

# The Cavalier Daily

WEEKEND EDITION

Thursday, November 1, 2012

## Picture Perfect Pumpkin



Courtesy Zaina Ahmed

Third-year Architecture student Zeina Ahmed won The Cavalier Daily pumpkin carving and decorating contest Wednesday. Ahmed bested 11 other finalists in the contest, in which carvers tweeted their best pumpkin pictures.

## NEWS IN BRIEF

### U.Va. extends early action

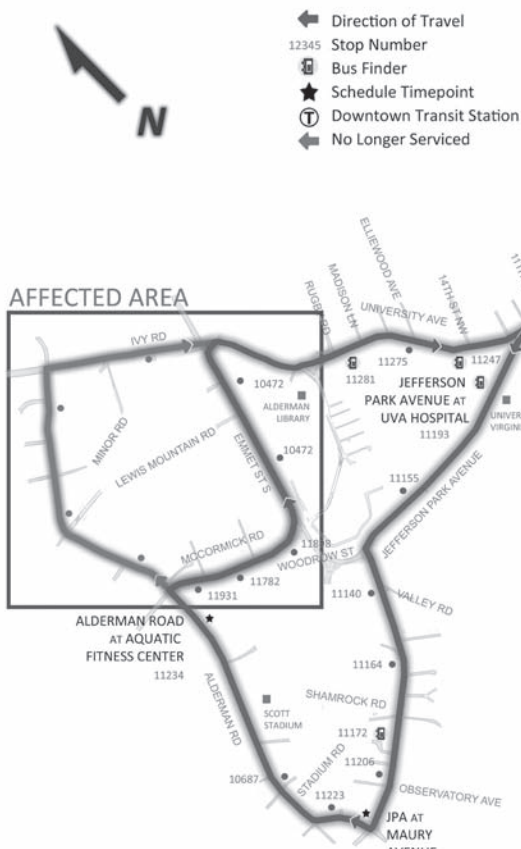
University Admissions announced Monday it has extended the deadline for early action from Nov. 1 to Nov. 4 because of Hurricane Sandy. Dean of Admissions Gregory Roberts said the extension is the most beneficial option for early applicants to the University.

“We tried to be as flexible as possible,” Roberts said. “People are dealing with far more serious things than admissions, like power outages and family issues ... We wanted to be as helpful as possible.” U.S. Secretary of Education Arne Duncan in a press release Wednesday asked universities nationwide to extend any November application deadlines.

“We encourage ... institutions to be as flexible as possible in the coming weeks to accommodate students whose lives were disrupted by Hurricane Sandy,” Duncan said. The extension should not cause any problems for the University admissions staff, Roberts said. “We won’t start reading applications until next week anyway, so it won’t affect the quality or review in any way,” he said.

—compiled by Andrew D’Amato

### CAT changes free trolley route



Charlottesville Area Transit | Cavalier Daily

CAT is rerouting the Charlottesville Free Trolley starting Thursday. The trolley will now turn right on McCormick Road and then turn onto Emmet Street before the McCormick Road bridge. It previously bypassed McCormick Road stops. CAT Spokesperson Wesley Kern said the rerouting would help the University community. “Safety is our top priority,” Kern said.

## Albright talks women’s rights

Former Secretary of State presents President Barack Obama’s pro-women platform to win female voters

By Kaelyn Quinn  
Cavalier Daily Senior Writer

Madeleine Albright, the first ever female secretary of state, addressed supporters of President Barack Obama and campaign volunteers in downtown Charlottesville Wednesday. She said Obama was the best candidate for women voters. In 2009 Obama signed the Lilly Ledbetter Act into law. The act extended the period of time in which women are able to file wage-discrimination claims. Obama is pro-choice on abortion and has fought to expand access to birth control. Albright said Obama’s advocacy of women’s rights showed the president’s “dedication to having women respected within our society.” “I can’t imagine why a woman would vote for [Mitt] Romney,” Albright said. “[Obama] has made very clear that women should be able to choose about their lives in every way.” Albright took office as secretary of state under President Bill Clinton in 1997. Women such as Nancy Pelosi and current Secretary of State Hillary Clinton have made dents in the White House’s glass ceiling, but gender representation in the federal government remains far from equal. Women make up just 17 of the 100 members of the U.S. Senate. Second-year College student and University Democrats member Lila Kelso called Romney’s position on women’s rights “archaic.” Romney for President spokesperson Kate Meriwether, however, said in an email that it is Obama’s policies that have made and will continue to make women worse off. “With nearly 5.5 million women unemployed and over 16% living in poverty, women are looking to the Romney/Ryan ticket to get the country back on track,” Meriwether said. Albright praised Obama for more than his work on women’s issues. She also commended his economic platform and national security record. “We have to dig ourselves out of a very deep economic hole,” Albright said. “It is very important to see that we are not just digging ourselves out of a hole, but we are also building a better future for our children.”

Please see Albright, Page A3



Thomas Bynum | Cavalier Daily

Former Secretary of State Madeleine Albright in downtown Charlottesville Wednesday tried to rile up female support for Obama ahead of Election Day.



Thomas Bynum | Cavalier Daily

A report released Tuesday found the stigma surrounding mental health conditions remains the top reason students do not receive treatment.

## Study probes mental health

Stigma hinders college students from seeking psychological help, report finds

By Erik Payne  
Cavalier Daily Senior Writer

A majority of college dropouts suffering from mental health conditions cited psychological illness as their reason for withdrawing from college, according to a report published Tuesday by the National Alliance on Mental Illness. From August to November 2011, the organization surveyed 765 people diagnosed with a mental health condition who were currently enrolled in college or enrolled within the past five years. Of the students surveyed who said they are no longer attending college, 64 percent said they dropped out because of a mental health condition. The study found that more than 45 percent of those who stopped attending college because of mental health reasons did not receive institutional accommodations, such as learning needs assistance, and 50 percent did not access mental health services. There are underlying reasons why such students do not receive the support they need, report co-author Darcy Grut-tadaro said in an email. “Stigma remains the number one barrier to accessing mental health services and supports,” Grut-tadaro said. The report defines stigma as “fear or concern for the impact disclosing [their condition] would have on how students, faculty and staff perceive them.” Stigma remains a powerful force motivating students not to seek help, the report found. Half of the students surveyed had not disclosed their diagnosis to their college. Russ Ferman, director of Counseling and Psychologi-

Please see Health, Page A3

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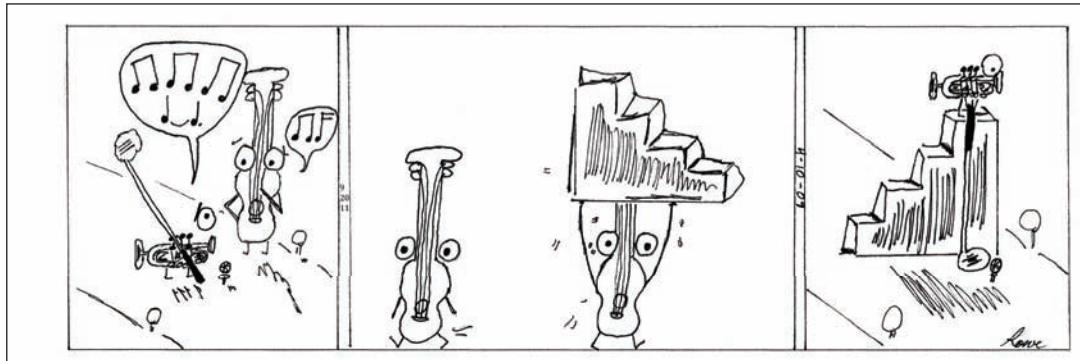


A2

# Comics

Thursday, November 1, 2012

## DJANGEO BY STEPHEN ROWE



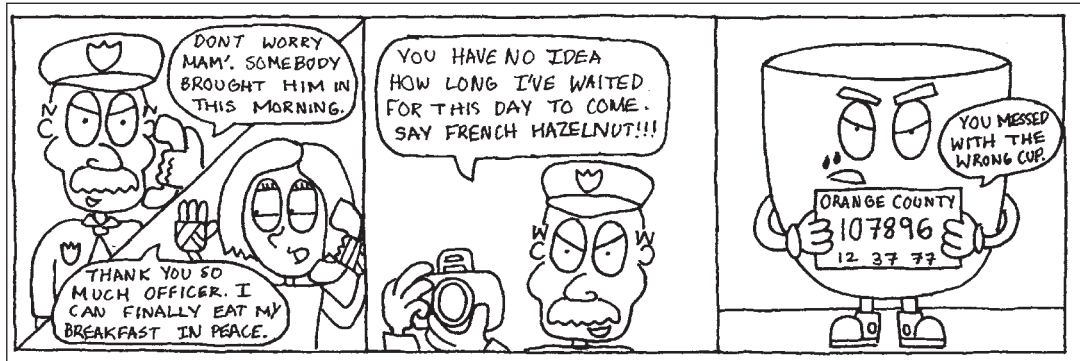
## GREEK LIFE BY MATT HENSELL



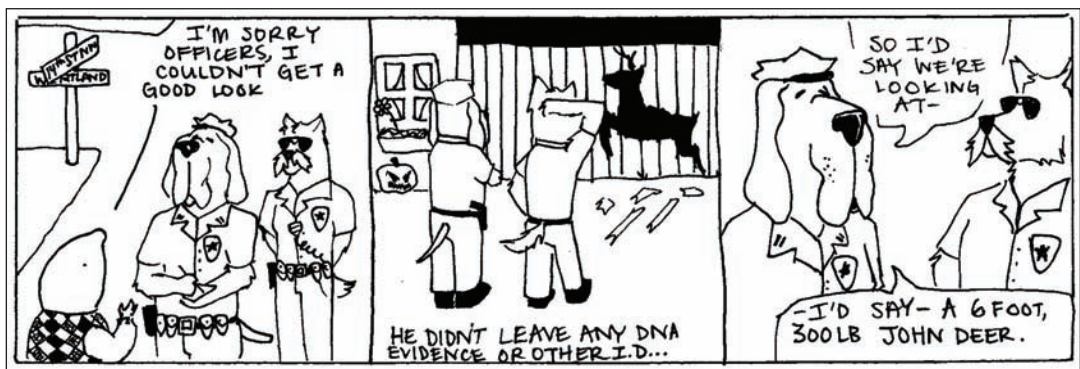
## THE ADVENTURES OF THE AMAZING <THE> A-MAN BY EMILIO ESTEBAN



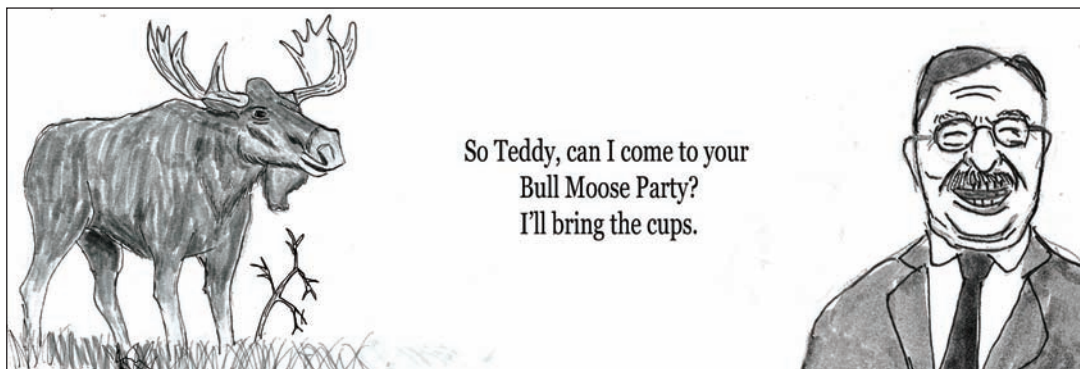
## SOLE SURVIVOR BY MICHAEL GILBERTSON



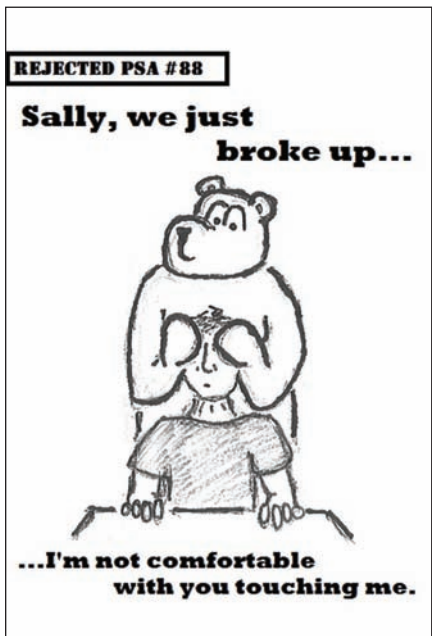
## CHICKEN STRIP BY SORCHA HARTMAN & SAM NOVACK



