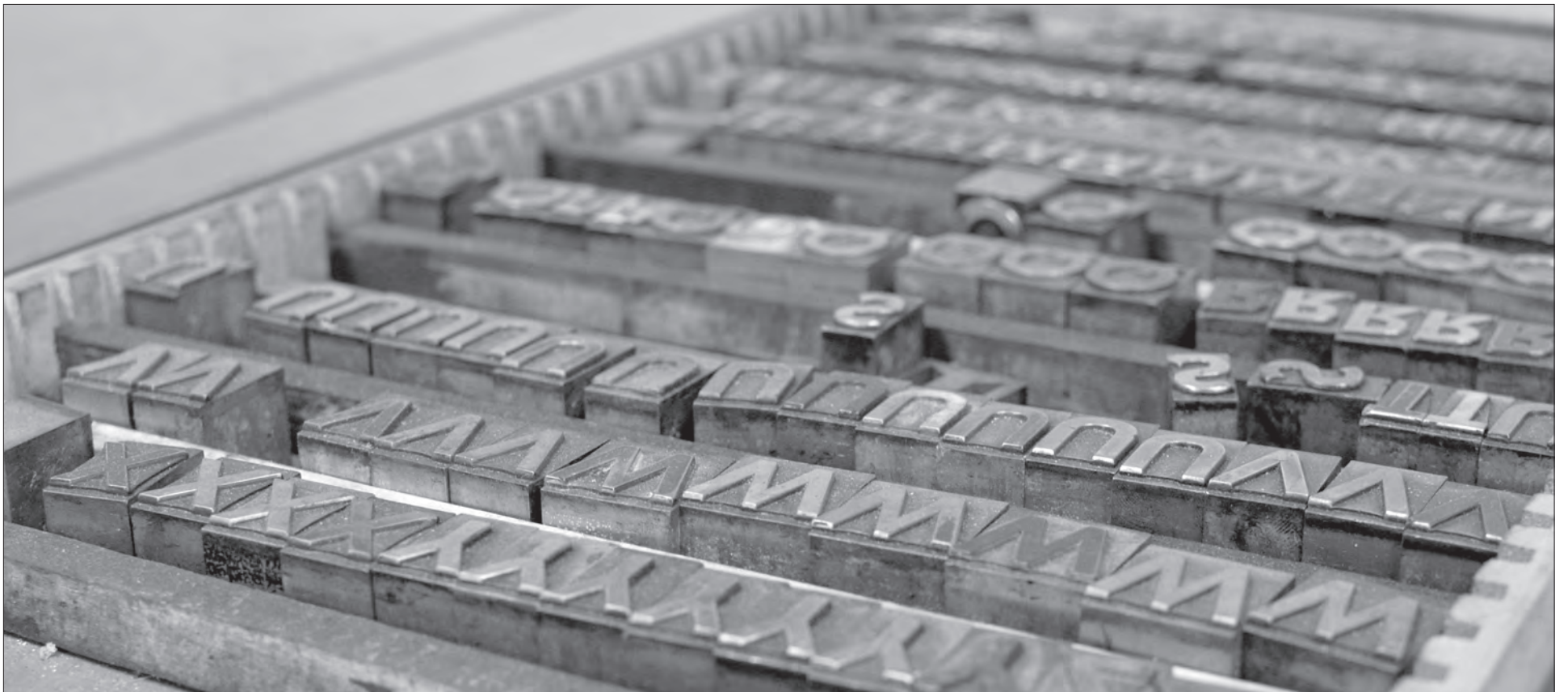
each contest. So you mean to tell me that the MLB is working to implement a 30-second pitching clock, but is advocating the use of specialist pitchers that would exponentially extend the average time of a game? Something just isn't adding up.

Sure, the extra 15 spots on the roster free up room for positional prospects that may have otherwise not been called up. But, a majority of them will never see game action, because the manager will roll out the same superstar players like he had for the previous 130 games of the season. To put this whole situation into perspective, this would be the equivalent of the NBA expanding its game roster from 13 players to 18 players. The bench can only be warmed so much. I don't know about you, but if I were upper management I would want my young prospects to keep gaining valuable playing time in the minors versus giving them a front row seat for the final stretch of the major league season.

MLB is always looking for innovative ways to enrich the product on the field; removing the Sept. 1 roster expansion would be a giant step in the right direction.

