

# The Cavalier Daily

Wednesday, March 20, 2013

 Sunny. High 53, Low 29 See A3 [www.cavalierdaily.com](http://www.cavalierdaily.com) Volume 123, No. 86 Distribution 10,000



Cambridge Prof. Stefan Collini analyzed the growing importance of hard sciences in the last century in his talk Tuesday in Minor Hall Auditorium.

Jenna Truong | Cavalier Daily

## Collini lauds liberal arts

*Cambridge professor praises humanities educations; encourages creative community-based discussion*

By Jordan Bower  
Cavalier Daily Associate Editor

Stefan Collini, a professor of English literature and intellectual history at Cambridge University and author of “What Are Universities For?” held a talk Tuesday in the Minor Hall auditorium to discuss the fate of humanities programs in a culture that increasingly values hard sciences. Collini began with a historical perspective of university development – starting with the rise in enrollment and funding for higher education following World War II. Since the 1980s, however, he said universities have primarily been viewed as “engines of economic growth,” aligned with the needs of industry, finance and commerce. To increase their funding, these universities are forced to compete with their peer institutions by demonstrating their programs’ and their students’ economic potential. Humanities scholars should defend the value of their fields of study, Collini said, by highlighting their ability to deepen human

understanding. “The very openness of [humanities scholars’] activities comes to legitimate forms of inquiry that may run counter to the aims of those who founded or supported it,” he said. Rather than encouraging the adoption of central values of society, Collini said, universities should challenge and alter existing beliefs. Although Collini suggested a broad humanities education can provide potential employers with a more creative workforce than that provided by a narrow technical education, he said a humanities education should not be evaluated solely based on its social benefits. Quantitative measures, he said, would fail to capture the true value of a liberal arts degree. “I believe that he made utterly compelling statements about the arguments we should make to people outside the University about what we do and why it should be valued by society,” English Prof. Jessica Feldman said. “What I expected was a very finely-grained, very humanistic argument that I had not heard before, and that’s what I got.”

## NEWS IN BRIEF

# U.Va, Duke to offer joint language course

University students will be allowed to enroll in a teleconference course to study Creole at Duke University starting next fall. The partnership will also allow Duke students to enroll in the University’s Tibetan language course.

Students will use Cisco’s TelePresence, a videoconferencing technology, to engage actively with the professors and they will receive full credit at their respective universities.

“We’re protecting languages that are very much a part of our global culture, but aren’t necessarily the first you would take in a western academic curriculum,” Laurie Patton, dean of Duke’s

Trinity College of Arts & Sciences, said in a University press release. “We aren’t replacing the face-to-face teaching of more commonly taught languages. We are protecting these languages that,

in this economic climate, might not be sustained.” The University is still in the process of confirming the details of the program. —compiled by Abby Meredith

## Visiting professor talks education

*Stanford professor, author Carol Dweck addresses influence of ‘fixed’ mindset on student success*

By Andrew D’Amato  
Cavalier Daily Associate Editor

The Curry School hosted Stanford Psychology Prof. Carol Dweck Tuesday to give the Walter Ridley Distinguished Lecture, an annual lecture held to honor the first African-American to graduate from the University, who received a doctorate from the Education School. Dweck’s presentation focused on her book “Mindsets,” which examines how teachers can shape their students’ perceptions of their own abilities and in turn their capacity to learn new things.

In her book, Dweck distinguishes between fixed and growth mindsets. People with fixed mindsets believe their capabilities are unchangeable and so choose tasks within their comfort zone rather than risk failure. “[Having a fixed mindset] leads [students] to shy away from challenges and to wilt in the face of obstacles because they’re worried about not being smart enough,” Dweck said. This contrasts with growth,

Please see **Education**, Page A3



Stanford Prof. Carol Dweck gave a presentation Tuesday, arguing that early childhood praise and exposure to diverse classroom teaching styles are two major factors in shaping a student’s mindset for academic effort later in life.

Jenna Truong  
Cavalier Daily

**Zeta Tau Alpha President Caroline Wells ask for Student Council’s endorsement ahead of her visit to Washington, D.C. to lobby for improvements in tax code for sorority and fraternity housing.**



Jenna Truong  
Cavalier Daily

## StudCo reviews, tables resolutions

Student Council discussed a reform aimed to increase Council’s transparency at its Tuesday meeting. The bylaw change would require Council to make updated bills available online and create a timeline by which time the information must be public. The reform would also require Council to post budgets indicating how much the allocation committee will give to CIOs. “Student Council is supposed to be the student voice, and people need to know what the representatives are saying on their behalf,” said fourth-year Engineering student Alex Reber,

chair of the representative body. Third-year College student Caroline Wells, president of Zeta Tau Alpha sorority, presented Council with a bill to publicly endorse a piece of legislation before Congress. The Congressional bill would make money spent on infrastructure improvements to sorority and fraternity housing tax deductible. Wells is going to Washington, D.C. in April to lobby along with the Fraternal Government Relations Coalition. The introduced bills were tabled and will be voted on in as early as two weeks.

—compiled by Kelly Kaler



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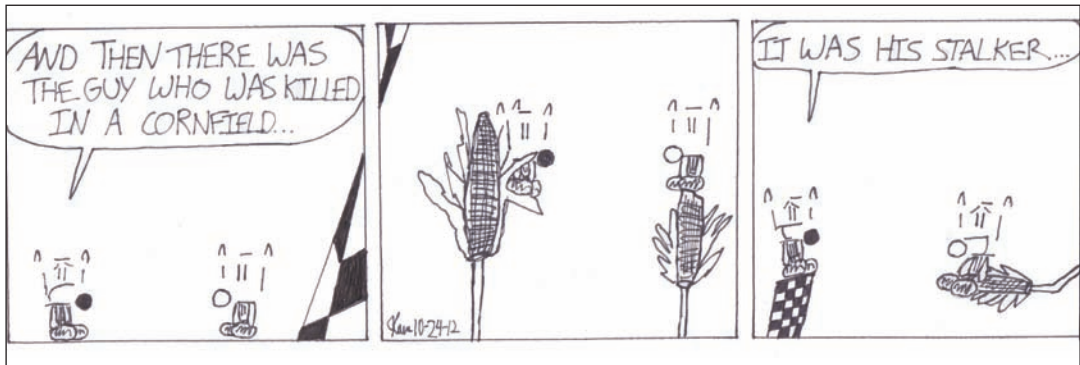


A2

# Comics

Wednesday, March 20, 2013

## DJANGEO BY STEPHEN ROWE



## THE ADVENTURES OF THE AMAZING <THE> A-MAN BY EMILIO ESTEBAN



## NO PUN INTENDED BY CHARLOTTE RASKOVICH



## GREEK LIFE BY MATT HENSEL



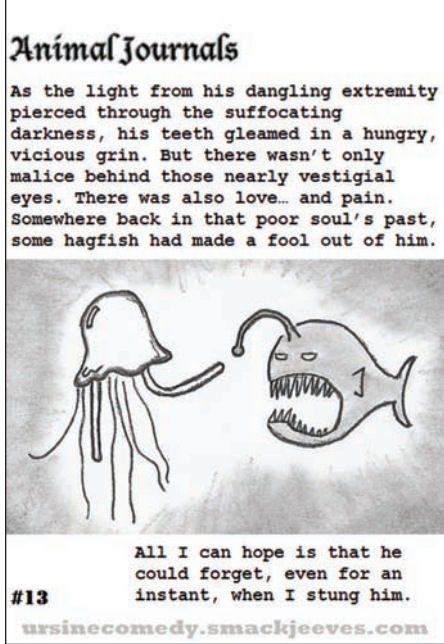
## NO SUBJECT BY JANE MATTIMOE



## A BUNCH OF BANANAS BY JACK WINTHROP & GARRETT MAJDIC



## BEAR NECESSITIES BY MAX MEESSE & ALEX SCOTT



## MOSTLY HARMLESS BY PETER SIMONSEN



## HOROSCOPES

**ARIES** (March 21-April 19). You have the sense that the world is full of promise and that you're just the one to make good. It's as though the sky was painted for you alone and the angels are awaiting your orders.

**TAURUS** (April 20-May 20). You have a clear intention for the day and a stellar sense of direction to help you head toward it. You're also willing to change your tactics or jump onto a different path whenever necessary.

**GEMINI** (May 21-June 21). You're constantly learning and growing, and sometimes you just want to stop and take stock of where you are. Love helps you do this. Having someone to talk to and share special moments with will help you to realize your many blessings.

**CANCER** (June 22-July 22). The imbalance in your life will be set right. You're realizing more and more that just because things aren't quite the way you want them to be doesn't mean they are not perfect in the grand scheme.

**LEO** (July 23-Aug. 22). Sometimes you talk off the top of your head, and it doesn't come out the way you want it to. People hear your heart, though, and it's in the right place. So anything you say won't count for much.