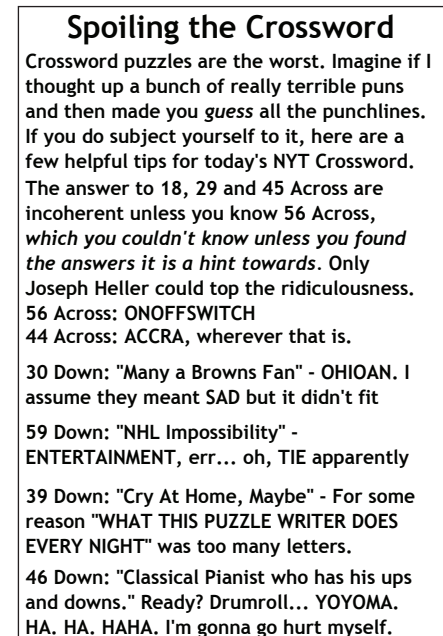
## A BUNCH OF BANANAS BY GARRETT MAJDIC & JACK WINTHROP



## BEAR NECESSITIES BY MAXIMILIAN MEESE & ALEX STOTT



## MOSTLY HARMLESS BY PETER SIMONSEN



## ALL WORK AND NO COMICS MAKES JACK A DULL BOY. ALL WORK AND NO COMI...



## HOROSCOPES

**ARIES** (March 21-April 19). Your business is an extension of yourself, and you take full responsibility for how smoothly or roughly things go. Because of this, things go smoothly. Tonight, you'll meet people who need your compassion.

**TAURUS** (April 20-May 20). Checking constantly to make sure everyone is still "OK" gets tiresome. This week, you say goodbye to being Mr. or Ms. Nicey and seek companions who are tough, energetic and secure just like you.

**GEMINI** (May 21-June 21). Feel like you woke up on the wrong side of the bed? It's a temporary mood. By noon, you'll feel lucky again. At work, they're finally taking notice of all you do. Now that's something!

**CANCER** (June 22-July 22). Your artistic nature is highlighted. You're the poet's poet, creator of divine illusions and mystical myths that bring others into contact with their own subconsciouses.

**LEO** (July 23-Aug. 22). You've come so far, and you seldom stop and give yourself credit. Seize the chance to acknowledge and reward yourself privately. Tonight: Old friends call out of the blue.

**VIRGO** (Aug. 23-Sept. 22). The most important thing now is just to relax. When you're in the Zen zone, you take setbacks in stride and move on quickly. Singles: A potential new love is featured. Dress to impress.

**LIBRA** (Sept. 23-Oct. 23). You know exactly what you have to offer and exactly what you want. This sets the scene for barter, trade and all kinds of negotiations. The wackiest trades are the ones you'll be the most proud of.

**SCORPIO** (Oct. 24-Nov. 21). You're a magician. When it looks like you're doing a miraculous deed, you let your audience believe it was an unseen force at work. But actually, a lot of practice and clever preparation went into pulling this off.

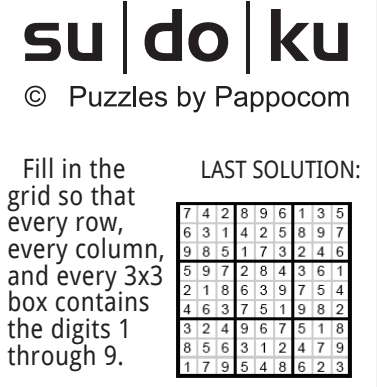
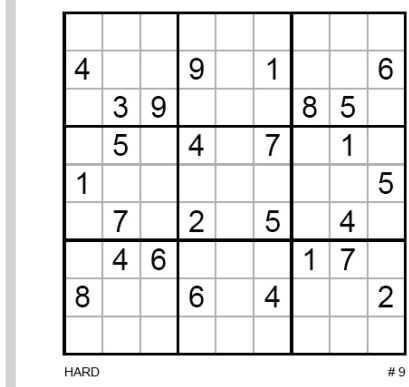
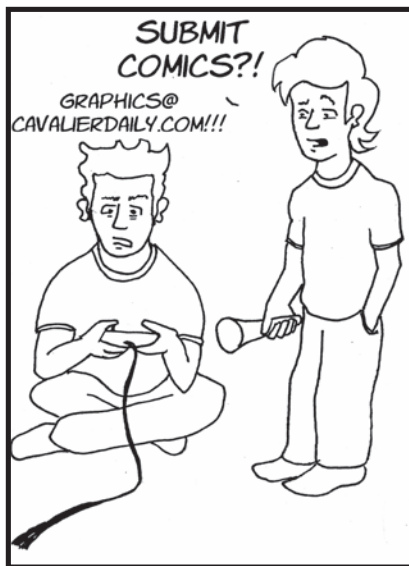
**SAGITTARIUS** (Nov. 22-Dec. 21). As much as you'd like to go blithely ahead, doubts creep in. Be assured, everybody has them. If you articulate your worry specifically, you'll be able to create the remedy.

**CAPRICORN** (Dec. 22-Jan. 19). You'll be uniting with friends in a way that brings you financial gain. Work tip: Find out everything that is expected of you. This gives you mega-confidence when you go above and beyond said expectations.

**AQUARIUS** (Jan. 20-Feb. 18). There are lots of ways to arrive at the right answer; regard all obstacles as opportunities. Tonight: Adjust romantic ideals to fit reality. Once that happens, you're on the brink of a major love affair.

**PISCES** (Feb. 19-March 20). Today is a lesson in focus. Practical endeavors, like doing dishes, gardening or paying bills, help you stay in the moment. When distracting ideas emerge, write them down and continue on your original task.

**TODAY'S BIRTHDAY** (Nov. 1). Your life is expanding, sometimes at an uncomfortable rate. But this is what you've wanted! So you'll go through extremes of excitement and adventure along with rushes of trepidation. Living large doesn't have to mean living complicated. The simpler you can make your life, the more luxurious you'll feel. Virgo and Leo adore you. Your lucky numbers are: 30, 49, 7, 32 and 14.



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

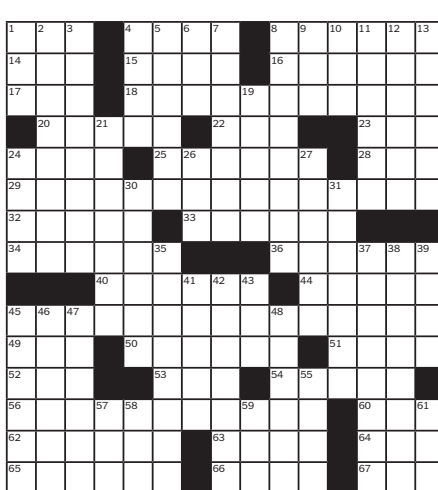
## The New York Times Crossword

- ACROSS**
- Part of a metaphorical ladder
  - Word appearing more than 20 times on Iran's flag
  - Any of the Galapagos
  - Color classification quality
  - Italian article
  - "Angels From the Realm of Glory," e.g.
  - Like psychopaths, say
  - Cellphone feature, for short
  - Sports team management group
  - "You missed -"
  - Suffix with diet
  - "... boy \_\_\_ girl?"
  - Language for a 37-Down
  - Some novels
  - California's Padres National Forest
  - Digress
  - Word appearing more than 20 times on Iran's flag
  - Like some music
  - meteor shower
  - Muscle cramps, e.g.
  - Covered
  - Capital on the Gulf of Guinea
  - What a mayor wins, usually
  - Engage in some pillow talk
  - Orion
  - French word with a circumflex
  - Play (with)
  - What portable Apple products run
  - It can be found in runes
  - Toggle ... or a hint to 18-, 29- and 45-Across?
  - Kitten call
  - Classic 1740 romance subtitled "Virtue Rewarded"
  - Contests
  - Kind of dye
  - To some extent
  - Architect Saarinen
  - Shiny, say

### ANSWER TO PREVIOUS PUZZLE

MEALS	PFC	GRAS
APNEA	AIL	SLIMY
FINAL	VWA	OASES
ICON	ONER	ADENOS
ASU	THEKICKISUP	
NOEND	NASA	
CINCINO	XED	THAI
FIELD	EXT	GOALS
TARP	PAX	CORSET
ASST	SLASH	
ANDIT	ISGOOD	MOP
PORNO	DOLT	PANE
PLATA	ITI	TERSE
LIMES	RAD	URKEL
YEAR	TBS	GUSTS

Edited by Will Shortz No. 0927



Puzzle by Joel Fagliano






- 38** "Batman" villain in a cryogenic suit
- 45** Exotic aquarium specimens
- 48** 6-Down predecessor
- 39** Cry at home, maybe
- 41** "America's favorite active pro athlete," per a 2012 ESPN poll
- 42** Slippery
- 43** Singer Lana \_\_\_ Rey
- 46** Speechwriter who coined the phrase "Read my lips: no new taxes"
- 47** Classical musician who has career has had its ups and downs?
- 55** Very
- 57** Small number
- 58** Fourth-largest state in population: Abbr.
- 59** N.H.L. impossibility
- 61** "That's crazy!"

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Three-Day Weather Forecast

Provided by the Cavalier Weather Service

 <b>TODAY</b> High of 56 °	 <b>TONIGHT</b> Low of 34 °	 <b>TOMORROW</b> High of 56 °	 <b>TOMORROW NIGHT</b> Low of 35 °	 <b>SATURDAY</b> High of 57 °
Partly sunny skies with temperatures hitting the mid to upper 50s.	Partly cloudy skies with temperatures sinking into the lower 30s.	Mostly sunny skies with temperatures reaching the mid to upper 50s.	Partly cloudy with lows in the low to mid 30s.	Sunny skies with temperatures in the mid to upper 50s.
We will expect conditions to gradually clear out but stronger than usual winds will be present for the rest of the week. Temperatures will remain about 10 degrees below average. A high pressure system will slowly be building in from the southwest so we won't see any more precipitation until a low pressure system builds in late Sunday into Monday.				To receive Cavalier Weather Service forecasts via email, contact <a href="mailto:weather@virginia.edu">weather@virginia.edu</a>

Albright | Party supporters continue verbal sparring

Continued from page A1

tant for people to understand ... jobs can't be created overnight ... [but] every month [of Obama's presidency] has shown an increase in job growth."

Albright said Romney has a "narrow base" in his understanding of foreign policy and that his lack of experience would be detrimental. "Governor Romney has no experience, except running the Olympics — which is not exactly the same thing," Albright said.

College Republicans President Matt Wertman, a third-year Architecture student, said Obama had been in the same position before taking office.

"In 2008 then-Senator Obama had no foreign policy experience either," Wertman said.

After canceling a Miller Center event Monday because of Hurricane Sandy, Albright expressed how this week's superstorm highlighted the importance of the federal government's role in helping those "who can't help themselves."

"As interesting as state's rights are, you can't do everything by yourself," Albright said.

Health | Researcher stresses campus awareness, university support

Continued from page A1

cal Services at Student Health, agreed. "[Recently] more students have come forward to receive help, but that doesn't mean that some students don't stay away from treatment," Federman said.

Many students enter the University with preexisting mental health issues, Federman said. The school's competitive environment can render some of those students unable to perform academically and socially.

