



## Board approves removal of all-grant financial aid

*AccessUVa awards for students entering academic year 2017-18 to include loans as part of offering regardless of family income levels*

GREG LEWIS  
Social Media Manager

This month's vote by the University's Board of Visitors to reauthorize a modified version of the touted AccessUVa program has renewed a debate about the University's obligation to promote socioeconomic diversity amid deepening cuts in federal and state funding of public universities.

### A History of Changes

AccessUVa was initiated in February 2004 under then-University President John Casten. One of the program's key tenets was to "eliminate all need-based loans for students whose family incomes are at or below 150 percent of the poverty level, and

replace these loans with grants (not work-study)."

In the intervening years between AccessUVa's inception and the Board's most recent revision, the program was changed to encompass families at or below 200 percent of the poverty level and work study aid.

The modified AccessUVa proposal was presented to the Board on Friday, Aug. 2 by Pat Hogan, the University's chief operating officer. The Board discussed the presentation Friday and decided to continue the discussion Saturday morning.

Hogan said during the Saturday morning session that studies were done by consultants to determine where the University could defray increasing costs of the program. After considering different scenarios, he said, the administration determined cuts to AccessUVa grant aid would make the lowest impact in terms of the number of students and dollars going to students.

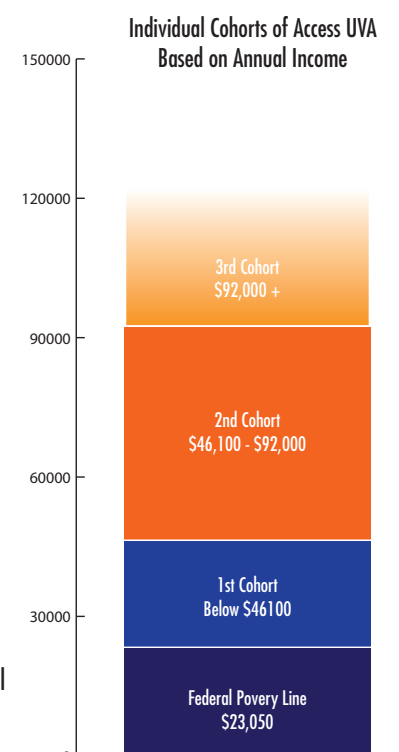
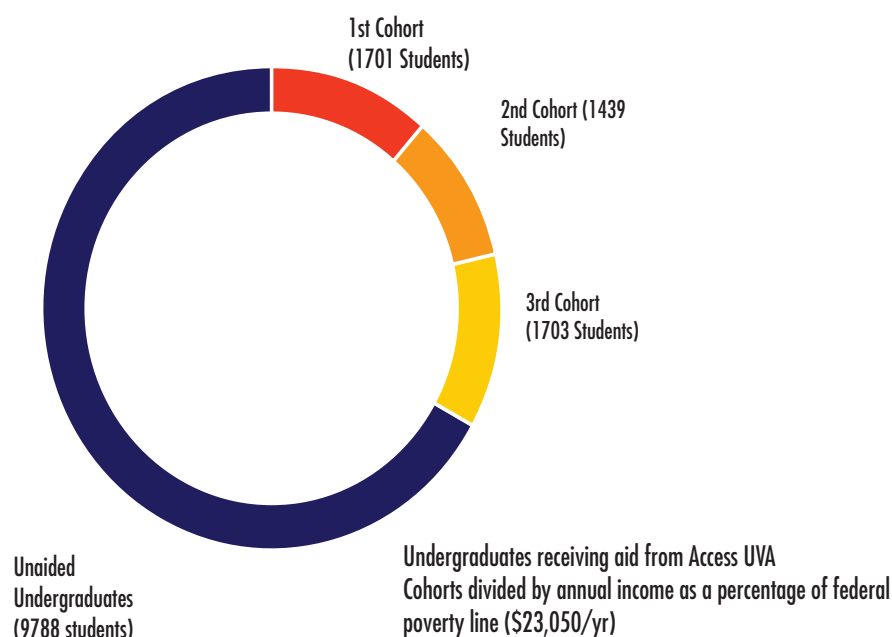
A report by consulting firm Art & Science Group conducted during the 2011-12 academic year and presented to the Board in May, however, suggest that cuts to grant aid would have a larger impact than increases in tuition.

"U.Va. could raise price [of tuition] significantly in-state and moderately out-of-state without losing market share," the report said. "If U.Va. were to decrease financial aid significantly, it would experience significant declines in the quality and diversity of its matriculating students, especially from out of state."

During the Board's discussion, Board member John Nau III said AccessUVa's trajectory is "unsustainable" and cuts to grant aid were "the best business decision to try to stabilize AccessUVa. It's more of a business than a philosophical approach."

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IS  
SOCIOECONOMIC  
DIVERSITY  
AT RISK?







# Certain spouses to lose U.Va. health plans

*Facing rising costs, University plans to dis-enroll partners with access to insurance through their employers*

**ALIA SHARIF**  
Associate Editor

Spouses of University employees may lose access to the University's health care plan next year. Those whose employers provide health care plans which meet the minimum requirements of the Affordable Care Act will be removed from University family insurance plans starting in January.

Health care costs for the University are expected to increase by \$7.3 million in the coming year, prompting the change, according to a University press release.

The University said these increases stem in part from the Affordable Care Act, citing the individual mandate and provision requiring health coverage be extended to any employees who work 30 hours per week.

Although the Affordable Care Act may be a driving force behind the change, University spokesperson McGregor McCance said that is not the only factor. "There are several things at play, such as the annual rise of health care costs and high cost claims that are increasing for people insured by U.Va," he said.

"I don't know whether we have

been affected because it all happened so fast," Media Studies Prof. Siva Vaidhyanathan said. "My initial thought was that I'm angry that we have to go through a rather intrusive submission of data in order to avoid a \$500 rate increase."

The University could face "millions" in additional taxes come 2018, when a tax known as the "Cadillac tax" would take effect, the University has stated. The 40 percent tax is applied to individual plans with premiums higher than \$10,200 and family plans costing more than \$27,500.

"Ironically, by providing generous benefits, the University becomes

exposed to a federal excise tax known as the 'Cadillac tax'" said Susan Carkeek, vice president and chief human resources officer, in the press release.

Data from the University's Human Resources department website indicates that the most expensive single plan offered to employees has a combined employee and employer contribution of \$460 a month, or \$5,520 annually. The most expensive family plan costs a combined \$1,471 a month, or \$17,652 a year.

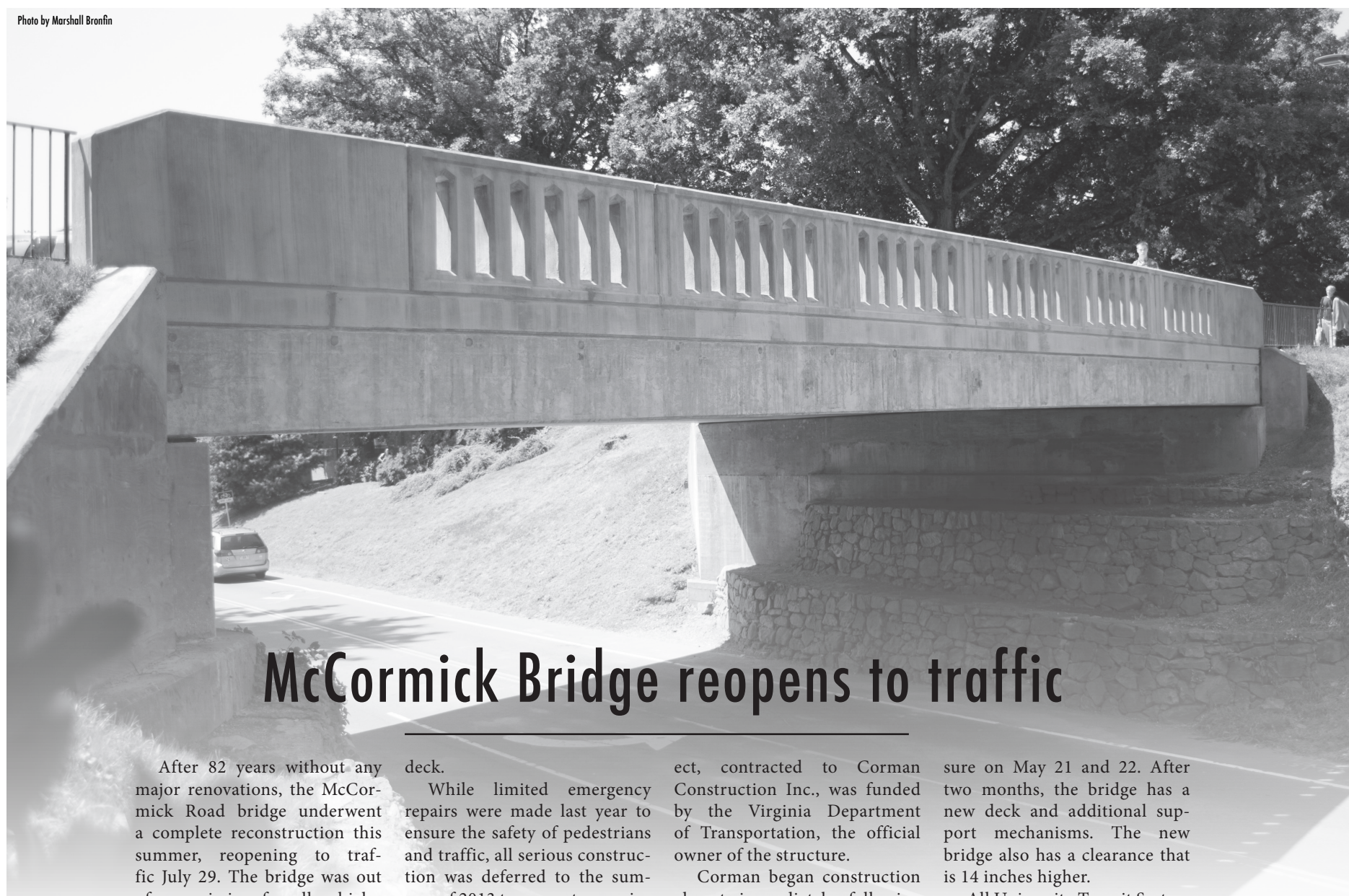
McCance said this was not a factor in the predicted \$7 million increase. The cost of high-cost claims — health care claims ex-

ceeding \$100,000 — grew more than threefold between 2008 and 2012, according to the press release.

"The Cadillac tax would not become an issue until its implementation in 2018 and not until then unless the cost of the University's plan exceeds the maximum threshold set forth by the ACA," McCance said.

Representatives for the Human Resources department say they do not have a specific number of working spouses that could be affected by this, but they do expect to have a number once open-enrollment for the fall is closed.

Photo by Marshall Bronfin



## McCormick Bridge reopens to traffic

After 82 years without any major renovations, the McCormick Road bridge underwent a complete reconstruction this summer, reopening to traffic July 29. The bridge was out of commission for all vehicles weighing more than 8 tons starting July 2012 after corrosion was found in the bridge

deck.