**VIRGO** (Aug. 23-Sept. 22). There's much to gain from keeping up with loved ones. They may vent about topics that are irrelevant to you, and yet you can appreciate the fact that others have different priorities and interests.

**LIBRA** (Sept. 23-Oct. 23). You're going into a new season, but you won't forget your heritage. You'll attract good fortune as you pay homage to the ghosts who have inspired the person you are today.

**SCORPIO** (Oct. 24-Nov. 21). Everything cannot be important to you at once, although it may feel that way as this new season opens before you. There's a wonderful sense of urgency to your mood. You want to know, do and be "it all."

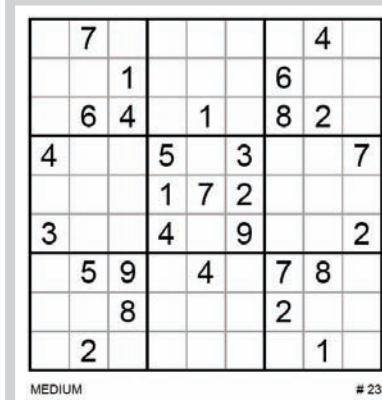
**SAGITTARIUS** (Nov. 22-Dec. 21). In some way, you'll feel like a professional basketball player stepping up to the free-throw line. The pressure is on, but it's also your chance to be a star and save the day.

**CAPRICORN** (Dec. 22-Jan. 19). Your concern about social standing is well founded. Image is important, and so is reputation. You'll be deciding how you want to be perceived in the new season and making fresh decisions.

**AQUARIUS** (Jan. 20-Feb. 18). You'll love the particular brand of distraction that seeks you out today. You may decide that it's not a diversion at all, but rather a delightful bit of meaning that's been purposefully put in your path.

**PISCES** (Feb. 19-March 20). A little plan might fall through, but the big picture is still intact. In some way, the pressure is off of you now. This is your chance to make a new deal. Above all, you have hope.

**TODAY'S BIRTHDAY** (March 20). Believing impossible things takes practice. You're just the kind of dreamer who will practice often, and your belief will bring about miraculous results. Your harmonious personal life makes it possible for you to give quality attention to your work. You'll excel and be promoted. Moves and renovations happen in May. Virgo and Cancer people adore you. Your lucky numbers are: 40, 50, 23, 41 and 39.



## su | do | ku

© Puzzles by Pappocom

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

LAST SOLUTION:

4	5	8	3	6	2	1	9	7
3	2	9	4	7	1	8	6	5
6	7	1	5	8	9	4	3	2
2	1	4	8	3	7	9	5	6
7	6	3	9	5	8	2	1	4
8	9	5	2	1	4	6	7	3
1	8	2	7	9	5	3	4	6
6	4	6	1	2	3	7	8	9
9	3	7	8	4	6	5	2	1

Solution, tips and computer program at [www.sudoku.com](http://www.sudoku.com)

## The New York Times Crossword

Edited by Will Shortz No. 0213

**ACROSS**

- Blood bank supplies
- Foliage-viewing mo.
- Welcome sign for a B-way
- Dental deposits
- P to Pythagoras
- Pricing word
- Senior softballers, e.g.?
- LAX monitor info
- "The Turner Diaries" conflict
- Flux (Charlize Theron role)
- Star in Cygnus
- K-9 Corps member?
- CNN's Barnett
- Counterpart of long.
- Had down cold

**DOWN**

- Fig. on an I.R.S. schedule
- "Well, — di-dah!"
- Barley wine, really
- Fun house worker, maybe
- Zimbabwean strongman Robert
- Author Waugh
- Lesser-played half of a 45
- Nymph of Mount Ida, e.g.
- Use plastic
- Certain turkey
- Dash component
- Prepare for next year's models, say
- Cousins of chimps
- Pan Am rival
- "What —" ("Ho-hum")
- Cable alternative, for short
- Mus. key with four sharps
- A few bricks short of a load
- CNN's Burnett
- One of a biathlete's pair
- Common packaging word
- "The Name of the Rose" author
- "— knows?"
- Try to win

**ANSWER TO PREVIOUS PUZZLE**

SCRUB	BALL	AGHA
ARENA	OBOE	GRIM
TIPSY	LUCABRASI	
USE	ODD	ROOFS
RCABUILDING	FYI	
NOLA	LYLIN	IFS
LEA	SCAM	TIA
ARTISTICABILITY		
BEA	PERU	JAI
ELK	ISLE	MOWS
TIE	JESSICABIEL	
SCION	ATM	LEI
SHAREACAB	BLEND	
HERO	CALL	ERIE
EDEN	TREE	ROSES

Puzzle by Richard and Judith Martin

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15			16				
17					18			19				
20				21			22					
23				24			25			26	27	28
		29	30			31				32		
36	37	38				39			40			
41				42			43					
44				45			46			47		
48				49			50			51	52	53
			54			55				56		
57	58	59				60				61		
62						63				64		
65						66				67		






PUZZLE BY RICHARD AND JUDITH MARTIN

For answers, call 1-900-285-5656, \$1.49 a minute; or, with a credit card, 1-800-814-5554. Annual subscriptions are available for the best of Sunday crosswords from the last 50 years: 1-888-7-ACROSS. AT&T users: Text NYT-X to 386 to download puzzles, or visit [nytimes.com/mobileword](http://nytimes.com/mobileword) for more information. Online subscriptions: Today's puzzle and more than 2,000 past puzzles, [nytimes.com/crosswords](http://nytimes.com/crosswords) (\$39.95 a year). Share tips: [nytimes.com/wordplay](http://nytimes.com/wordplay). Crosswords for young solvers: [nytimes.com/learning/xwords](http://nytimes.com/learning/xwords).



Three-Day Weather Forecast

Provided by the  
Cavalier Weather Service

 <b>TODAY</b> High of 53°	 <b>TONIGHT</b> Low of 29°	 <b>TOMORROW</b> High of 44°	 <b>TOMORROW NIGHT</b> High of 27°	 <b>FRIDAY</b> High of 51°
Mostly sunny skies with a continuing west wind between 10 to 15 mph. Temperatures rise into the low 50s.	Clouds move in for cloudy skies with a slight chance of some wintry mix. Chance of precipitation 30 percent	Clouds clear for mostly sunny skies with wind between 5 to 15 mph. Temperatures only reach the mid 40s.	Mostly clear skies with temperatures sinking into the upper 20s.	Sunny skies with temperatures rising into the low 50s.
Mostly sunny skies will preside today until a weak cold front moves through tonight, bringing a small chance of wintry mix overnight. High pressure will return tomorrow for a pleasant, yet chilly end to the week.				To receive Cavalier Weather Service forecasts via e-mail, contact <a href="mailto:weather@virginia.edu">weather@virginia.edu</a>

Education | Dweck: Challenging experiences engage brain

Continued from page A1

wherein people believe their abilities can be developed and are therefore more willing to confront challenges and make mistakes. Ultimately, Dweck said, students with growth mindsets are more successful. “[Individuals with growth mindsets] don’t necessarily think everyone’s the same or that everyone can be Einstein,” Dweck said. “But they understand that even Einstein wasn’t Einstein before he put in years of labor.” Teachers play an important role in developing these mindsets in young students, Dweck said.

“We’ve found that teachers with a fixed mindset, when a student doesn’t do well in math or an entry level exam, rush in and comfort them,” Dweck said. “They say ‘don’t worry, not everyone can be a math person.’ What are they telling that person? Often when students are stuck in math, it’s temporary. But when teachers tell students not to be a math person, it would be permanent.” In an effort to change fixed mindsets, Dweck has worked to create a new program called Brainology which teaches students how their brains work in an effort to encourage them to challenge themselves academically. “They learn that every time they stretch out of their comfort zone to learn something new, their brain forms new connections and they become smarter,” said Dweck. “It’s a thrilling idea for them. [They think] effort makes you dumb, but we tell them no, that’s what makes you smarter.”

