

The Cavalier Daily

Wednesday, September 5, 2012

Cloudy. High 85, Low 70

www.cavalierdaily.com

Volume 123, No. 7 Distribution 10,000



The University has begun a renovation of the Rotunda's roof and has covered the tops of the columns, mirroring other big changes that have taken place around Grounds in the past four years.

Courtesy of In the Capital

The University: from '08 to '12

Republican National Convention talking point prompts four-year reflection on developments

By Katie Lewis and Abby Meredith
Cavalier Daily Senior Writers

The Republican National Convention, which concluded last week in Tampa, directed national conversation to reflect upon the changes the country has undergone in the past four years; similarly, changes at the University affect the experiences of many. From budget freezes to changes in financial aid policies, from growing class sizes to construction around Grounds, the University too has experienced innumerable changes in the last four years. The 2008 financial crisis, which shook global financial markets,

had a significant impact on the University before President Barack Obama even took office. The Capital Campaign, a University fundraising drive to generate \$3 billion that was originally expected to have been completed by now, saw giving fall sharply following the crash. Campaign commitments in fiscal year 2008 came in at only \$216 million, compared to \$309 million in the 2012 financial year, following a slow recovery process. "The recession of 2008 certainly affected philanthropic giving everywhere, but we're grateful that giving to U.Va.

Please see 2012, Page A2

Huguely trial leaves uncertain legacy

University reforms Sexual Misconduct Policy, criminal activity disclosure requirements; students, advocacy groups question impact

By Monika Fallon
Cavalier Daily Associate Editor

Some students are concerned that policy changes implemented by the University in the two and a half years since former Uni-

versity student Yeardley Love was murdered by her ex-boyfriend George Huguely haven't been as effective at making the community aware of the signs of relationship abuse as administrators intended.

The changes since the high-profile murder include revisions to the Sexual Misconduct Policy and procedure, as well as a new criminal disclosure requirement instructing students to inform the University of violations

if they are more grave than a minor traffic infringement. University administrators intended these changes to help victims of domestic violence deal with abuse after being victimized. Because Huguely showed signs

of alcohol abuse and violence before he shook Love to death during the spring of 2010, rules such as the criminal disclosure requirement are meant to be

Please see Trial, Page A2

Election 2012

ID law to delay results

New voting policy takes effect Election Day, requires citizens show identification

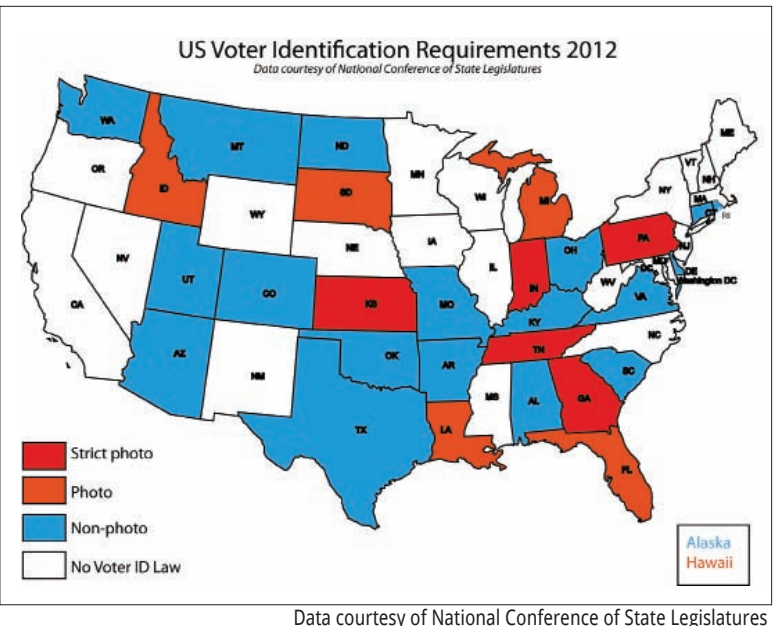
By Joseph Liss
Cavalier Daily Senior Associate Editor

A Virginia voter identification law set to take effect this fall will likely have a limited effect on the election's outcome, pundits say. But rules that delay the counting of provisional ballots until days after Election Day could create problems for campaigns and election officials in the commonwealth, which is shaping up to be a battleground state.

The new voter ID policy overrides former procedures that allowed a voter without identification to sign an affidavit swearing the truth of his identity. Instead such voters will submit provisional ballots. Citizens casting provisional ballots on Election Day will be required to submit a copy of acceptable identification by noon on the Friday after the race. The verification process would be most burdensome

to lower-income voters, who are less likely to have identification and are less able to take time off work to submit the appropriate documents after Election Day, said Valerie L'Herrou, chair of the Albemarle County Democratic Party. The provisional ballot deadline may even cause fewer votes to be counted, L'Herrou said.

Please see Vote, Page A2



Virginia, along with many other states, introduced new voter ID legislation that changes the types of identification accepted at polling places.

Election 2012

DNC features youth issues



Courtesy of Times Dispatch

Higher education was a hot topic at the DNC Tuesday evening.

The Democratic National Convention kicked off last night from Charlotte, N.C. with appeals to youth voters who will likely prove central to the political conversation in the coming weeks. Kal Penn, comedian, former White House staffer and the DNC's host, earned a prime-time spot last night to encourage young adults to get out and vote. As further incentive to get involved with Presi-

dent Barack Obama's reelection campaign, he told them "you don't even have to put pants on." First Lady Michelle Obama, the night's closing speaker, addressed the crippling student loan debt the First Couple faced when they were first married, saying their combined student payments were larger than their mortgage. "When my brother and I

finally made it to college, nearly all of our tuition came from student loans and grants," she said. Former Gov. Tim Kaine, who is currently the Democratic candidate for Virginia's open Senate seat, also spoke during the afternoon, emphasizing the importance of Virginia's participation in the upcoming election. Virginia voted for Obama in 2008, but has otherwise not gone blue since 1964, he said. "A few years ago, few imagined that Virginia would be a battleground state," Kaine said. "How did Virginia go from red to purple? We did it with grassroots excitement and hard work." Virginia is expected to be one of the closest of the swing states this fall and has been centrally targeted by both liberal and conservative candidates. Romney announced his selection of Rep. Paul Ryan as his running mate at a rally in Norfolk, and the president has made the state a priority for campaign stops as well. —compiled by News Editor Krista Pedersen

NEWS

IN BRIEF

Ambassadors to encourage tourism

Charlottesville City Council members met Tuesday evening and unanimously approved a Downtown Mall ambassador program — a scheme intended to curb recent downtown behavioral problems and to help welcome tourists to the area. The proposed plan would provide a resource for tourists who have questions while visiting the Charlottesville area and would also help ensure law enforcement. The pilot program is anticipated to fund four seasonal, paid ambassador positions and to cost about \$80,000, which will come out of the City's strategic investment fund. Despite complaints about recent juvenile behavior on the Downtown Mall, some residents said they worried that such a program could take the enforcement aspect too far. Community resident Nancy Carpenter expressed concerns that the pilot program could allocate police powers to the ambassadors. "I'm concerned that it's a slippery slope to an abridgement of constitutional freedoms," she said. Council member Dede Smith emphasized the importance of selecting the right people for the

job. "I think that it's absolutely critical who these people are and that they represent our community as a whole," she said, even suggesting Council members take volunteer shifts themselves. The program will begin this fall and is expected to be active in the fall and summer seasons. Council also approved the proposed master plan for the east side of McIntire Park, which includes the relocation of the skate park and the removal of the golf course in the next four years. The revamped park will play a vital role in enhancing the Charlottesville community and serving as "the gateway to the city," Council member Kathy Galvin said. To create more accessibility to the park for pedestrians, bikes and wheelchairs, the master plan also includes the construction of additional trails. After nine months of community involvement in the planning process, a draft was presented to the Council in July. Following adjustments, Council members engaged in a lengthy discussion of the plan's specifics with each other and community members before approving the final version 4-1. —compiled by Emily Hutt



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2012 | ACA benefits student health care, Turner says

Continued from page A1

has remained strong overall and that the trends of the most recent years has been positive,” University spokesperson McGregor McCance said.

Other areas of the University were hurt by the recession as well. The endowment suffered a 21 percent loss in fiscal year 2009, and the faculty are still in the midst of a four-year salary freeze. Salaries are not projected to rise soon either, although University President Teresa Sullivan is expected to present to the Board of Visitors this month a four-year plan to implement raises.

Although a point of contention for faculty members, some say financial difficulties may not

have substantially altered the character of the University.

“There are important ways the University is a better place that have little to do with cash flow,” said History Prof. Paul Halliday, the chair of the Corcoran Department of History. “It remains a remarkable place.”

The Obama administration has similarly addressed the topic of higher education through a financial lens, prioritizing legislation to cap student loans. University students have reaped the rewards from the increase of the cap for the Pell Grant, Scott Miller, the associate director of student financial services, said.

The administration also succeeded in moving student loans from banks directly to schools.

“Now we are able to pour that money directly into the Pell Grant,” Miller said.

Further complicating the financial situation, the University is expected to educate more and more students each year. From the 2010-11 school year to the 2011-12 school year, undergraduate enrollment increased from 14,039 to 14,591.

To accommodate the influx of students on Grounds the University has implemented infrastructural growth in the form of new buildings and renovations. In 2011 alone, the University saw an expansion of 350,000 square feet of new or renovated spaces, including Garrett Hall, Rice Hall and the Physical and Life Sciences Research Building.

Other national political decisions such as the landmark Supreme Court decision to uphold the Patient Protection and Affordable Care Act affected the University and students alike and will continue to have great impact in the coming years.