While limited emergency repairs were made last year to ensure the safety of pedestrians and traffic, all serious construction was deferred to the summer of 2013 to prevent excessive traffic delays during the University's busiest months.

The \$1 million dollar proj-

ect, contracted to Corman Construction Inc., was funded by the Virginia Department of Transportation, the official owner of the structure.

Corman began construction almost immediately following Final Exercises on May 20 and the bridge was officially demolished during a two-night clo-

sure on May 21 and 22. After two months, the bridge has a new deck and additional support mechanisms. The new bridge also has a clearance that is 14 inches higher.

All University Transit System buses have resumed normal operations, as has the Free Trolley.

— compiled by Sara Rourke





Photos by Marshall Bronfin

The third phase of the Alderman Road construction project was completed this summer, and new first-year students were welcomed this past weekend into rooms with individual climate control settings and lounges with flatscreen TVs.

## New Alderman Road dorms welcome first-year students

Nearly 600 first-year students moved into the new Lile-Maupin, Tuttle-Dunnington, and Shannon dorms on Alderman Road last weekend. A combined \$69.8 million went into the construction of the new five-story buildings as part of the ongoing Alderman Road construction project.

This marks the completion of the third phase of the project which began in 2006 with the construction of Kellogg dorm. Dunnington, Maupin, Lile and Tuttle suite-style dorms were demolished in recent years to make way for the new buildings.

The new dorms feature quiet study spaces, social lounges with flat screen televisions, mini kitchens and energy-saving technology including larger windows and motion sensor lights. Shannon House also has a mailroom for the entire

Alderman Road residence area, as well as classroom space and a computer lab.

With the completion of these dorms, the new Alderman Road dorms will form a community centered around green space, similar to that of the old dorms. “We now have a clear path from Kellogg House to Alderman Road,” said Patricia Romer, director for business and facility services for housing and residence life, in a press release. “We have had construction sites there for six years, and now that it is open it helps tie the area together.” The final phase of the project began with the destruction of Dunnington dorm this summer and will be completed by the summer of 2015. Courtenay, Dungleison and Fitzhugh are expected to stay first-year housing until 2020.

—compiled by Zachary Peak

## AccessUVa | Change raises questions about socio-economic diversity

### Continued from page 1

Only two of the 16 members voted against the proposal, former Rector Helen Dragas and Kevin Fay.

#### Who Gets the Money?

The University determines financial aid by reviewing student and family information provided on both the FAFSA and CSS profile. It organizes financial need by utilizing three general cohorts, based on the federal poverty level.

“Low income families have been defined as those at or below 200 percent of the federal poverty guidelines,” said Steve Kimata, assistant vice president for student financial services. “For this year that equated to \$46,100 for [a] family of four,” said Steve Kimata.

Kimata said there is no one definition of middle income, but the University defines middle income as between 200 percent and 400 percent of poverty – between \$46,100 and \$92,200.

Low income Virginians currently receive a work study award of \$3,000 and the remainder of need in grants. Low income non-Virginians receive a work study award of \$4,000 and the remainder of need in grants, Kimata said.

That will change for students enrolling at the University for the

2017-18 school year, when the University will require all financial aid recipients to take out loans, capped at \$14,000 for in-state students and \$28,000 for out-of-state students.

“These numbers compare favorably with national debt averages,” Hogan said. “This is not at all in our view impacting access to the University. A student will never be admitted and then denied for financial reasons.”

#### A Personal Impact

But for former student Eugene Resnick, a 2010 University alumnus and AccessUVa recipient, the new loan requirement is troubling.

“It really upsets me,” Resnick said. “A lot of us worked so hard to change things at U.Va., to move it forward. And now it seems like we’re going back again.”

Resnick, the son of immigrant parents, entered the University with a package of institutional grant and work study aid – no loans. He said the financial aid award he received from the University bested awards from other top-tier schools. Because of his aid package, Resnick was able to enroll, study abroad and graduate debt-free in four years.

The AccessUVa program, Resnick said, counteracts the advantages many affluent students at the

University benefit from.

“The reality is that in my experience, students at U.Va. who come from comfortable backgrounds and whose parents work in a variety of sectors, they have the connections,” he said. “It makes a difference when they have all of that stuff and the students in the AccessUVa program don’t. My parents aren’t connected to anything. I had to build my way by myself.”

Resnick graduated with a master’s degree from the London School of Economics and now works in the public relations sector.

#### Future Savings, Diversity Decrease

The new loan requirement is projected to save the University \$6 million a year by 2018, according to a University press release.

Hogan said the changes were ultimately necessary because the program was growing too quickly. During the 2012-13 school year, 2,953 students – 20 percent of the undergraduate population – received institutional grant aid, Kimata said.

“Less than 25 percent of our students were in this program when it started, and now we are at 33.34 percent and rising,” Hogan said. “One-third of our student body is

covered under AccessUVa in some sense or another.”

The University’s commitment to need-blind admission will continue, Hogan’s Chief of Staff Megan Lowe said. “That’s what we mean by need blind: when you are considered for admission your finances are not the criteria for admission,” she said.

The loans will also be need-based, not credit-based, she said, and most will be paid off during a period of 10 years with a typical repayment of about \$200 per month.

But just by switching to a loan program, the University is substantially altering the character of AccessUVa, said Brendan Wynn, a fourth-year College student and member of the University’s Financial Aid Committee. Wynn cited the grant program as a potential factor of low-income students’ success at the University, noting their high retention and graduation rates compared to middle and high-income students.

“Because U.Va. makes the commitment to low-income students in providing them with full grant aid, in return low-income students make the commitment to U.Va. to finish,” Wynn said. “Meeting need by offering large loan packages is qualitatively different than meeting need with an institutional in-

vestment.”

Wynn advocated the Art & Science Group proposal and raising tuition, though he noted it might discourage some lower income students from attending because of the sticker price, even with a strong financial aid program. Cutting grant aid, he said, would ultimately decrease the student body’s socioeconomic diversity.

Wynn noted, however, that budget cuts have put intense pressure on financial aid programs in recent years.

“These [cost-saving] measures are the result of an overall decrease in state and federal funding relative to institutional costs,” Wynn said.

Other state schools have recently enacted comprehensive tuition measures to combat dwindling funding. The College of William & Mary announced a new operating model in April which includes a four-year tuition guarantee, reduction in net tuition paid by middle-class families, a cap on annual tuition increases and an increase in faculty compensation.

Hogan noted during the Board discussions that the modifications to AccessUVa are part of a holistic model that includes tuition, financial aid and other components.

Kelly Kaler contributed to this article.





# Super sophomores loom large

*Talented second-year players are key to Cavaliers' 2013 fortunes*



Sophomore Scott Thomsen led Virginia and finished second in the ACC with eight assists last season

Jenna Truong | Cavalier Daily

## MATTHEW MORRIS

Associate Editor

The Virginia men's soccer team endured an up-and-down 2012 season, one that began with an inauspicious 1-2 start but culminated in the squad's 32nd consecutive NCAA Tournament appearance. In between, then-senior forward Will Bates established himself as one of the best players in the ACC, fellow senior midfielder Ari Dimas was ruled ineligible thus ending his collegiate career and several Cavalier freshmen rose to the occasion to mitigate his departure.

Virginia's season ultimately ended in the NCAA Tournament's Second Round with the Cavaliers bowing out to No. 13 New Mexico. The team posted a 3-4-1 record in the ACC for the season and played competitively but did not break through against some of the country's best teams.

Six freshmen and four sophomores started for those Cavaliers, and this year, with the team ranked 25th in the preseason NSCAA Coaches Poll, Virginia coach George Gelnovatch expects to rely on youth once more. For the on-the-cusp Cavaliers to take a step forward, Virginia's sophomores must be anything but sophomoric.

"We'll still be young — not

quite as young as last year [with] how much they've grown just in experience and how they can apply that with leadership and confidence," Gelnovatch said. "That experience will have a lot to do with our success this year."

The group includes midfielder-forward Marcus Salandy-Defour, forward Darius Madison and midfielder Todd Wharton, each of whom garnered All-ACC Freshman Team honors in 2012. Salandy-Defour started each of the Cavaliers' 21 games, and Wharton stuck in the starting lineup for the season's final 18 after beginning the year in a reserve role. Madison scored twice for Virginia in a year interrupted by an ankle injury.

The sophomore class also boasts midfielder-defender Scott Thomsen, who last season displayed a knack for setting up his teammates while playing the most minutes of any Cavalier. Thomsen's eight assists ranked second in the ACC and were the most by a Virginia player since 2006.

Sophomore defender Zach Carroll proved an adept playmaker out of the backfield. Carroll finished second on the team with 10 points despite missing five games with his own bum ankle. Carroll's four goals included two game-winners.

This year, the already standout

sophomore class received another strong piece with the addition of Creighton-transfer Jeff Gal. The goalie started 15 games for the Blue Jays in 2012, compiling a 13-1-1 record, and played a significant role in then-No. 12 Creighton's run to the NCAA College Cup Semifinals. Gal made a career-best eight saves in a Round of 16 overtime win at then-No. 5 Akron and placed fifth in the NCAA in save percentage and eighth in goals-against average in his trial campaign.

"He played in ... some of the toughest environments that a young goalkeeper can play in," Gelnovatch said. "He's played in big games — at home, on the road — so he's not coming here as a young, inexperienced guy. I mean, this guy's been around the block, and he's a good goalkeeper."

Gelnovatch believes his team will receive on-field contributions from this season's freshmen class as well. The precocious group, which includes College Soccer News top-five recruits midfielder Jordan Allen and forward Nicko Corriveau, received ample playing-time in last week's friendly against Radford. Freshman forward Riggs Lennon scored off a Corriveau assist and later set up junior forward Ryan Zinkhan's goal in the Cavaliers' 2-0 exhibi-

tion win.

"Both these classes — last year's class and this year's class — are among our most talented classes in years, and I anticipate two, [or] as many as four guys working their way into the [starting] lineup," Gelnovatch said. "The bulk of this team is going to be made up of freshmen and sophomores."

If Virginia is to challenge Maryland, North Carolina and new-to-the-conference Notre Dame — the second, fourth and seventh-ranked teams in the country, respectively — for the ACC regular season title, the young Cavaliers must play with consistent poise and grit. In the preseason poll, ACC coaches picked Virginia to finish fifth out of 12 teams in the conference.

"Our conference is the best soccer conference in the country," Gelnovatch said. "Traditionally, the top five or six or even seven ACC teams are in the top-20 of college soccer rankings. And so, I guess what that means is, every weekend you're playing in a big game, you're playing against a very good opponent in a very good atmosphere."

Challenging for the conference championship will be all the more difficult without Bates on the pitch. The two-time First-Team All-ACC forward concluded his

Virginia career with 46 goals, the seventh-most in program history. Last year, Bates accounted for 12 of Virginia's 29 goals.

"Without Will Bates scoring goals, we've got to figure out who's going to do that," Gelnovatch said. "I've got a feeling it's going to be by committee. I do think that we have a number of guys that can score between four and 10 goals."