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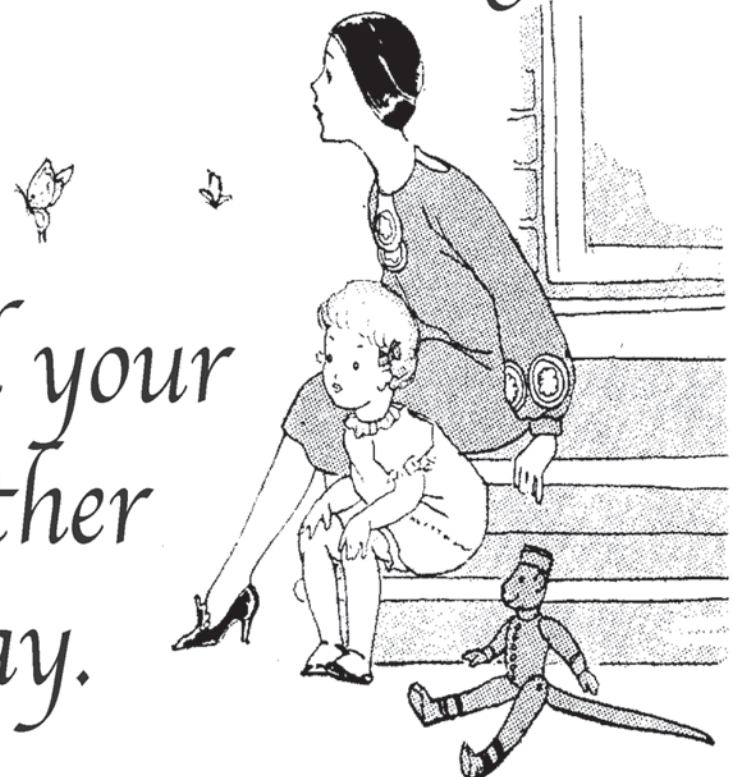
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# The Cavalier Daily

"For here we are not afraid to follow truth wherever it may lead, nor to tolerate any error so long as reason is left free to combat it."

—Thomas Jefferson

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## On the razor's edge

As higher-education's future hangs in doubt, all students have a stake in the question of what universities are for

A willingness to ask about the purpose of a university — as Stefan Collini, a literary critic at the University of Cambridge, does in his recent book “What Are Universities For?” — in itself points to a certain approach to learning. The question presumes that matters of purpose are important. It also presumes that universities are something we should care about. By framing the question in terms of purpose rather than utility, Collini stacks the deck on the side of learning for learning's sake before the conversation even begins.

So it should come as no surprise that Collini, who spoke Tuesday in Minor Hall about the relationship between universities and their publics, endorses liberal-arts education. His investigation of why universities matter stands as an example of the kind of spirited quest for meaning academics like Collini are fighting to make sure the higher-education world does not abandon — or, in an era of rising trustee governance, summarily dismiss.

If you were to camp out by Minor Hall, a few times a semester you would see professors and students file in for lectures on liberal arts and the future of the university. Each time the group would look much the same: literary critics and classicists, historians and philosophers, eager students in square-rimmed glasses. Would they gather so frequently to discuss the state of higher education if there weren't a danger that their world could collapse? Like a well-dressed support group for universities and the people who love them, they cheerfully discuss the supposedly imminent demise of their own disciplines. Such matters are of grave importance in today's academic climate. The humanities and social sciences find themselves caught in a crisis of credibility as publics demand that universities, especially those receiving public funds, demonstrate direct, quantifiable contributions to short-term economic growth.

But most who attend events like Collini's talk are already sold on the university's value as a means for deepening human understanding. They are professors who depend on the humanities for purpose (and a paycheck, though in the absence of proper faculty compensation at the University the former might outweigh the latter). Or maybe they are students who know already they can't live without books.

The limited pool of those willing to engage with the question of what universities are for is regrettable. We all have a stake in how society ascribes value to its higher-education institutions. And Collini would offer hope to many students wondering why we should care about college. In his talk he pointed to shortcomings contained in the view that higher education should derive legitimacy from economic or utility-based outcomes. Strategic dynamism (“as your local dialect puts it,” Collini said) or treating universities like any other business leads to an incomplete way of measuring higher education's value.

But Collini also expressed skepticism about the view, espoused by thinkers like Martha Nussbaum — who spoke in Minor Hall a few months before Collini flew in from Cambridge — that a liberal-arts education is necessary for the development of moral imagination or expanded sympathy. Collini's defense of the life of the mind was, more than anything else, Jeffersonian: a university's purpose, he said, is to extend human understanding wherever it may lead. So it's too bad that he was, so to speak, preaching to the choir: because while those in attendance, nodding and laughing, likely had heard similar arguments before, the students who remain outside such conversations would benefit more from an inspiring reflection on why they are at the University. The project of defending the liberal arts cannot be left only to those who practice them.

### Featured online reader comment

“Despite what Playboy might say, nobody actually thinks that UVa is the nation's top party school. It doesn't have to go one way or the other, but saying to the rest of the world that the Hoos can party with the best of them doesn't detract from the University's academic prestige. If I wanted to attend a school that was solely known for its academic legacy, not a tradition of excellence AND a storied social scene, I would have attended a school slightly east of Charlottesville (the one that Mr. Jefferson attended). Maybe Mr. Jefferson founded this University because it had something that his alma mater was lacking - a community that learns together, lives together, and is built on lasting relationships. And maybe in this day and age, that translates to raging together for a lot of us proud Cavaliers. Let's be exactly what we are. The whole package.”

“L,” responding to Adam Beirne's March 18 column  
Work hard, work hard.

### THE CD

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The Cavalier Daily welcomes letters to the editor and guest columns. Writers must provide full name, telephone number, and University affiliation, if appropriate. Letters should not exceed 250 words in length and columns should not exceed 700. The Cavalier Daily does not guarantee publication of submissions and may edit all material for content and grammar. Anonymous letters, letters to third parties and pieces signed by more than two people will not be considered.

Submit to [editor@cavalierdaily.com](mailto:editor@cavalierdaily.com), <http://www.cavalierdaily.com/>, or P.O. Box 400703, Charlottesville, VA 22904-4703.

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The public editor is available at [publiceditor@cavalierdaily.com](mailto:publiceditor@cavalierdaily.com).

### Editorial Cartoon by Emilio Esteban



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## A ‘Path’ worth exploring

Democrats, Republicans should consider Ryan's budget proposal as a step toward bipartisanship

The Conservative Party Action Conference this past weekend provided me with numerous Republican stories about which to write, from filibuster king Sen. Rand Paul (R-Ky.) to rising conservative star Dr. Ben Carson, the keynote speaker at the 2013 National Prayer Breakfast. But the person I want to focus on is Rep. Paul Ryan (R-Wis.), chairman of the House Budget Committee. Last week Ryan unveiled the third incarnation of his Path to Prosperity budget proposal. Ryan's CPAC speech focused on his proposal and outlined the conservative principles on which his budget is based. Understanding Ryan's budget is important — not because of its overwhelming chances of success, but because it forms a powerful challenge to a Democratic Party and a Democratic president that have failed to make a strong response in terms of

fiscal policy.

Ryan's proposal aims to bring government spending down past the levels the country saw following World War II — which were about 20 percent of GDP — to 19.1 percent. Current federal spending as a percent of GDP is almost 23 percent, which means that Ryan's proposed budget would reduce federal spending — and effectively, government itself — by 18 percent in the next 10 years. Then comes the big question: how?

This is where the Ryan budget has faced some criticism. The budget will not impose any new tax increases to raise revenue and would rely instead on a combination of deep cuts in nondefense discretionary spending. It would repeal Obamacare but maintain the act's \$716 billion in cuts to Medicare. This use of

Obamacare cuts is ironic considering that another goal of the Ryan budget is to overturn the main part of the Affordable Care Act — coverage for the uninsured. Ryan's reliance on elements of the Affordable Care Act in crafting his budget have provoked some attacks from the right, because some conservatives feel that the budget is compromising with Obamacare by not seeking to overturn the health care act altogether. On the other hand, more pragmatic conservatives criticize the effort to repeal Obamacare, fearing that such an ambition threatens to turn the budget into more of a political posturing exercise than a solution.

Another area of trouble is Social Security. Social Security is a form of mandatory federal spending that makes up about 20 percent of the government's budget. And though Ryan's Path to Prosperity would institute some reforms in other forms of mandatory spending such as Medicare, it leaves Social Security, an area with ample potential for even moderate reform, untouched.

The Path to Prosperity walks a difficult line between idealism and realism, but in all fairness, there is no easy path. The budget has a broad appeal to conservatives as a whole — it reduces government spending and institutes no new tax hikes. The proposal also aims to reform the tax code, creating two simple rates: those making under \$100,000 a year pay 10 percent, while the rest pay 25 percent. Federal corporate tax rates would fall as well, from 35 percent to 25 percent. As with the attempted partial repeal of Obamacare, Ryan runs the risk of making the bill a kind of idealistic martyr rather than a viable solution. Still, these are goals on which many conservatives can agree and a rallying point for the budget's proponents.

The Senate Democrats responded with a budget of their own, but the response was little more than a formality. Their budget, released by Sen. Patty Murray of Washington, chair of the Senate Budget Committee, calls for tax increases for the wealthy and corporations and avoids look-

ing too closely at any reforms to entitlement spending. Furthermore, the Democratic budget aims to reduce the deficit by \$1.8 trillion during the next 10 years, compared to Ryan's \$5.7 trillion over the same period.