CONTACT Jake Brod at brodjt@dukes.jmu.edu.

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MARK OWEN / THE BREEZE

An organizer filled with assorted steel letters for the printing presses located in the new fabrication shop in the Studio and Design Center on Grace Street. Graphic and architectural design students will access the space.

from front

cutting-edge computer labs right next to the woodshop classes.

"We didn't want a physical separation and we didn't want a philosophical separation of those ways of making," Fanning said. "Traditionally, a lot of schools physically separate woodshop labs from other types of digital labs and making tools."

The first floor of the studio also has a printing press room full of antique presses and even a concrete casting lab. Concrete casting labs aren't typical of most architectural programs at other universities according to Fanning, so the opportunity for students to have access to one elevates the overall quality of the program.

All senior graphic design majors will also get their own desks on the first floor of the design studio to keep for the year. Each architectural design major of every grade level will get one on the second floor. They'll be able to access their workspace 24/7.

"That's how all the educators of architectural and industrial design were educated ourselves," Ronn Daniel, an architectural and industrial design professor, said. "So we're really delighted to bring that kind of professional excellence to the students."

Daniel worked with JMU facility staff and administration as the faculty liaison for the renovation of the design center, which he will get to see pay off with his architectural design students.

"It's a beautiful, great industrial building with fantastic bones," Daniel said. "The renovated spaces are dynamic. They're going to be great studio spaces."

Audrey Barnes, an industrial design professor, has been working with the university to make industrial design its own official major. Before, students could earn a Bachelor of Science in studio art with a concentration of industrial design, but now the 30 plus students in the program will be able to declare

it their official major.

Barnes believes that the new center will benefit all the design students and allow them to dip their toes in each other's pools.

"There's a lot more room for cross-pollination [now]," Barnes said. "Students can get inspired by something not entirely in their major."

As the studio art department is on the up and up thanks to the new fabrication shop, professors and students alike will benefit from the new technologies and spaces it offers as they learn to use their skills out in the world.

"Design is a fundamental part of contemporary art, contemporary economy and contemporary culture," Daniel said. "It's a fantastic time to be a designer and I feel very fortunate to be a design educator at this university."

**CONTACT** Julia Nelson at [nels03jl@jmu.edu](mailto:nels03jl@jmu.edu).

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# The Breeze

## 2015 Football Preview

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**p. 6** A look at the Dukes' offense

**p. 7** Breaking down the defense



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# JMU Football 2015 Schedule

## September 5

vs. **Morehead State**  
6 p.m., Bridgeforth Stadium

**2014 record: 4-8 overall, 3-5 Pioneer Football League**

## September 12

vs. **Lehigh**  
4 p.m., Bridgeforth Stadium

**2014 record: 3-8 overall, 2-4 Patriot**

## September 19

vs. **Albany**  
3 p.m., Bridgeforth Stadium

**2014 record: 7-5 overall, 3-5 Colonial Athletic Association**

## September 26

@ **SMU**  
7 p.m., Gerald J. Ford Stadium, Dallas, Texas

**2014 record: 1-11, 1-7 American Athletic Conference**

## October 3

vs. **Stony Brook**  
12 p.m., Bridgeforth Stadium

**2014 record: 5-7 overall, 4-4 CAA**

## October 10

@ **Towson**  
3 p.m., Johnny Unitas Stadium, Towson, Maryland

**2014 record: 4-8, 2-6 CAA**

## October 17

@ **Elon**  
3 p.m. Rhodes Stadium, Elon, North Carolina

**2014 record: 1-11 overall, 0-8 CAA**

## October 24

vs. **Richmond**  
3:30 p.m., Bridgeforth Stadium

**2014 record: 9-5 overall, 5-3 CAA**

## October 31

@ **William & Mary**  
4 p.m. Zable Stadium, Williamsburg, Virginia

**2014 record: 7-5 overall, 4-4 CAA**

## November 14

@ **Delaware**  
3:30 p.m., Delaware Stadium, Newark, Delaware

**2014 record: 6-6 overall, 4-4 CAA**

## November 21

vs. **Villanova**  
12 p.m., Bridgeforth Stadium

**2014 record: 11-3 overall, 7-1 CAA**

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# In the captains' corner

Redshirt senior quarterback Vad Lee, redshirt senior tight end Deane Cheatham, redshirt junior linebacker Gage Steele and redshirt senior defensive lineman Alex Mosley were recently elected captains for the 2015 season. This week, The Breeze had the opportunity to chat with the leaders about some of their experiences on and off the gridiron.