Dr. James Turner, executive director for the department of Student Health, said the health care bill allowed the University to preserve and enhance the student health care system. “Health status is so much better [for] college students than their non-college peers,” he said. “We believe a lot of that is that we have really good health services that allow them to live healthier lives with easy access to mental and physical health care.”

The University has always

required students to have health insurance, so the Affordable Care Act did not greatly affect the number of students able to receive health services at the University, Turner said.

A slight increase in most students’ health insurance premiums covers these additional preventative services including routine physicals, HPV screenings, mammograms and immunizations.

Turner said the health care bill allowed college health services to continue funding their programs through tuition and fees rather than relying solely on insurance reimbursements.

“That is our lifeblood ... it was absolutely critical to preserving student health care as we know it,” he said.

Trial | Relationship abuse warnings hard to spot, Renda says

Continued from page A1

preemptive.

Dean of Students Allen Groves said the criminal disclosure requirement for University students is a useful tool in helping the administration detect students with histories of violence or recurring alcohol abuse.

“As the [disclosures] come in we evaluate what happened in each case, look up a specific criminal court record if it is accessible online and call that student in for a meeting if warranted,” Groves said.

With the appointment of Marsh Pattoe as an associate dean of students responsible for monitoring all student criminal profiles, Groves said this year signifies a big change in the University’s approach to criminal disclosure processing.

Certain students, however, say

the line between knowing how to respond and knowing when to respond is unclear.

The University lacks education initiatives that teach students the art of detecting relationship abuse in themselves or in their colleagues, said third-year College student Emily Renda, a member of Sexual Assault Facts and Education.

“I would like to see a section of the Safety & Security talks for first years used to address the warning signs of bad relationships so that everyone has that information from the start,” Renda said.

The University also requires first-year and transfer students to take Alcohol-Wise, a substance awareness survey which seeks to educate individuals about the consequences of habitually misusing the drug.

But evaluating students’ reten-

tion of information provided in programs such as Alcohol-Wise is difficult, said Vice President Patricia Lampkin, the University’s chief student affairs officer.

“You can never judge,” Lampkin said. “We want to ensure that we have provided the baseline of information.”

Students still can’t recognize the indicators of relationship abuse, even with the Alcohol-Wise program, the revised Sexual Misconduct Policy, the criminal disclosure requirement and other student-led anti-abuse initiatives, Renda said.

“There’s a lot of ambiguity about what constitutes emotional abuse and how to help a friend who might be experiencing it,” she said. “Given that emotional abuse can be an indicator of future physical abuse, it’s really important for stu-

dents to be able to understand what that kind of emotional manipulation looks like and be able to speak up.”

Student involvement in domestic violence awareness swelled immediately following Love’s death, but interest has since dwindled, Groves said.

“In the immediate aftermath we met with the student leaders and talked about what we could put in place that could be led by students, and the outcome was [Let’s] “Get Grounded,” an education program centered around bystander behavior,” Groves said.

The bystander effect, defined on Stall Seat Journals all across Grounds, is a phenomenon that occurs when individuals watching an incident fail to report an emergency because of the presence and non-action of the other people.

The University’s efforts, however, have not gone unnoticed to some. Groves said there has been a resurgence of interest in the bystander effect this year.

In addition, the community is taking steps toward making people aware of the bystander effect and pushing community members to action, said Amelia Nemitz, fourth-year College student and President of Sexual Assault Peer Advocacy, .

“The whole University community is making great strides toward higher reporting rates,” Nemitz said.

But these issues aren’t easy to tackle.

“Sexual assault and dating violence are tough issues, and regardless of their position in the media spotlight, it’s not that common for people to take up the issue personally and act on it,” Renda said.

Vote | Sweeping national legislation faces heavy criticism

Continued from page A1

But Center for Politics spokesperson Kyle Kondik said provisional ballots would probably not make a difference in the presidential race. He said the difference in votes would need to be in the low six figures or high five figures for provisional ballots to affect the outcome.

Virginia’s law differs from that of other states in the broad range of identification forms it

permits, L’Herrou said, and the increased regulations will be “less restrictive in Virginia [than] the ones in other states,” she added.

Polling places in Virginia accept driver’s licenses, student identification cards from any state university, including the University, utility bills or bank statements with the resident’s name and address, social security cards, concealed carry permits and all other forms of government-issued photo

identification, according to the Board of Elections website.

Changes in voting laws in states such as Pennsylvania and Texas have undergone significantly greater scrutiny than the laws enacted in Virginia.

Voters in Pennsylvania recently sued the state, disputing franchise laws forbidding the use of utility bills and bank statements as forms of identification.

Voter laws in Texas that

required photo identification at the polls were struck down last week by a federal court for their disproportionate effect on minority voters.

“When somebody potentially [has] to pay money to get an ID, it is sort of functionally like reinstating the poll tax,” L’Herrou said.

Pennsylvania Republican House Leader Mike Turzai faced criticism earlier this year when he said voter identification would “allow Govern-

nor Romney to win the state of Pennsylvania.”

In Virginia, however, voters will likely have access to acceptable forms of identification free of charge. An executive order signed by Gov. Bob McDonnell in August requires the Board of Elections to send valid voter identification cards to all active voters free of charge before the election in November, according to a statement released by his office last month.

It's not out in the open, but

GRIEF IS HERE.

1 out of 3 college students experienced the illness or loss of a family member or close friend in the last year. Talk about loss and help your friends in need by starting a **National Students of AMF Support Network** Chapter at your school.

TalkAboutLoss.org

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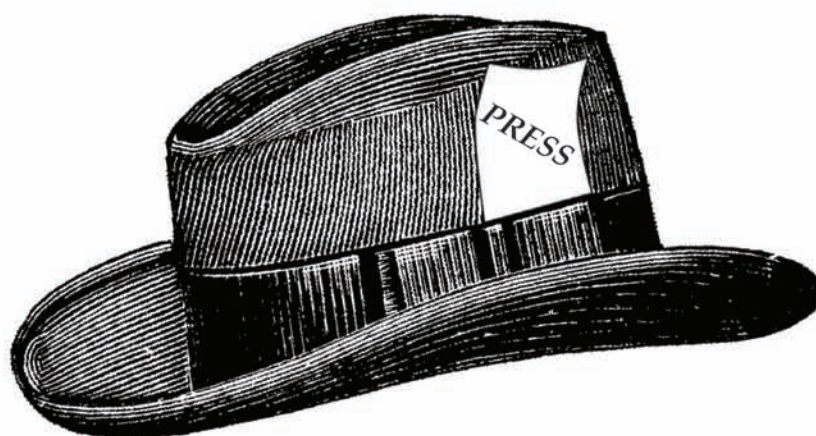
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The Cavalier Daily

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

—Thomas Jefferson

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Board room

A voting Board of Visitors member’s participation would enhance next week’s panels about the University community and its summer leadership crisis

Two panels announced recently will assemble next week for their respective discussions on the same topic: the forced resignation and reinstatement of University President Teresa Sullivan. On Tuesday, Sullivan herself will meet with students and faculty in a roundtable on “trust” hosted by the Honor Committee. The talking continues Wednesday with an all-faculty panel sponsored by the Institute of Humanities and Global Cultures and the Faculty Senate. Although the parties involved deserve praise for arranging such sessions, the most central component is missing. The Board of Visitors was largely responsible for the turmoil during the summer, and any genuine dialogue on what happened then and how we can move forward should involve a Board representative. Although student Board member Hillary Hurd will sit on the Honor panel, a voting Board member should attend at least one of the events.

This voting Board member should be present first and foremost for the purpose of representation. These panels, if they are to be of any merit, should touch on and interrogate the role the Board played this summer and its mission at the University in general. Not only does the community deserve to hear from a Board member for insight on what actually happened, but the Board deserves to speak for itself to community members.

There is nothing amiss in acknowledging that these panels also serve as beneficial to public relations. During the summer, the Board had a reputation for

not speaking very often in public; when it did pen a statement, it was often through the filter of the University Rector or a consultant. Participating in conversations such as those taking place next week would be a chance for Board members to improve their visibility and restore public faith by showing they are willing to talk.

It could be argued that a Board member would not be able to go. But the Board will already be in Charlottesville next week for its meeting Thursday and Friday. Plus, technology makes logistical concerns less of a problem; Board members have previously phoned into their meetings and could do likewise with one of the panels. The Board may be busy, but University affairs should be of central importance, and if Sullivan can make the time to appear so can one of the Board members.

Honor Chair Stephen Nash declined to comment on whether a voting Board member had been asked to the Committee’s panel. Regardless of whether voting Board members had been invited, one of them should have requested to be involved voluntarily.