Ryan's is not a mainstream, bipartisan approach to the budget crisis by any stretch of the imagination. It is, however, a more pragmatic and realistic proposal than that offered by Senate Democrats. The Path to Prosperity makes a number of concessions, from not touching a key entitlement like Social Security to maintaining some of Obama's tax increases. These are nothing like the concessions Democrats would hope for, but they offer a glimpse at what a future, bipartisan budget may look like. Will the Ryan budget pass unchanged, or even pass at all? It is unlikely. But it is nonetheless an important step in the right direction, one that Democrats — and Republicans — should analyze before regurgitating broken talking points.

Sam Novack's column appears Wednesdays in The Cavalier Daily. He can be reached at [s.novack@cavalierdaily.com](mailto:s.novack@cavalierdaily.com).

# RECYCLE YOUR NEWSPAPER





# Turning the wrong page

The University should continue extending faculty status to librarians

The University recently shifted the status of incoming librarians from faculty to managerial and professional staff, informing all current librarians by email. The title change has drawn ire from library employees and is, in my opinion, rather backward. About 75 percent of public universities grant their librarians faculty status, according to a 2008 study by a scholar at the University of Nebraska-Lincoln. In 2009 Wake Forest University transitioned librarians from staff to faculty. The University, however, has chosen to move in the opposite direction. In this academic climate, this decision seems out of place. University officials hold that the title change will allow for more flexibility in hiring. People with different kinds of expertise are necessary to ensure the library runs

**FARIHA KABIR**  
OPINION COLUMNIST

smoothly. Hiring under the title of general faculty hinders the school's ability to attract people with the broad range of skill sets the library's operations require. With advances in digital scholarship and library science, traditional librarian skill sets in the domain of research and curation may not be what are necessary. The faculty title may therefore mislead prospective employees. Currently librarians hold the title of general faculty, which is different from teaching faculty (e.g. professors). The transition will not affect salary nor benefits for the employees. Current employees who wish to retain faculty status can do so. Furthermore, regardless of title, employees will still be able to research or teach. Nevertheless, I think the title change is a mistake. Though eliminating the faculty des-

ignation may make for a more flexible hiring process, because the majority of universities still offer librarians faculty status, the University may lose appeal for prospective librarians. Even if the title change does not reduce benefits or salary packages for prospective employees, job candidates may still opt to work at another university that gives them faculty status. First and foremost, librarians have the ability to conduct research and publish work. Often, they collaborate with professors to help students better understand how to conduct research and they ensure that students are able to tap into the appropriate

resources for their research. Faculty status allows librarians to be better integrated into the University's academic efforts. Eliminating the librarians' faculty designation might isolate these employees from other academic communities at the University and provide less of an incentive for them to conduct research. Second, the title change would deny librarians sufficient representation in the University community. At the moment, faculty status allows libraries to be represented in the General Faculty Council. Library staffers would not have this opportunity. By losing faculty status, incoming librarians will be unable

to participate in faculty governance. This transition is meant to create a more cohesive community, according to University Librarian Karin Wittenborg, but the policy promotes the exact opposite. Instead of cohesion, the move will isolate librarians by denying them a voice. I can understand the concern about having more flexibility in the system. But, perhaps flexibility can be achieved by hiring people under both general faculty and managerial and professional titles with specific skill sets for each. It seems that the problem can and should be solved by allowing at least some incoming librarians to claim the designation of general faculty — and the respect that comes with the title.

*Fariha Kabir's column appears Wednesdays in The Cavalier Daily. She can be reached at f.kabir@cavalierdaily.com.*

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## NEW APP OFFERS DYNAMIC APPROACH TO CONCUSSION TESTING

By KAMALA GANESH | CAVALIER DAILY HEALTH & SCIENCE EDITOR



Jenna Truong | Cavalier Daily

Following a successful pilot program last season, the National Football League will begin using an iPad application to test athletes for concussions when play resumes in September. The application is a sideline concussion assessment tool, intended to speed concussion diagnosis and recovery in patients. The app allows doctors and athletic trainers to compare a player's baseline test results with their post-injury results in real time.

This innovative program comes in the wake of heightened attention to the long-term mental health effects of repeated concussions.

In 2011, head trauma-related depression and addiction lead to the death of Canadian hockey great Derek Boogaard. A Washington Times' database documents more than 4,000 lawsuits filed against the NFL by retired professional football players because of head injuries suffered on the field.

Head injuries can be problem-

atic in sports even at the collegiate level, said James Smuda, University football team athletic trainer, in an email. He said the team works to minimize long-term negative consequences of head injuries in college athletes.

"We will withhold any athlete from activity if a concussion is suspected," Smuda said. "When in doubt, hold them out."

The University football team uses a similar application to the one being employed by the NFL called SCAT2, or sideline concussion assessment tool, Smuda said. Players are also assessed by team physicians and treated based on head injury and concussion protocol.

"[The protocol] is based upon a number of factors: head injury history; elimination of symptoms; a return to baseline scores of the Concussion Resolution Index (CRI), which is a computer-based neurocognitive test; functional testing for symptom provocation; and a final physician physical assessment and clearance," he said.

## Mediterranean diets improve patients' cardiovascular health

By TAYLER BRUCE | CAVALIER DAILY STAFF WRITER



A group of researchers at the University of Barcelona published the results of an eight-year study earlier this month that determined the popular trend of Mediterranean diets may help reduce the risk of heart complications. The researchers found that those at high risk of cardiovascular disease who switched to a Mediterranean-style diet reduced their risk of heart attack, stroke and other cardiovascular events by 30 percent compared to those eating a standard low-fat diet.

A Mediterranean diet primarily consists of fresh produce, whole grains, beans and legumes, fish, and some beef and chicken — while limiting the consumption of processed foods. Compared to a typical low-fat diet, the Mediterranean diet incorporates more monounsaturated fats and fewer saturated fats.

In the study, more than 7,000 participants aged 55-80 were divided into three experimental groups — one group consumed a traditional low-fat diet, another consumed a Mediterranean diet with an emphasis on olive oil, and a third had a Mediterranean diet with an emphasis on nuts.

Researchers found those eating the Mediterranean diets were more likely to stick to their regimen, in part because there were fewer restric-

tions on acceptable foods.

"[A Mediterranean] diet is effective because it has anti-inflammatory properties, it increases monounsaturated fats while reducing saturated fats, it has a high level of fiber, and it contains antioxidants," said Mary Lou Perry, clinical specialist for the Diabetes Cardiovascular Clinic at the University Hospital.

People who don't have access to a traditional Mediterranean diet, because of geography or income restraints, can still receive adapted versions of the diet as recommended by nutritionists and physicians, Perry said.

"The diet is overall good for the wellbeing of the population," Perry said. "[It] can decrease cancer related deaths, improve cardiovascular health, and decrease blood pressure and inflammation."

## U.Va. researchers explore Affordable Care Act's impacts for women's reproductive care

By ELISSA TRIEU | CAVALIER DAILY STAFF WRITER

Dr. Linda Duska of University of Virginia hospital and Public Health Professor Carolyn Engelhard of have coauthored a recent paper titled "The Patient Protection and Affordable Care Act: What every provider of Gynecologic Oncology care should know".

Dr. Duska was inspired by experiences with patients to educate gynecologic oncology providers about the Affordable Care Act and its implications for health providers. Professor Engelhard's expertise lies in health policy analysis, which similarly inspired her to explore the ACA's current and future impacts on modern medicine.

In the paper, the authors addressed the advantages and disadvantages of President Obama's 2010 Affordable Care Act, which seeks to decrease the number of uninsured Americans and reduce national health care costs. The act includes a patients' Bill of Rights, and seeks to make affordable health insurance more accessible, even for patients with preexisting conditions.

In their analysis, Duska and Engelhard stressed the importance of continuing to strive for excellence in care, aided and abetted by the ACA. "The ultimate goals are improving access to care and quality while reducing unsustainable

costs." Duska said in an interview.

Dr. Duska acknowledged, however, that while there are many benefits to this bill, there is not always enough funding for gynecologic oncology programs. Duska and Engelhard discuss in their paper how the ACA asks health providers to provide more services with less funding, and explore how the partial elimination of funds to compensate hospitals could hurt access for patients.

"The bottom line is that many of Dr. Duska's patients at UVA are indigent and may be helped by the Medicaid expansion should Virginia opt into the program as part of the ACA. But the partial elimination of the funds to compensate UVA for indigent patients may hurt access for patients," said Engelhard in an interview.

Duska further revealed that they hope Virginia will opt in to the Medicaid expansion tenet of ACA, which may help many patients. The co-authors remain unsure as to the short and long-term implications of the ACA. "Only time will tell" said Professor Engelhard.

What's next for Dr. Duska? "Next?? I don't know, I'm interested in quality of care for women with cancer, palliative care. We're working on a paper about in-hospital death for cancer patients right now."