By Matt Weyrich | contributing writer

## When did you first start playing football?

Lee: I started playing football when I was 5 years old, playing for the Durham Eagles Pop Warner team.

Cheatham: I started playing when I was 6 years old for the Blue Star Cowboys in Mechanicsville, Virginia.

Steele: I was 10 years old, playing on the Jets for my Pee Wee team over in Front Royal, Virginia.

Mosley: I was the little kid in the neighborhood playing backyard football. I was always out there trying to play with the big kids.

## What is your most memorable game you have played in?

Lee: Winning the national championship for my Pop Warner organization. You get to go to Disney World. We went 16-0 and I was the MVP of the championship game.

Cheatham: My senior year I played with Sam Rodgers, a captain at Virginia Tech. We had a good team over at Hanover High School and it was a great season.

Steele: Winning the championship for my Pee Wee team. It's fun down there, all you do is run around tackling people, but winning the championship was pretty cool.

Mosley: The first time I ever scored a touchdown, when I was 8 or 9. I was playing nose guard and coach randomly put me in the game at running back and I broke for a sixty-yard touchdown. That was the highlight of my life right there, I was always yelling at my coach to put me back at running back.

## Who's your biggest supporter?

Lee: My biggest supporters have to

be my parents. They've supported me through thick and thin, being hard on me, but also my biggest cheerleaders.

Cheatham: My parents definitely. I'm blessed to have parents that are always there, whatever I need. My mom is always worried to death about me, I think she loses more sleep about me being out on the field than I do.

Steele: My family, and I'm going to say that very vaguely, because all my family is highly supportive of me. My mom and dad, of course, are always there for me, as well as my brother and sister. Basically my entire family is always asking me how I'm doing, making sure I'm all right.

Mosley: If I really had to pick I'd say my teammates, they're the guys that I go out each and every day with. Between grinding and working out, we just always support each other.

## Where is your favorite place to eat in Harrisonburg?

Lee: O'Neill's, and of course E Hall on campus.

Cheatham: I get Mr. Sato's twice a week, always getting the chicken teriyaki.

Steele: Can I give you a couple? For dessert, O'Neill's is the best, because they have the cookie skillet. Dinner though, I love Kyoto's, where they cook in front of you. And for breakfast I always go Mr. J's.

Mosley: On campus you can't beat E-hall. Off campus though I have two favorites, O'Neill's of course, and Macado's.



COURTESY OF JMU ATHLETIC COMMUNICATIONS

From left: Redshirt senior tight end Deane Cheatham, redshirt senior quarterback Vad Lee, redshirt junior linebacker Gage Steele and redshirt senior defensive lineman Alex Mosley are JMU's captains.



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# '#TheEdge'

JMU football and head coach Everett Withers promoted "#TheEdge" all over social media this offseason. We asked a couple players and coaches what The Edge meant to them.

" When it comes down to it, when it's a close game, when it's that time for us to put our foot on the gas pedal and really take over, that's what it is ... "

- **Kyre Hawkins, redshirt sophomore linebacker**

" The message I get from the edge is to just go 100 percent every day and just try to be the best you can be, because your time is limited. Just to be a fierce, relentless competitor in everything you do."

- **Taylor Reynolds, redshirt junior cornerback**

" Every winning team usually has a chip on their shoulder, looking for that edge. Our edge is that we grind. We work our tails off "

- **Brett Elliott, offensive coordinator**

" It's a lifestyle, not a catchphrase. It's something we live by. What are we going to do to get better. "

- **Brandon Ravenel, junior wide receiver**

" What makes you better? What makes each player that much faster, compete that much harder?... It's a mindset of trying to make our program better ... If we're chasing the edge and trying to be better, we're going to have some good stuff happen to us. "

- **Everett Withers, head coach**



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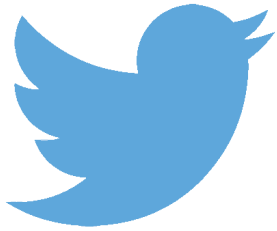
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# Triple threat

Three units look to combine for offensive success for JMU football

By **PETER CAGNO**  
*The Breeze*

Even with a record of 9-4 and a playoff berth in his inaugural season as head coach, Everett Withers still isn't fully satisfied.