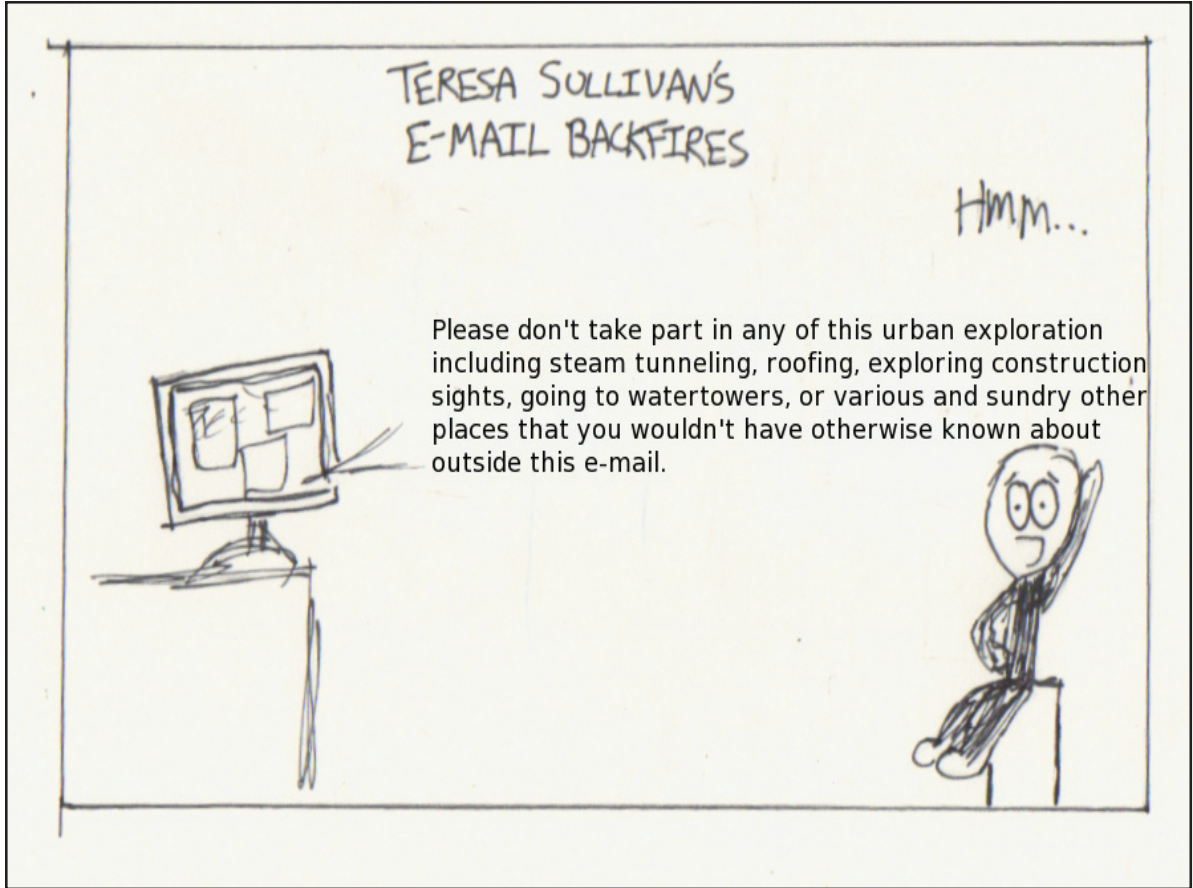
It is in the interests of public relations and also transparent governance that a Board member show up next week. Students and faculty can meet and speculate about higher education. But to gain real wisdom on the Sullivan ouster and the future of the University community will require a Board member to come, and the timing couldn’t be more convenient.

Featured online reader comment

“The opinion makes a strong argument but has a faulty premise (or two). The main premise is the implication that “gun permits” are required to own a gun and that easing access will cause a flood of incompetent gun owners. Although it is not mentioned above, the cited AP source correctly notes that this discussion is over concealed-carry gun permits. These permits do not affect gun purchases which are made legal through the 2nd Amendment. The two extra words that could have clarified all this should not have been too much for the Managing Board.”

“Joel Taubman,” responding to the Managing Board’s Sept. 3 editorial, “Point and click”

Editorial Cartoon by Stephen Rowe



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The Cavalier Daily is published Mondays through Fridays during the school year (except holidays and examination periods) and on at least 40 percent recycled paper. The first five copies of The Cavalier Daily are free, each additional copy costs \$1.

The Cavalier Daily Online Edition is updated after the print edition goes to press and is publicly accessible via the Internet at www.cavalierdaily.com.

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The ombudsman is available at ombud@cavalierdaily.com.

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Elephants in the room

A new scientific study shows why Americans need to better address obesity, especially among youth

AMERICANS as a people are alarmingly overweight—that much has been clear for some time now. Over one-third of adults in the United States are currently obese. The statistics are as bad or worse for teenagers and children. It is possible that over 50 percent of teens could be considered overweight or obese. Despite the increased promotion of balanced diets, exercise programs and health-conscious lifestyles, obesity persists as a national crisis.

Fortunately, a new fact about obesity has been discovered that could perhaps serve as the most powerful impetus for Americans to work toward regaining a collective healthy weight. According to the New York University School of Medicine, obesity may have negative effects on a person’s mental capacity. A study of children with metabolic syndrome-pronounced negative health symptoms caused by obesity-indicated that obese children

ALEX YAHANDA
SENIOR ASSOCIATE EDITOR

perform up to 10 percent more poorly on cognitive tests than children of a healthy weight. MRI scans of the brains of the tested children with metabolic syndrome also indicated more brain atrophy and a smaller hippocampus than among non-obese children.

If the findings of this study turn out to be accurate, then they will hopefully be used at the forefront of the fight against obesity. The United States currently ranks as the world’s most overweight nation. And obesity’s negative physical consequences have not been enough to change the general public’s opinion toward obesity.

If fear of the physical downsides of being overweight will not turn the tide of obesity in America, then hopefully the adverse mental consequences will. In addition to contributing to poor health, physical decline and a potentially shorter life span, it was already known that obesity is linked to shorter attention spans in children. It

was not known, however, that one’s mental capacity could actually be harmed by obesity. The new information from the NYU Medical School indicates that obesity can have significant detrimental effects on the mental as well as the physical aspect of a person’s life.

The new findings should come as especially forceful for parents. A recent survey found that parents already worry strongly about their children being obese or not receiving enough exercise, with 38 and 39 percent of parents respectively listing those two issues as top concerns. Now that it has been shown that overweight kids may be hindered in school due to decreased brainpower, one would hope that all parents would begin to care more about their children’s health.

To be clear, calling for a stron-

“If fear of the physical downsides of being overweight will not turn the tide of obesity in America, then hopefully the adverse mental consequences will.”

ger fight against obesity is not saying that obese people should be freely or openly criticized, nor is it implying that they are in some way bad people for being overweight. Obviously, preventing obesity is not an easy task for everyone, and each situation should be treated sensitively at an individual level. From purely a national health standpoint, though, it makes sense to fight obesity as strongly as possible. The evidence on obesity is unmistakable and it is clear that obesity-related problems constitute a considerable strain on the U.S. health care system. It makes no sense that the United States, one of the most scientifically advanced societies in the world, should have such an overweight population when there is so much evidence pointing to the negative effects of obesity. Obviously, there still has to be a

cultural shift in thinking about food and eating. A country like Japan, for instance, has an obesity rate one-tenth that of the United States.

The new NYU findings, then, are a welcome empirical addition to the fight against obesity, as they illustrate that being overweight can have all-encompassing effects on a developing person. Not only does obesity at a young age decrease the chances that a child will grow up to be a healthy adult, but it now has been shown that obesity at a young age may lead to children not being as mentally capable as they could have been. Such research should serve as the force behind an increased wave of people striving for healthy lifestyles. And because children are involved, more findings may pave the way for subsequent generations to continue to be healthier too.

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

Grounds for improvement

The beginning of the semester is an apt time for students to find new groups, and thereby themselves

THESE PAST two weeks have been really busy for me and classes have only been part of the problem. Reading over syllabi and reviewing things I learned last semester have not kept me up late. The greatest challenge I am likely to face this semester, with the possible exception of physics, is fulfilling my obligations to the various clubs and activities that I’ve become a part of since I first stepped on Grounds roughly one year ago.

I showed up to begin my second year more than a week before many of my peers in order to prepare for and execute Orientation Week for the new class of Navy ROTC students. After O-Week, there were meetings to go to and people to contact for other organizations. And all the while I was receiving emails from The Cavalier Daily asking when I could have a column written and turned in. And it was the hectic scurrying around I did those weeks that spurred me to write about club and organizational involvement at the

SAM NOVACK
OPINION COLUMNIST

University.

Like many students, I took time on the last day before classes to attend the Activities Fair. There were more interesting and promising clubs than I had time to investigate, and each one was sorely tempting. I put my name on several lists and was encouraged by members, both as I signed up and later when some stopped by to wish me well, to make their organization a part of my college experience. I attended some initial meetings and plan on adding at least one new club to my permanent schedule.

You will likely hear this pitch a lot in the coming weeks, but here is my take: Getting involved here at the University is an endeavor that is as rewarding as it is challenging. For all of you first years just now learning your way around Grounds, I would encourage you to get started, and get started early. You will not regret it.

I know a lot of people who use college as a four-year opportunity to drink and party and act

irresponsibly in the kind of safety-bubble that college provides. Parents are away, and the real world is not quite imposing itself either. And some of this resultant craziness has its place – it is certainly part of what many people consider to be the typical college life. But it is in the less glamorized aspects of the college experience that I find the most fulfillment.

It is not always easy – odds are I wrote this column thinking about a lot of other work I needed to do and other emails I needed to send. But when I see the finished column in The Cavalier Daily, or when I contribute to my other organizations, I get a sense of accomplishment that cannot be found at yet another pre-game.

I have the rest of my life to drink and go to parties. These four years are filled with almost limitless possibilities constantly

“For all of you first years just now learning your way around Grounds, I would encourage you to get started, and get started early.”

clamoring for students’ attention. I bet even the most involved student leaves here with some regrets about missed opportunities. I doubt anyone leaves the University wishing he had done less with his time. Most know the line “Nobody ever wishes they’d slept more during college.” It is a sentiment I have heard echoed by several graduates, and this has only encouraged me to get as much done as I can with these remaining three years.

Involvement in organizations looks great on any resume. Such involvement shows potential employers that you are a multifaceted and self-motivated individual who is not afraid to put in a little extra time. In a time when college students are having a hard time finding a good job right after graduation, a padded resume certainly will not hurt.

Whether you are a University Democrat or a College Republi-

can, Gleek or Club Athlete, Christian, Jew, Muslim, or Atheist, odds are there are numerous clubs that are looking for someone like you. And it is not all about helping the club. It may sound trite, but college clubs, and college in general, is a great time to learn more about yourself. I was not sure I wanted to be an ROTC guy when I first arrived here, but a year later, I feel at home in the uniform, and with the high quality people with whom I work and learn. The same is true for the newspaper. My first few weeks were not easy, but the people, and the pride in the paper I developed, have kept me around.