The team will look to find its post-Bates identity in the season's early goings. The Cavaliers play their regular season-opener against No. 10 Louisville at Klöckner Stadium Aug. 30, one of seven matchups against teams ranked inside the preseason NSCAA poll's top-25.

Gelnovatch, entering his 18th season at the University, lauded his team's superior depth while noting that it may take time for his young players to adapt.

"I'm trying to think back when I've had this many good options," Gelnovatch said. "The issue is that I think they're very good options — it's just a lot of them are young, inexperienced, and unproven ... Scoring goals and kind of figuring out what our best group of guys is, I think that's going to take a little time. The concern is just making sure we win games along the way and keep ourselves very competitive."



# Legends' departures force Cavs to adapt

*Graduation of All-Americans Paige Selenski and Michelle Vittese will force Virginia to use team-oriented approach offensively*

**MATT COMEY**  
Assistant Managing Editor

The Virginia field hockey team enters the 2013 season coming off a roller coaster ride of an off-season, including the loss of a pair of perennially dominant players, the addition of a slew of new faces and a realigned ACC that makes the most powerful conference in college field hockey more imposing than ever.

The Cavaliers welcome an impressive freshman recruiting class of nine athletes, but face the daunting tasks of replacing a pair of Olympians with the graduation of Paige Selenski and Michelle Vittese. They will also be competing in a conference that, with the addition of Syracuse, claims four of the top seven teams in the 2012 final coaches poll.

Selenski and Vittese are two of the most decorated players in Virginia field hockey history and were vital to the Cavaliers' success throughout the past five years – they redshirted the 2011 season to train with the U.S. National Team. In their four seasons, Virginia made four NCAA tournament appearances, including two trips to the National Semifinals.

Selenski finished her career ranking first all-time in points and second all-time in goals at Virginia. She was also the 2012 ACC Offensive Player of the Year and a four-time All-American, while Vittese earned All-American honors three times in her career. Though they may be irreplaceable on an individual level, the Cavaliers see their departure as an opportunity to unite the team.

“When you have two dominating players like Michelle and Paige, you have superstars and then a cast around them,” coach Michele Madison said. “[In replacing them] it seems like we’re all starting on the same footing and moving forward together, not

trying to fill gaps.”

With the graduation of Selenski and Vittese, along with the transfer of rising junior forward Rachel Sumfest, the Cavaliers lost three players that accounted for 63 percent of their 2012 goals. The offense seems to be in good hands, however, with senior Elly Buckley moving from back to forward. Though Buckley spent last season leading the Cavalier defense, she is a forward by trade.

“I really like forward much better than back, so I’ve been really excited for this season,” Buckley said. “There’s definitely still room for improvement, though.”

Buckley played forward for the Cavaliers in each of her first two seasons, but was moved to back when Selenski returned from the London games. The senior earned All-American honors twice and ranked fourth in the conference in goals each of her seasons at forward. Even while playing on the defensive side of the ball last year, she ranked No. 23 nationally in goals per game and even garnered preseason All-ACC honors at forward for the 2013 season.

In addition to Buckley, the Virginia attack returns seniors Hadley Bell and Carissa Vittese, who ranked fifth and sixth on the team, respectively, in points last season.

Although the Virginia offense will look much different than it did last year with the departures of Selenski and the elder Vittese, the defense remains fairly constant. Excluding Buckley, Virginia will return five backs from 2012, including senior Katie Robinson and junior Maddie DeCerbo, who each started every game last year. The Cavaliers also return junior goalkeeper Jenny Johnstone, who led the ACC in save percentage for much of the 2012 season and earned preseason All-ACC honors this year.

The substantial shakeup of the Virginia offense could put more pressure on the defense to

be lights-out this year, but Johnstone said that would not be the case.

“The defense always does its own thing – it doesn’t really concern us what the strikers are doing,” Johnstone said. “As long as we can keep it strong in the back, hopefully it will mean we have more opportunities up front.”

The entire Cavalier roster will be revamped this season by a substantial cast of incoming talent, with nine recruits and one transfer joining the team. Among the newcomers are two high school All-Americans – forward Caleigh Foust and midfielder Macy Peebles. Peebles, who hails from Yorktown, Va., was also named the 2012 Virginia State Player of the Year.

“Youth always brings a lot of enthusiasm,” Madison said. “They’re right in there, chomping at the bit and ready to contribute. It creates a nice undercurrent to drive the upperclassmen and bring some new life into the team ... I hope at least a handful of them contribute significant minutes.”

Despite all the changes during the offseason, the Cavaliers are strictly focused on the upcoming season and all that they can accomplish moving forward as a team.

“We just want to push hard every single day and be the best team that we can be together,” Bell said. “We’re a very good team unit and we all use each other and trust each other, and I think that’s going to help us the entire season.”

Virginia was pegged to finish sixth in the ACC this season by the conference’s coaches, a somewhat suspect prediction given the Cavaliers’ second place finish last season. Three teams that placed above Virginia – Maryland, Syracuse and North Carolina – competed in the NCAA Semifinals last season, but Duke and Wake Forest, the other teams

voted above the Cavaliers, failed to reach the tournament entirely.

“We’re not going to let other people define who we are and what we do,” Madison said of the ranking. “It’s just motivation for us to prove everyone wrong.”

Despite the ranking, Madison

controlling the pace of the game and outshooting the Tribe 23-8.

“That was the best scrimmage that we’ve had in preseason since I’ve been here,” Johnstone said. “We’re playing like a really good team. The freshmen have come in really positive and wanting to



Courtesy Virginia Athletics

Senior Elly Buckley will switch from back to forward, where she is a two-time All-American

said the team's preseason performance shows its strength in the coming season.

“They are all dedicated and believe that they can get the most of themselves out on the field,” she said. “They’ve made big strides and commitments to do that – they all came back early this summer to start training by themselves, and it’s paid off already. They take giant steps forward instead of baby steps.”

The squad saw its first action of the year last Thursday in a scrimmage with William & Mary. Virginia took the match, 2-1, with goals by Buckley and Bell. The Cavaliers appeared in midseason form, successfully

learn the system and then the upperclassmen are playing strong as well.”

The Cavaliers will face a pair of challenging matches early this year as they host Louisville and Penn State this weekend to start the season. Virginia takes the field for its first regular season contest Friday at 6 p.m. against the Cardinals, who finished in the top 25 last season.

The Cavaliers will then host their first marquee matchup of the season against Penn State Sunday. The Nittany Lions finished the 2012 season ranked No. 3 in the country after reaching the NCAA Quarterfinals and losing only three games all season.





# Virginia wins Klöckner Classic

*Cavaliers outscore Virginia Commonwealth, No. 9 Santa Clara by combined score of 8-2 for dominant 2-0 start; defense allows just three shots on goal during tournament*

photo courtesy Virginia Athletics

**By Ryan Taylor**  
Cavalier Daily Associate Editor

The No. 7 Virginia women's soccer team (2-0) kicked off its season in dominant fashion this weekend, winning both of its games and the Klöckner Classic tournament.

The Cavaliers downed Virginia Commonwealth 4-2 Friday evening and returned Sunday afternoon to blank ninth-ranked Santa Clara 4-0. Virginia relied on its suffocating defense throughout the tournament, allowing a combined total of just seven shots – only three of which were on goal.

"After the VCU game, we wanted to work on our shape on defense," junior midfielder Morgan Brian said. "We really wanted to be tough on the ball, and we did just that. I think we took a step in the right direction for our defense."

In addition to their brutally efficient team defense, the Cavaliers also illustrated their offensive firepower, peppering the opposition with 44 shots in the tournament including 26 attempts on goal.

Virginia set the tone early against the Rams Friday, setting a school record for the fastest goal scored when junior midfielder Danielle Colaprico found the back of the net off a precise through ball from Brian in just the second minute. But the lead was short-lived, and VCU got on the board just 20 minutes later when junior forward Maren Johansen's one-on-one strike just beat Cavalier senior keeper Danielle DeLisle.

The Cavaliers responded in the 26th minute to regain the advantage. Sophomore midfielder Emily Sonnett headed in a corner kick from senior midfielder Amber

Fry, giving Virginia the 2-1 lead it held into halftime.

In the 69th minute, a brilliant cross from Sonnett found senior defender Molly Menchel all alone at the far post to increase the lead. The final Virginia tally was scored by sophomore forward Brittany Ratcliffe, who capitalized on a rebound created by a hard shot from Brian at the top of the area for her first career goal as a Cavalier.

"It was our first game of the season, so we were still kind of putting the pieces together," Brian said. "We allowed two poor goals, but I think those are both fixable mistakes, so overall we played very well."

The Cavaliers were even more dominant in their second game of the tournament, when they squared off against a solid Broncos squad (0-2). Santa Clara fell 2-0 to top-ranked North Carolina in its opening match of the weekend, and entered Sunday's game looking to prove that its top-10 ranking was no fluke. Virginia had other plans, though, and gave Santa Clara no shot at redeeming itself.

"After the Friday game, sometimes it is tough to get ready to come back again on Sunday," coach Steve Swanson said. "But I thought our team played really hard and played some very attractive soccer."

Virginia completely controlled the first half of play, preventing Santa Clara from attempting a single shot while amassing 10 attempts of its own. The scoreboard did not reflect how dominant the Cavaliers were, however, with Virginia's lone goal in the first half coming when Ratcliffe scored off a cross from sophomore forward Makenzy Doniak.

"It is always scary to let a team as good as Santa Clara stay in the

game," Swanson said. "Our second half was even better, though. We played with a great intensity the whole 90 minutes."

Virginia came out strong in the second half, adding to its lead in the 52nd minute when Doniak earned and converted a penalty kick after being tackled in the area by Bronco sophomore keeper Andi Tostanoski.

Nine minutes later, Brian added to the lead with a phenomenal unassisted strike from the top of the box. A red-hot Ratcliffe posted the final score of the match, tallying her third goal of the season after getting behind Santa Clara's defense on a through ball from Brian, who earned her third assist of the young season. The Cavaliers also had two would-be goals wiped off the board by off-side calls.

"We cleaned up the mistakes we made against VCU today," Brian said. "That's a top-10 team and we held them [to] one shot on goal all game. I think that's pretty phenomenal."

The Cavaliers' tournament-high eight goals were enough to earn Virginia the overall tournament victory. In addition, four Cavaliers were named to the all-tournament team and Brian was named MVP.

Virginia will be back in action Friday in Charlottesville when it takes on Penn State, the nation's second-ranked team. The match will mark the second top-10 opponent on the Cavaliers schedule in their first three games.

"Playing tough opponents in the beginning is good for us because you can get used to that level of competition," Brian said. "The ACC is the toughest conference in the country, so we love going into conference play already having played great competition."

## Fantasy detox

Hi, my name is Sean, and I have an addiction.

No, it's not to alcohol or drugs, but I find it to still be compulsive and generally unhealthy. What's that? You guessed video games and impulse shopping? I admittedly indulge those vices more often than I should, but those are probably topics more appropriate for the Life section.