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Freshman guard Justin Anderson scored a team-high 15 points and helped Virginia escape Norfolk State's upset bid. Anderson knocked down a pair of late free throws and a pull-up jumper to push the Cavalier lead to eight, sparking the team to victory on an off-night for junior guard Joe Harris and junior forward Akil Mitchell.



Jenna Truong  
Cavalier Daily

## Cavs win ugly NIT first round

*Anderson carries struggling Virginia squad against Norfolk State, team hosts St. John's for second matchup*

By Daniel Weltz and Fritz Metzinger  
Cavalier Daily Sports Editors

If the motto for March is "Survive and Advance," the Virginia basketball team should have left John Paul Jones Tuesday night pleased with the result. But after beating overmatched Norfolk State in the first round of the NIT Tournament 67-56 in an all-around eyesore, the Cavaliers could hardly mask their disappointment.

Just days after learning that their season would not culminate in an NCAA Tournament appearance, the Cavaliers lack of passion was apparent. For a team that has thrived off the energy of its home crowd to become one of the most dominant squads at home in the country, Virginia mirrored the demeanor of a largely subdued fan base.

"I don't know, I guess it's a mental hangover from not making the tournament – that really upset the guys," junior forward Akil Mitchell said. "It's a weird tournament for me. You kind of got to get yourself ramped up to play in the NIT because everybody dreams of making the tournament and when you don't make it, that disappointment kind of sits in your

chest a little bit."

Meanwhile, the upset-hungry Norfolk State squad — which also faltered in its conference tournament to squander a chance to return to the NCAA Tournament for a second straight year — built off the excitement of a small but vocal green-clad section to stay close against the top-seeded Cavaliers.

Norfolk State gave Virginia a late scare, but the Cavaliers came through with just enough poise late to come away with the victory. Senior forward Rob Johnson, who led the Spartans with 16 points and 13 rebounds, converted an and-one with 3:26 remaining to bring his team within 51-47. Standout freshman guard Justin Anderson answered the call late by draining a pair of free throws and knocking down a pull-up jumper from just inside the 3-point line to put Virginia back up by eight.

Anderson scored a team-high 15 points to help Virginia avoid another impressive upset by Norfolk State. The Spartans became the fifth 15-seed to win a first round game in the NCAA Tournament when they shocked Missouri in the first round of last year's "Big Dance." Norfolk State was able to keep within strik-

Please see **Basketball**, Page B3

## Oest impresses; bats power win

*Strong wind gusts cripple Yale fielding Wednesday, Cavaliers win first game against Bulldogs, 14-3*

By Michael Eilbacher  
Cavalier Daily Senior Associate Editor

Tuesday's game was certainly another impressive offensive performance for the No. 13 Virginia baseball team, but the biggest factor hindering Yale may have been something entirely different: Mother Nature. On a blustery day at Davenport Field, strong winds played tricks with both teams, pushing and pulling fly balls in the air.

Luckily for the Cavaliers (18-2, 4-2 ACC), the gusts seemed to blow in their favor, and they took advantage of multiple

defensive lapses from the Bulldogs (1-8, 0-0 Ivy League) to jump out to an early lead. The run support was more than enough for freshman starter Trey Oest, who dazzled again in a 14-3 drubbing at home.

"I don't think there's anything that impacts a game more from a weather standpoint than wind," Virginia coach Brian O'Connor said. "It certainly proved to be the case today. It was a very, very challenging day out there ... and obviously it impacted quite a few balls in that game."

Please see **Baseball**, Page B3



Marshall Bronfin | Cavalier Daily

Senior first baseman Jared King has rebounded from an early season slump, going 2-3 with three RBIs Wednesday against Yale. In his last four games, King is 8-for-16 and has batted in six RBIs.

Senior goalie Kim Kolarik will look to lead the Cavaliers against in-state rival James Madison and its leading scorer, red-shirt senior attacker Casey Ancarrow, who boasts an impressive 22 goals on 34 shots.



Courtesy  
Virginia Athletics

## No. 9 women visit JMU

*Virginia seeks to remain composed against No. 17 Dukes despite distractions*

By Matthew Morris  
Cavalier Daily Associate Editor

The No. 17 James Madison women's lacrosse team has a bizarre, but effective method of disrupting the opposition that makes the Duke Dog seem like an especially apt choice of mascot.

"They bark a lot," Virginia senior goalkeeper Kim Kolarik said. "Literally — like, 'Woof, woof, woof.' That's always stood out to me every year. They're just very obnoxious

— loud, barking, everything."

But barking aside, James Madison (5-1, 0-0 CAA) is not to be underestimated. The Dukes broke into the top 20 of this week's deBeer Women's Media Poll on the strength of a 9-8, overtime win Saturday at No. 18 Loyola (Md.). The Dukes now own a 3-1 record in contests decided by a single goal, with their sole loss coming at No. 10 Penn State.

No. 9 Virginia (4-4, 0-2 ACC) hopes to fend off the in-state

foe Wednesday when it travels to University Park in Harrisonburg, Va. Coach Julie Myers said her team's enthusiasm will be key in securing a win.

"I think they can really get on pretty emotional rolls where their play kind of follows," she said. "So, it's always physical; it's always aggressive. They start strong; they play strong; they're going to finish it strong."

Please see **Lacrosse**, Page B3

## Softball welcomes red-hot Colonials

*Mitchell, Cavaliers continue homestand, seek elusive consistency amid recent lapses, troublesome weather*

By Peter Nance  
Cavalier Daily Associate Editor

The Virginia softball team hosts George Washington in a midweek matchup Wednesday evening, hoping to push its winning percentage back up to .500 on the year. The game was originally scheduled for Feb. 9, but was postponed due to freez-

ing temperatures.

For the Cavaliers (11-12, 1-2 ACC), the game marks the fourth consecutive opponent they will play at home. The team opened up its home and ACC schedule with a three-game series against Georgia

Please see **Softball**, Page B3



Liz Keller | Cavalier Daily

Senior pitcher Melanie Mitchell looks to continue her record-breaking season after tying Virginia's all-time complete game record with 102.



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ROWING

# Women open 2013 spring season, win 17 races

The Virginia women's rowing team opened its 2013 spring campaign in dominant style this past weekend, winning 17 races at the Oak Ridge Cardinal Invite in Oak Ridge, Tenn.

## SPORTS IN BRIEF

Entering the season as the defending national champions, the Cavaliers continued to impress in their first action this year at the 12-

team event hosted by Louisville. On Saturday morning, Virginia took six wins against Louisville and West Virginia, with victories at both the varsity and novice levels. The team followed the performance with six more wins Saturday afternoon against Georgetown and future ACC member

Notre Dame. Against Alabama and conference rival Duke Sunday, the Cavaliers won five more races. The weekend's only blemish came in the last race, as the Notre Dame novice eight topped Virginia's novices to deny the team a clean sweep of the weekend.

The two-time national champion Cavaliers are next in action April 6 when they head to San Diego for the San Diego Crew Classic. The rowers put up a strong performance in the event last year, winning the varsity four grand final.  
—compiled by Michael Eilbacher

# M Basketball | Mitchell seals win with one-handed dunks

Continued from page B1

ing distance throughout, largely because of one of the poorest performances of the season by the Cavaliers usually potent trio of Mitchell, junior guard Joe Harris and senior guard Jontel Evans. “Joe and Akil ... they were out of sorts as far as the turnovers,” coach Tony Bennett said. “We just needed someone to make some plays and get us some easy buckets, and Justin did that.” Mitchell and Evans combined for seven turnovers and four points in the opening period and Harris was missing in action, scoring just five points on three shot attempts. The Cavaliers mustered just 26 first-half points and had 10 turnovers compared to just four assists in the period. “We were just making some

very unsound plays,” freshman forward Evan Nolte said. “We needed to have more ‘ball sureness,’ as we call it. We were just making some bad plays, and we need to just focus more on keeping control of the ball and not making stupid passes.” Meanwhile, the Spartans floundered as well in the first 20 minutes, missing 20 of their final 22 shots from the field in the period after opening an 8-0 lead to start the game. Johnson got hot out of the gate, drilling three 3-pointers in the first nine minutes, but Norfolk State did little else well at its end, shooting a horrific 19 percent from the field in the period. With Evans reeling, freshman guard Teven Jones gave Virginia a spark by knocking down a pair of 3-pointers off the bench. His trey with 9:57 remaining gave

Virginia its first lead of the game, 12-11. The Cavaliers were able to grab control by closing the first half on an 8-0 run on three points by freshman forward Mike Tobey, a Harris 3-pointer and an Anderson jumper to take a 10 point lead into the break. The Cavalier lead remained fairly steady until a Spartan 7-0 spurt brought them within three with 10 minutes to play in the second half. From there, Norfolk State made just one field goal over the next seven and a half minutes, but Virginia was unable to firmly pull away because of poor execution. Fifteen missed free throws and 17 total turnovers marred the team's first postseason victory outside the ACC tournament since 2008. “We got just enough stops, obviously, to be successful,”