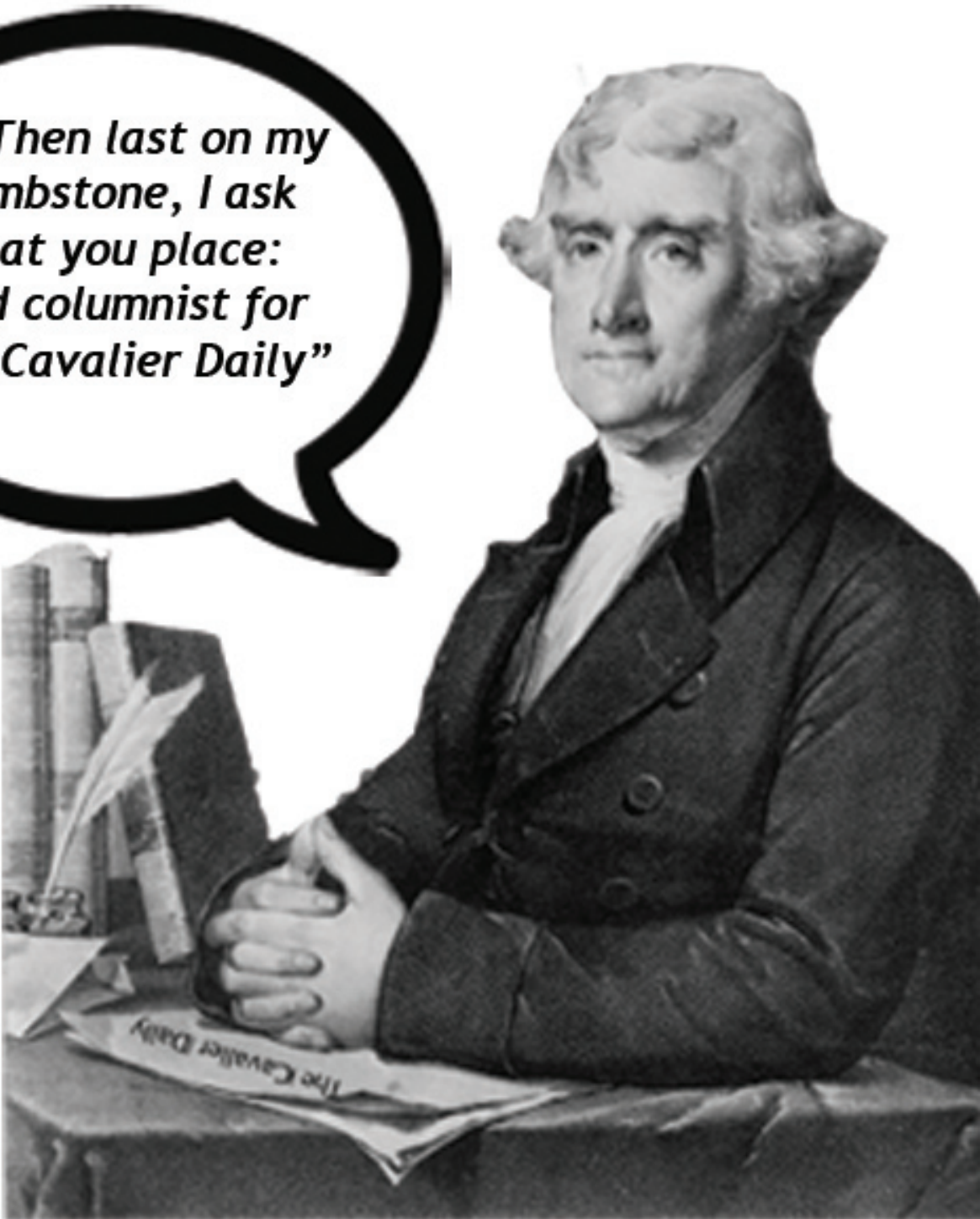
It does not really matter where you go. First or fourth year, you can make the most of the 2012-2013 academic year, make some friends and memories, build a reputation and discover an identity that will be with you long after your time here on Grounds.

Sam Novack’s column appears Tuesdays in The Cavalier Daily. He can be reached at s.novack@cavalierdaily.com.

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Health-conscious student finds cholesterol myth wanting

By Blythe Fiscella
Cavalier Daily Staff Writer

“A recent study has shown eating egg yolks can be as bad for your heart as smoking,” claimed a satellite radio announcer this summer, interrupting [my favorite?] collaboration of Maroon 5 and Flo-Rida. Educated in part from organic chemistry lab, as well as from my own compulsive nutrition blog reading, I was outraged by the simplistic and blatantly under-informed urgency of the “health” advisory announcement.

With all the fitness and nutrition advice

the journal *Atherosclerosis*. A study that tracked 1,231 patients in London — all of whom were recently recovered from clot-induced mini-strokes — and asked them to record their egg-yolk consumption and other lifestyle markers for a period of time. A study that — having tracked only patients with preexisting conditions — has little informational value to healthy individuals, and even less so when explained in an ear-catching radio headline.

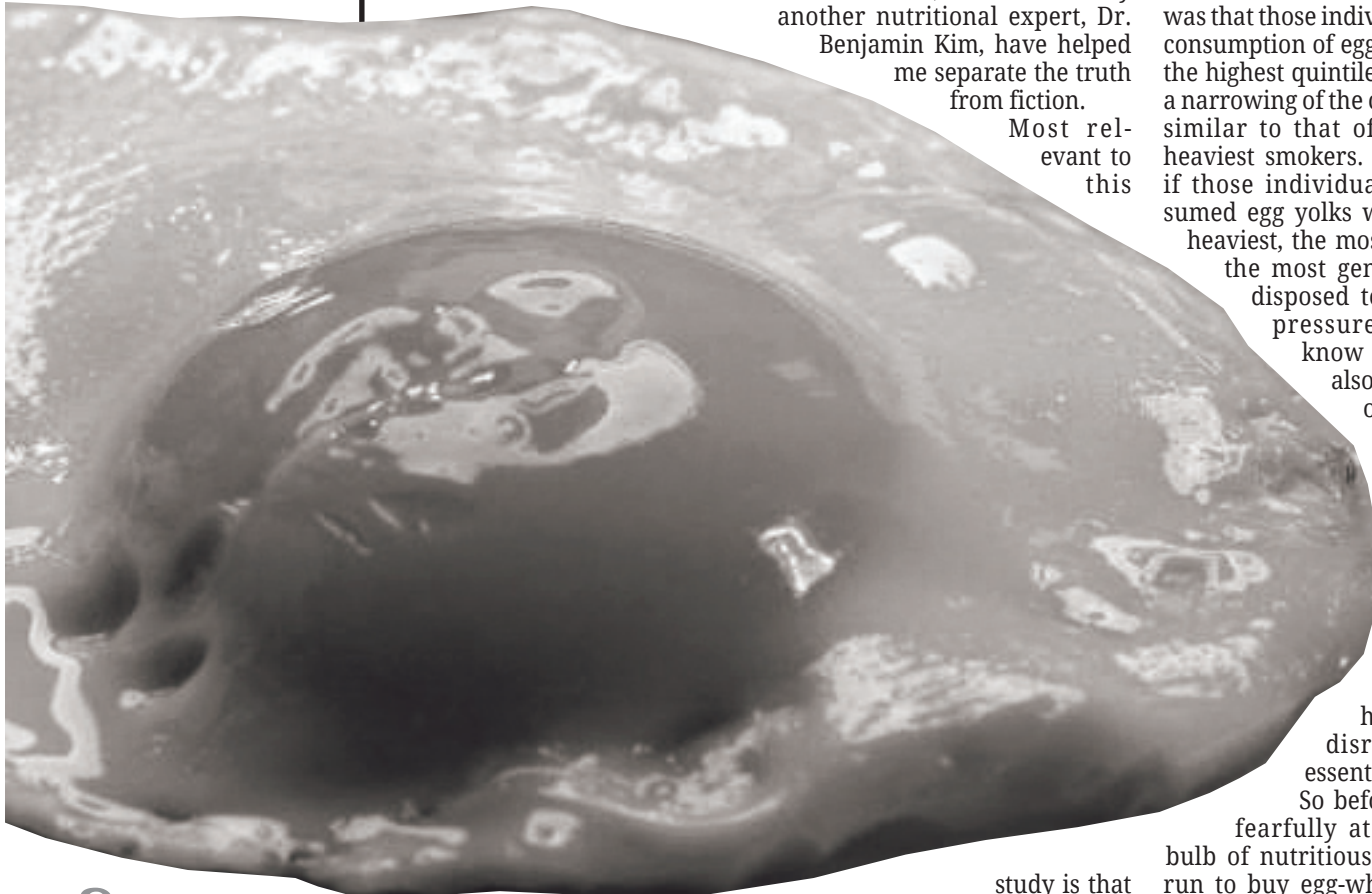
A recent lecture at the University of California San Diego’s Medical School by Peter Attia, co-founder of the Nutrition Science Initiative, and an article by another nutritional expert, Dr. Benjamin Kim, have helped me separate the truth from fiction.

Most relevant to this

a low-cholesterol diet does not necessarily decrease a person’s blood cholesterol by more than a few percent. In fact, in Canada, the dietary guidelines for cholesterol consumption have been removed in light

of research affirming the triviality of high-cholesterol foods.