Stigma is not the only factor leading students to avoid seeking help for their mental conditions, but it is the most prevalent, according to the study. Gruttadaro said the best way to combat stigma is to raise the awareness of mental health problems on college campuses and create a more supportive atmosphere. The study found that 48 percent of students rated their college as "somewhat supportive" or "not very supportive" of mental health issues.

"One of the major ways to combat stigma is through education, training and information sharing," Gruttadaro said. "It is important to raise awareness across the campus community about the prevalence of mental health conditions so that students know that they are not alone and to stress the importance of getting help."

Forty percent of the survey takers had not accessed mental health services and support on campus, whereas 55 percent had. Of this 55 percent, 70 percent rated the services and supports as "good" or "excellent," Gruttadaro said providing useful mental health services was only part of a university's responsibility when it comes to dealing with mental health issues.

"It is equally important to ensure that students know how to access mental health services and supports with information visible on the college's website and visible throughout the campus," Gruttadaro said.

Eighty-two percent of those who responded to the survey were female and 82 percent were Caucasian. Women are two times more likely than men to experience depression, which may help explain the high percentage of women who responded to the survey, according to the report. Gruttadaro said there was a high response rate overall.


One of the students quoted in the report discusses the difficulty of speaking out about mental health problems.

"They may not want to tell you this is why they are falling behind, missing class, seeming disengaged," the student said. "Please be sensitive and understand mental health problems are 'real' problems."

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## The Cavalier Daily

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—Thomas Jefferson

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## What’s wrong

*The latest National Alliance on Mental Illness survey does not present accurate conclusions*

The day before Halloween, the National Alliance on Mental Illness presented the scary results of its survey on the mental well-being of students. “College Students Speak: A Survey Report on Mental Health” gauged the statistics of typical psychological phenomena on college campuses, such as disorders and student dropouts. Ultimately, the report indicated that college campuses are not doing enough to accommodate the mental state of their many students. The survey itself, however, failed to engage an accurate student demographic.

For all people aged 15-24, suicide is the third leading cause of death in this country. Although psychological trauma is common among young people generally, the alliance — a national lobby on behalf of the mentally ill — focuses in this survey solely on college students. In 2011, it surveyed nearly 800 students who were then enrolled in college or had been during the prior half decade.

The numbers illustrate the prevalence of mental health problems among university students. Twenty-seven percent of respondents had been diagnosed with depression and nearly a quarter with bipolar disorder. Forty percent of the respondents said their schools had facilities that were “not supportive” or “not very supportive” about mental health issues. The survey concluded that colleges are not doing enough to ameliorate the concerns of their students; conveniently, one of the ways the alliance suggests this can

be improved is by opening an alliance chapter on campus.

The results are more complicated, though. About half of the total respondents said they had not told professionals at their college of their mental health problems, and 38 percent of students who identified themselves as members of LGBTQ communities had also not told professionals. Often, individuals may not want to seek help and at that point there is little for a school to do. There is no one to blame in such situations, as colleges can only do so much outreach before becoming coercive, and students cannot be faulted for keeping their issues personal due to fear or other trepidation.

The group that can be faulted, in this case, is the alliance. The pool from which this survey drew was adequately skewed to make any well-grounded conclusion impossible. For instance, 82 percent of respondents were Caucasian and an equal 82 percent of respondents were women. Though the alliance suggests this pool — specifically with regard to women, who are more likely to self-report depression or other unwellness — reflects trends consistent elsewhere in the literature, it does not accurately portray the demographic make-up of a campus. For instance, the University has only 55 percent women and 72 percent Caucasian students. Therefore, due to its omission of a significant portion of the college-age demographic, this survey by the alliance is more harmful than good.

### Featured online reader comment

“Thank you. The first debate will likely go down in history as the most important one ever if Romney goes on to win.”

“Bryan,” responding to Sam Novack’s Oct. 30 column. “Debatable conduct”

### THE CD

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The opinions expressed in the Cavalier Daily are not necessarily those of the students, faculty, staff or administration of the University of Virginia. Unsigned editorials represent the majority opinion of the Managing Board. Cartoons and columns represent the views of the authors. The Managing Board of the Cavalier Daily has sole authority over and responsibility for the newspaper’s content.

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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.

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# Chinese finger trap

Both U.S. presidential candidates have failed to provide a cogent policy on our relations with China

**D**URING last week’s presidential debate, the third and final joust between the two candidates before the November election, the broad topic for discussion was the foreign policy of the United States. Among plenty of familiar rhetoric about U.S. greatness and our commitment to promoting liberty abroad, a topic emerged that is dear to this columnist’s heart: US relations with China, and how we ought to deal with the rising Eastern superpower. Both candidates, however, failed to articulate a sensible policy concerning the Central Kingdom, as they competed to outdo each other in coming off as dragon slayers rather than panda huggers. Though Romney proposes a slightly stricter plan against China with his promise to label it a currency manipulator during his first day in office, Obama, not to be outdone, constantly decries Romney’s investment in companies that took jobs from the United States to China. Both, however, are wrong to China-bash.

First, it is necessary to note that Romney does have a legitimate basis for his declaration of Chinese monetary scheming. During

**RUSSELL BOGUE**  
VIEWPOINT WRITER

the past decade, the Chinese central bank has pursued monetary policy designed to keep the Chinese yuan artificially cheap — that is, the currency has not risen in relative terms to the dollar despite China’s growth and the increased demand for “yellowbacks.” By pegging the yuan to the dollar, China has kept its exports similarly cheap, disadvantaging U.S. businesses competing in similar markets. This is, as Romney rightly points out, an unfair trade practice.

But there are two caveats. The first is that there is a legitimate case to be made that the United States during the financial crisis pursued similar actions itself in the form of quantitative easing. Complicated economics aside, one result of quantitative easing is to expand the monetary base drastically, flooding the exchange market with dollars and thus weakening it. Although the U.S. didn’t specifically peg the dollar to one currency, as the Chinese are accused of doing, the federal government still stands on relatively shaky grounds to accuse another nation of currency manipulation. Moreover, China has begun to let its currency rise more naturally.

Since 2007, the yuan has risen more than 18 percent. Evidence suggests that pressure from the United States combined with the need to curb inflation has already affected Chinese policy-makers.

What is the harm, then, of officially labeling China a currency manipulator? The official designation of currency manipulator triggers sanctions under current U.S. law; in response, China would most likely implement counter-tariffs, and the ensuing trade war would be detrimental to both countries and the wider global markets. Relations with our second-biggest trading partner and the holder of a substantial portion of U.S. debt would sour. Future cooperation on economic issues — pivotal if the U.S. is to benefit from China’s rise — would be made more difficult by the hard feelings and counter-productive legislation that would come about because of the designation. Mr. Romney

should rethink his foreign policy this front.

What about all those jobs going overseas? Why does everything say “Made in China”? Obama is quick to make grandiose claims about reclaiming manufacturing for the United States, bringing jobs back to our shores, etc. But in so doing, he is ignoring some very basic economic principles that have greatly benefited this country. The fact that companies are shipping production to China should not worry the U.S. populace as much as Obama claims it should.

Companies are constantly searching for the cheapest and most efficient way to produce, and the reality is that Chinese supply chains and manufacturing processes remain more integrated and — crucially — cheaper than those in the United States. Moving production to China is a rational economic decision that translates into benefits

for the consumer: Because of increased efficiency and lower costs, the products we buy are cheaper than they would be if produced on U.S. soil. All this adds up to more discretionary income, which we can in turn use to buy more products, some of which will inevitably benefit U.S. businesses. Americans are losing jobs, yes, but these jobs are sacrificed on the altar of greater economic efficiency, which benefits the entire U.S. populace, even those who are out of work. It is global markets at work. Why impede this with protectionist measures?

There are certainly ways the United States should put pressure on China to deal fairly, especially when it comes to copyright laws. But both candidates are making the mistake of competing to appear tough on a nation that will help to shape the future of the United States more than any other in the coming decades. If we want a mutually prosperous future, we should do so without resorting to the name-calling and defensive reactionism currently fashionable in the political arena.

*Russell Bogue is a Viewpoint writer.*

# Get away with Mourdock

The Senate election in Indiana reveals candidates’ problematic tendency to let their religious beliefs determine their stances on policy

**R**ICHARD Mourdock, the Indiana Republican Senate candidate, is at the forefront of yet another controversial statement about rape and abortion, following in the footsteps of fellow congressional candidates Todd Akin and Joe Walsh. According to Mourdock, abortion should not be allowed in the case of impregnation by rape because he believes “even when life begins in that horrible situation of rape, that it is something that God intended to happen.” Mourdock is against abortion in every instance, and though his stance is not uncommon by today’s standards, his comments about the will of God have brought much negative press.

Mourdock’s opponent, Democrat Joe Donnelly, is also pro-life, but supports the choice for abortion in cases of rape and incest. In response to Mourdock’s comment, Donnelly replied, “The God I believe in and the God I know most Hoosiers believe in, does not intend for rape to happen, ever.” On the surface, Mourdock’s claim may seem like it is more contentious than Don-

**ALEX YAHANDA**  
SENIOR ASSOCIATE EDITOR

nelly’s. When really considered, though, Mourdock’s comments were just an accurate representation of his religious holdings and personal beliefs. Similarly, Donnelly’s comments also reflected his personal views.

What should be noted is that both Mourdock and Donnelly’s comments reflect their respectively unsupported assumptions about God and highlight an unfortunate tendency for religious statements to carry political weight.

Mourdock’s comments were no doubt considered more controversial because he attempted to rationalize a reason as to why rape may occur. But was that really such a radical thing for him to do? Mourdock’s personal beliefs, like most Americans’, involve God. Why, then, if there is a God that ordains everything that will happen, should a pregnancy from rape not fall under God’s command?

Mourdock has since attempted to qualify his idea that rape could be something planned by God. Such a decision serves to make his views even more illogical. Mourdock went from the idea that God

has control over everything to the idea that only good things are God’s doing. What is the cause behind tragedies like rape, then, if God is not responsible? It seems ridiculous to assert that God was not responsible for rape — a bad thing — but was the reason for the child — a good thing — that resulted. Nevertheless, Donnelly’s religious views are no less ridiculous than Mourdock’s, as they are equally unfounded in evidence.

The convenient thing about expressions of faith in politics is that the person asserting a particular view does not need to back it up with any proof. Donnelly attempted to gain voters by claiming that his God and the God that “most Hoosiers believe in” never wants rape to occur. What he really exhibited, however, was how absurd it is when someone claims to know

God’s intentions. Not only that, but Donnelly somehow knew how God relates directly to most Hoosiers. Of course, religion is deeply personal to many people, and even Christians within the same denomination can have different beliefs about what God means to them. Despite that, Donnelly knows exactly what God has planned both for him and for a majority of Indiana’s population. In actuality, that claim is just as ridiculous as Mourdock’s.

Furthermore, Donnelly claimed that he is pro-life but that “[Mourdock’s comment] is not about pro-life.” In fact, it would seem that Mourdock’s position on abortion is the most pro-life stance possible. Since both Mourdock and Donnelly identify as pro-life, they most likely agree that life begins at conception. Thus, it is interesting that Donnelly is against abor-

tion in some instances, but not in all cases. What this implies is that Donnelly views life conceived via rape to be less worthy than life created through intended and consensual conception. If Donnelly believes that abortion is really a violation of the sanctity of life, he should oppose it in all cases. Fortunately for Donnelly, his views on abortion are intertwined with his religious views, and therefore require less logic or reason to be supported.

The real problem highlighted by the Indiana Senate race is that a candidate’s religious views can be used for political gain. It should make no difference what a candidate’s personal religious values are; religion has no place in politics. It is disturbing that some religious statements are considered more legitimate than others. They are all equally untrustworthy. Basing and rationalizing decisions on something as subjective and widely disputed as religious interpretation has little place in political discourse.