"It is a long journey when you try to establish a program to how you want it to be," Withers said.

In his final of 15 seasons at JMU, former head coach Mickey Matthews and the Dukes finished the 2013 season with a record of 6-6. Withers came in the next season determined to bring JMU football back to its glory days.

"We're not even close to where we want to be," Withers said. "But we're taking steps in the right direction.

With the departure of last season's co-offensive coordinators — Brad Davis and Drew Mehlinger — MU football welcomes three new members to the offensive coaching staff this season. Brett Elliott joins the Dukes as the co-offensive coordinator and quarterbacks coach. Sean Fischer and Jamal Powell also join the coaching staff, leading the tight ends and offensive line respectively.

The 2014 campaign may have ended in a tough loss to Liberty University, 26-21, in the first round of the Football Championship Subdivision playoffs, but the Dukes still had several offensive accolades to be proud of.

The Dukes boasted the most prolific offense in the Colonial Athletic Association with 484.6 yards per game, which ranked 10th in the country. The Dukes also broke numerous school records, including total offense (6,300 yards), passing yards (3,499), completions (286) and passing touchdowns (30).

Again led by Associated Press FCS Third Team All-American quarterback Vad Lee, the Dukes' offense looks to continue to build on the success they started.

"We're going to remain to be consistent and explosive," Elliott said. "We're going to attack defenses weaknesses and make them cover all 11 players."

Here's a look at the three areas to pay attention to on the Dukes' offense.

## In the air

Although the Dukes' offense could be characterized by some as 'run-heavy,' JMU is no stranger to the passing game. Lee led the CAA with 3,462 yards passing on 282 completions for the JMU record 30 touchdowns.

One standout statistic, and something uncharacteristic of most college football teams, was that the Dukes had four players in 2014 with over 450 receiving yards. Leading receivers Daniel Brown, now with the Baltimore Ravens, and DeAndre' Smith have both since graduated. But the Dukes return veteran receivers in redshirt sophomore

tight end Deane Cheatham, juniors Brandon Ravenel and Rashard Davis and redshirt sophomore Ishmael Hyman.

"We have a lot of talent in the room and it won't be hard to fill those voids," Ravenel said about losing Brown and Smith.

Last season Ravenel caught 38 passes for 535 yards and five touchdowns. Cheatham caught 42 passes for 453 yards and two touchdowns.

Elliott isn't concerned with how the receiving unit will hold up after losing those pivotal figures.

"We just get them reps and coach them up," Elliott said.

The receiving unit also welcomes newcomers in freshmen Riley Stapleton and junior transfer from Georgia Military College Dominique Taylor.

## On the ground

When Withers joined the JMU football program he made it universally known that he was going to transform the Dukes' offense and that it would rely primarily on the run game. Last season the Dukes finished with 2,801 yards rushing and 25 touchdowns.

“ We want teams to say ‘Oh shoot, we have to go up against those JMU running backs, maybe we should wear some extra padding. ”

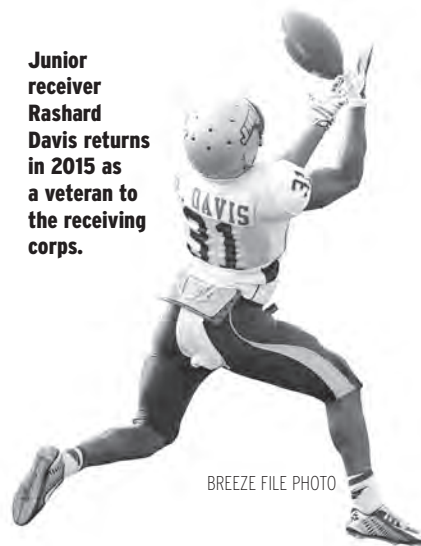
**Zak Kuhr**  
co-offensive coordinator

Lee carried the bulk of the running game with 826 yards and nine touchdowns on 183 attempts — all team highs.

It's not typical for a quarterback to have those kind of rushing yards in an offense, but JMU's offense is anything but typical.

"Defenses really need to respect Vad on pass plays and run plays," co-offensive coordinator and running backs coach Zak Kuhr said.