The result of the London study was that those individuals whose consumption of egg yolks was in the highest quintile experienced a narrowing of the carotid artery similar to that of the study’s heaviest smokers. Do we know if those individuals who consumed egg yolks were also the heaviest, the most stressed or the most genetically predisposed to high blood pressure? Or do we know if they were also eating loads of sugar and refined carbohydrates along with those eggs? Nope. But the quick summary of the study’s “proven” hypothesis disregards such essential questions. So before you stare fearfully at that yellow bulb of nutritious protein and run to buy egg-whites instead, remember that for each study proving one hypothesis there is often another lurking close behind to disprove its findings. Check the journal *Atherosclerosis* today, and you’ll find an article published August 30 by Antonis Zampelas titled “Still questioning the association between egg consumption and the risk of cardiovascular diseases.” So am I, Zampelas. So am I.



out there, health-conscious people — especially college students — are in dire need of a more comprehensive understanding of why they should consider or ignore many of the promulgated dieting myths.

But that radio announcement and similar news reports simply regurgitated the findings of a study published in August in

study is that cholesterol is not a toxin to your body. In fact, it is a substance that is essential to life and is consumed, produced, stored and excreted by our bodies. The cholesterol in your blood is from two sources: food and your liver. So, for example, if you eat a lot of egg yolks, your liver will produce less cholesterol because your quota has been met by your food intake. Hence,

Martha Jefferson receives national recognition for breast care program

By Monika Fallon
Health and Science Editor

Martha Jefferson Hospital’s breast cancer treatment program was recognized this fall for its exemplary performance in treatment and care of breast cancer patients. For the first time in the hospital’s history last month it received a three-year certification from the National Accreditation Program for Breast Centers.

The accreditation program, which is made up of hospitals and other health care facilities committed to providing exceptional breast care treatment, surveyed the hospital at the beginning of last month. It surveyed the cancer center’s surgical services, clinical trials, diagnosis techniques, oncological services and a number of other important aspects, said Cancer Program Manager Joyce Miller.

“For us, it’s a good source of

quality improvement,” Miller said. “We are making sure we’re comparable [to], and hopefully better, than other programs.”

The process of accreditation is based on 6 standards: center leadership, clinical management, research, community outreach, professional education and quality improvement.

Each component in turn has its own requirements, three of which are known as “critical standards.” If any of these three

standards is not met, the program’s application is deferred until all standards are met for 12 months, at which time the program can re-apply. These critical standards require that program leaders are held accountable for all care given and monitor the breast cancer conference frequency, and that a team of doctors from varying disciplines conducts patient care after diagnosis.

To patients, the certification

proves that the hospital uses state-of-the-art imaging equipment and appropriate diagnostic techniques and that their carers are nationally-recognized nursing, surgical and rehabilitation staff.

“I think it gives the patients more confidence because [certification] requires us to hit certain standards,” Miller said. “It’s nice to know that this program is solely focused on breast care and women’s health.”

University graduates piece together new type of cast

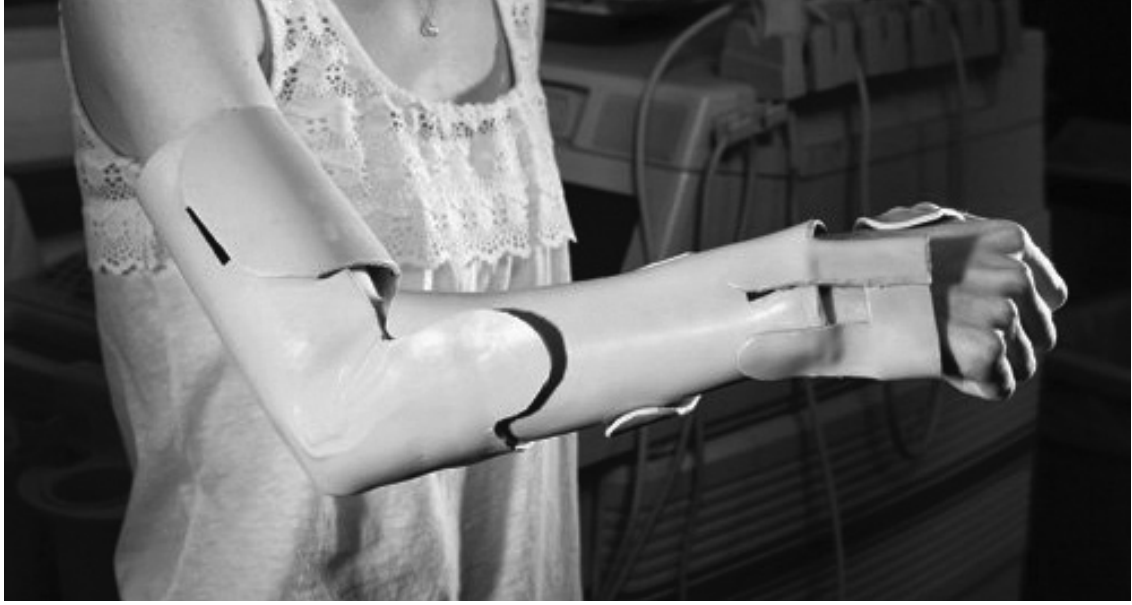
By Kamala Ganesh
Cavalier Daily Staff Writer

With football, soccer, and several other collegiate sporting seasons at full swing, thousands of Virginians are hedging on the well-being of our student-athletes. Wishing for injury-free seasons, however, is perhaps not the best solution to the debilitating injuries that impair athletes and laymen alike.

Drawing from personal experience, the four University student inventors of the PuzzleCast realized this, and put their inspiration to work in crafting a six-piece cast that prevents muscle atrophy while supporting a broken arm.

The now-graduated students — Daniel Amante, Amanda Harton, Kelly Anderson and Clara Tran — were recognized with an Invention Award and a \$10,000 grant from the National Collegiate Inventors and Innovators Alliance last year.

Both Harton’s and Amante’s inspiration came from their experiences with high school athletics, seeing fellow teammates suffer and suffering themselves from muscle atro-



Courtesy of In The Capital

Four University Engineering School graduates created a six-piece arm cast just months before they graduated.

phy and slow recovery in traditional casts, according to a University press release. Tran saw problems with muscle recovery in her work with elderly patients.

“The inspiration we needed to solve the problem had been all around us throughout our high school careers,” Amante said in

the statement.

Even after the former University students’ cast has been set, the doctor can remove one of the pieces of the cast by detaching the simple rivets that bind the pieces together. With each removal, a new portion of the recovering limb is able to exercise, which allows muscle tissue

revival at an unprecedented rate.

What was originally broached as a joke in passing during a brainstorming session of their biomedical engineering capstone course has developed into a widely-applicable medical innovation, on its way to hitting the market after further

testing.

PuzzleCast’s development involved long hours of research, as well as a healthy dose of self-testing. The students first wrapped sections of clay around their own arms to understand how pieces of the cast would need to be shaped and arranged in order to function effectively. They then progressed to plastic prototypes, and Harton tested the invention on her own arm. She was first fitted with a regular cast and later with a PuzzleCast prototype, so that they could understand the functional differences and benefits of their model, according to online publication In the Capital.

All four student inventors graduated from the Engineering School in May, but their work didn’t end there — ideas and prototypes are brewing to extend functional models of the PuzzleCast to other parts of the body.

“We have definitely learned much about the patent landscape in the United States,” Amante said in the statement. “We’ve made our fair share of mistakes along the way, but we’ve learned too.”

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Courtesy Lucian Perkins for the Washington Post

DEMOCRATIC NATIONAL CONVENTION BEGINS

North Carolina delegates, from left, Jean Farmer, state Rep. Becky Carney and Denise Adams applaud during an address by U.S. Rep. Nancy Pelosi (Calif.) on Tuesday at the Democratic National Convention in Charlotte, N.C.

Saudia Arabia backs rebels

Self-interested Saudi rulers help Syrian opposition, stymie domestic militarization

By **Glen Carey**
Bloomberg News

RIYADH, Saudi Arabia — As Saudi Arabia offers money and diplomatic backing to the rebel armies in Syria, it's keeping a tight rein on would-be jihadists who aspire to take arms against Bashar al-Assad.

The Sunni Muslim-led rebels fighting Assad enjoy widespread sympathy in Saudi Arabia, a predominantly Sunni society. As the death toll in the 18-month conflict rises, some of the most pop-

ular Saudi clerics have begun criticizing Arab governments for their failure to stop the bloodshed, and telling worshipers that it's a religious duty to overthrow Assad.

For Saudi rulers, the prospect of combat-hardened militants returning to the kingdom recalls the blowback from wars in Iraq and Afghanistan. Islamist groups used skills acquired there in attacks targeting the Al Saud family's control of the world's largest oil reserves, and its alliance with the United States. To

prevent a repeat, authorities are restricting aid to official channels while clamping down on private efforts to send cash or fighters.

"Saudi Arabia has learned a very extensive lesson from its experience with Afghanistan," said Khalid al-Dakhil, a professor of political science at King Saud University in Riyadh. "If they allow their people to go on jihad, from Afghanistan to Iraq and now to Syria, they are allowing society to militarize themselves. The state can't allow that."

Clinton tours Southeast Asia

Secretary of state encourages maritime diplomacy, safeguards national economic, political interests

By **Indira A.R. Lakshmanan**
Bloomberg News

BEIJING — Secretary of State Hillary Clinton arrived in Beijing Tuesday night on a mission aimed partly at prevailing on China and Southeast Asian nations to use diplomacy instead of force to settle maritime disputes in a region rich in oil and gas.

Clinton met with Chinese Foreign Minister Yang Jiechi in advance of talks Wednesday with President Hu Jintao and Vice President and heir apparent Xi Jinping. On the agenda are global security concerns, including the nuclear programs of Iran and North Korea, as well as the maritime disputes.

"Maintaining the healthy and steady development of our relationship serves the fundamental interests of our two countries," Yang said Tuesday upon Clinton's arrival at the foreign ministry.

Clinton said the United States is "committed to building a cooperative partnership" with China as a "key aspect" of increased U.S. engagement in the Asia-Pacific region.