I'm speaking, of course, about my obsessive playing of fantasy football.

I'm hardly alone in this pursuit. Tens of millions of people play through ESPN, Yahoo, CBS Sports, NFL.com and other sites. A 2012 study even estimated that in the course of a 15-week fantasy season, the total cost in lost productivity was upward of \$6 billion.

And that was just the damage done by fantasy football players in the working world. Think of the countless hours of "studying" that college students actually spend refreshing ESPN to see whether Ray Rice scored enough fantasy points for them to eke out victories.

When, you ask, did I discover the depths of my addiction? This summer, on a family beach vacation, I found myself struggling to get to sleep at night, so I needed something to do to kill some time before finally hitting the hay. I started doing online live mock drafts, practicing against the denizens of the Internet in order to prepare for leagues with my friends both in Charlottesville and at home.

And that was only the beginning. By the time I returned to New Orleans, I had joined four public leagues on ESPN.

Four. No, that is not a typo.

Four separate times in five days, I drafted an actual team to compete in an actual league against complete and total strangers whom I will never meet in person. Worse, as my Facebook friends can attest, I got genuinely excited about my teams in two of the leagues, taking to social media mid-draft to crow about how well I was drafting.

By the time I actually had my draft with my high school friends, I think I had done 25 or 30 mock drafts. It more or less took over my life. I found myself thinking about how many times Lions receivers were brought down inside the five-yard line last season, and

what that meant not only for Calvin Johnson, Ryan Broyles and Reggie Bush, but for Matthew Stafford as well. Or pondering whether Stevan Ridley and Steven Jackson are high-end "RB2s" or low-end "RB1s". Or whether to pull the trigger on Jimmy Graham early or wait until later to snag a Kyle Rudolph.

I think you get the idea.

I have sampled from the entire buffet table of fantasy football possibilities, trying every conceivable strategy – loading up on running backs, grabbing a top quarterback early, saving QB until the end in order to stockpile theoretical trade bait – in every variety of league possible: eight-team, 10-team, 12-team, point-per-reception and individual defensive player. I even used to play in a league with three friends from first year where each team started 25 different players.

Just like when I pick March Madness brackets, every year, I reach a point in the process where I flip over the proverbial chessboard and resolve to never play again. I tell myself it's too time-consuming, that it's insane to get invested in it, that I would be doing myself a favor by quitting. And yet, every year, I find myself making colorful spreadsheets and planning for another round of drafts.

If I don't get a handle on this problem soon, I'm going to turn into one of the characters from FX's hit show "The League" – 35 years old and allowing fantasy football to take precedence over my job and my personal relationships.

So this is it. I'm officially calling my own fantasy football intervention. I want to kick the habit. I want to stop worrying about whether Texans running back Arian Foster is a top-five pick, whether Roddy White or Julio Jones is the top Falcons receiver or whom Peyton Manning is going to throw to in Denver.

I'm deleting my spreadsheets, putting down my computer and trying to enjoy life instead. Maybe I'll read a book or two. Maybe I'll sit outside and enjoy the Charlottesville weather. Who knows? The possibilities are endless. All I know is I'm excited for a life free from fantasy football.

After this one last season, of course. What did you expect? I'm addicted.



**SEAN MCGOEY**  
SPORTS COLUMNIST



## Coaching patience

Mike London's reception at the 2013 ACC Football Kickoff in Greensboro, N.C. by the assembled media could best be likened to an indignant middle school student being viciously questioned simultaneously by his teacher, principal and superintendent for a crime he could hardly comprehend.

When London was not being asked to predict when Athletic Director Craig Littlepage would relieve him of his duties as head coach at the University, he was fielding questions about his team's woeful lack of discipline last season, his decision to fire four assistant coaches this off-season and his inability to resurrect a flailing program since taking over in 2010.

Finally, after London had heard enough of "The Question" concerning the length of his professional leash, the fourth-year coach reminded reporters that he does not determine his own fate. That is the responsibility of Littlepage and others.

"You'll have to ask other people that particular question," London said. "I plan on being at Virginia for a long time."

In college football, switching coaches is akin to declaring bankruptcy. You can come back from it, but it is likely to be a long, miserable process. Coaching changes create uncertainty in the minds of players and recruits and often jeopardize the long-term health of a program.

In the face of financial unease, the best approach is not to immediately mortgage the house, sell all possessions and rush to the nearest soup kitchen. The most effective remedy is usually honest self-evaluation, subtle adjustments and, if need be, long-term lifestyle changes.

While Littlepage has a lot of evidence to consider when making an evaluation of London's first three years at the University, he must understand the tremendous cost a coaching change can inflict on a program. The only reason to reverse course after three years would be unmitigated failure, and London's tenure has been far from that.

London is largely beloved by players, who use phrases like "father figure" to describe him. He has improved the team's academic standing and reduced the frequency of disruptive off-field incidents. He

has increased the program's national exposure by scheduling a difficult non-conference slate in 2013.

Under his leadership, Virginia has become the only school to secure verbal commitments from two of Rivals' top-10 prospects in the class of 2014 — Quin Blanding and Andrew Brown. If London were dismissed, the program would likely lose much of the gains it has made in recruiting prowess.

"You talk about coach London, he's a great coach, he's a player's

and he won't look at you in any way."

Make no mistake: London has been far from perfect as head coach at Virginia. He flubbed a timeout call that any 6-year-old playing Madden would have made correctly without hesitation against Virginia Tech last season. He institutionalized a quarterback guessing game that has introduced more uncertainty and upheaval than an Agatha Christie novel. And maybe most importantly, he has amassed a pedestrian 16-21 record in his three seasons at the University.

The on-field product took a drastic step back last season after Virginia was selected to play in the Chick-fil-A Bowl in 2011. Post-whistle penalties, quarterback inconsistencies, an

Michael Rocco and Phillip Sims.

But the Virginia football program appears to be reaching a fork in the road rather than a full-on crisis, with perennial ACC bottom-dweller status in one direction and a steady rise into Coastal Division contention and national relevance in the other. It is too early to tell which direction the program is headed — optimists and skeptics alike having plenty of facts to choose from when making a prediction.

However, the "make or break" label that has been placed on London by some seems to be incongruent with the state of Cavalier football. London's seat is certainly getting warmer, but to invoke the words Mark Twain, the reports of London's demise have been greatly exaggerated.

The long-term answer to "The Question" about London's job security will hinge on whether recent struggles on the field or accomplishments off it are more indicative of future results.

"The commitment to the facilities, the scheduling, just all those things I think kind of fit into — we want and expect more for ourselves," London said. "We want to play smart, we want to be tough and we want to play aggressive. I think if you can do those things, you give yourself an excellent chance to be successful on the field."

The direction of the program may not become clear for some time, at least until London has personally brought in each player on the roster, which will occur after the 2014 season — his original freshman class was recruited primarily by former coach Al Groh. Only then will London be fully responsible for the roster construction, and the subsequent results on the field.

"I think momentum is very important, in a game and in a season and in a program, and our program is building the momentum," senior defensive end Jake Snyder said. "We had a little bit of a setback last year but that's not gonna stop us. We're gonna keep this thing rolling."

With outstanding recruiting success, an unwavering commitment to the right priorities and a stellar season on the field in 2011 mixed in, London has built up enough capital at Virginia to avoid bankruptcy as coach for the near future. For a program in need of a smart investment, it is not time to sell London short.



DANIEL WELTZ  
SPORTS EDITOR



Coach Mike London enters his fourth season with the Cavaliers amid questions about his job security, but now is not the time to sell London short.



photo by Marshall Bronfin

coach," senior offensive tackle Morgan Moses said. "He takes care of his players, he looks out for them, but also he's one of those guys that you can go talk to him about anything

inability to create turnovers and, of course, Timeout-gate were just some of the lowlights from a dismal season that culminated in a pair of high-profile departures by quarterbacks





# MOVING IN

*More than 3,000 new first-years come to Grounds, experience Convocation, move-in fun, bustling Fall Activities Fair*







Marshall Bronfin



Marshall Bronfin



Jenna Truong



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Marshall Bronfin



Jenna Truong



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Marshall Bronfin



# O

opinion

## Comment of the day

“Obama sold Obamacare saying it was going to save money after adding about 30 million people to the coverage. Any-one should have been able to see that was never going to be possible. Now the horrible plan is starting to impact all Americans. We need to get rid of Obamacare before the disaster grows.”

“Brad L” responding to Andrew Elliot’s Aug. 25 article, “University to dis-enroll spouses from U.Va. healthcare plan”

Have an  
opinion?  
Write it  
down.

Join the  
Opinion  
section.

Or send  
a guest  
editorial to  
opinion

## LEAD EDITORIAL

# Wherever, whenever

*The Cavalier Daily embarks on its digital-first transition*

We would say that you are holding in your hands the first edition of the redesigned Cavalier Daily. But that statement might not be true. Sure, you might be gripping and crinkling The Cavalier Daily’s pages as you leaf through our revamped newsmagazine. But you might instead hold in your hands a device, a phone or an iPad out of which this article emits a faint glow. Or maybe you are reading our editorial on a laptop or desktop, in which case you’d be holding nothing at all.

Our uncertainty about how you are reading this article is not the only uncertainty that journalism’s flight to digital platforms has triggered. We at The Cavalier Daily have weathered quite a bit of financial uncertainty in recent years. Wholly independent from the University, we rely on student staffers to sell enough ads to keep our enterprise afloat. And we, like all newspapers, have had to contend with creative uncertainty. What kinds of articles should we be writing for an audience split between print and online? What kinds of designs would a digital reader prefer?

With these uncertainties, however, have come possibilities.

You can now read The Cavalier Daily anytime and anywhere. In the next week we plan to unveil an app that will

make reading stories on your mobile device much easier. Currently, we have a Cavalier Daily section featured in the Virginia app, but readers have found the app difficult to navigate. Our improved app will allow you to browse specific sections—including video, a relatively new component of our reporting efforts. The app will also allow advertisers to feature coupons. And with our daily e-newsletter, you can get our updates delivered straight to your inbox each morning.

We also detect avenues for literary exploration. In continuing to post stories online each day, along with breaking-news updates, we aim to tell you what you need to know when you need to know it—and in crisp punchy prose. An online-focused editing system cuts the fat out of stories. Print journalism requires filling empty columns. Online, there is no set space we must fill. Thus, our articles need not contain “filler.”

But we are not leaving long stories behind. Many stories cannot be told in a few words. Our twice-a-week print edition is geared toward in-depth feature content. In lieu of a daily print paper, we hope to cultivate the evocative storytelling and original reporting that strong features require, all while publishing frequent updates online.

We will have some growing pains.

Our redesign is ambitious, and we will learn as we go. At this time we welcome your feedback more than ever. Email us directly, or send a message to our new public editor, Christopher Broom, who we welcomed aboard this week, at [publiceditor@cavalierdaily.com](mailto:publiceditor@cavalierdaily.com). And join us at our Sept. 6 launch party in the Amphitheater to mark a new year and a new Cavalier Daily.