Bennett said. “But we had trouble handling the ball, making free throws, keeping them off the glass. Those plays kind of cost us.” Evans provided a rare jolt of energy for the home crowd when mid-air he absorbed a hard blow from redshirt junior guard Malcolm Hawkins. Evans converted the layup and lay on the ground while a trainer came out to check on him, and he was forced to exit the game. Mitchell was selected to take the free throw by Spartan coach Anthony Evans, and he answered by knocking the foul shot down to extend the lead to 47-40 with 6:54 to play. Mitchell, who entered the game averaging 17.3 points and 9.7 rebounds per game in his last six contests, was one of the prime culprits for the team's

struggles. He went 5-for-11 from the line and had five turnovers despite finishing with a double-double with 15 points and 11 rebounds. Despite the uneven showing, he helped seal the game with a pair of monstrous one-handed dunks in the final 2:09. “Just trying to make myself feel a little better about having such a bad game,” Mitchell said. “They were taunting me, they had fans, so I just kind of wanted to send a message.” The Cavaliers will host St. Johns in the second round of the NIT Tournament. The date and time of that game has not yet been announced. “To advance, to win in a tournament setting, I think is important,” Bennett said. “And now you regroup and play a Big East team that's very talented.”

# Baseball | O'Connor substitutes fielders, Coman makes debut

Continued from page B1

The weather difficulties were evident from the start, and did not do anything to help a poor start from Yale sophomore starter Ben Joseph. After he walked the bases loaded in the bottom of the first inning, a balk and a wild pitch brought home two runs with just one out. In the ensuing at bat, sophomore outfielder Derek Fisher hit a shallow fly ball that caught the wind and carried over Yale junior shortstop Cale Hanson's head and nearly caused a three-man collision in center field as the second baseman and center fielder rushed in to help. The confusion allowed sophomore center fielder Brandon Downes to come home to give the Cavaliers an early 3-0 lead. Sophomore outfielder Mike Papi and sophomore third baseman Nick Howard each reached on

misplayed fly balls of their own, but the Cavaliers were not able to capitalize. As the Yale fielders struggled, Virginia's defense was aided by a strong performance from Oest, who used careful placement and pitch selection to keep ball on the ground. In just his fourth collegiate start, Oest continued to impress, giving up just one run in six innings of work. “That's why we recruited Trey,” O'Connor said. “Certainly, in all of his starts he's done a nice job and he backed it up again tonight with another quality start. He's not a guy that's going to get a ton of strikeouts, but he's going to hopefully get teams to not square him up very often and get some weak ground balls like he did today.” Oest was given a big cushion to pitch from by the Virginia offense, which continued its strong early performance

throughout the game. Redshirt senior Jared King had another huge day, going 2-for-3 with 3 RBIs to continue a sizzling run by the first baseman. After a dismal early season slump, King has come on strong recently, going 8-for-16 with 6 RBIs in his last four games. “I just think I've really just tried to simplify things,” King said. “Coming into the season, I probably put a little too much pressure on myself, just tried a little too much those first couple weekend ... I'm just letting the hits come as they will.” An 8-0 lead after the third inning gave O'Connor the opportunity to mix up his lineup mid-game and he seized it, replacing all but two of his starting fielders during the game. The most important substitution may have been freshman catcher Robbie Coman, who made his first collegiate appearance

behind the plate and immediately contributed, driving in a run on a double in the seventh inning. Coman had been injured for the first month of the season, which meant that there was little relief at catcher for starting sophomore Nate Irving, who has played the majority of the team's innings. O'Connor occasionally pulled Downes from center field to spell Irving, but the return of a true backup catcher should help the Cavaliers. “I like [Coman] as a player,” O'Connor said. “Certainly he's going to be getting more time, which is important for [Irving]. That's a difficult position — to catch every inning — but now that [Coman's] cleared to play, he's going to get more opportunities.” Up 10-0 in the eighth, Virginia added two more runs as Yale

senior catcher Chris Piwinski missed a high infield pop-up from Downes and threw the ball away in his attempt to correct the mistake. Two batters later, the Cavaliers added two more runs on a deep home run from sophomore third baseman Kenny Towns to left field. The shot was Towns' fourth of the season and gave him a team-high 25 RBIs. Oest was relieved by freshmen Nate Kirby and Cameron Tekker and sophomore Nathaniel Abel, who each added an inning of work. Yale managed to pick up two runs on a home run in the top of the ninth, but it was not enough to assail the Cavalier lead, as Virginia took the 14-3 win in stride. Virginia will look to continue its strong play Wednesday as the squad turns to freshman Josh Sborz for his first collegiate start.

# W Lacrosse | Virginia looks to continue recent momentum

Continued from page B1

James Madison has played its way into the nation's top 20 in every season of coach Shelley Klaes-Bawcombe's seven-year tenure, and this year's squad looks capable of capturing the program's third Colonial Athletic Association title in four years. Redshirt senior Casey Ancarrow, the reigning conference player of the year, has scored 22 goals on a hyper-efficient 34 shots through the team's first six games. The Cavaliers' leading

scorer through eight games, sophomore attacker Casey Bockett, has tallied 23 goals on 46 attempts. Fortunately for Virginia, its defense is rounding into form. The Cavaliers yielded only 20 goals in three games last week — a one-goal loss at No. 3 North Carolina, followed by home wins versus William & Mary and Princeton. The tough-nosed performances recalled early-season efforts on the road against Loyola (Md.), Richmond and No. 6 Syracuse.

“We've really focused,” Kolarik said. “We have all the players with standout abilities and everything, we just needed to go back to the basics — get the groundballs, the draw controls, things like that — and we worked on that a lot this week. It really showed in the past two games.” Virginia was especially proud of its collected, consistent play in Saturday's 9-7 win against Princeton. Unlike the Dukes, Myers' team has been on the losing end of multiple down-to-the-wire finishes. The Cava-

liers' victory against the Tigers gave them consecutive wins for the first time since the season's opening games. “[The team's outlook is] really good because we have four losses, but three of them are by one point,” Kolarik said. “So, we're right there, we're ready and everything. But, the morale was just awesome after Princeton ... It was a great game. The attack, defense — everyone really came together to do really well.” The game against James Madison presents another oppor-

tunity for Virginia to hone its execution under pressure. The schools are separated by only 60 miles of interstate, and as hosts, the Dukes will do their best to make the guest Cavaliers uncomfortable. “JMU's always a big rivalry,” Kolarik said. “They're in-state, and they're always very loud. And we always know that that's coming, so we. . . are really focusing on getting the team up and ready and just finding little ways to pump ourselves up and keep ourselves going for the entire game.”

# Softball | Mitchell ties complete game record, amasses 959 strikeouts

Continued from page B1

Tech March 9 and 10. After the Yellow Jackets took the first two games 7-3 and 5-2, respectively, Virginia bounced back to take the final game, 4-2. Senior pitcher Melanie Mitchell highlighted the series, moving into first on the all-time list for career strikeouts and breaking the old record of 932 set by Michelle Collins in 1995. She has since extended her record and currently stands at 959 strikeouts. “You see the four years of work you've put in finally pay off, and it's a really good feeling,” Mitchell said. “I knew I'd get to throw a lot of innings when I came here, but to get the strikeout record is — I don't consider myself a strikeout pitcher, so to have the strikeout record is pretty exciting.” Up next for the Cavaliers was a doubleheader against James Madison. Virginia dropped the

first game, 3-2, and the second game, 10-2 in six innings. Junior third baseman Marcy Bowdren and senior shortstop Alex Skinkis each tallied three hits between the two games, while junior designated player Karli Johnson and senior outfielder Taylor Williams each batted in two runners. In the most recent series, Virginia swept a doubleheader against Longwood. Mitchell tied the Virginia record for career complete games at 102 in the first game en route to a 5-3 win, and pitched six innings of relief in the second game, an 8-7 victory in nine innings, to pick up her second win of the day. Trailing 3-0 in the first game, the Cavaliers hammered in five runs in the bottom of the sixth to secure the win. A few hours later, the team found themselves behind again 7-5 in the ninth inning when Johnson hit an RBI single. Senior catcher Kristen Hawkins then stepped

up to the plate and knocked in a two-run walk-off double to win the game. “It was pretty exciting, and I just felt really happy that the team was able to [get the win],” Hawkins said. “It was a team effort. Everyone got on before me, so I couldn't have done it without them.” Although the Cavaliers are no longer traveling across the country every weekend, they still haven't found the measure of consistency they'd like to have. At certain times, like the third game against Georgia Tech and late in both games against Longwood, Virginia looks like an ACC title contender. Other times, like in the second game against James Madison, the team struggles to perform up to its potential. The unseasonably cold and wet weather certainly hasn't helped. The coaches and players had hoped returning home would let them get into a more