*Alex Yahanda is a senior associate editor for The Cavalier Daily. He can be reached at a.yahanda@cavalierdaily.com.*

# Broken STEMs

Universities should encourage women to pursue degrees STEM fields, in order to promote scientific advancement in the U.S.

**T**HE UNIVERSITY recently received \$3 million from the National Science Foundation to promote women in STEM — science, technology, engineering and mathematics — fields. The significance of the grant lies not in its monetary value but rather what it represents: The underrepresentation of women in STEM fields. While society has made great strides in achieving equality for women in the job sector, STEM remains an area where women are underrepresented.

The Economic and Statistics Administration under the U.S. Department of Commerce indicates that nationally, 52 percent of all jobs consist of men while 48 percent consists of women, so more or less 50/50. Yet, only 24 percent of women are in STEM fields, while 76 percent of men are in STEM fields. General efforts have been undertaken to increase the number of women in STEM fields such as at the graduate and doctoral level here at the University.

**FARIHA KABIR**  
OPINION COLUMNIST

There are multiple factors that lead to underrepresentation of women in STEM fields. Research indicates that girls often lack confidence in math and science and undermine their own achievement in those areas. Further research indicates that girls perceive such fields to be inappropriate for their gender. In fact, there is a common psychological association that ties men with science, and women with the arts. Another factor is the lack of female role models in STEM fields. Because women are underrepresented in STEM, girls are less exposed to female engineers or computer scientists. Lack of role models leads to lack of encouragement of girls to pursue fields like engineering. Women already in the field are often isolated and feel unwelcome. As a result, they often leave.

But why is this important? Why do we need greater representation of women in STEM fields? Women are necessary in STEM fields to sustain, or even exceed, our innovative potential

as a nation. A 2007 study conducted by the National Center for Women and Information Technology indicates that mixed male and female teams were 26 percent to 46 percent more likely than normal to produce patents. A male only team produced the least number of patents.

Another study also published in 2007, by the London Business School which looked at 100 teams at 21 companies in 17 countries, indicated that teams consisting of an even distribution of male and females have a tendency to be more innovative. Increased female representation in STEM would allow for greater diversity in ideas and development. Historically, without female participation, some early technology such as the voice recognition technologies were developed for male voices only. Similarly, early airbag technology was also developed to accommodate for men because

there were predominately male engineers developing the technology.

Furthermore, there has been concern in the United States that perhaps we are falling behind in innovation. We have made fewer innovative strides in the past decades, and our patent applications have decreased. One of the ways to fight that problem is to have more women in the field.

There are also benefits for women themselves. The wage gaps between men and women are fairly well known. In non-STEM fields, the gap is 21 percent. Yet, in STEM fields, the gap is 14 percent for full time workers (keeping variables such as age and education consistent). Plus, women in STEM jobs earn 33 percent more than women in non-STEM jobs, providing even more incentives for women to pursue STEM careers.

Despite the benefits of having

more women in STEM fields, the problem of underrepresentation persists. Universities can play a significant role in fighting this underrepresentation. There has to be greater initiative and efforts made by universities that encourage women to pursue STEM careers. According to the National Science Foundation, only about 15 percent of females entering college plan to pursue STEM fields versus 29 percent of males. And even if women do pursue a STEM major in college, they are more likely to pursue education or healthcare fields rather than a STEM job specifically. As a result, universities need to play a greater role in promoting STEM fields to women. Greater attention has to be given in recruiting women in STEM majors, retaining them in those majors and then helping them find opportunities in STEM careers.

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






# Happy Hoo-lloween

Patriots, pumpkins,  
parasols populate  
annual trick-or-treating  
festivities


Photos courtesy Thomas Bynum



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Chris MacDonnell | Cavalier Daily

Junior defensive end Jake Snyder, center, swarms to a Maryland player during a 20-13 loss last month. Snyder has tallied 31 total tackles, 3.0 tackles for loss and one sack this season while starting all eight games on defense.

FOOTBALL

Cavs hunt win vs. Wolfpack

Despite hurricane-marred week, team focuses on snapping six-game slide, preserving bowl hopes

**By Daniel Weltz**  
Cavalier Daily Senior Associate Editor

Coach Mike London walked onto the podium at the John Paul Jones Arena media room Monday following a mercifully placed bye week and announced that three players would be suspended for violating team rules. On the heels of the most trying six-game stretch of London's three-year tenure, with Hurricane Sandy wreaking havoc on the Cavaliers' practice schedule, a 2012 season that is slowly slipping away appeared to reach rock bottom.

Virginia (2-6, 0-4 ACC) travels Saturday to Raleigh, N.C. to face N.C. State (5-3, 2-2 ACC). Virginia's dim bowl hopes hang in the balance. A loss against the Wolfpack would not only officially end the Cavaliers' postseason aspirations; it would also give the team its longest losing streak in 41 years.

"There's a back-against-a-wall mentality and I think everyone feels the pressure," junior center Luke Bowanko said. "Guys want to win, there's no questioning anyone's desire to win, but at this point it's put up or shut up."

The Cavaliers remain the last

Please see **Football**, Page B2

WOMEN'S SOCCER

Virginia gears for No. 1 FSU

Riding high after 1-0 victory against archrival North Carolina, women prepare for ACC semifinal

**By Michael Eilbacher**  
Cavalier Daily Associate Editor

Fresh off a dramatic 1-0 victory against rival No. 8 North Carolina, the No. 10 Virginia women's soccer team heads to Cary, N.C. for the ACC semifinals and a rematch with top seed and national No. 1 Florida State.

Sunday's win against the Tar Heels was Virginia's (14-4-1, 4-1-1 ACC) first victory since the 2009 season. The Cavaliers are looking to advance to the ACC championship game in Cary, N.C. on Sunday.

Please see **W Soccer**, Page B2



Sophomore midfielder Morgan Brian, left, supplied the assist for the eventual game-winning goal in Sunday's 1-0 victory against North Carolina in the ACC Tournament quarter-final round.

Jenna Truong  
Cavalier Daily

Redshirt senior midfielder Michelle Vitese was one of four field hockey stars named to the All-ACC team Wednesday. It marks the third time the 2012 London Olympian has made the squad.



Toby Loewenstein  
Cavalier Daily

FIELD HOCKEY

Squad targets first title

Players hope dominant regular season translates into program's first ACC crown

**By Matt Comey**  
Cavalier Daily Associate Editor

After its strongest regular-season showing since 1997, the No. 6 Virginia field hockey team begins its journey for coveted postseason accolades Friday with an ACC tournament semifinal clash against either No. 7 Maryland or No. 22 Duke in Chapel Hill, N.C.

Although the ACC has claimed the majority of NCAA titles, including one in each of the last 10 seasons, the Cavaliers (15-4, 4-1 ACC) have yet to win either an ACC title or a national championship. Redshirt senior forward Paige Selenski said she hopes this is the year Virginia finally breaks through.

"We've been so close so many times," Selenski said. "To win an ACC championship in my senior year would be incredible, and it could definitely happen as long as we come to play."

The Cavaliers hold a slight advantage against the rest of

this year's field after earning their first first-round bye in nearly 15 years. In a conference with five of its six teams ranked in the top 25 nationally and three in the top 10, any team in the bracket could upend coach Michele Madison's vaunted squad.

"In postseason play you really have to take one game at a time," Madison said. "It's all about the details."

Please see **Field Hockey**, Page B2

SPORTS

Men travel to N.C. State

The Virginia men's soccer team wraps up the regular season Thursday evening on the road, as the squad travels to Raleigh to face ACC foe N.C. State.

The Cavaliers (8-6-2, 2-4-1 ACC) enter the matchup on a three-game unbeaten streak, having most recently played Boston College to a hard-fought and scoreless draw last Friday. Although the team was only able to earn one point through the draw, they controlled play and tempo throughout, finishing the game with a 12-9 shot and 6-2 corner advantage.

With the tie, Virginia clinched a .500 or better record on the season, automatically thrusting the squad into contention for its 32nd consecutive NCAA Tournament bid.

The Wolfpack (10-8-0, 1-6) also enter Thursday's contest on the upswing after a 3-2 victory against Virginia Military Institute Monday evening. Under trying weather conditions induced by Hurricane Sandy, N.C. State went up 3-0 early in the game and managed to hold on for the narrow win after the Keydets came surging back.

The Wolfpack have played a robust 18 games so far this season — the most in the ACC — and average a respectable 1.72 goals a game, good for third in conference.

Leading the way for N.C. State is junior Alex Martinez. Martinez, a creative attacking midfielder who transferred from High Point before this season, is currently second in the ACC with 28 points, including 10 goals.

Cavalier senior forward and tri-captain Will Bates has also tallied 10 goals this year, tied with Martinez for second in the conference — although Bates has accomplished the feat in two fewer games.

The ACC tournament is set to begin Tuesday, Nov. 6.

—compiled by Ben Baskin

*Editor's Note: Scheduling complications from Hurricane Sandy prevented The Cavalier Daily from securing interviews for this preview.*

CROSS COUNTRY

Runners brace for home open meet

With top performers resting after last week's ACC Championships, young talents look to seize chance

**By Matthew Wurzburger**  
Cavalier Daily Senior Writer

The Virginia cross country team Saturday hosts the Virginia-Panorama Farms Cross Country Open at Panorama Farms. The meet provides runners who did not compete in the ACC Championships a final chance to compete at home.

Though neither squad will field its best seven, the runners and coaches are not treating this weekend as a bye week. Both teams value the meet as a final tune-up for next week's Southeast Regional Championships.

"The next few weeks will be used for sharpening up," graduate student Catherine White said. "We will do some faster interval type sessions to keep our legs use to race pace. We really just try to stay race ready and maintain fitness levels."

Please see **Cross Country**, Page B2

What to watch for this weekend

Home:

Friday, 7 p.m., Volleyball vs. Georgia Tech  
Friday, 7:30 p.m., Diving vs. South Carolina  
Saturday, 9 a.m., Wrestling vs. Anderson/Ohio/Chattanooga  
Saturday, 10 a.m., Cross Country at Virginia/Panorama Farms Open  
Saturday, 11 a.m., Swimming and Diving vs. South Carolina  
Saturday, 7 p.m., Volleyball vs. Clemson

Away:

Thursday, 7 p.m., Men's Soccer at N.C. State  
Friday, 3:30 p.m., Field Hockey at ACC Semifinals in Chapel Hill  
Friday, 5 p.m., Women's Soccer vs. Florida State at ACC Semifinals in Cary, N.C.  
Saturday, 12:30 p.m., Football at N.C. State  
Sunday, 1 p.m., Field Hockey at ACC Finals (if applicable)  
Sunday, 1 p.m., Women's Soccer at ACC Finals (if applicable)



# Football | Turnover margin confounds coach London

Continued from page B1

winless team in the ACC and rank dead last in the 124-team Football Bowl Subdivision in turnover margin. Rather than spend the bye week planning for N.C. State, London used the practice time to look inward, searching for a cause and cure of the team's perplexing proclivity for committing turnovers and an even more striking inability to force takeaways.

"We spend a lot of time here again, here in the open week, of creating drills, creating scenarios in practice where those turnovers occur for us defensively," London said.

London has tried lecturing, drilling and pleading with his team to close the gap between the 20 turnovers surrendered and the nation-worst four turnovers forced. Now, he hopes the spark will come from his defensive stars watching an intrasquad scrimmage.

Continuing the annual tradition, Virginia players who are redshirting the 2012 season or are seldom-used backups

competed in an 11-on-11 scrimmage known as the Weenie Bowl during the bye week. The Weenie Bowlers forced three turnovers in a single game, one shy of the Cavaliers' regular season total through eight games.

"I think there were two interceptions and a fumble recovery, and the celebration of that, you want it to be contagious," London said. "You want guys to understand ... those are game-changers."

With starting sophomore linebacker Henry Coley suspended for Saturday's game, sophomore linebacker Daquan Romero will likely make his first career start. Romero will be joined by standout freshman defensive end Eli Harold, whose recent performance has convinced coaches he is ready to make his first career start in place of senior Ausar Walcott. With Harold and Romero joining the starting lineup, Virginia will move into the top five in the FBS in most first-time starters this season with 17.