We also welcome your involvement. Never before has our paper drawn on such a range of talents. Though words remain the substance of our publication, we are more than a group of writers and reporters. We benefit from the talents of photographers, graphic designers, cartoonists, web managers, salespeople, videographers and more—all of whom are students. If you are curious about what it is we do in the basement of Newcomb Hall, please mark your calendars for our information session at 4 p.m. Sept. 1 in Newcomb Theater. We will also host open houses Sept. 1 from 5 to 7 p.m. and Sept. 4 from 3 to 6 p.m. in our offices.

Most of you will not choose to send us feedback or join our staff. Instead, you will just read us—using whatever device, or lack thereof, you choose. We are grateful for you as well. To those who have made it this far: best of luck with classes today.

## THE CAVALIER DAILY

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### The CD

The Cavalier Daily is a financially and editorially independent news organization staffed and managed entirely by students of the University of Virginia.

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 all content.

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### Have an opinion?

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. Submit to [opinion@cavalierdaily.com](mailto:opinion@cavalierdaily.com) or P.O. Box 400703, Charlottesville, VA 22904-4703

### Questions/Comments

To better serve readers, The Cavalier Daily has a public editor to respond to questions and concerns regarding its practices. The public editor writes a column published every week on the opinion pages based on reader feedback and his independent observations. He also welcomes queries pertaining to journalism and the newspaper industry in general. The public editor is available at [publiceditor@cavalierdaily.com](mailto:publiceditor@cavalierdaily.com).



# A declaration of independence

*The new Cavalier Daily public editor explains his role on the paper*

**CHRISTOPHER BROOM**  
public editor

Welcome to fall 2013 at the University of Virginia. You are reading the oldest daily newspaper in Charlottesville and a vital source of news and information not only for students, faculty and staff at the University, but also alumni, those interested in the University and people who live in and around Charlottesville.

This is a time of transition for The Cavalier Daily as it moves from a four-days-a-week print newspaper to a twice-a-week newsmagazine with a more robust website. In the age of Twitter, news moves more quickly than ever. Readers are looking for more and better information, and they want it faster. Waiting until the next morning to publish a story doesn't make sense anymore. The Cavalier Daily is also unveiling a mobile app in the next week that will allow for readers to keep up to

date but also put even more pressure on the CD staff to make sure they're getting their stories right the first time as the editing process likely becomes much faster.

The combination of longer time to print with the immediacy of a website, Twitter and an app will, hopefully, allow the staff of the paper to excel in multiple ways. In the best case, breaking news will have an immediate outlet on the digital platforms and long-form journalism will be highlighted in the newsmagazine. A danger is that the newsmagazine ends up being redundant or lost in the shuffle of the flurry that can be publishing digitally virtually 24 hours a day. Further, rapid digital publication could potentially compromise fact checking and careful sourcing if speed becomes paramount.

It is important that the staff, and especially the managing board, of The Cavalier Daily have a clear vision for how the

various elements of the operation will work and fit together. Editor-in-Chief Kaz Komolafe, a fourth-year College student, has indicated that there will be more of an emphasis on feature writing and investigative reporting in the newsmagazine. This seems to me the right direction for The Cavalier Daily to go, adding to and expanding the kinds of writing and reporting that have served as the paper's foundation for so many years.

The Cavalier Daily serves as a platform for opinion writers, a training ground for journalists and a unifying thread throughout the University community. The Cavalier Daily is student-run in its entirety. It receives no funding from the University or elsewhere. The operating budget is entirely raised through advertising. This is essential to maintaining the independence necessary for reporting news and expressing opinions about the University, especially

when that reporting or those opinions may be negative in tone.

Likewise, I will remain independent from the rest of the paper. My role is to serve as a voice for the readers of this paper, website and increasingly, Twitter feed and other outlets. I am charged with publicly critiquing and commenting on the work presented in all of these means of publication. I will look for honesty, rigor and fairness in reporting and writing. I will look for both the good and the places where work falls short of the high standards The Cavalier Daily has set over the decades.

I have been in Charlottesville and affiliated with the University for decades myself. I first arrived in 1991 as an undergrad. After finishing my B.A., I hung around and eventually completed my master's degree in Clinical Ethics. After a short stint in Seattle where I worked at the University of Washington, I returned to Charlottesville and began my Ph.D.

work at the Education School. I took a break for a couple of years and worked at the University of California, San Francisco in their program in medical ethics before returning to complete my degree at Virginia. I have serious interests in cooking (which I pursue avidly) and my dogs, who are impossibly cute.

It is an exciting time to come on board as the CD's public editor. I look forward to serving as the voice of the readers and I ask and encourage you to let me know what you think about how and what the paper is doing. I invite you to find me on Twitter @CD-publiceditor or via email at [publiceditor@cavalierdaily.com](mailto:publiceditor@cavalierdaily.com).

*Christopher Broom is The Cavalier Daily's public editor. He can be reached at [publiceditor@cavalierdaily.com](mailto:publiceditor@cavalierdaily.com).*

## Speak no evil

*Horror movies that invoke psychological and spiritual fear are a welcome alternative to their visually grotesque counterparts*

**MEREDITH BERGER**  
opinion columnist

eee“The Conjuring” has made roughly \$132 million at the box office in the U.S. since its July 19 release. This popular horror movie is unlike many of others of its genre. It is based on a true story, and it lacks the amount of gore and blood that many horror flicks draw on for easy scares and cheap screams.

To summarize the movie: Ed and Lorraine Warren, who dedicate their lives to helping people deal with supernatural phenomena, assist the Perron family, who are experiencing increasingly disturbing events in their farmhouse in Rhode Island in 1971. After watching the movie, I was one of many who were afraid to sleep that night. But this movie was different from other horror movies because I was not afraid of a masked murderer hiding in my closet with a knife, or of the many gory ways I could be killed. The kind of fear “The Conjuring” struck in me was different. It prompted me to strengthen my faith and believe in something greater than myself.

I am not promoting one religion over another. I wish to show how the sort of fear “The Conjuring” instills has a solution, whereas the baseless, manufactured evil of movies such as “Scream,” “The Dark Knight” or the television show “Dexter” prompts a fear

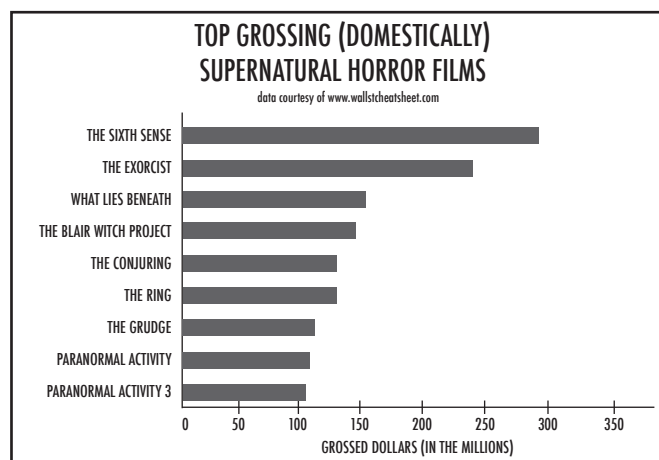
that cannot be resolved by faith or inner courage. Lurid images from such movies and television shows become ingrained in our minds and continue to scare us long after we have stopped watching.

TIME magazine recently published an article called “The Evil Brain: What Lurks inside a Killer's Mind.” This article starts with a quote from the mass murderer Charles Whitman.

Whitman wrote: “I do not really understand myself these days. I am supposed to be an average reasonable and intelligent young man. However, lately (I cannot recall when it started) I have been a victim of many unusual and irrational thoughts...”

The article goes on to discuss psychological studies that have shown how a change in the brain—such as the development of a tumor—can be the root of some violent behavior. I accept this science, which says that many murderers and killers have nuances in their brains which cause them to act a certain way—ways they are not often able to control. What I found most intriguing was Whitman's admission—“I

have been a victim of many unusual and irrational thoughts.” These thoughts led him, in 1966, to kill 17 people and wound 32 in a mass shooting at the University of Texas at Austin. And I wonder:



to what extent does the extreme violence and gore found in television, video games and movies exacerbate the “irrational thoughts” that plague the minds of potential murderers? Could violence infiltrate a susceptible mind, such as a brain structurally predisposed to violence, and lead someone to act on his thoughts?

Colorado shooter James Holmes shot up a movie theater at a midnight screening of “The Dark Knight Rises” and later told the police “I am the Joker” when being arrested. Seventeen-year-old Andrew Conley strangled

his 10-year-old brother Conner with his bare hands back in 2009 and told police, “I don't know if you've heard of it, but it's called 'Dexter,' and it's on Showtime. And I feel like him because he's a serial killer of bad people ... but I just feel like him.” Twenty-four-year-old Belgian truck driver Thierry Jaradin dressed up in a black robe and mask like the villain in “Scream” and, in 2001, stabbed his 15-year-old neighbor Alison Cambier 30 times after she had rejected his advances.

Nathaniel White is a serial killer who killed some of his victims in ways derived from the movie “RoboCop 2.” White murdered Juliana Frank, who was pregnant at the time, and said the following about his actions: “The first girl I killed was from a 'RoboCop' movie... I seen him cut somebody's throat then take the knife and slit down the chest to the stomach and left the body in a certain position. With the first person I killed I did exactly what I saw in the movie.”

The obscene gore in movies, we have seen, can give evil people ideas and lead to murders and

violence. The Surgeon General's Scientific Advisory Committee on Television and Social Behavior has discovered through studies that by seeing violence in television and movies, children may become less sensitive to the pain and suffering of others, more fearful of the world around them and more likely to engage in aggressive or harmful behavior. That is not true only for children though. Excessive violence surely cannot be good for any mind, which is why I endorse “The Conjuring” and movies like it to replace gore-filled horror movies.

“The Conjuring” is the future of horror movies. It is unlike “Paranormal Activity” or most other haunting-themed movies because it has a strong theme that promotes belief in a higher power. It has an uplifting ending that shows good conquering evil even in a seemingly hopeless situation, and it is based on a true story. It does not need bloodshed to make it suspenseful or scary. And it does not make you distrust the world or fear for your life or want to go out and kill—instead, it gives you a reason to have more faith.

*Meredith Berger's columns appear online Mondays in The Cavalier Daily. She can be reached at [m.berger@cavalierdaily.com](mailto:m.berger@cavalierdaily.com).*



# Debatable debates

*Arguments, when conducted courteously and open-mindedly, are an excellent means of informal learning*

**GEORGE KNAYSI**  
opinion columnist

"I'd probably rank James Joyce's Ulysses as mid-tier crap," she said.

"But it's considered one of the greatest novels ever written," I responded.

"I've read it. You haven't. You have nothing to say on this," she shot back.

"Well, okay. But it disappoints me that an English major like yourself dismisses a

brilliant work of art just because it's unfamiliar," I finished.

As someone who habitually pursues argument, I experience this type of dead-ended exchange more frequently than I would like.