**Junior receiver Rashard Davis returns in 2015 as a veteran to the receiving corps.**



BREEZE FILE PHOTO

The Dukes did, however, graduate their second-leading rusher, Juan Latney. Latney ran for 692 yards and seven touchdowns on 122 carries in his final season at JMU.

Junior running back Khalid Abdullah will likely handle most of the handoffs this season after a stellar sophomore season. Abdullah scored three touchdowns and recorded 547 yards on 113 carries. Sophomores Taylor Woods and John Miller also return this season. Miller scored five touchdowns and added 371 yards on 83 carries, while Woods had 71 yards on 21 carries. Miller is switching to wide receiver this season.

"There is going to be a lot of competition this year," Kuhr said. "We're going to have a lot of guys carrying the ball."

The Dukes' running backs unit also adds two freshmen, Trai Sharp and Donovan McGeachy. Sharp is expected to miss week one with a knee injury.

Kuhr added that, although Lee carries most of the running game, the Dukes' running backs are a squad not to be trifled with.

## Up front

While the offensive production numbers last year were noteworthy, none of them were possible without solid protection from the offensive line. Powell believes that he has exceptional offensive line depth and that most of the members of the unit can be switched in and out interchangeably.

"We have a lot of competition at each position, from right tackle all the way over to left tackle," Powell said.

Leading the unit is redshirt junior Mitch Kirsch, who was Second Team All-CAA and was selected to the Preseason All-CAA team. The line also returns redshirt seniors Austin Lane and Dominick Richards and welcomes redshirt sophomore Aaron Stinnie and redshirt junior Matt Frank from the defensive line.

"We're an offensive line that is continually building to get better each day," Powell said. "We want to build off of our great season last year when we had our offensive line playing very hard."

**CONTACT** Peter Cagno at breezesports@gmail.com.



HOLLY WARFIELD / THE BREEZE

## A breakdown of how the Dukes' defense will look in 2015

By **RICHIE BOZEK**  
The Breeze

During the 2014 campaign, JMU's roster included 19 combined seniors and redshirt seniors. The Dukes lost some crucial pieces of their defensive puzzle.

Two of those pieces were All-Colonial Athletic Association First Team selections defensive lineman Sage Harold and safety Dean Marlowe — and both were captains. All-CAA Third Team defensive lineman Brandon Lee also moved on.

Harold led the conference in sacks (13.5), tackles for loss (23.5) and fumbles forced (6). Lee was second on the Dukes' roster in each of those three statistics, behind Harold, while Marlowe led the team in solo tackles (59).

Graduation is not the only reason a player may no longer be on a roster. There are the occasional transfers and, under special circumstances, dismissals.

The latter is true for cornerback Jimmy Moreland, linebacker Rakeem Stallings and nose guard Keith Ford, who were each dismissed from the team by second-year head coach Everett Withers for breaking the program's "Core Values." The three were charged with petit larceny of less than \$200 after an incident on Feb. 16 according to Harrisonburg/Rockingham General District Court online records.

Moreland started as a freshman last year and recorded three interceptions, brought two back for touchdowns and five blocked kicks. Stallings was third on the team in total tackles (80).

One other notable departure on the Dukes' defense after last season was that of defensive coordinator Brandon Staley. Staley left to return to his prior coaching

position at John Carroll University, leaving Steve Sisa to fill the his shoes. Sisa enters his second season on JMU's coaching staff, after serving as safeties coach in 2014.

"The transition [in coordinators] really wasn't that big of a deal," redshirt sophomore linebacker Kyre Hawkins said. "He knew the defense, we knew what was going on, and we just went under his wing. He's been doing a real good job of getting the defense together, making it so that we can play real fast and that everyone's on the same page."

With all the aforementioned not on the field for the Dukes, Hawkins is one meaningful part of the squad who's returning.

"[Hawkins] was probably our best linebacker last year," Withers said. "He's accepted the role, he's a very cerebral kid, he knows the defense. He's kind of the quarterback of the defense right now."

Hawkins recorded 97 total tackles in 2014.

Also returning with Hawkins in the center of the defense is redshirt junior linebacker Gage Steele. Steele started all 12 games of his redshirt freshman year and was named a finalist for the Jerry Rice award, which honors the national rookie of the year. He saw a little bit restricted playing time last year due to injury. Steele played in 11 games but only started in three.