On a six-nation, 11-day Asia-Pacific tour, Clinton is seeking to promote diplomacy in territorial feuds without damaging U.S. relations with China. U.S. officials are concerned that tensions over rival claims in the East

and South China Seas, involving China and nations from Japan to the Philippines, might constrain freedom of navigation or spark armed skirmishes.

The U.S. "has a national interest" in "the maintenance of peace and stability, respect for international law, freedom of navigation, unimpeded lawful commerce in the South China Sea," Clinton told reporters after meeting with Indonesian Foreign Minister Marty Natalegawa Sept. 3 in Jakarta.

Rival maritime claims among half a dozen Asian nations have fueled tension this year. China is establishing a military garrison on a disputed island, while the Philippines, Vietnam, Malaysia, Taiwan and Brunei are asserting their own claims. The region is estimated to have as much as 30 billion metric tons of oil and 16 trillion cubic meters of gas, according to China's state-run Xinhua news agency.

Asia analysts such as Ernie Bower of the Center for Strategic and International Studies in Washington said Clinton's trip involves a delicate balancing act: reassuring nervous allies that the U.S. will stand firm against any Chinese incursions that infringe on freedom of navigation or commerce, while engaging China more than ever as a partner in promoting economic growth and defending against global threats.

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FOOTBALL

Penn State faces uncertain future



By Fritz Metzinger
Cavalier Daily Senior Associate Editor

Last Saturday, two unranked teams squared off to begin their 2012 campaigns. In a sport that values high stakes and compelling action, the game offered only lukewarm excitement and held virtually no national championship significance, with the visitor rallying for a 24-14 win.

Because it was Penn State's first game, however, this otherwise unremarkable tilt garnered extensive national media attention. In the wake of former Penn State defensive coordinator Jerry Sandusky's conviction on 48 counts of sexual abuse-related crimes and the ensuing Freeh Report, which slammed iconic late coach Joe Paterno

and other administrators for their inaction, the national microscope remains squarely fixed on a program seeking redemption after a stunning and well-publicized collapse. This week, Penn State football and its accompanying media circus invade Scott Stadium for a nationally televised matchup against coach Mike London's Virginia squad.

"We all understand it's a 12 o'clock ABC game — national TV," London said of the surplus attention. "There are opportunities, and we've been on national TV before, so we're excited about the challenge that this Saturday brings."

Even though a home game against a potent Big 10 foe on ABC certainly presents a "chal-

lenge" for London, it pales in comparison to the daunting task the next several years will pose for new Penn State coach Bill O'Brien.

After reviewing the inflammatory contents of the Freeh Report, the NCAA crushed a Penn State program that reached 37 bowl games under Paterno. College sports' governing body cut 10 scholarships per year and prohibited the Nittany Lions from participating in postseason play the next four years, tacking on a \$60 million fine to boot. Now, O'Brien faces the unique challenge of restoring success and dignity to a program once regarded as a paragon of both.

"You appreciate the job that he has and the task that he has of getting his team prepared

and ready to play despite all the obstacles and things that occurred there," London said of O'Brien.

Beyond the crippling sanctions, the most obvious hindrance to O'Brien building a successful foundation in State College, Penn. involves selling ambitious young athletes on his program despite the impossibility of post-season play. Nine players have transferred since the NCAA imposed the penalties July 23, including 2011 leading rusher Silas Redd, and the dearth of scholarships for the next several years means that O'Brien will be hard-pressed to supply his roster with enough depth to field a competitive team.

"I couldn't imagine having to deal with that, and keeping the

guys loyal, keeping the guys wanting to come to the school, keeping the guys — particularly, maybe the younger sophomores, freshmen — that are already on the team that will be highly impacted by this," London said. "He's got a tough job."

Roster-related worries should also prompt O'Brien to rely more on walk-ons, whom he endearingly refers to as run-ons, especially those from Pennsylvania.

Another of the multitude of concerns for O'Brien in his first year at the helm is the potential taunting from opposing crowds. Though he admitted the prospect of his team constantly con-

Please see **Football**, Page B2

Teddy and the Nats

ZACK BARTEE

Sometimes Teddy trips, sometimes he gets disqualified and other times he just gets flat-out beat. But make no mistake about it — Teddy never wins.

515 Presidents' Races have been run at Washington Nationals home games since the tradition began in 2006. The fourth-inning showcase features mascot replicas of George Washington, Mr. Jefferson, Abe Lincoln and Teddy Roosevelt competing in a footrace from the outfield down the right field foul line.

With the oversized mascots' comedic antics, the races have become an entertaining highlight at Nationals Park and a staple of Sports Center's Not Top 10. And Teddy has become affectionately known as the lovable loser.

After the premiere of The Dark Knight Rises, Teddy dressed like Bane and tried to eliminate George and Tom from the race, but he was ultimately foiled by a Batman-clad Abe.

During the Discovery Channel's Shark Week, Teddy donned a shark costume and even enlisted the help of another 'shark' to no avail.

From the day the mascots made their debut at Nationals Park up until last year, Teddy's plight mirrored that of the Nationals. After moving from Montreal in 2005, the team formerly known as the Expos posted a .438 season in its inaugural campaign representing the nation's capital. Even that 71-win season put the Nationals last in their division.

In the next six years, the Nationals cemented themselves as perennial cellar dwellers, finishing last in the NL East four times during that span and never higher than third.

In both the 2008 and 2009 seasons, the Nats were the Bad News Bears of Major League Baseball, posting consecutive 100-loss seasons and finishing with the MLB's worst record both years.

Then, in June 2011, the Nats showed their first signs of life since coming to Washington by going on an 11-of-12 tear that boosted their record to 38-37. With the Nats finally winning, however, manager Jim Riggleman abandoned ship following a contract dispute.

The Nats' front office declined to offer Riggleman the extension he desired, and in keeping with the tragicomedy that is typical

Please see **Bartee**, Page B2

Through the Looking Glass

SEAN MCGOEY

The NFL season kicks off again Tuesday as the Dallas Cowboys head to East Rutherford, N.J. to take on the defending Super Bowl champion New York Giants.

It's been seven months to the day, and let me tell you — pro football hasn't come back a day too soon. Sure, the absence of football has allowed me to deepen my appreciation for other sports in that time, namely basketball. But after a summer of watching the Olympics, I'm ready to make my triumphant return from the land of fencing and weightlifting to the true American pastime.

In fact, here are some of the things I'm most looking forward to about the return of the NFL:

The possibility that Eli Manning could knock off Tom Brady in the Super Bowl — again. After the third time, wouldn't you have to start calling Eli the better quarterback?

The chance to watch Andrew Luck and Robert Griffin III, the top two picks in April's draft, go from duking it out for the Heisman Trophy to seeing who throws for the most yards on a

struggling NFL team that trails in almost every game it plays.

Troy Polamalu's hair. For real. Ray Lewis' intensity and energy. He is the poster child for the idea that, however corny and clichéd, if you do something you love and work your tail off honing your craft, you can't be bad at it.

The Saints. All of you who know me know that I am from New Orleans and am a huge Saints homer. With the Bountygate punishments, commissioner Roger Goodell has created an "us against the world" mentality in the Big Easy. The Saints could rise to the challenge and find themselves playing for the Lombardi Trophy in their own stadium. Or they could crack under the pressure of losing Sean Payton, while Drew Brees tries too hard to live up to his \$100 million contract. The scariest part? The Saints' season could go either way.

That awkward moment when you're watching your favorite team and think to yourself, "Man, I want my team to win big, but I also have [insert opposing star player] on my fantasy team." Who do you root for harder?

The two certainties. No, not death and taxes. The two football certainties — that Michael Vick, Frank Gore and Andre Johnson will get injured like

they do every year and that Mike Shanahan will kill your fantasy team by turning the running back position into a carousel. Roy Helu, Jr. owners, look out.

Rooting against: Jerry Jones; Rex and Rob Ryan — the Jets and Cowboys, in general, really; the absurd attention Tim Tebow gets; Bill Belichick's half-sleeve hoodie; Tom Brady's hair; Tom Brady's face; Tom Brady's UGGs — notice a pattern?; the running-back-by-committee; and more or less every player from USC, Miami, Ohio State and Virginia Tech in the NFL — Saints tight end Jimmy Graham and defensive end Will Smith excepted.

Rooting for: Drew Brees; the feature back; more or less every player from Virginia and LSU in the NFL; successful returns from injury for Jamaal Charles, Adrian Peterson, Eric Berry, et al; Andy Reid; guys like Brian Urlacher who play through pain; Larry Fitzgerald, who continues to put up stats despite the pathetic crew of Cardinals quarterbacks; Andy Dalton throwing bombs to A.J. Green; and rookie quarterbacks Luck, Griffin, Brandon Weeden and Russell Wilson.

The versatility of guys like Ray

Please see **McGoey**, Page B2

“You don’t want to go in and be the guy that screws everything up. If I go in and go 0-for-5 instead of 5-for-5 to start out the drive, everybody would say, ‘get him out of the game.’”

—quarterback Phillip Sims

Football | Cavs, Nittany Lions take divergent paths

Continued from page B1

tending with acrimonious stadiums does concern him, O'Brien pointed out that no trip to Scott Stadium or any of the stadiums in the tradition-laden Big Ten passes easily.

"We've got to be able to deal with the crowd noise, because that's the biggest thing," O'Brien said. "Not what they're yelling, but how loud they are."

Against all odds, though, reasons for optimism endure in Happy Valley. To be sure, the Nittany Lions still feature a formidable roster, with more than 90 percent of the players staying put following the Freeh Report.

Hopefully for O'Brien, experienced stalwarts such as senior incumbent starting quarterback Matt McGloin and standout senior defensive tackle Jordan Hill can fuel unexpected success in 2012 and inspire younger teammates to emulate their leadership in subsequent years.