If fall 2013 is your first semester as a student, welcome to the University of Virginia. You have four years of intelligent and stimulating discussion ahead if you desire it. As you begin, I warn you of a negative tendency in the University's student intellectual culture, a common phenomenon where an argument between two students devolves into a battle of egos rather than a genuine learning experience.

Though the tendencies appear in informal environments (dorm rooms, bars, sidewalks), they have become close-to-institutionalized

in our student organizations, particularly our distinguished debating societies.

To clarify, I believe these are merely bad habits, not deep-rooted flaws. The generalization that student debate is often about ego and domination rather than learning does not apply to all people and situations. But such pathologies of debate still surface at our University, and so we must be vigilant about detecting these habits in ourselves.

Argumentation holds a special place in college life. Putting aside the growing infatuation with post-graduate job prospects, the Western university is traditionally regarded as a place where a young mind goes to be educated—to hone critical thinking skills and gain knowledge about itself, others and the world. Learning is not limited to lecture halls or textbooks. It also involves exchanging ideas with other students, often in highly informal settings. In my experience, some of the best insights in recent memory were gained from late-night chats on a dorm room floor or drunken philosophizing at a friend's apartment.

First popularized in Plato's dialogues, the Socratic method of discourse created a foundation for informative argument.

//

*In my experience, some of the best insights in recent memory were gained from late night chats on a dorm room floor or drunken philosophizing at a friend's apartment.*

This dialectical method involves two or more people with different points of view, working together via reasoned arguments to establish "truth" on a topic. In more concise terms: argument serves as a joint learning project.

Next time you observe two University students arguing on any common topic (such as politics, music or romance) see how the exchange compares with the ideal of Socratic dialogue. We often fall far short of what argument should be. We opt instead for personal attacks, domination through forcefulness of assertion,

or just a general failure to listen to one another.

Just yesterday I heard two intelligent students arguing about the future of the Affordable Care Act. It was less a conversation than a series of interrupted monologues, and neither person responded to (or, I suspect, even considered) the statistics, nuances in policy or historical intricacies his conversation partner cited about the health-care system. If they had approached the encounter as a joint exercise in learning rather than a chance to affirm their own ideas, they

might have built some common ground. Each party could leave the conversation with a point of view that better accounts for the complex scientific, social, economic and political forces inherent in the issue.

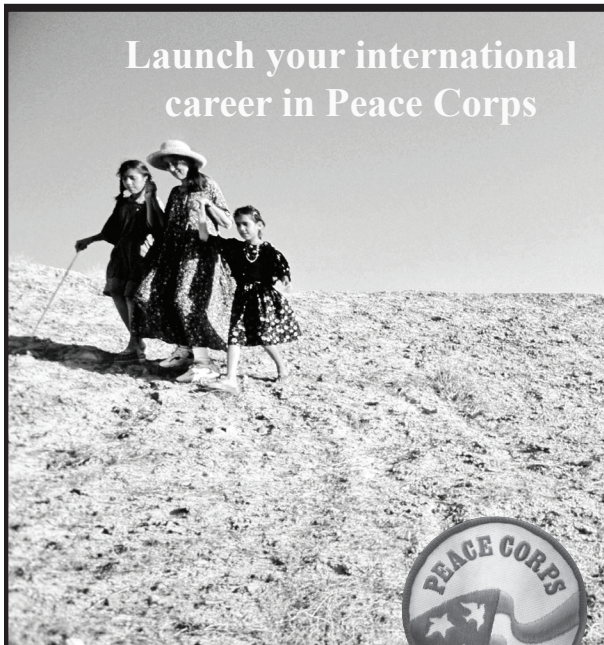
Though the tendency to elevate ego over informed argument appears throughout student life, it seems to be somewhat institutionalized in some of the University's finest student organizations. Take the Jefferson Literary and Debating Society, arguably one of our college's most important concentrations of student intellectual

life. In a (highly unscientific) poll, I asked about a dozen current members for their opinion on the state of argumentation within the society. They consistently reported dissatisfaction. Most noted a downward trend in the debating experience in the past one to two years: less respectful, substantive dialogue and more dominating, self-promoting behaviors.

At its best, argument is a way to learn. It should allow us to challenge our assumptions, identify gaps in reasoning, exchange information and build critical-thinking skills. To alleviate the increasing trend toward ego and domination, we must be critical of our own practices and motivations. So as you begin your next four years, fight the tendency to prioritize opinion over evidence or to substitute forceful assertions for thoughtful questions. In the spirit of Mr. Jefferson's idea of the lifelong student, we all have more to learn.

*George Knaysi's columns appear online Tuesdays in The Cavalier Daily. He can be reached at g.knaysi@cavalier-daily.com.*

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# 1. International Genetically Engineered Competition (iGEM)

This co-curricular groups focuses on synthetic biology, an emerging field of genetic engineering which aims to create new biological systems and make biology easier to engineer. Sound technical? U.Va.'s iGEM team is here to help. As the group prepares for this year's competition, in which teams will work to create a standardized part for the creation of mini-cells – a scientific phenomenon thought to hold significant potential for drug therapy, drug targeting and genetic therapy – iGEM at U.Va. will offer a three-credit spring course to help members become scientifically literate in the field. The group then works over summer to prepare for October's national competition, with the international finals held at the Massachusetts Institute of Technology in November.

"It's all about [providing] lab experience for undergrads that's directed by undergrads," third-year College student Josh Leehan said. "A lot of the time, professors only have [undergraduates] doing busywork, and we want to change that."



The application process for the group is currently open.

# 8. Seminole Trail Volunteer Fire Department

For those looking to escape the U.Va. bubble, a number of opportunities exist for students via Albemarle County public services. Though the Seminole Trail Volunteer Fire Department is technically affiliated with Albemarle County Fire and Rescue, University students make up 60 percent of its ranks. The group provides various training to students, who can become certified firefighters in seven months and certified emergency medical technicians (EMTs) in four months. Additional training is offered to teach students how to drive the fire trucks or save those trapped in vehicle wreckages.



"Upon the completion of training, students can actually enter in burning buildings or respond to life-threatening medical calls," Membership Chairman Andrew Getty, a Class of 2013 graduate, said.

"One of my favorite nights [at U.Va.] was when I was on the air covering the 2012 election," fourth-year College student Emily Lang said. "We had reporters calling in stories from Chicago, D.C. and Richmond. It was so quickly-paced and exciting."

WUVA Media is currently accepting new recruits.

# 2. One in Four

Think sexual assault is an issue only women care about? Think again. One in Four, an all-male group which aims to raise awareness about issues of sexual violence around Grounds, hopes to change the nature of the discussion by promoting men to talk candidly with other men about the problem. Through outreach events with dorm groups, club sports teams and fraternities, One in Four intends not to lecture, but to inspire men to help survivors.

"Too often, the discussion [around sexual assault] villainizes men, instead of presenting them as people who should be empowered to join the fight," third-year College student Win Jordan said.

The selection process takes place in November.



Each fall, U.Va. students are reminded of the spirited extracurricular involvement which defines life on Grounds – and the tendency for many engaging groups to be pushed out of the spotlight. While Honor, StudCo and Madison House garner the majority of attention due to their visibility and strong ties to University ideology, U.Va. boasts an impressive 675 CIOs, many of which can be overlooked. Here, Cavalier Daily Life takes a look at eight of the most interesting groups you may never have considered.

# BEST CLUBS YOU'VE NEVER CONSIDERED

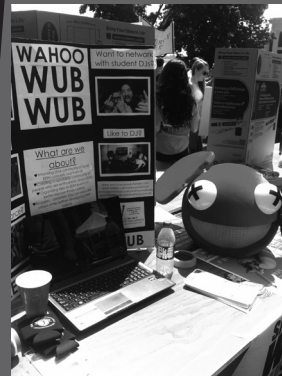
**JULIA HOROWITZ**  
Life Editor

*The time to learn how to fence, how to DJ and how to become a firefighter is now.*

Photos by Julia Horowitz

# 7. WUVA Media

Providing multimedia coverage of local events to the University and the community, WUVA Media is a unique journalistic outlet most visible through its radio station, WUVA 92.7 FM. The group, which covers news, sports and entertainment both online and on the air, is an independent student corporation unaffiliated with U.Va., as students manage all finances with the help of an alumni advisory board. With a national network of contacts, WUVA Radio has a special ability to cover events on a large scale.



Wub Wub also held a number of successful "fund ragers" within the past year to raise money and showcase student DJs, who were each given an hour-long slot to perform. 100 members strong and still growing, the club's ties to local venues provides invaluable opportunities for members, who can receive tickets to shows at the Jefferson Theater and even DJ for an evening at the Southern.

Membership is open to all interested.

# 3. Wahoo Wub Wub

Founded only a year ago, Wahoo Wub Wub is already making waves through U.Va.'s music scene as the only electronic dance music (EDM) club on Grounds.

The group, which celebrates the culture and music of EDM, works to create a U.Va. DJ network, both through instruction and by providing DJs for events. Utilizing its large Facebook presence to organize outside events, Wahoo

# 4. The Student Docents at the Fralin Museum of Art

U.Va.'s Fralin Museum of Art may be located on Rugby Road, but the experience it offers students is distinctly different than the fraternity houses that surround it. With exhibitions open to the general public, the Museum, which is governed by its own advisory board, is a professional group that is both affiliated with the University and largely autonomous. This provides an unusual experience for the 15-20 student docents the Museum hires to give tours each semester, who have the chance to work alongside professional curators in an environment friendly to students. Docents are trained to give tours to other students as well as visitors of all ages.

"The group [of docents] is very diverse," fourth-year College student Jessie Cappello said. "Not everyone is an art history major."

Applications are currently being accepted.

# 5. U.Va. Fencing Club



Looking for a club athletic team that doesn't require prior experience? Look no further. The U.Va. Fencing Club, open to all interested parties, welcomes inexperienced members with open arms. During the first month, members try out the different weapons – the sabre, the epee and the foil – and choose one to specialize by the end of the month, when U.Va. hosts a "newbie" tournament to compete against other Virginia schools.

"Though we practice three times a week and attend 12-20 tournaments per semester, students really determine their own commitment as far as attendance," President and fourth-year College student Nicholas Monahan said.

The first open practice will be held on Monday, Sept. 2.

# 6. Smart Woman Securities

Last year, three members of U.Va.'s Smart Woman Securities group flew to Omaha for a four-hour dinner with Warren Buffett. It's cleat in the male-dominated world of finance, these women are doing something right.

Smart Woman Securities is a McIntyre School of Commerce club that welcomes all female University students, even those who have no business knowledge or experience. Designed to educate girls about investment and finance, members go through a ten-week education seminar taught by McIntyre professors and a number of guest speakers. After the seminar, members have the opportunity to apply to join the analyst program, which researches statistics within a specific industry, such as real estate or energy and industrial. The organization also houses a personal mentoring program with leading investment bank J.P. Morgan.