"I wouldn't say [this has been]

a disappointing season, I would say it was kind of a rebuilding season," junior wide receiver Tim Smith said. "We have a lot of young guys playing ... this will be a good thing for them to go through it now so they can learn and grow from this experience."

The youthful Virginia defense faces fifth-year quarterback Mike Glennon, who leads the ACC with 2,455 passing yards. Glennon threw for 467 yards and five touchdowns against North Carolina Oct. 27, but the Tar Heels outscored N.C. State 18-0 in the fourth quarter to roar back for a 43-35 win on a go-ahead 74-yard punt return with 13 seconds left. Wolfpack redshirt sophomore wide receiver Bryan Underwood caught a touchdown pass from Glennon for the eighth straight game, remaining the only pair in the nation with a touchdown connection in each game this season.

"[Glennon has] done a good job staying on the spot, he's done a good job moving out of the pocket and it's evident when

you watch him play that that experience of a fifth year guy in that system has done him well," London said. "He's definitely a major concern for us."

Though the experienced Glennon is the lone quarterback in the ACC to account for all of his team's passing yards, Cavalier starting quarterback sophomore Phillip Sims just completed his first game in which he was the only quarterback to appear. Sims completed 22-of-39 passes for 253 yards and a touchdown in the team's 16-10 loss to Wake Forest Oct. 20, but he also threw an interception for the third consecutive start and struggled with accuracy and timing.

Sims faces a daunting test against the Wolfpack secondary, which is led by the tallest pair of cornerbacks in the nation: juniors David Amerson and Dontae Johnson. N.C. State led the nation with 27 interceptions last season and is second in the ACC this season with 10 in its first eight games. Amerson set the all-time ACC record for interceptions last season

with 13 and leads the team again this year with four.

London faces his former mentor in N.C. State head coach Tom O'Brien. London served as O'Brien's defensive coordinator at Boston College from 1997 to 2000 before joining Virginia's staff as a defensive line coach. O'Brien coached at Virginia for 15 seasons between 1982 and 1996, first as an offensive line coach and later as an offensive coordinator.

The Cavaliers are 21-34-1 all-time against the Wolfpack and will be playing in Raleigh for the first time since 2007. N.C. State handed Virginia its lone loss last season amid a seven-game stretch that brought the Cavaliers within one win of an appearance in the ACC championship game.

"These are a series of one-game playoffs or however you want to call it," London said. "These games are bowl games for us right now. We have to win these games ... that's how we have to look at it."

Kickoff is scheduled for 12:30 p.m. Saturday.

# W Soccer | Win would avenge 2011 semifinal loss to 'Noles

Continued from page B1

6-3-1 ACC) second win ever against its bitter rivals and the first in postseason play. The Cavaliers scored an 11th-minute goal from senior forward Caroline Miller and employed stifling defense the rest of the way to preserve the lead.

"It was like déjà vu," said Miller, who also scored the lone goal in Virginia's first victory against North Carolina last year. "It was incredible. I think it was just as good as last time, especially since this time it's in the ACC tournament."

The Cavaliers held the Tar Heels to four shots on goal. The squad hopes to maintain that level of defensive pressure for the rest of the postseason.

"We did a good job of solving their pressure, which is always one of the keys to the game," coach Steve Swanson said. "They have a lot of very good athletes, and they come at you. I thought we did overall as good a job as we have [this year] in terms of controlling the game, keeping possession, and playing our strengths."

Sticking to their style of play will be key for the Cavaliers as they collide with Florida State (16-2-0, 8-2-0 ACC), who dealt the squad one of its toughest losses of the season two weeks ago in Tallahassee. The Seminoles won 1-0 on a penalty kick in overtime. The Virginia players now look for revenge against a team that squeaked past them Oct. 14 and eliminated them 2-1

in the ACC semifinals last year.

"I think everyone is pumped up, especially since we lost to them in the ACC tournament last year," Miller said. "I think that's enough to fuel the fire, and everyone has been working really hard in practice getting ready for this game."

Florida State seemed to be invincible early in the season, winning 14 games in a row and yielding an absurdly low three goals before dropping two of its last three regular season games to Boston College and Miami. The Seminoles came back, however, dropping Boston College 4-0 in the first round of the ACC tournament.

The loss against Florida State was the only time the Cavaliers have been shut out this season.

Virginia mustered a season-low four shots on goal in the contest, much lower than the team's 18 shots-per-game average, which ranks second in the conference.

"We had a very good game with them the first time, but it'll be a challenging game, just like any game is in the ACC," Swanson said. "They have a good defense, and we've got to do a better job of creating more quality chances than in the first time we played them."

Since the Florida State loss, the team has been on an offensive tear, scoring 11 goals in just three games. Swanson said he hopes that momentum will be enough to push the Cavaliers closer to their second ACC title in team history.

"We're learning every game,

and we're being more consistent, which is good," Swanson said. "We're going to have to be as consistent as possible in all 90 minutes of the game."

A win in the semifinal would mean an ACC title matchup Sunday against either Wake Forest or Maryland, the teams responsible for Virginia's other two conference losses this season. Swanson, despite the hype already building around the game, is keeping his message simple.

"Our motivation is to get better, and to win an ACC Championship," he said.

The game against Florida State will be broadcast on ESPN3 5 p.m. Friday. The ACC title tilt will air on ESPNU 1 p.m. Sunday.

# Field Hockey | Arduous tournament field awaits Virginia

Continued from page B1

one and done, so you can only prepare for the team you know you have to play and give it all you've got."

Virginia comes off a 2-1 loss to No. 2 Princeton, a setback some players described as a wake-up call. Despite a strong defensive showing in their second game in two days, the Cavaliers played conservatively for most of the game and rarely got a good look at the goal.

"I think we know that we have things we need to work on," senior forward Britt Knouse said after the game. "Now that we're getting into playing-offs, we can work on those things and get better."

On the field the Cavaliers shine on defense. Virginia leads the ACC with only seven goals allowed, 37 saves and two defensive saves. Sophomore goalkeeper Jenny Johnstone has validated her selection as

preseason All-ACC goalkeeper after topping the ACC in saves and goals allowed in five in-conference contests.

"Our defense has been great and Jenny has been fantastic in goal," Selenski said. "We have so much depth on this team, so we're able to move people around and get people different roles, which has been one of our biggest strengths all year."

The Cavalier attack ranks second with 65 shots in conference play, and three Cavaliers — Selenski, sophomore forward Rachel Sumfest and redshirt senior midfielder Michelle Vitese — rank in the top 10 in the ACC for points in conference-only games. Selenski leads the conference with 25 goals and 62 points overall.

Wednesday afternoon, the ACC named Johnstone, Selenski, Vitese and junior back Elly Buckley to the all-conference team. Selenski earned her fourth All-ACC nod, and Vitese and Buck-

ley both won their third.

The Blue Devils (7-10, 0-5 ACC), who Virginia defeated 3-1 last Saturday, struggled mid-season after temporarily losing six players to the Junior Pan-American Games. Now that their roster is fully intact again, they have the potential to mount an upset.

The two-time defending national champion Maryland (14-4, 3-2 ACC) should still be strongly favored in Thursday's quarterfinal. The Terrapins shut Duke out 2-0 Oct. 6, and all four of its losses this season came by one goal against top-10 opponents.

"If you want to win a championship, you have to beat whoever makes it through," Madison said. "Maryland obviously has more history behind them, but Duke is desperate and on fire, so they would like nothing better than to upset Maryland."

The Cavaliers were trium-

phant against both Maryland and Duke, but Maryland proved a much tougher opponent. In a Sept. 28 showdown marked by dramatic pouring rain, the Terrapins led Virginia with just 20 minutes remaining in the contest before late goals from Selenski and Vitese secured a 3-2 Cavalier win.

"Our expectations as of now will be to just beat the winner of the Maryland-Duke game," Vitese said. "Hopefully it's not Maryland, but if it is, we've played them before and we'll be well prepared for that game. I think the expectations for that matchup would be to take what we know from the previous game and make some adjustments to make it less close."

Looming on the other side of the bracket is No. 1 North Carolina, the only ACC team to have beaten Virginia this season. The Tar Heels (18-1, 5-0 ACC) must first get past the winner of a matchup between

Wake Forest and No. 17 Boston College, but all signs point to an easy path to the championship game. In addition to having defeated both these teams, North Carolina has yet to drop a game on its home turf, the site of this year's tournament.

When the Cavaliers travelled to Chapel Hill Oct. 13 they nearly outlasted the Tar Heels, sustaining a lead into the final five minutes of regulation. Star sophomore forward Charlotte Craddock tied the game in regulation, and North Carolina overpowered Virginia in overtime to scrape a 3-2 victory.

"We've played them once, so we know what works against them and what doesn't work," Madison said. "We'll have to go back to the tape once we get to that phase if we advance through the tournament."

Virginia begins tournament play 3 p.m. Friday. If the Cavaliers advance they will play for the title Sunday at 1 p.m.

# Cross Country | Young distance athletes' futures appear bright

Continued from page B1

Saturday's race features a small field of teams. Virginia, Georgetown and Liberty will enter both men's and women's teams. James Madison and Vanderbilt will bring only their women's squads.

The No. 21 Cavalier men made a triumphant return to the national rankings after a second-place finish at the ACC Championships. They can expect stiff competition from the No. 24 Hoyas this Saturday. Liberty, ranked No. 13 in the Southeast Region, is also capable of challenging Virginia.

The nationally unranked women's team faces an even stiffer task. The Commodores fell five

votes shy of a national ranking and are currently slated third in the South Region behind powerhouses No. 1 Florida State and No. 14 Florida. James Madison sits two spots below Virginia at eighth in the Southeast Region rankings.

Of the marquee Virginia runners resting this weekend, graduate student Mark Amirault may benefit most from a week free of competition. The Princeton transfer finished 30th at the ACC Championships, his first race this season, but showed signs of rust from his prolonged absence from competition.

"He has not trained nearly as much as the rest of the team and is nowhere near his full potential,"

sophomore Kyle King said. "He is glad that he is moving in the right direction of health and fitness. He will be a big asset to this team in regionals and nationals."

Amirault can look to White's progress for encouragement. In her third race after returning from injury, White won silver at the ACC Championships with a six-kilometer time of 20:06.

"I have been feeling stronger and sharper each race," White said. "I hope to keep the upward trajectory going, and I think I have some faster performances in me."

Saturday's race will showcase Virginia's up-and-coming talent. Some Cavaliers may use this meet to boost their chances of joining

the top seven next season.

"The meet will be a great opportunity for them," King said. "They have not really had a chance to race this season."

Many of Virginia's expected stars for beyond 2012 are already excelling at the highest level of competition. At the ACC Championships, King finished fifth with an eight-kilometer time of 23:51.3 in his first year of cross-country competition. True freshman Connor Rog received the honor of ACC Freshman of the Year for his 18th-place effort. This youthful contribution helped Virginia finish six points behind champion No. 17 Virginia Tech.

"I believe that having younger

runners on the team is a great advantage," King said. "We help to score points this year, and will also be able to contribute for several more seasons."

Those athletes competing at the Virginia-Panorama Farms Open should expect the full support of their teammates moving on to regionals next week. "It gives some of my teammates an opportunity to close out their season on the home cross in front of a familiar crowd," White said. "I will certainly be there cheering them on."

The women's five-kilometer race will start at 10 a.m.. The men's five-kilometer race will follow at 10:30.





film

LET'S  
WATCH A  
DISNEY  
CHANNEL  
MOVIE

by conor sheehey



Courtesy EW.com

As Halloween season comes to dominate our lives this week, one thing is bound to be on everybody's mind: the arrival of a new Disney Channel Original Movie. Two weeks ago, the not-too-creatively-titled *Girl vs. Monster* invaded living rooms across the U.S. with its brand's trademark combination of awful acting, moronic music and balls-to-the-wall cheesiness. Like every other Disney Channel film to assault the small screen since 1997, the movie ultimately won me over with its silly sentimentality and its unintentional humor. In honor of this recent ghastly guilty pleasure, *A & E* has decided to count down the five greatest contributions to the Disney Channel Original Movie world.