regular practice schedule, but the frequent rain, snow and freezing temperatures have forced them indoors most days. A three-game series against Seton Hall was also canceled because of the weather. But the team hopes it will be able to come together in the match against the Colonials. “We had some really great moments offensively, defensively and pitching-wise, and then we had some lapses,” coach Eileen Schmidt said. “Our job now is ... finding a consistent approach to our game ... It's making sure we have the energy and have the approach that we need, and we're executing what we need to do.” The Colonials (11-11, 0-0 A-10) enter Charlottesville on a hot streak, winners of six in a row and eight of their last nine. The recent win streak represents a complete turnaround from the beginning of the team's season, during which it came out on

top in only three of its first 13 contests. Like Virginia, George Washington focuses on manufacturing runs, ranking in the top three in the Atlantic 10 in both sacrifice bunts and stolen bases. With both teams playing such similar styles, Wednesday's matchup should prove interesting. “They are athletic, they do like to run and they do like to push the pace,” Schmidt said. “We haven't played a lot of single games this year, so it'll be like a Sunday for us: you warm up longer than you actually play the game. We need to make sure that we don't come out slow, we come out firing right from the start, carry the middle innings, finish strong and make sure we don't have any lapses.” After the midweek bout, the Cavaliers will travel to College Park, Md. March 23 and 24 to take on Maryland in their second ACC series of the season.



# STUDENT MINISTRIES



Courtesy Caroline Shaghnessy

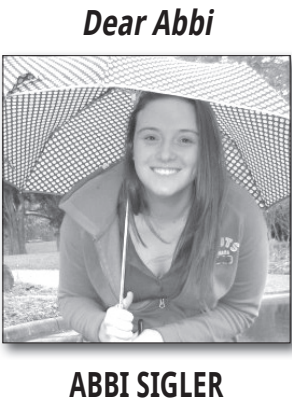
# FROM HERE TO HAITI

By JULIA HOROWITZ | CAVALIER DAILY LIFE EDITOR

This Saturday, Jesus’ work will be performed in polo shirts and khakis. Croquet for Haiti, a Catholic Student Ministry philanthropy event now in its third year, is just one of the many initiatives sponsored by the organization in its effort to foster deeper relations with the local and international religious communities. As members of the St. Thomas Aquinas University Parish, the Catholic Student Ministry is raising money for St. Thomas’ twin parish in Saltadère, a town in central Haiti. When the events kicks off Saturday morning, teams of five — likely donning their spring finest — will compete against each other in rounds of England’s favorite gentlemen sport in hopes of surpassing last year’s fundraising total of \$300. “This is just one way we try to have a presence on Grounds and give back,” said event coordinator Doug Beach, a third-year Engineering student. The 200 members of the Catholic Student Ministry pair their philanthropy efforts with Tuesday suppers, weekly talks, Thursday night Fireside Mass, intramural sports teams and spring break trips. “U.Va. does an excellent job exposing [us] to a lot

of different views, but at the same time, it’s nice to have access to an environment when everyone shares your beliefs,” Beach said. The Catholic Student Ministry is one of many religious organization on Grounds. “Faith can be confusing for people [from] all walks of life, and the ministry is a great place for all of them,” said fourth-year Engineering student Alyssa Chisholm, president of Blue Ridge Campus Ministry. Chisholm said her organization, which doesn’t cater to any particular denomination but rather focuses on sharing and spreading the Christian faith more broadly, offers an important personal connection to her fellow students. “Because my relationship with God is so important to me, it gives me a family away from my physical [one],” Chisholm, a Colorado native, said. Shared belief systems, community service and social outings all help students in these ministries form meaningful friendships, Beach said. “Some of my best friends are in CSM,” he said, “People come from all walks of life here at U.Va. — from grad students to Greek students to varsity athletes to engineers. [Our] friendships go a lot deeper because [we] share a religious bond.”

Like many of you, I’m in spring break recovery mode. This was the first — year of college I did something adventurous. I’ve spent the previous three breaks sitting at home with my parents and puppies, but this year — the last year, the last spring break — would be different. I was headed to Cancun with my five best friends. Between lounging, zip-lining and hitting up the spa, I was pretty busy — but I had some time



Dear Abbi

ABBI SIGLER

to think on the 12-hour trek back to Charlottesville. I was seated next to strangers for a solid three hours, and there’s something about a window seat that makes me think I’m more reflective than the blue water I was swimming in just hours prior. In a lot of ways our time at the resort was a first-year throwback. Hotels are hall-style by default — though as much as I love Dabney, the resort was a bit nicer and undoubtedly newer. Everyone at

## Is Cancun real life?

the resort was on good behavior and looking to make friends, in a way only seen during the first week of first year. Saying “hi” to our new friends in the various restaurants was equivalent to seeing the “new best friends” you made at frats last night at O’Hill Sunday brunch. And just like in the first-year party scene, some people even developed reputations more quickly than you would have thought possible. In fairness, the resort was also host to far more small children and older folks than O’Hill has ever seen. But in more important ways, spring break was a window into the real world, and for me, a look into the future — minus the maid service, all-inclusive amenities,

an endless pool and a beach only a few steps away. Although my thoughts about graduation have been firmly fixated on having to say goodbye to my friends and my beloved Charlottesville, my week in Cancun opened my eyes to the possibilities of my post-graduation life. Just being in the airport is the epitome of possibility. Have a little time between your flights? You can go to the wine bar, hit up Bojangles, shop at Brooks Brothers or even get a mani-pedi. So. Many. Choices. Moreover, you can go anywhere — the world is your oyster. This became even clearer to me when I got on the wrong people-mover and headed to the complete opposite side of the

airport. With only 10 minutes to make it to my flight, I was a lone wolf — separated from my pack, who all had the sense to go the right way. I still made my flight, because, at the risk of sounding cliché, everyone ultimately finds his way. There are hiccups and bumps along the way, but we all make our connection or get to our final destination eventually. The people who fare best are those who remain calm and realistic. Then there was the vacation itself. The hotel bar was a window into post-grad social life. There are new friends out there to be made, people! Awesome people exist far beyond the

Please see **Sigler**, Page B5

## Musings of a Dillard Dweller

I love spring break. If you’re lucky enough to head a few hundred miles south, warm weather offers an interruption from Charlottesville’s blustery, wintry doldrums. No strenuous class work hovers at the back of your mind as you sleep peacefully in bed. And as glad as you were to leave the abundant crises of high school behind, seeing your old friends invariably ensures a good time. But the best part of my spring break was finally getting to take a hot shower. Fear not, my fellow classmates; I do indeed shower at college. Showering, in fact, is one of my favorite pastimes — hot water just clears your head. And my parents can attest to my propensity for 30-minute showers. But the past six months living in



LAURA HOLSHOUSER

Gooch-Dillard have robbed me of this simple pleasure. My suite’s shower likes to fluctuate between frigid and lukewarm, tempting my suitemates and I occasionally with a five-second glimpse into Dante’s inferno before settling back into tepidity. And don’t even consider entering that godforsaken hole without a pair of flip-flops. I must woeefully admit that I did not heed the words of my RA that first night, and decided, strong independent woman that I was, to brave the shower barefoot. I soon learned no amount of soap and disinfectant can remove the thin layer of mucus seeping from the shower’s concrete floors.

Please see **Holshouser**, Page B5

## A work in progress

I was cashing out at work a few weeks ago when Fuzz, one of my sister’s old restaurant managers, looked up at me from the bar: “Hey Sissy, stay for a drink.” I apologized: “I would, but Sissy’s picking me up.” I could probably write 800 words about how and why certain people call me and my sister the name we call ourselves, but I want to talk about what Fuzz said next: “Tell her to come up; I’ve never known your sister to turn down a drink.” I laughed and skipped down the stairs: “Oh, but she’s changed!” I’m sure he didn’t believe me. My sister is the younger twin. I am the older twin. I think we were slotted into these roles as infants, and not just by the timestamps on our birth certificates. My sister never stopped crying as an infant. She had more

### Things I Don't Know For Sure



CONNELLY HARDAWAY

medical issues. She clung to my mother’s shoulder and scared my father with every screaming outburst. And her childhood nickname was “Maisie,” a reference to Mayzie the lazy bird of Dr. Seuss’ “Horton Hatches the Egg”. I never really got a nickname that stuck — but sometimes I think I subconsciously took on the role of Horton, the big old elephant that watches Mayzie’s baby while she relocates to Palm Beach. In fact, I’d be lying if I told you my sister has not asked me to be the surrogate for her future children. My sister used to drink a lot. She was never more of a drinker than a typical college-aged partygoer, but in comparison, I felt like Horton, waiting at home or in the library next to my phone, worrying — worrying that she was hurt or too drunk or with a

serial killer. I’m not sure if it’s because I’m the older sister, or if it is simply because I’m just as lazy as Mayzie, but I’ve always opted to stay in if going out looks like a lot of work. I prefer the comfort of my bed, the irresistible combination of melted cheese and tortilla chips, and the unfinished television series about teenage aliens or vampires. Recently though, my sister has been more likely to pick me up from work than to join me there for a beer. Not that she doesn’t still party and make the occasional mistake, but it’s a noticeable shift nonetheless. Maybe the turning point for my younger sister was the moment she woke up with a hospital bracelet last May. Or when she went to Europe for the first time and saw how big the world could be. Or perhaps it was when she realized she couldn’t finish her thesis unless she gave some of her social life away and let Hemingway become her new best friend.