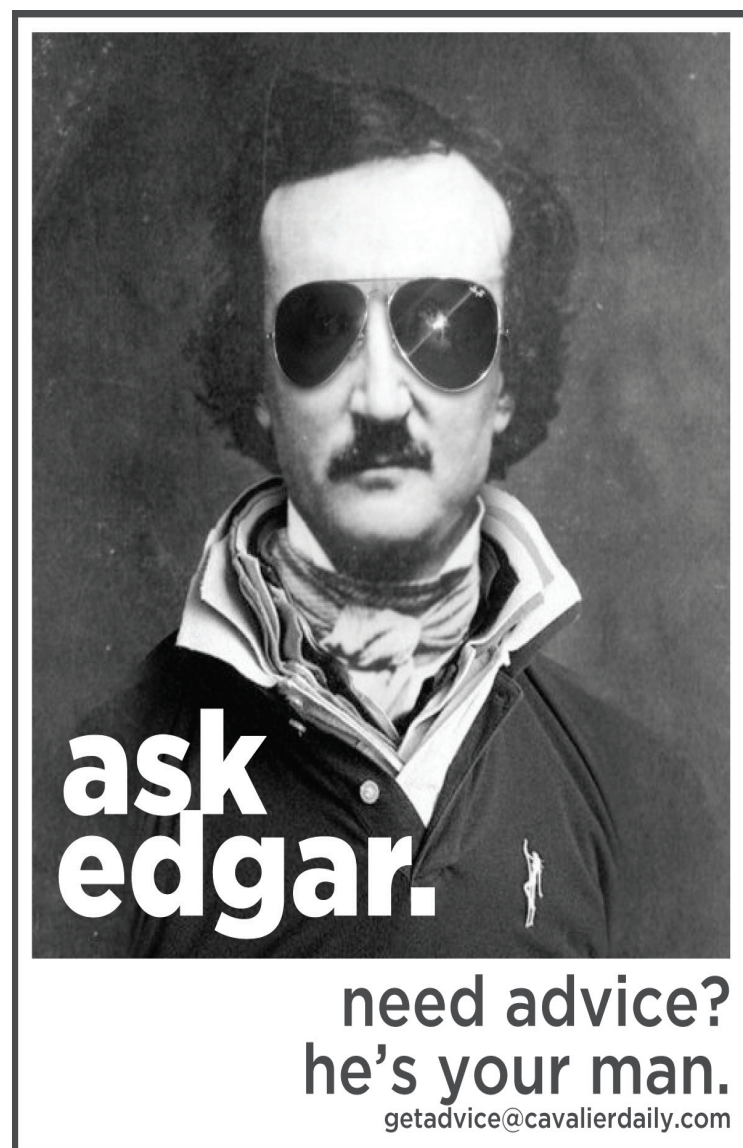
"Smart Woman Securities is a great alternative to the McIntyre Investment Institute, which has less women in leadership [positions], and can be less friendly to women who don't have basic finance knowledge," fourth-year Commerce student Katie Ardoff said. "[We] provide a safe environment for women to get exposure [to finance] and test out a potential career path."

The group is presently recruiting new members.



# Edgar welcomes syllabus week, add/drop anxiety, unruly roommates back to Grounds

BY EDGAR A. POE



Hey Ed,  
Is syllabus week really the prime time to get out and party, or should I be starting my reading from the get-go? How serious is the first half of the semester? I don't want my first year to be my last one...  
Help,  
Confused in Cauthen

Dear Confused in Cauthen,  
This week is an exciting time for new first-years. With so much going on during these first few days, it can be difficult to find time to lose your streaking virginity and stay on top of your coursework. Truthfully, this question is class-dependent. Part of transitioning to college is figuring out which classes can sustain a little procrastination without threatening your GPA. While you probably don't want to blow off your bio lab report for the Corner, it's unlikely that your Spirituality grade will be in jeopardy if you put your reading off until next week. All in all, with experience you will be able to strike the perfect balance between Club Clem and the frat house dance floor.  
Welcome home,  
Edgar

Edgar,  
I'm not sure if I'm entirely comfortable with my schedule for this semester. I've heard the politics class I'm enrolled in is a ton of work, and the professor can be quite tough. Should I listen to what I've heard? What should be my plan of action to evaluate the course during add/drop?

Yours,  
Block Party is Over and Now I'm Stressed

Dear Block Party is Over,  
Though listening to course gossip can certainly indicate which classes to be wary of, it shouldn't entirely dictate your schedule. Go to a couple lectures, take a look at the syllabus and talk to the professor if you have any lingering questions. Keep in mind there is a difference between a difficult but rewarding class and one that is challenging but will also have very little value to you. Generally, don't drop a class just because it may force you to give a couple of Thursday nights to the library, especially if you will come out of it feeling like you actually learned something. Unless you can figure out how to major in the culture of Rugby Road, you will have to take some difficult classes during your time at U.Va.  
Keep Calm and Study On,  
Edgar

Dear E,  
During second year, my living situation was a little ... problematic, even though we all started out as friends. Any advice for how to start the year off right and avoid issues down the road?  
Thanks,  
Room to Grow?

Dear Room to Grow,  
Living with your friends can be the greatest thing in the world — and also one of the worst. Sometimes two people's living habits just don't mesh well, and it's amazing how one wayward dish can unravel years of friendship. Organizing a schedule for chores upfront can go a long way toward maintaining a healthy apartment. A sign on the refrigerator may seem silly, but at least you all know what you are agreeing to from the start. Also, although arguing about who ate the last cookie might seem life-changing in the moment, remember to keep your priorities in perspective. Sometimes, you just need to keep quiet and take out the garbage for the third time in a row in order to preserve the friendship. Don't stress out about the little things and enjoy the fact that when you all live together the party never has to end.  
Make it last forever — friendship never ends,  
Edgar

## Catching our trains

*Among the freshness of first years, fourth years fret*

**MIMI MONTGOMERY**  
Life Columnist

There's a strange mindset that accompanies the beginning of my fourth and last year here at U.Va. It's a sort of inner pang or homesickness for something, but I don't really know what. It could be that fresh sense of expectation that accompanied my first year, the feeling of newness mingled with uncertainty. It could be the cocky, almost self-centered mindset that came with being a second year — thinking I now know everything and that nothing can faze me. Or maybe it's the quiet certainty of third year, the relaxed ease of existing in a place in which I felt established yet comfortable, the newness gone and replaced by fa-

miliarity.

I don't really know what it is that I'm feeling, or exactly what to label the strange bundle of anxiety, nerves and excitement I seem to be carrying around right now. Maybe it's the not knowing that bothers me the most — the not knowing how I feel about this time in my life or where I'll be in a year from now. I've been a student for as long as I can remember, always knowing that, no matter what, come next fall I would be studying in a school somewhere. But after this year that certainty comes to an end. And I'm not sure what goes in its place.

I spent this past summer embarking on that classic endeavor

of the New York City internship — getting paid literally nothing and sitting at a rickety table next to 30 other confused kids my age all furiously typing away on our laptops.

I would stop on my way home

*“I feel like I'm waiting for a train to come and watching others move past me to take theirs, yet I don't know where any of us are going or how long it will take to get there.”*

from work and buy a bottle of the cheapest wine I could find, eat a bag of popcorn for dinner with my roommates and sit in our windowless kitchen laughing about how broke we were. It was a taste of what life would be like throughout my 20s: trying to figure out ways

to drink for free, waking up early to go for runs before my commute to work, flipping through magazines in an attempt to find easy recipes I could make for cheap. Yet the whole summer almost felt like

it was all pretend, like I was playacting at being some young professional, because it was only for two months before going back to my actual life at U.Va. But what will it be like when that

is my actual life, when I no longer have the safety net of college waiting for me just weeks away?

Sometimes when I took the subway home at night, I would think about how strange it was that all these bodies were crammed together underground, no person

speaking or looking at the one next to them as they rattled off into the darkness toward their unknown destinations. A feeling of aching would come over me in the pit of my stomach with a force that caught me off guard — a feeling similar to the one I am experiencing right now. I feel like I'm waiting for a train to come and watching others move past me to take theirs, but I don't know where any of us are going or how long it will take to get there.

But I know I will end up somewhere eventually. I will turn to someone next to me and share a smile or some words and will feel a bit better. That pit in my stomach will slowly start to fade as I rush forward to wherever my life may take me.



# Researchers create nitrogen footprint model

University faculty, graduate student develop groundbreaking method to measure institutions' reactive nitrogen output

The University is now able to more accurately estimate its nitrogen footprint thanks to a new model developed by Environmental Sciences faculty member

**KAMELA GANESH**  
health & science editor

James Galloway. The model, published in the Journal of Sustainability, identifies the main sources of U.Va.'s nitrogen as utilities and food production, and proposes ways to decrease our nitrogen footprint.

"[The publication] presents the first ever nitrogen footprint model for an institution," Galloway said. "We hope other institutions will be inspired to form their own models." The University's nitrogen footprint model started in 2008 when Arts & Sciences graduate student Allison Leach took one of Galloway's classes, which inspired her to complete her distinguished major thesis develop-

ing the model.

Galloway and Leach then approached architect Andrew Greene with their research. At the time, Greene was designing a carbon footprint-limiting architectural model — they suggested that he add nitrogen to his agenda.

Though carbon dioxide is the greenhouse gas that has gained the most notoriety, reducing an individual or institution's nitrogen output is an important part of improving their environmental impact. Nitrogen footprints specifically gauge an institution's output of reactive nitrogen, which is damaging because of its distinct electron configuration from standard nitrogen.

The research, gathered in 2010, found the University's annual nitrogen footprint is 492 metric tons, which the research-

ers hope to reduce by 25 percent by the year 2025.

Measures already taken involve limiting the University's carbon footprint, which has the fortunate side-effect of limiting its nitrogen footprint, and encouraging University dining facilities to buy locally and implement programs such as Meat Free Monday which limit the nitrogen produced in food transport and protein production.

"Our research has shown that nitrogen pollution is a major challenge that can be addressed through simple changes at the personal and institution levels," she said in an email. "If institutions commit to nitrogen footprint reduction goals and if individuals choose to make more sustainable choices, we could substantially reduce nitrogen pollution levels and the damage it causes to both environmental and human health."

## Back to School Stressors

Return to Charlottesville can increase students' stress levels, risk for mental health disorders

For most college students, the end of a summer brings a flood of new sources of stress. Fall move-in means no more lounging on the beach, no more sleeping in, no more Orange is the New Black marathons and much more work. We all recognize just a little too well how stressful college can be, but can forget how that stress impacts our mental health.

Many mental health disorders, such as anxiety and depression, are triggered by shock, which is often evoked by environmental, emotional or physical changes. Returning to school in the fall, especially for first-year students, represents shifts in all three of these areas, making college students prime candidates for mental health disorders.

The National Alliance on Mental Illness said that although only 11 percent of college students have been diagnosed with anxiety and 10 percent with depression, more than 80 percent of college students have felt overwhelmed and 45 percent reported feelings of hopelessness. Furthermore, NAMI found that many of these cases of anxiety and depression resulted in a withdrawal from schooling — 64 percent of young adults who left college did so because of a mental health related reason.

**MONIKA FALLON**  
Health & Science Associate Editor

A 2008 study published in the Journal of the American Medical Association suggests the risk is the same for non-students as it is for students.