In spot number five we have 2002's *Cadet Kelly*, the story of an entitled brat (played by a *Lizzie McGuire*-era Hilary Duff) who's sent off to military school when her free-spirited mother shacks up with a stern brigadier general (*Pineapple Express*' Gary Cole). Duff's character, Kelly, is one of the most annoying in television history. Watching Cadet Captain Stone (Christy Carlson Romano) chew her out again

and again makes for a sadistically joyful experience. Between Duff's criminal overacting and Romano's bizarre pronunciation of the word "maggot," the film provides its fair share of "so bad it's good" moments. The movie's only real casualty is Cole, who plays a stereotypical military father with a level of poise and grace no Disney Channel production could ever deserve.

Cole's services might have been a better fit for 2004's *Pixel Perfect*, which compensates for its inane plot line and monotonous songs with a surprisingly able cast of youngsters. Ricky Ullman shines in the lead as Roscoe, a tech geek with a soft spot for bad indie bands and beautiful women. This brainiac sets off a firestorm of emotions when he turns a cold shoulder to best friend Samantha (Leah Pipes) in favor of cooking up a holographic blonde bombshell to take on the lead vocals for his band, the stupidly named Zetta Bytes. Naturally, Samantha gets jealous and it takes about a hundred teachable moments for Roscoe to realize that a hologram, however gorgeous, is no substitute for a flesh-and-blood human being. Although the "it's what's on the inside that counts" theme is about as overdone

as they come, nothing beats a sweet sci-fi love story with the star of *Phil of the Future* at its helm.

Ullman's performance in *Pixel Perfect* doesn't come close to matching the bravura acting on display in *The Cheetah Girls*. The film's stand-out soundtrack alone would win it a place on this list. When Disney Channel attempts to showcase diversity, the result is rarely successful, and this monstrosity of a movie is no exception. The plot centers around four girls of varying ethnicities and backgrounds, all of whom attend the same Manhattan performing arts high school. Together, these young ladies make up the Cheetah Girls, a musical group of questionable talent and even more questionable clothing taste. Plagued by a conniving producer, inter-ensemble drama and a lost dog, the Girls must learn to embrace their art — as well as one another — to overcome some of life's toughest challenges. This movie amounts to a captivating trainwreck, heavy on the sass and light on the subtlety.

Far more impressive are 1999's *The Thirteenth Year* and 2001's *The Luck of the Irish*, which tie for the number-two spot. Both films focus on the struggles faced by junior high athletes who find

themselves transforming physically in ways that go beyond the typical trials of puberty. Whereas *The Thirteenth Year*'s Cody (Chez Starbuck) sprouts gills and fins whenever he enters the water, *The Luck of the Irish*'s Kyle (Ryan Merriman) begins to take the shape of a leprechaun. These minute plot differences are ultimately irrelevant, since both movies succeed largely on account of the attractiveness of their protagonists; 12-year-old girls across America likely swooned when they encountered these strapping young gents for the first time.

When it comes to strapping gents, no one can beat *High School Musical 2*-era Zac Efron, who won my heart back in 2007 despite his apparent lack of acting ability. It's a testament to the greatness of *HSM 2*, the Channel's number-one movie, that Efron's looks aren't even the film's biggest highlight. Much more enticing are the catchy songs, the summery atmosphere and the wonderfully inept performances. It's a total mess of a movie, and it epitomizes everything that makes the Disney Channel Original Movie series so terrific. We can only hope more instant classics will join the ranks in the near future. *HSM 5*, anyone?

arts &  
entertainment

INSIDE



'Cloud Atlas'  
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Taylor Swift  
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film



Courtesy/CBS Films

KILLER COMEDY  
SENDS VIEWERS TO  
'SEVEN'-TH HEAVEN

by james cassar



When *Inception* hit theaters two years ago, moviegoers left with their jaws permanently dislocated and their minds left unattended in their vacated seats. Since then, it's been common to associate interwoven storylines in movies — a tool as unoriginal as the trite summer blockbuster — with Christopher Nolan's "dreamy" cerebral thriller, which shamelessly steals elements from his equally brain-boiling flick *Memento*. Neither of these movies accomplished what most audiences crave: a comedic undertone. With an ensemble cast, an absurdly convoluted premise and a dash of satire, *Seven Psychopaths* attempts to revamp the rulebook on thought-provoking films.

Like this reviewer, screenwriter Marty (Colin Farrell) is writing about seven fictional psychopaths and is having difficulty overcoming his writer's block. Billy Bickle (Sam Rockwell), his friend who flits between odd acting jobs and stealing dogs for reward

money, sneakily broadcasts the project in the classifieds and gains the attention of — not surprisingly — less fictional psychopaths. Thus the blood-soaked narrative begins. Among the basket cases are Hans, the hyper-religious, bloodthirsty Quaker-turned-pacifist (Christopher Walken); Zachariah, the rabbit-toting, soft-spoken one who pines over his lost murderer love (Tom Waits) and Charlie (Woody Harrelson), a gangster with a soft spot for his beloved Shih Tzu.

Each character's quirks supplement some of the wittiest deadpan since *Arrested Development*, and the concurrent storylines add depth to the bitingly sardonic buddy comedy.

Charlie is a merciless killer intent on rescuing his pet alive and revenging himself upon its kidnapper. Billy enlists the help of hyper-religious Hans to avoid the crazed pet fanatic on a meticulously orchestrated dog heist. Desperate for an angle, Marty tags along and learns that his film practically writes itself, as the action that unfolds is uncontestedly ridiculous and a blunt dismissal of gore-stained film clichés. There's

even a scene where Bickle pens his 'ultimate ending' to Marty's film, which pokes fun at the conventions of most soulless macho action cinema.

*Psychopaths* isn't all mindless fun: It has a heart. Hans' sermon that caps the narrative paints the image of another psychopath, a mute Vietnamese priest, whose true intentions are to send an anti-war message rather than any malicious agenda. If that's not a stab at inducing discussion after the movie, I don't know what is.

So here are some final words to close my take on *Psychopaths*: Viewers expecting either a slapstick comedy or a thought-provoking thriller may find more than they bargained for. It's an incredible new entry in a film genre previously limited to big budgets, overdramatic dialogue and a constant maxim of style over substance.



Courtesy/CBS Films

ONLINE

<http://www.cavalierdaily.com/section/ae>

**A&E Blog:**  
<http://cdtablog.tumblr.com/>

NEXT WEEK

A&E covers the Virginia Film Festival.

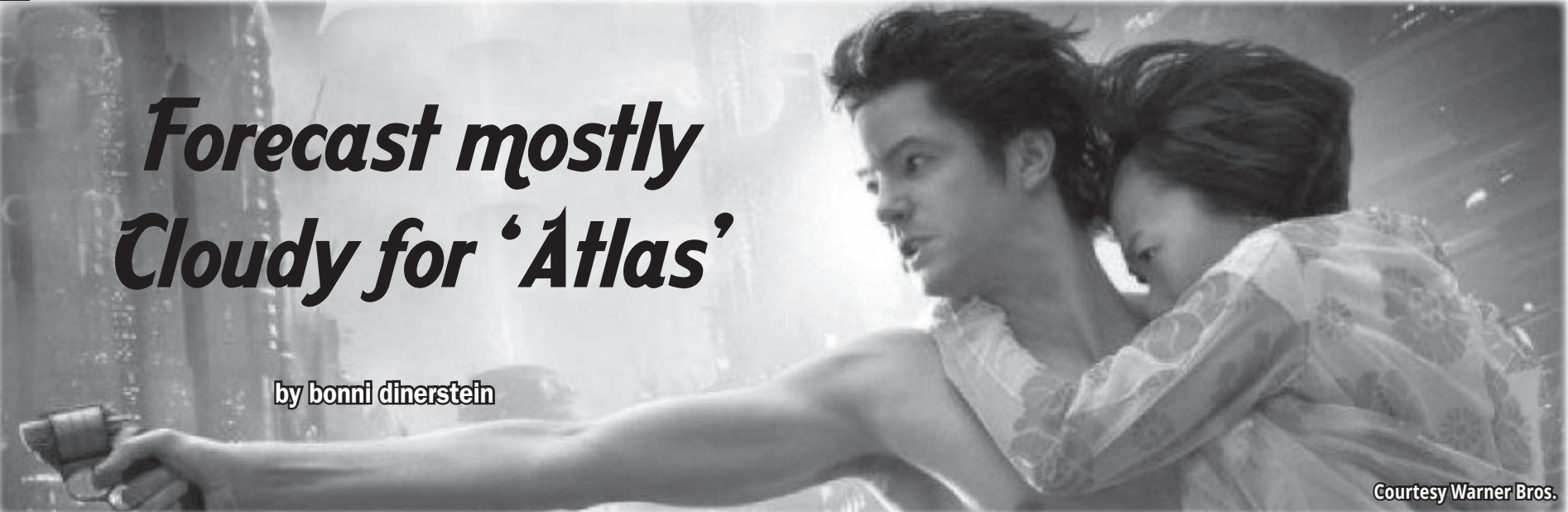
Highlights:  
*Silver Linings*  
*Playbook*  
*Rust & Bone*  
*I Am Not a Hipster*



film

# Forecast mostly Cloudy for ‘Atlas’

by bonni dinerstein



Courtesy Warner Bros.

It is difficult to know what to make of a film like *Cloud Atlas*. Directed by Tom Tykwer, Andy Wachowski and Lana Wachowski, the movie is based on a novel by David Mitchell and stars some of Hollywood’s biggest names, including Tom Hanks, Halle Berry, Hugh Grant and Susan Sarandon. It lacks a traditionally linear plot and instead tells six distinct stories, à la *Crash*. Unlike the 2004 Academy Award winner, though, the connections between the characters in *Cloud Atlas* are far less transparent.

The first of the six disjointed narratives tells the story of Adam Ewing (Jim Sturgess), a 19th-century lawyer who encounters a stowaway slave, Autua (David Gyasi), on a voyage home from the Caribbean. The second focuses on the life of Robert Frobisher (Ben Whishaw), a young aspiring composer living in the 1930s who writes letters to his gay lover, Rufus Sixsmith (James D’Arcy). The next tale centers on Luisa Rey (Berry), an investigative journalist in the 1970s, who encounters an aging Sixsmith (still played by D’Arcy, made up to appear older) in an elevator and attempts to uncover the conspiracies of a nuclear plant. The fourth narrative is set in present day, where an elderly publisher, Timothy Cavendish (Jim Broadbent), hides from the cronies of his disgruntled mobster client and escapes from the nursing home where he is being held against his will. The next narrative follows an exploited clone, Sonmi-451 (Doona Bae), who, with the help of resistance fighter Hae-Joo Chang (Sturgess), tries to subvert the authorities and challenge the oppression that traditional humans in futuristic Korea have inflicted on her kind. The final story takes place in the distant future, after an apocalypse, referred to as ‘the Fall,’ destroyed much of civilization. Zachry (Hanks), a man from a primitive village, meets Meronym (Berry), a member of a technologically advanced tribe. Along the way, they encounter cannibals, discover the past and fall in love.

As the 164-minute film jumps from narrative to narrative, it is difficult not to feel confused and restless. In a film where one of the major themes is the interrelated-

ness of the past, present and future, trying to determine the connections between the various characters can be mentally exhausting. Some relationships are obvious, especially among the main characters, but the filmmakers pull the rug out from beneath us at times when they reuse the same actors for different roles: In a decision that has sparked ample controversy and confusion, multiple performers take on a variety of races, ages and genders as they move through the film.

I saw the decision to reuse actors as ambitious and mostly successful, in large part because the makeup work, like the visual effects, was incredible and Oscar-worthy.