"We've got a really tough senior class, a mentally tough senior class," O'Brien said. "So we'll be leaning on them all year."

Another reason for hope rests in the proud Penn State community. As the crowd of 97,186 present for last weekend's home opener against Ohio illustrated, the Penn State community remains as fervently supportive

as ever of its darling team.

"I was thrilled with the crowd ... That was pretty neat," O'Brien said.

Neat, indeed — and a tremendous boon to a group of players that need encouragement as much as anyone.

In a stark contrast to the tumult swirling at Penn State, the Virginia football program is enjoying its most stability in years, thanks to London's steady tutelage. After reaching the Chick fil-A Bowl last year, the Cavaliers opened 2012 with a strong performance against Richmond. In meeting the Nittany Lions, however, Virginia confronts a peculiar dilemma:

playing a team that is at once deteriorating and thriving. If the Cavaliers win as ten-point favorites, they will have merely scored a victory against a program in tatters. A loss, however, could raise serious questions about their ability to compete for an ACC Championship, even though it would be a loss to a talented Big 10 force.

"That's a team that was a bowl team last year," London said. "So I see a team that, outside of all the other stuff that's going on, played at home, played hard [and] didn't come up with the win. But I know that [O'Brien] will have them ready to travel and play against us."

In light of the many nuances and complexities stemming from the Sandusky debacle, then, the national obsession with Penn State will persist for the foreseeable future.

For his part, London has considered how O'Brien will weather one of the most difficult and bizarre sets of circumstances in sports history: by seeking refuge from the off-field pandemonium in the game itself.

"I would imagine that as he talks to the team, the only non-distraction is actually the game itself, the practices itself, the moments that all you're thinking about is just football and playing," London said.

Bartee | Virginia alum Zimmerman leads MLB's best team

Continued from page B1

of all D.C. sports, Rigglesman did the mature thing — he resigned. There goes the season.

Enter Davey Johnson. Three games after Rigglesman quit, general manager Mike Rizzo appointed Johnson to take Rigglesman's post, and the baseball savant guided his team to a more respectable third place finish in the division at 80-81.

Kept on for the 2012 season, Johnson has led the Nationals to the best record in the majors behind one of the premier pitching staffs in baseball and a batting order littered with energy and youth. This is where the Nationals and Teddy have taken divergent paths. Teddy is still waiting for win No. 1.

The feel good baseball story of the summer, the Nats seem all

but guaranteed a playoff spot — knock on wood — and perhaps even a division title if they can hold off the Atlanta Braves. Rigglesman is currently coaching the AA Pensacola Blue Wahoos. I'd be willing to bet he's kicking himself right about now.

Speaking of Wahoos, one constant bright spot throughout the Nationals' successes and struggles since 2005 has been former Virginia third baseman Ryan Zimmerman. Though phenoms Stephen Strasburg and Bryce Harper are perhaps bigger fan favorites these days, nobody has done more for the franchise than Zimmerman, the undisputed team leader.

Despite starting the season with a three-month-long slump and batting only .234 through June, Zimmerman has surged lately. He is batting .339 since

the start of July and has propelled the team to its best season in franchise history.

Not everything has been smooth for the Nationals, as they have had to overcome one injury after another to key components of their lineup. Ironically it was Zimmerman's bum shoulder — along with outfielder Michael Morse's strained lat — that spurred Rizzo to call up Harper. Even when he's hurt, the Z-Man finds a way to make the team better.

It is a shame the recent media coverage of the Nats has concentrated on the Stephen Strasburg shutdown decision. Even with 'Stras' last start looming next Wednesday, the Nats have plenty of talent for a deep playoff run. The Nationals possess a resurgent offense and four other bona fide starting pitchers, as

well as AAA stow-away John Lannan, who has delivered two quality spot starts this season and has proven he can handle taking Strasburg's turn in the rotation until the playoffs.

Sure, it seems counterintuitive to shut down your ace when you're in a pennant race, but nobody really knows the full story except Rizzo, Johnson, Strasburg and his doctors. Johnson has won World Series as both a player and a coach, and Rizzo's personnel decisions — trading for Gio Gonzalez and signing Edwin Jackson this off-season, among others — are a huge reason why this franchise is even in playoff discussions right now. So I would advise fellow pundits to leave this decision to the experts.

The Nats think they'll be in playoff contention for years

to come, and with their youth I don't doubt it. So why take a chance on destroying the career of a potential Hall of Famer by pitching him another 60-plus innings for immediate success? Congrats to the organization for standing by its decision and protecting its players' wellbeing.

Although baseball fans and analysts may never agree on Strasburg's shutdown, I think we can all agree on this: it's time to let Teddy win.

The Nats' season will come down to a close, series-clinching game at Nationals Park in the playoffs. Teddy will finally defeat his fellow Mount Rushmore inhabitants in front of a sellout crowd, sending the stadium into a frenzy. The rest will be history.

This year belongs to the Nats. And Teddy.

McGoey | NFL provides entertainment, election coverage escape

Continued from page B1

Rice, LeSean McCoy and Darren Sproles.

The feats of physical and athletic supremacy that you can only see in the NFL. Chris Johnson's breakaway speed, Vince Wilfork's shocking athleticism for a man his size and pretty much everything having to do with Calvin Johnson and Cam Newton.

Posting up at Buffalo Wild

Wings or on my couch every Sunday and strapping in for hours upon hours of games on TV.

Divisional grudge matches. I have a borderline-obsessive love of rivalries. Steelers-Ravens, Packers-Bears, Pats-Jets, Saints-Falcons. I love 'em all.

Having something to distract me from election season. Seriously, attack ads are bumming me out.

Wondering if Cardinals cor-

nerback/return man Patrick Peterson can stake a claim to Devin Hester's best-returner-of-all-time rep.

The Super Bowl being in New Orleans. Good for everyone involved. New Orleans gets the economic boost of thousands of visitors, and everyone else gets to see that New Orleans does the Super Bowl right.

That one guy every year who comes from out of nowhere and sets the league on fire. The 2012

edition? Matt Ryan, quarterback of the Atlanta Falcons. It kills me as a Saints fan, but he's the next guy to pop. Top back Michael Turner is headed downhill, wideout Roddy White is one of the elite pass-catchers in the league and opposite receiver Julio Jones is rapidly approaching White's level, not to mention that a new offensive coordinator seems set to open up the throttle on the Dirty Birds' offense. Forty touchdowns and

4,500 yards don't seem out of the question.

And most of all, knowing that I am finally free of the shackles of SportsCenter's Top 10 Plays being nothing but a collection of diving outfield catches. I want to see some hits.

Of course, these are all matters of personal preference, the things I'm looking forward to about the return of the NFL.

What are you looking forward to?

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U.Va. HITS WALL STREET

Fourth-year Commerce students find Wall Street internships invaluable

By Kristin Ulmer
Cavalier Daily Senior Writer

Most college students look forward to summer vacation as a chance to escape from the stress of school, but as fourth-year Commerce students headed to work on Wall Street this summer, they knew they had their work cut out for them.

Working as interns in the sales and trading sector of the financial market, fourth-year Commerce students Andrew Colberg and Jake Davies woke before the sun rose so they could be in the office at 5:30 a.m., before the markets opened. There were, however, perks of an

early wakeup call — getting off work at about 6:30 p.m. or 7 p.m. each day.

“[It] is more of a sprint than a marathon,” Davies said. But to other students embarking on a life on Wall Street their summer was a marathon of more than 100-hour-work-weeks.

A huge amount of information is thrown at interns working on Wall Street. Davies and Colberg both worked in teams that rotated every three weeks, learning about a number of the functions of capital markets.

With rows and rows of computers dominating the office layout, even the students’ work environment mirrored the fast-

paced information flow that many associate with life on Wall Street.

“If you ever had a question while you were working on something, you literally pop your head over to someone sitting across from you to ask without even leaving your seat,” Colberg said.

Students said the hours were long, but that was befitting of the stereotypical Wall Street experience.

“I knew what I was getting myself into,” fourth-year Commerce student Jordan Fulton said. “It’s part of the industry, so I wasn’t going to complain about the hours.”

Intensive work weeks, though,

were only one of the challenges of a summer in investment banking: unpredictable project deadlines often forced Fulton to cancel plans with friends at the last minute.

To make up for it, the students’ internships also offered social opportunities, whether that meant grabbing a quick cup of coffee in the afternoon or enjoying a “family dinner” with their team.

“Around 7 p.m. there is a kind of down time at all of the banks and so a good number of people on our team who weren’t busy would order dinner and eat together in a conference room,” fourth-year student Emily Brockway said.

But as economics-minded Wall Streeters are apt to say, the benefits of working in one of the leading financial markets in the world outweighed the costs. The challenging nature of the work, the opportunity to gain valuable experience, and the chance to spend a summer surrounded by smart, equally motivated coworkers all contributed to these students’ desire to work in investment banking and sales and trading this summer.

“Working on Wall Street teaches you how business works and what makes companies successful or unsuccessful, and that is knowledge that will benefit you for the rest of your professional life,” Colberg said.

Last of the Firsts

At the End of the Day



SIMONE EGWU

This year at the University has had a bit of a different feel for me. I am entering my fourth year, forgive me for being sentimental, but I have a lot of feelings about it. Mostly, the “this is the beginning of the rest of my life, only with a year to prepare” elation.

But the initial excitement I feel is tinged a little gray with

the sad realization that this is the last year I will have with the people I love in Charlottesville. Oh sure, we can visit, and some people won’t leave town, but it will never be the same as it is right now — just like in all of those graduation movies.