"Almost half of college-aged individuals had a psychiatric disorder in the past year,"

the study found. "The overall rate of psychiatric disorders was not different between college-attending individuals and their non-college-attending peers."

The study did show, however, that college students are significantly less likely to receive treatment for alcohol or drug-related disorders than their non-college-attending peers, which are both well-known catalysts for mental instability.

With mental health issues being such a prevalent problem among college students, it is important to know how to recognize these problems. Below are some of the most common college-related mental health issues — substance abuse, depression and anxiety — and their signs:

### Substance Abuse:

According to a 2007 study by the National Center on Addiction and Substance Abuse, 1.8 million full-time college students (22.9 percent) meet the medical criteria for substance abuse and dependence. Drug abuse often be-

gins with social drug use, followed by a significant increase in use and dosage in order to maintain the initial effects. Some of the symptoms, according to MayoClinic, include an increased amount of time and money spent on drugs, failed attempts at quitting and risking personal safety to obtain drugs. Signs of substance abuse in others could include academic troubles, a significant change in physical health such as sudden and extreme loss or gain of weight and a change in personality.

### Depression:

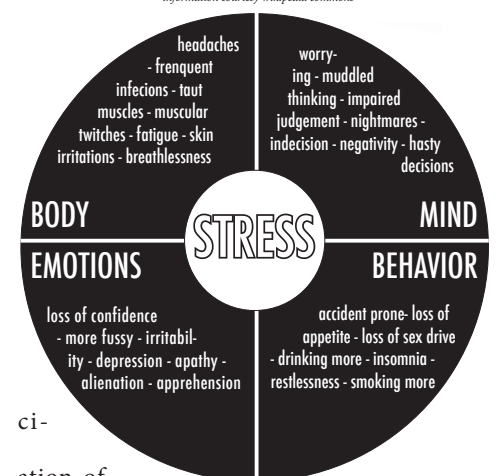
Around 30 percent of college students experienced debilitating depression, according to a 2011 study by the American College Health Association's National College Health Assessment. The symptoms are often easily recognizable, but many cases of depression in college students go unnoticed and untreated. The most common signs include an extreme increase or decrease in sleep, excessive fatigue, changes in diet and exercise regimens, difficulty concentrating on or remembering things and a decreased sex drive. Depression itself can be a symptom of other more serious mental health problems, making early diagnosis and treatment crucial.

### Anxiety:

The Anxiety and Depression Asso-

## Symptoms of Stress

information courtesy wikipedia commons

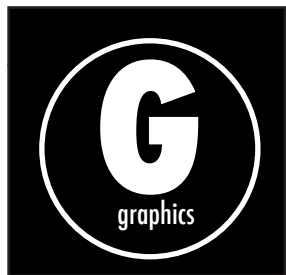


ci-

ation of America estimates that about 40 million American adults experience anxiety disorders, but only one-third of those adults receive appropriate treatment. Daily stress is not unusual for college students, but there are a few key ways to distinguish anxiety from normal strains. Although symptoms vary, many students with anxiety disorders experience irrational fears, seemingly arbitrary panic attacks and the need to repeat useless or purposeless actions in order to keep themselves calm.

The most important step to treating a mental health disorder is identification and immediate action. The Student Health Center is open and available for appointments for all University students during the day and provides a crisis hotline for after-hours emergencies.

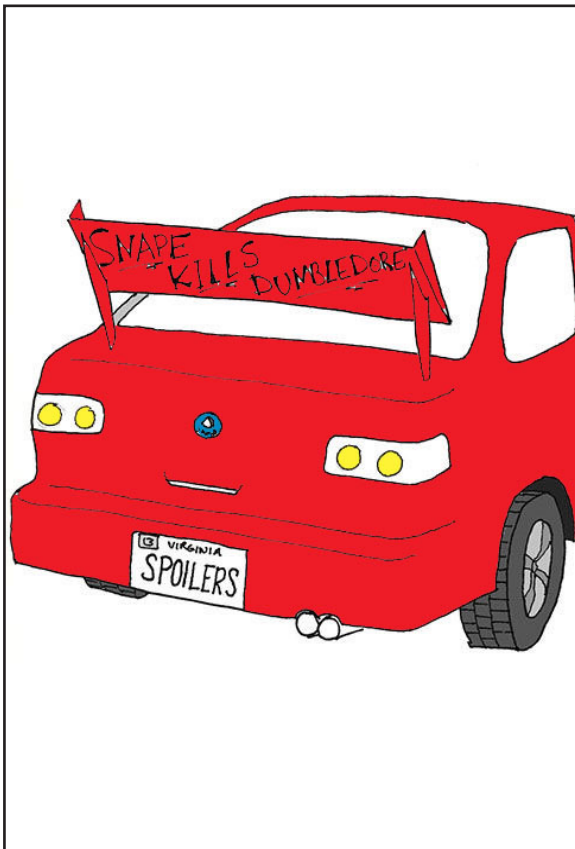




# THE ADVENTURES OF THE AMAZING <THE> A-MAN BY EMILIO ESTEBAN



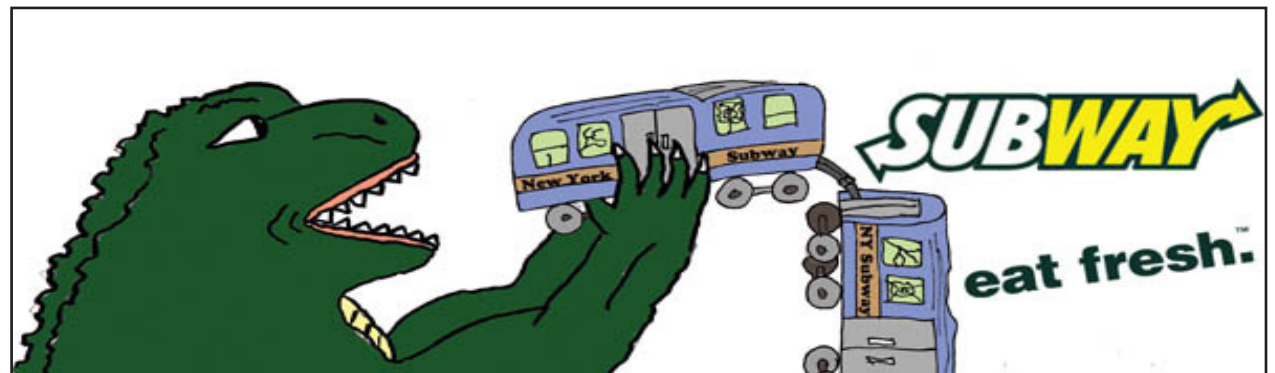
## MOSTLY HARMLESS BY PETER SIMONSEN



## NO PUN INTENDED BY CHARLOTTE RASKOVICH



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



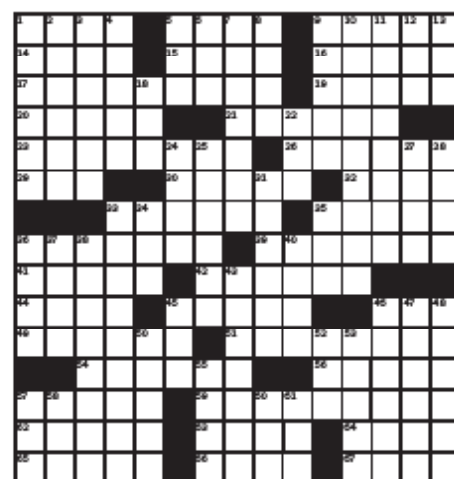
## The New York Times Crossword

Edited by Will Shortz No. 0723

- ACROSS**
- 1 Verizon FiOS and EarthLink, briefly
  - 5 Feet, in slang
  - 9 Leadership positions
  - 14 Face on a coin of A.D. 64
  - 15 "Gilt"
  - 16 Online outlay
  - 17 \*Abrupt reversals of opinion
  - 19 Get stuck (in)
  - 20 Madagascar mammal
  - 21 Grits, essentially
  - 23 \*Uninjured, after "in"
  - 26 \*Hoosergow
  - 29 Card game for two
  - 30 Red and white stoppers?
  - 32 Doczy
  - 33 Singer Julius of early TV
  - 35 Styptic pencil targets
  - 36 \*Scandal damage control
  - 39 \*Across-the-board
  - 41 Les \_\_\_-Unis
  - 42 Overprivileged 6-year-old of children's lit
  - 44 Ship records
  - 45 Virginia Woolf's \_\_\_ of One's Own
  - 46 Play charades
  - 49 \*Ghostly figures
  - 51 \*Kind of insurance policy
  - 54 Blowouts
  - 56 What steam coming out of the ears may signify in a cartoon
  - 57 Lineup on a computer screen
  - 59 One packing up the answers to the seven starred clues, maybe
  - 62 Chop to bits
  - 63 Sunbathe too long
  - 64 Language spoken around Loch Ness
  - 65 U.P.S. alternative
  - 66 Whirl
  - 67 Creepy look
- DOWN**
- 1 Amount received, as of cash
  - 2 Actress Gomez
  - 3 First layer of furniture protection
  - 4 Absorb
  - 5 Web access inits.
  - 6 Jolly exclamation
  - 7 Tunneling rodents
  - 8 Gamering a "meh," say
  - 9 Prefix with -tropic
  - 10 Bygone Ford van
  - 11 Figure invoked in casinos
  - 12 E-mail or letter: Abbr.
  - 13 "Ain't Sweet" (song classic)
  - 18 It's "Black" once a year: Abbr.
  - 22 Ed Sullivan and others, informally
  - 24 Beige-ish
  - 25 Mini \_\_\_
  - 27 Hollywood's Summer
  - 28 Sign of industrial decay
  - 31 Explosion sound
  - 33 1983 David Bowie #1 hit
  - 34 Ovid's "Amatoria"
  - 35 "Daughters" rapper
  - 36 Cartoon frames
  - 37 Tactler's "Then again..."
  - 38 Wayfarer
  - 40 Arm or leg
  - 43 Make a mess of
  - 45 Volcanic spew
  - 46 Losing side in a 2000 Supreme Court ruling
  - 47 "Monty Python" comic John
  - 48 Roof worker, of a sort
  - 50 County NE of London
  - 52 Pep rally cry
  - 53 NBC newsmen Richard
  - 55 Recedes
  - 57 Global economic oversight org.
  - 58 Inc., in France
  - 60 D-backs, on scoreboards
  - 61 Home of "The Situation Room"

### ANSWER TO PREVIOUS PUZZLE

JADE MAGAW APED  
IBEX OSSIE CAGE  
BEACONHILL TURK  
STLUKE STANLEE  
SAYAH SHORTS  
ABBEY GET AWE  
MAAM THEHUB VEG  
MIKE HALER META  
ONE BOSTON ORAL  
DEL TAR FUELS  
HOBNOB PYROS  
ONETWOS EXPERTS  
REAR FENWAYPARK  
SANE FRED ARIA  
ELSE OROES DEBT



PUZZLE BY JEAN O'CONNOR

- 33 1983 David Bowie #1 hit
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