Still, in film, there is such a thing as too much ambition. By cramming six miniature films into one, *Cloud Atlas* tries to do too much. As a result, it is unable to give any of the narratives the time and attention it deserves. Yes, it is epic. But it is also epically disappointing.

★★



television

# ‘NASHVILLE’: ATHENS OF SOUTH OFFERS EPIC ENTERTAINMENT



Courtesy ABC

★★★★

by millcent usoro

television

# Neither beautiful nor beastly: latest CW drama proves mediocre



Courtesy the CW

by Julie Inglis

*Nashville* is ABC’s attempt to contribute to the new trend of musical dram-com TV shows and movies that have emerged since the creation of FOX’s *Glee*. But *Nashville* sets itself apart from its predecessors: It’s not catered toward the usual pre-teen/teen demographic most musical TV shows try to capture. Critics have already heaped praise on the show, which brought in almost 9 million viewers for its Oct. 10 series premiere.

The show stars Connie Britton (*Friday Night Lights*, *American Horror Story*) as Rayna Jaymes, a country music legend whose fame is starting to fade fast, and Hayden Panettiere (*Heroes*) as the rising young country sensation Juliette Barnes. Rayna is the reigning queen of country music, but her new album is not charting or producing any notable singles, and tickets to her tour aren’t selling. Her label threatens to end her tour and stop promoting her album unless Rayna decides to open for the up-and-coming Barnes. An obvious and heated rivalry arises between the two: Rayna does not take Juliette seriously and dismisses her commercial, pop-influenced music, and Juliette sees Rayna as a washed-up country has-been. The conflict deepens when Juliette tries to steal Rayna’s bandleader and former lover Deacon (Charles Esten) to sign on to her tour. To complicate things further, Rayna’s estranged father (Powers Booth) convinces her husband to run for mayor, pitting Rayna against an old family friend also running for office.

Panettiere’s character could easily be the typical young, sexy country star but the show lets her do more: She deals with her mom asking for drug money and aims to be something more than a tool for her label to capture teen audiences. Both Panettiere and Britton capture the complexities of their characters. Britton is still one of the best actresses on television and an early contender for an Emmy nod.

What makes this show work is not only the outstanding acting but also the plot’s realistic trajectory. Whereas the sheer outlandishness of *Glee* can be off-putting, *Nashville*’s storylines are real situations facing a number of artists in the music business today.

Although the majority of the songs are original, the ones that stand out are the duets performed at a bar called The Bluebird, the center of underground country scene (Taylor Swift was discovered there when she was fifteen). The best song by far has been “If I Didn’t Know Any Better” by The Civil Wars, performed by Scarlett (Clare Bowen) and Gunnar (Sam Palladio), two supporting characters. Although I’m not a huge fan of country music, I am a huge fan of this show, and this wide appeal makes *Nashville* one of the best new shows on television.

I love a good fairy tale, and television’s current fairy tale obsession couldn’t make me happier. But even I was slightly taken aback by the CW’s revamp of *Beauty and the Beast*. I mean, it’s one thing to put a fairy tale into the 21st century, but I just couldn’t buy into the idea of Belle — now renamed Catherine — as a crime scene investigator.

The show opens with Catherine’s mother being shot before her young daughter’s eyes. Catherine is rescued from the shooters by a mysterious monster figure, but no one accepts her description of her rescuer. Fast forward several years, and Catherine (*Smallville*’s Kristen Kreuk) is a successful detective. One of her cases leads her to find that a supposedly dead soldier, Vincent Keller (*Neighbours*’ Jay Ryan), is secretly alive. He’s living with his old college roommate J.T. Forbes (Austine Basis) and hiding from the government, which is out for his blood.

Catherine discovers Vincent is a failed government experiment — a soldier who was injected with some convenient superpowers. The government killed all the other human guinea pigs used for the experiment, so Vincent has to keep a low profile. It doesn’t take Catherine long to realize he was the monster who rescued her from her mother’s killers. As it turns out, when adrenalin pumps through Vince’s veins he turns into a monster — a monster that looks like he walked out of a *Buffy the Vampire Slayer* set. The rest of the show focuses on the unlikely and secret partnership between Catherine and Vincent as they combat urban crime and also try to work out why the heroine’s mother was shot.

Both Kreuk and Ryan are stereotypical for a CW show: They have flawless looks and mediocre talent. I was a fan of Kreuk in *Smallville*, but her acting abilities here leave much to be desired. She overacts in every scene and seems to put way too much thought into her expressions rather than just behaving naturally. And it’s not hard to believe Ryan won his role primarily on account of his muscles and a pretty face. Don’t get me wrong, neither of them is a absolutely terrible actor. But they’re just average.

The show’s plotline is similarly mediocre. I hardly think Gabrielle-Suzanne Barbot de Villeneuve, who wrote the oldest known version of the “Beauty and the Beast” story, had this sort of crime procedural in mind. Apart from the presence of a romance between a man-beast and a beautiful heroine, the CW show and its alleged source material have virtually nothing in common. Don’t watch it hoping to find a fairy tale. I did and was disappointed. Take it on its own terms, as a typical CW show that drips with action, sexual tension and plot twists — in other words, a good study break. Catch an episode on the CW at 9 p.m. Thursdays.

★★★



# ‘good kid,’ great album for Lamar

by isaac buckley  
★★★★★

Kendrick Lamar hails from Compton, Calif., known as the Mecca of gangster rap and a hotbed of drugs and gang violence. *good kid, m.A.A.d city* is his introduction to the world, a kunstlerroman that details his coming of age in one of America’s most dangerous cities. It is a stunningly cohesive effort for such a young artist. The skits throughout the album tie the narrative together in a manner that hearkens back to the golden age of hip-hop. Lamar has managed to craft hip-hop’s most buzzed-about album in recent memory without a stand-out radio single.

The contradiction in the album’s title and within Kendrick himself is a major part of what makes the up-and-comer the most compelling story in rap music. Kendrick does not drink alcohol or take drugs and at times offers a harsh critique of his generation’s mindless hedonism. At the same time, he fully embraces his city, flaws and all. Nowhere is this more apparent than on the album closer “Compton,” which finds him rapping alongside his mentor, hip-hop icon Dr. Dre.

Kendrick combines the socially conscious rap of a young Talib Kweli, the aggressive flow of DMX in his heyday, the technical skill of Eminem and Wiz Khalifa’s ear for melody. It is no mistake that he is being hailed as hip-hop’s next superstar. “Swimming Pools (Drank)” is the album’s most radio-friendly track, but listen closely and the verses find him touching on the dangers of alcoholism and debauchery.

“Sing About Me, I’m Dying of Thirst” is the album’s unmistakable centerpiece, a 12-minute epic that explores Compton from several different characters’ perspectives in a manner more reminiscent of James Joyce than of any recent rap release. The chorus finds the young rapper pleading that his legacy and that of his peers will be celebrated in the case of his untimely death. This plea is especially interesting considering rappers’ well-documented history of questioning whether hip-hop itself is a dying art form.

In the last year Lamar has gone from playing at the University’s Student Activities Building to touring with Drake and A\$AP Rocky and receiving co-signs from many of the biggest names in music, including Lady Gaga.

The album’s cover is a gritty Polaroid showing a baby Kendrick surrounded by his male family members. On the table in front of them his baby bottle stands next to a 40-ounce bottle of malt liquor. Black bars cover the other men’s eyes as the innocent child’s eyes stare into the camera, a good kid surrounded by madness, struggling to make sense of it all.

In the skits that appear throughout the album, his real friends and family members play themselves. This unabashed vulnerability is fascinating in a work that both celebrates and questions what it means to be authentic. Tracks such as “Real,” for example, explore hip-hop’s fascination with being genuine.

*good kid, m.A.A.d city* is an album that rewards repeated listening. Indeed, listeners will find themselves discovering new intricacies and layers of meaning as they return to these songs. It is far too early to speculate where this album belongs in the context of hip-hop in general, but there is no doubt Kendrick has crafted one of the most interesting releases in the last few years. Kendrick has spoken about a dream he had of the late Tupac Shakur visiting him and instructing the young rapper, “Don’t let my music die.” Whether or not Kendrick is hip-hop’s savior, this album forms a captivating love letter to his city, his friends and family and the genre of music he champions.

## music

# ‘Red’ marks Swift’s passionate return ★★★★★

by jamie shalvey

Country crooner turned pop princess Taylor Swift delivers again with her fourth studio album, *Red*, by far her most versatile album to date. *Red* takes on styles none of her previous records dared to and embraces risks only Swift can afford to take — and it pays off.

Previously known for writing all her own songs, for *Red* she decided to co-write with some of the best names in music, including Max Martin, the producer behind Kelly Clarkson’s “Since U Been Gone” and Pink’s “So What.” Martin produced the three major bubblegum pop smashes on the album: the fun and carefree anthem of the summer, “We Are Never Ever Getting Back Together,” an auto-tuned youth celebration, “22,” and a popping dance song with a taste of dub step, “I Knew You Were Trouble.” The album also includes a soft-spoken duet with British singer/songwriter Ed Sheeran titled “Everything Has Changed” and a harmonious but heart-wrenching collaboration with Snow Patrol’s Gary Lightbody, “The Last Time.”

Though Taylor had help with six of *Red*’s 16 tracks, each song seems to reflect her thoughts and preoccupations. The opening track, “State of Grace,” is a stadium-ready rock ballad capable of captivating any crowd with its big beat and meaningful lyrics.

The singer goes back to her acoustic roots with “All Too Well,” a beautiful tell-all about remembering lost

love — with a certain Jake Gyllenhaal perhaps? — singing, “I know it’s long gone and that magic’s not here no more.”

Then there’s “Starlight,” a “Love Story”-style track that is devoted to Ethel Kennedy and tells of “the night we snuck into a yacht club / pretending to be a duchess and a prince”. Although catchy, the tune doesn’t quite live up to the lyrical quality of Swift’s older fairy-tale type songs. Another song along this line is the title track “Red,” which has a catchy chorus but disappointingly drab lyrics.

Because of the stark differences between this album and Swift’s other three, it’s very difficult to compare *Red* to anything she’s done before. The differences make this album great. Some may be upset that Swift has made the transition from country to pop, but the truth is that the music has grown with the artist. The general attitude of the album is more mature, with adult themes and less “fairy-tale ending” ideals. For the fans of classic Taylor Swift, tracks such as the acoustic “I Almost Do” and the happy, ukulele-filled “Stay Stay Stay” should please them.

*Red* is an instant multi-genre classic that works as both pop and country, with a little folk in the mix. Those

who have not listened to Swift beyond her popular singles should take this opportunity to start. They’re in for a good surprise.



Courtesy Big Machine

wrap-up

## music

# Mika’s ‘Origin’ makes for easy listening

by sofia economopoulos

Mika’s newest album *The Origin of Love* follows in the footsteps of the singer’s previous two albums with positive, pop-beats that lift up your mood no matter how down you are. Listening to it on a Friday afternoon, I was impressed with Mika’s latest effort and, despite my fatigue from the long week, his album left me feeling renewed and ready for the weekend. Including fine contributions from rapper Pharrell, featured in the first U.S. single “Celebrate,” the album is shaped by Daft Punk influences that distinguish it ever so slightly from his two previous efforts, *Life in Cartoon Motion* and *The Boy Who Knew Too Much*.

Although a few of the songs are not in my taste, there are quite a few hits on here that make it worthwhile.

With one of my favorites, “Lola,” which discusses failed relationships — “why do we even bother / when there’s only one way out” — Mika shows he has more serious things to sing about than Grace Kelly. The chorus, “Lola / I’ve made up my mind / I’m not going to fall in love this time” is relatable, as everyone’s tried to protect



Courtesy Universal Music

### Album Highlights

“Lola”  
“Celebrate”  
“Popular Song”

himself from being hurt at some point. I could see this song being played in a bar as college kids, drunk or not, sing along to the catchy chorus.

Another highlight is “Celebrate,” which is similarly catchy and relentlessly upbeat. “I want the whole world to celebrate,” sings Mika. “Popular Song,” which features Priscilla Renea, is another hit. Reminiscent of Little Jackie tunes and that awkward stage in high school — “it ain’t a bad thing to be a loser baby” — the song describes the rise to stardom of a former “nobody.”