"Coming out last year, I was expecting to do big things, I wanted to do big things," Steele said. "With [the injury] happening it was definitely a little heartbreaking. This year I've been getting better and staying healthy, doing what I can for the team."

Steele is also one of four captains for the Dukes this year. Joining him as a captain on the defensive side is redshirt senior defensive lineman Alex Mosley. Mosley

started every game in 2014 at the position. Another notable returner on the front line of the defense is redshirt senior Xavier Gates, who saw action in all 13 games last year with seven starts while recording 26 total tackles in the process.

With All-CAA talent no longer on the line in the form of Harold and Lee, the Dukes will look to pieces like sophomore Cornell Urquhart and redshirt sophomore Simeyon Robinson. Each saw significant time on the field last year and totaled 41 tackles combined last year. Freshman Jordan Brooks is also a notable acquisition and was rated a three-star recruit by ESPN this year.

"I think that this defensive line that we have this year can do things even better than we did last year," Mosley said. "I think this year the biggest difference is we have a lot of defensive tackles, we have a lot of big, strong guys that if we stay healthy it's going to be a long year for opposing offensive lines."

Of the eight options at the cornerback position, seven are underclassmen — five of which are true or redshirt freshmen. The lone upperclassman leading this youthful group is redshirt junior Taylor Reynolds, who was an All-CAA Second Team selection, and the Dukes feel he has successfully taken his teammates under his wing.

"Coach Withers challenged me to kind of bring some of the young guys along and I think that we as a team have done a great job at developing a lot of these young freshmen and a lot of the young guys who got a little bit of playing time last year," Reynolds said. "I think over camp overall, we've done a great job of developing them, teaching them the playbook, teaching them the way that we play."

At the safety position, junior Raven Greene and sophomore Marcell Johnson

return for the Dukes. Johnson played in 12 games last year with five starts and recorded 44 total tackles. Greene played in five games and started two of them before suffering an injury that sat him out for the rest of the season.

"We've got two of the best-looking safeties," Withers said. "We didn't have these good-looking safeties at Ohio State."

The safeties, like the cornerbacks are a young group. There as seven freshmen in the position.

"You can be really talented, but the way college football is played is very different," Sisa said. "The more that older guys can relay their experiences to the younger guys, the more successful and quicker we will be in development."

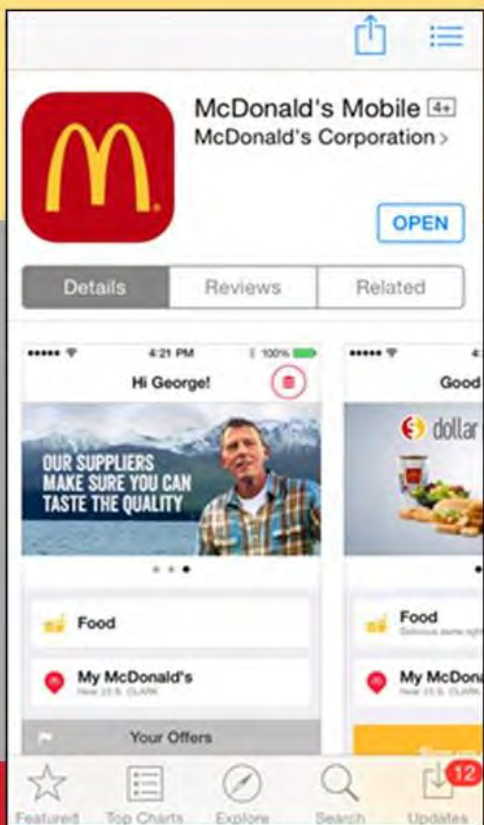
Last year, the Dukes were second to last in total defense in the conference, relinquishing 424.8 yards per game. With Sisa new to the defensive coordinator position, no major formation or schematic changes were made. JMU will stick to a 3-4 base defense.

However, the Dukes made their system somewhat simpler this offseason by implementing less calls and checks, and they've also worked on playing faster.

"It's a defense that allows us to not think as much and just play to our heads, just play fast and just go," Mosley said. "It's like being on a roller coaster. It's joy, it's excitement, it's just going."

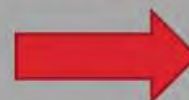
With the opening kickoff of JMU's 2015 season this Saturday at Bridgeforth Stadium, the Dukes' defense will see if this roller coaster is a smooth ride or an old, rickety one as this year's journey begins to play out.

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