Please see **Hardaway**, Page B5



# Sigler | Fourth-year eagerly anticipates post-grad fun

*Continued from page B4*

reaches of the U.Va. bubble.  
Three siblings from London can turn out to be your new lifelong best friends — or maybe you should chat with those two weird brothers from Missouri. Either way, they're your friends for the making. Wherever I am, I can make new friends, and knowing that feels better than the spa's 25-minute back massage.  
And that appreciation for life doesn't have to end when we cross the more nebulous boundary from recent-grad to 30-something: old people can be super cool. Maybe it's only the 60-year-olds hip enough to go to the Hard Rock Café, but rest assured, coolness doesn't have an age limit.  
I don't mean to imply that everyone I met was wonderful and I've come back with dozens of new friends. Minnesota Adam, who stretched before showing us his "best dance move" — a failed handstand on a swivel barstool — was probably not worth our time. But even people like him can be fun an entertaining if kept at the appropriate distance.  
I came back from this resort week relaxed, not because of the weather but because I feel reassured heading into my uncertain future.  
So even at checkout, when Johnny cut our resort wristbands off and told us it was time to go back to the real world, I felt okay. Plus, I'm a quarter of a shade more tanned than I was a week ago.

# Holshouser | Dorm showers require caution, flip-flops

*Continued from page B4*

Showering in my cramped Dillard shower feels like bathing in a bowl of chicken noodle soup left out all day: slimy and decidedly unwelcome.  
Also, sometimes little black bits from the vent overhead will fall into your hair or onto the shower floor. The first time this happened, I thought roaches were falling from the ceiling, so I flung myself toward the stall door to escape the insect apocalypse, only to slip on the gunk plastered to the floor. Needless to say, this was not a highlight of my first month at dear ol' U.Va. Wahooowa?  
The showers aren't the only missteps of Dillard's design. Take the fact that every suite has two floors. Don't get me wrong; in many ways I'm a huge fan of this layout. It makes our suite seem like an actual apartment, and it separates private study quarters from the common area. And coming from a one-floor home, I was initially hyped to finally have stairs in my abode. Stairs are swanky.  
But stairs, I discovered, are most definitely not swanky when you have to pee at four in the morning and must teeter precariously down them, bleary-eyed and foggy-minded, to reach the bathroom below.  
Then there's the fire alarm system. It may not even be the system itself — I'm sure a few false alarms can be attributed to some of my peers' secret fondness for pulling alarms in the middle of the night. But whatever — or whoever — the cause, the fire alarm has already awoken us Gooch-Dillard residents at 2 a.m. and again left us standing in the snowy cold for 40 minutes.  
To be completely honest, I love living in Dillard. I really do. I love having my own room. I love having a private common area. I love that I have five suite-mates instead of one roommate. Dillard is a fantastic dormitory. I would wholeheartedly encourage any future Cavalier to pick Dillard as their priority dorm. Just make sure you buy some shower shoes.

# Hardaway | Older twin proudly observes sister's maturity

*Continued from page B4*

As for my turning point — the one where I stop worrying about my sister — that's a work in progress.  
I made some progress during spring break when I went down to Key West with her and my roommates. It was warm, the water was beautiful, and there was this one bar where you could buy Yuenglings for a dollar.  
Our first morning there, my sister and I excitedly walked through Hemingway's house. We heard the tour guide's voice coming from neighboring rooms, and with every detail he offered his group my sister whispered a supplementary fact in my ear. She ran her hand along the glass case that housed the books Hemingway read. She told me about each author and how they influenced the man she'd been spending so much time with.  
If you saw my sister there, I think you'd see her as I now do. I think you'd forget who was younger or older, who was the "wild one," and who had to deal with the consequences of the other's mistakes.  
I realized that holding onto painful memories from my sister's past only tarnishes the present moments. I'll always worry about my sister, but that doesn't mean I'll always see her as the girl who won't turn down a drink.  
This weekend my sister brought down her work-in-progress thesis and one of my roommates counted the pages. There were 83.  
My sister was quick to explain that a lot of her pages were notes and there was a lot left to do. She assured us there was no way she would be able to finish 50 polished pages in time.  
I went up to her room a few hours later and found her sitting on her bed and editing her notes, holding her large bear "Clarence" under her arm.  
I should have told her then, but I'll just tell you now: I've never been more proud of her.



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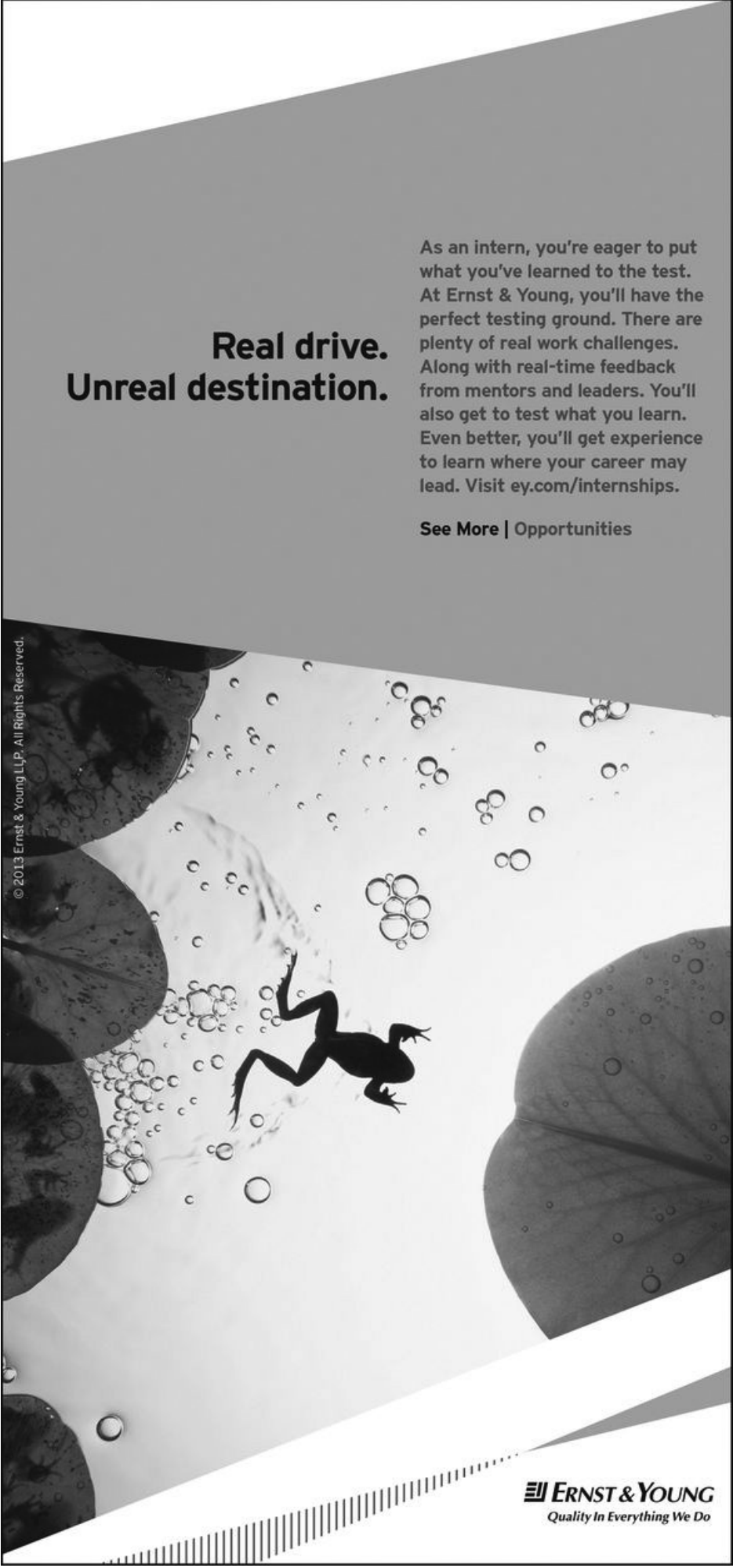
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