A few songs I wasn’t crazy about were “The Origin of Love” and “Stardust.” They were neither addictive nor memorable. “The Origin of Love” featured ethereal elements while at the same time experimenting with Daft Punk-esque electro chords that just didn’t do it for me. And “Overrated,” although not terrible, was too melancholy for me.

The major qualm I have with the album is Mika’s translation of his original song, “Elle me dit,” released as a single in France, to “Emily”. Though the beat and tune remain the same, the English lyrics leave something to be desired, and I can’t listen to it without attempting to sing the French lyrics.

Overall, Mika’s latest record is a perfect pick-me-up that everyone should have a listen to while driving or lounging on the bed as a study break.

★★★★

## music



Courtesy XL Recordings

by will keel

# Titus Andronicus: Back in ‘Business’ Eclectic indie group triumphs with bold, moody third album

The indie-folk-punk combination Titus Andronicus released its third album, *Local Business*, Oct. 22. The New Jersey band’s first album was raucous and hardy, the second introspective and thorough, sporting incredibly powerful sing-alongs and riotous choruses, but the group’s newest offering, *Local Business*, presents a more ‘70s-era vibe.

Many of the album’s riffs are simple and catchy, unlike the band’s previous, more complicated releases. As a whole, *Local Business* is enjoyable, but it lacks the deep-seated spirit of the previous two albums that *Titus Andronicus* fans have grown to love. This lack of spirit echoes many of the sentiments expressed in the lyrics. The opening song “Ecce Homo” (which

translates to “look at man”) presents this commentary: “Now I think we’ve established / everything is inherently worthless / there’s nothing in the universe / with any objective purpose.” The bleak and apathetic point of view continues through a good portion of the album but is coupled with acceptance and slight optimism in the final refrain of “Ecce Homo”: “I know it’s a lot more than just being bored / I know it’s nothing more than just being born.”

The other side of the album, with songs such as “My Eating Disorder,” evokes a whiny, negative feeling. The song seems self-pitying and alienating. Listeners could cheer along with many songs on 2010’s *The Monitor*, but here the band presents a strange

juxtaposition between self-indulgent negativity and spirited, enthusiastic-sounding riffs.

The album ends on a sad note with the song “Tried to Quit Smoking.” A self-deprecating, desperate plea for apology, this lighter-waving-worthy number is pessimistic and bleak — but in a satisfying way. It captures the album’s apathetic sentiments. It’s humorous and moody and provides a fitting end to a satisfying album.

Ultimately, Titus Andronicus turned from a creative outlet to a critical voice of today’s apathetic generation. Titus has finally embraced its punk origins, inherently political and unsatisfied.

★★★★

★ poor

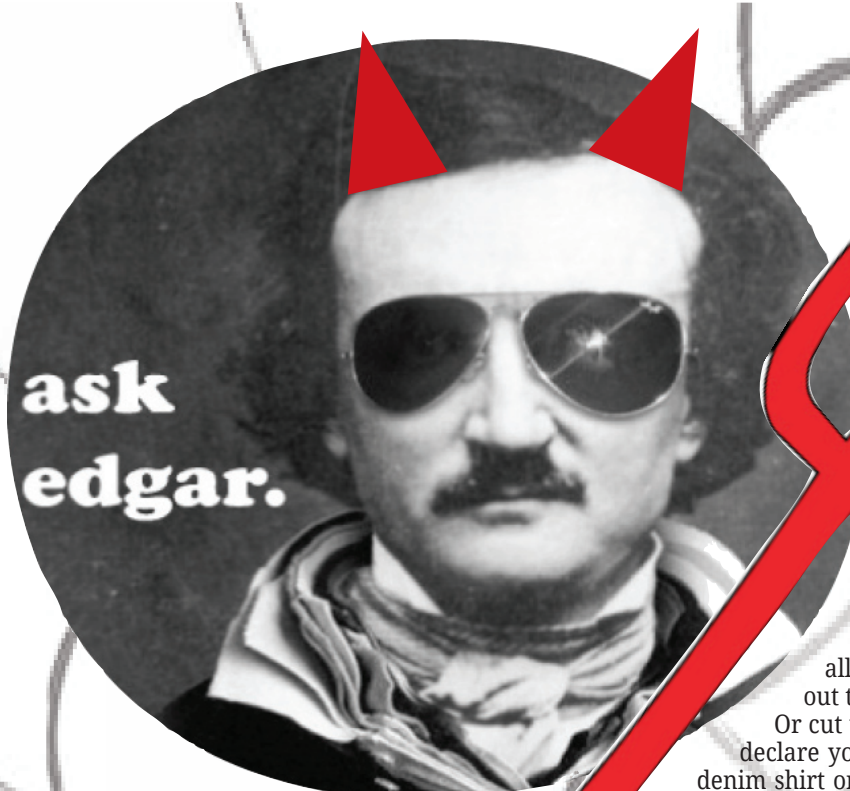
★★ average

★★★ good

★★★★ excellent

★★★★★ classic





ask  
edgar.

Dear Edgar,  
I'm on day three of Halloween celebrations, and I can't think of any more creative costume ideas. I need some last-minute outfits with common accessories that won't be totally lame so I can get into that frat party tonight. What are your tricks and treats?

Thanks,  
HOO-loween Hot Stuff

Hey Hot Stuff,

If there's one piece of advice I can give you, it's be fearless. Halloween is the time to go all out and you'll have more success the bolder you go. Don't be afraid to get colorful. Pull out that multicolored sweater and some cardboard and make yourself into a box of crayons. Or cut up construction paper into scales, attach to the back and hood of a blue sweatshirt, and declare yourself Rainbow Fish. Feeling a little less crafty? Try this simple solution: Dig out that denim shirt or blue button-down, tie a red bandana around your head and you're Rosie the Riveter. Another option: Grab a white button-down, a pair of those plastic wayfarers you've no doubt collected as a U.Va. student and a white pair of frat star socks and, voila! You're "Risky Business." Just try to keep risky behavior to a minimum — kind of hard when I'm recommending you go pants-less, but one can only hope. Get creative,  
Edgar

Hey Edgar,  
With the election coming up, I need some help. I'm just so confused and don't know what to believe or who to vote for. With Virginia being a swing state, I'm feeling extra pressure.

Please help,  
Elect-ile Dysfunction

Dear ED,  
Edgar's a little appalled at this point if you haven't been following The Cavalier Daily's election coverage. If you're only oblivious because you skip right to Ask Edgar, however, that's a different story. Anyway, I've got a solution in store for you: Try checking out isidewith.com to gauge where your alliances lie. You'll take a quiz to see where you fall on the political spectrum, answering basic questions about your opinion on questions of foreign, social and environmental policy. Once you've been matched with a candidate, try not to hang your head in shame knowing you just based your vote on the political equivalent of a Myspace survey.

Rock the vote,  
Edgar

Dear Edgar,

I'm a first year and I have been dating a girl since junior year of high school. Unfortunately, she goes to Virginia Tech. Try not to hold that against her. Our relationship was incredible until August. But we've been growing apart ever since we went to college. I feel like she's holding me back from great college experiences, but I don't want to end things yet. Should I stick it out until Thanksgiving break when I can see her and maybe participate in the great turkey drop? Or should I cut ties now?

Thanks man,  
Stuck in Senior year

Dear Stuck in Senior year,

Long-distance relationships can be really hard, especially in your first semester of college when dormcst is the norm. It isn't easy to get excited about Skype dates and long texting conversations. You have to think about whether or not your girlfriend is worth the high opportunity cost, and considering she chose Tech, I'm not sure how likely that is. But the general terribleness of Tech aside, you need to consider how important this relationship is to you and whether or not it's something that you want to be fully invested in. It's not fair to you or to her for you to stay in a relationship you don't want to be in.

Nothing easy is ever worthwhile,  
Edgar

*Disclaimer: Edgar is not a medical professional nor a psychiatrist. Edgar listens to your problems and offers what he hopes are constructive comments. By taking his advice, however, you accept full responsibility for your own actions.*

## 10 Ways to Stop Procrastinating



### 1 Download the SelfControl App:

This app allows you to block certain websites for a chosen amount of time. And when I say block certain websites, you can actually do things like restart your computer, restart your Internet or throw your laptop against a wall and it still won't load. One of the most underrated inventions of all time, SelfControl is something I swear by when I have a deadline I need to complete.

### 2 Hide your phone:

Unfortunately, SelfControl doesn't exist for phones. So if you're like me, you just end up scrolling through Facebook on your phone because you blocked it on your computer. And then, once that gets boring, you begin to text people — your mom, that kid you met one time at the White Spot — who you really shouldn't be texting at this moment or, arguably, ever. Procrasti-texting is the new drunk texting. Don't fall for it. Put your phone somewhere out of reach so you won't be tempted.

### 3 Surround yourself with people on the bottom floor of Clemons:

Because you're on the bottom floor of Clemons, also known as the scariest and saddest place on Earth, you can't make any noise without receiving death stares from people pretending to do work. By surrounding yourself with people who can probably see your computer screen, they'll be judging you every time you compulsively open Chrome. Couple this with the fact that you can't speak, and you'll be too scared to do anything but work.



### 4 Make a to-do list:

Start by adding the little stuff you've already completed so you can cross things off and feel accomplished. But really, seeing all the work you need to complete and when you need to complete it all in one place can be enough motivation to start getting your life together. You will feel so much better being able to visualize what you've accomplished. It also helps to make sure you don't forget anything.

### 5 Leave your bed:

Studying in your bed may be one of the most dangerous ideas ever. You're surrounded by pillows, so what is stopping you from leaning over and taking a nap? Even if you try to rationalize it by thinking, "I'm only going to nap for 20 minutes and that's it," those 20 minutes will inevitably turn into two hours and soon you're on a fast track to nowhere. Switch up your location so you're not tempted by the familiarity of your room and bed.

### 6 Set deadlines:

Strive to accomplish something every hour or so. By setting deadlines, you give yourself less time to let your mind wander off and you get a better sense of how much time you actually need to spend working for the day. Those six hours you spend in Starbucks could have easily been three if you hadn't been so distracted by the girl who just ordered a Venti Iced Extra-Cold Skinny Two-Pump Caramel Unsweetened Vanilla Latte with room for milk. Who even does that anyway?

### 7 Tell everyone about your goals:

How awkward would it be to have told everyone what you're going to do only to accomplish none of it? Make your friends your personal life coaches. Tell them what you're going to do and when you're going to do it, and have them promise you to encourage/insult you along the way. If you're like me, you'll soon get tired of their probably not-so-encouraging words and get your work done just to get them off your back. Bonus to this one: Once you finish your work, you can distract them with no personal repercussions.

### 8 Get off Facebook:

This deserves a category of its own. Why have I clicked on my U.Va. class group seven times in the past five minutes? Are you seriously going to post about politics one more time? How did I end up on the profile of a girl from Australia with whom I have zero mutual friends? Why is she so pretty? Why does she dress so well? How am I already on picture 207? Has it really been two hours? Don't pretend it hasn't happened to you.

### 9 Reward yourself:

Every time you finish a reading or an assignment, reward yourself with something small. Eat something, scroll through a page or two of Perez or just exhale and think about the weekend. Work can be exhausting and letting your body know you've been doing a good job is perfect motivation to keep going. Just don't reward yourself with too much — ordering a different kind of takeout to the library after every page you read is a little overboard and it makes everything around you smell like onions. I speak from experience.



### 10 Stay out of your email:

You think it's harmless. In fact, you're sort of getting something done by finally responding to the 14 emails your parents sent you. But when those emails include 10-minute videos of your brother's junior varsity football interceptions, articles about your old high school or a Drew Brees/One Direction collaboration in a Pepsi ad, it's time to close your email and ignore those Listserv messages you don't actually care about. Much like texting, avoid gchat at all costs.

—compiled by Annie Mester