So I have become that fourth-year girl who notes all the first things I will be doing for the last time. Last Tuesday was my last first day of the fall semester. I have never cherished syllabus week quite so much. Nor have I ever been quite so dedicated to ensuring that I am absorbing every nuance of my syllabuses. Usually syllabus week is just an exercise in extra long blinks and reorganizing my planner. But because this was my last first day of class of my fourth year, I wanted to appreciate it.

I pulled out highlighters and corresponding colored pens, noting due dates and highlighting important assignments.

As I went about my day-to-day activities, I felt a little twinge at the realization that this would be the last first time I did many things. It would be the last first time I began workouts, as I rushed over from my last class of the day to John Paul Jones Arena to start the second part of my day. It would be the last first time I ate in Newcomb Dining Hall, declared it inedible and returned everyday for the rest of the week because it was convenient. It would be the last first time I sat at Rotunda Sing with my teammates, wolf whistling at various members of a capella groups and lamenting our lack of singing talent.

But as I got caught up in all these feelings, I was starting to understand that maybe it was time to stop crying about these milestones and start appreciating them.

I’m not sure if it was a teammate slapping me and telling me to get it together as I unpacked at the beginning of the year or my own mother telling me to suck it up, but all this sadness was getting me nowhere. Sure, sometimes it feels good to wallow in nostalgia as you pass the first years heading to Convocation. But then you realize, hey I didn’t even go to Convocation, why am I actually sad about this again?

The school year has only just begun, and although this one definitely has a special place in my heart, I don’t want to be

so busy trying to cherish it that I forget to live it — someone in a movie might have said that too. You can’t force memory making, and you certainly can’t make something special just because you want it to be. I’ve learned a lot of lessons at the University, about life, love and the best late night food to avoid a stomach ache in the morning, but I guess this is one I am still working on.

To all of the fourth years out there who are struggling a little with the last firsts of everything — and I acknowledge this may only be me — it’s going to be okay. Just don’t forget to take a lot of pictures.

Simone’s column runs biweekly Tuesdays. She can be reached at s.egwu@cavalierdaily.com.

Ball so hard: University tailgates dwarf game action

Dear Abbi



ABBI SIGLER

Much to the dismay of my father and grandfather, I don't know a whole lot about football. If I did, you'd probably be reading about this in the sports section. On a good day, I could throw a decent spiral and explain the basics of a game. On a normal day, I pester my guy friends to explain why the refs throw a flag, debate who has the better outfits — which my dad insists I refer to as uniforms — and hope that a real tussle breaks out between the two teams. But that doesn't mean I love game days any less than the most knowledgeable fans.

Game days are just plain exciting. Our world stops spinning a little bit when it's game day in Charlottesville. Case in point, I received no e-mails between Friday night and the end of the game on Saturday. I can't remember the last time I went 24 hours without getting an e-mail notification. It was a beautiful thing.

Game days are miniature holidays filled with all the best things that celebrations have to offer. Preparation is a serious matter. You have to dress your best — girls in pearls and



Courtesy of Skip Deegan/Tailwind Basics

guys in ties — before heading to the best part of the day — the tailgate. At this literal pregame, you engage in quintessential American activities, while assuring yourself that we are in fact going to win.

Once you've had enough debauchery, you begin the trek — because the buses don't run, another sign of a true holiday — to the stadium in a herd of other students. As you near Scott Stadium, the excitement builds. You pass more tailgaters, the noise from the stadium gets louder and if you're lucky, Cav Man gallops past you. What more could you ask for?

To me, the football games are less about the actual sport and more about the University's sense of community. It's about scanning Scott Stadium's sea of orange and intentionally overlooking that one small sliver containing the other team's band and few fans. It's a social event — a time to catch up with friends outside of class or the chaotic Corner scene.

For the most part, the stands are for the fans dedicated to the game, the true lovers of the sport — my father, for instance. But the hill is the place to go for people to casually watch the game. In theory, the hill is a great place for toddlers to play, namely in that they don't need to sit still. In reality, the hill is probably the last place savvy parents would want their impressionable small children, despite the fact the little girls in cheerleading outfits and little future frat stars are a blast to watch. No matter where you sit, the sense of community and common love of U.Va. is palpable and undeniable.

As I'm sure you heard nearly all fourth years lament, this was my last first football game. Even to the amateur, fairly uninvolved spectator, this game was markedly different from my class's first football game.

That game was defined by fleeting U.Va. fans and a few overly rambunctious William & Mary kids celebrating their school finally beating us in something. In the weeks following, "Groh must go" became a uniting mantra.

In the last three years, we've stepped up our game quite a bit. We've united behind a head coach and a great team instead of against them.

But I've always adored the football players and coaching staff based solely on the fact that they represent U.Va. In fact, I probably care less than the average fan if we win or lose. I like winning for two main reasons. One, it reminds everyone that we are actually the best, at everything. And more importantly, two: I like singing the "Good Ol' Song."

So, congratulations to the team for a game well played this weekend.

See you all again Saturday! Go Hoos! And maybe more importantly, happy tailgating!

Abbi's column runs biweekly Wednesdays. She can be reached at a.sigler@cavalierdaily.com.

To me, the football games are less about the actual sport and more about the University's sense of community.

Having it Worse

I was in Europe this summer. I could tell you what I learned at the Tate Modern, what I realized in Normandy, what I came to understand on the Underground. But we'll save all that for the next cocktail party. Instead, I'll tell you what I saw when I came back; a very real and troubling vision of myself among a very real and troubling vision of many selves.

I believe that most middle class college kids deal with the same paradoxes. My parents can pay for my tuition, but I don't have any money to go out to dinner. My parents make me get a job, but I have to drive to it — in the \$20,000 car they bought me. My apartment is so far away from bars. My life is very busy, very difficult, full of classes and worries and part-time jobs.

So many times I've found myself play-arguing with my boyfriend, my roommates, my mother. I have it worse: I'm busier, I work harder. I have the most on my plate. We aren't really arguing — we're smiling and joking and throwing out the usual self-deprecating niceties. But I can feel it, simmering right below the slightly forced laugh. The underlying tension.

We're trying to answer the question: How do I distinguish myself from my peers? Yeah, yeah we're all unique and different but the fact that we can all afford to go to college and plan our futures sets us apart from the majority of the population — and renders us all very much the same. Makes us all very lucky. But being lucky and happy and successful is boring. There's no fodder

for stories in this kind of middle class college life.

So we argue. Through our teeth, under our breath. My classes are more difficult. My waitressing job is more exhausting than your internship. And on and on.

Even when I realized the troubling truth that I was trying to have it worse than everyone else, it still took me a while to figure out a way to have it just the same. Or better. Or anything other than those conversations marked by deep sighs and exchanged through clenched teeth.

I tried to relate to other people I work with. They aren't just waitressing for pocket money — they have bills to pay. I empathized as much as I could, as deep and hard as my bounds of imagination would allow me. I know that in a few years this will most likely be my fate.

But I couldn't make the leap. That hazy future isn't now, that isn't frightening — yet. I thought closer to home: friends I know who take hard classes, work part time, have to pay a lot of their bills. Again, I was struck with feelings of admiration, disbelief, even envy — they really do have it worse!

I cannot relate. I cannot relate to starving kids in Africa when there's still food on my plate — especially since I rarely leave food on my plate. I cannot relate to someone whose parents do not support their future — even my geologist father, worrying and prodding and questioning my intentions, finds my reading and writing interesting, as long as that is what I love. I cannot relate to my best friends! And believe it or not, my identical twin and I have those under-the-breath arguments about doling out portions of ranch at our horrible, tiring jobs.

Why do we compare ourselves to others? How could we ever find an accurate scale on which to base our observations?

I want to stop comparing myself to others. The only person I know so well, better than anyone else, is myself. I will never know if I have it worse than the girl next to me.

And even if we mapped it out, constructed some formulas to work with, what would we gain from that knowledge?

Things I Don't Know For Sure



CONNELLY HARDAWAY

What I do know is that 21-year-old Connelly has it better than 16-year-old Connelly. I know that 21-year-old Connelly yearns for parts of her 10-year-old self. That three months ago Connelly had it worse than she does now. I can even predict that 23-year-old Connelly will have it much worse than Connelly of today.

I'm not saying that we cannot learn from others. That would kind of ruin the whole idea of human connections and relationships. But I do think that we yearn, that we yearn so deeply to be important. That when everything is good, we want something to be bad — so that we matter, so that we can let everyone know that we matter. I want to pull that inwards. I cannot let go of the feeling that the hard work I put into (fill in the blank) must mean something, to someone. So I'll let it mean something to me.

The three miles I run to convince myself that I can still run are nothing compared to the six miles 19-year-old Connelly clocked every day. But 19-year-old Connelly didn't get as good grades as I do.

I move back and forth in the memories of my existence. I can do better, but couldn't I also do a lot worse? My roommate says she had a hard day at work. I bite my tongue and resist the urge to recount my own day. For today, let's just be the same. Let's have it good, let's have it better.

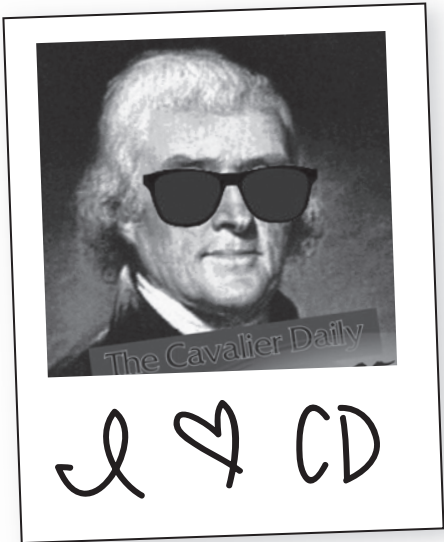
Connelly's column runs biweekly Wednesdays. She can be reached at c.hardaway@cavalierdaily.com.

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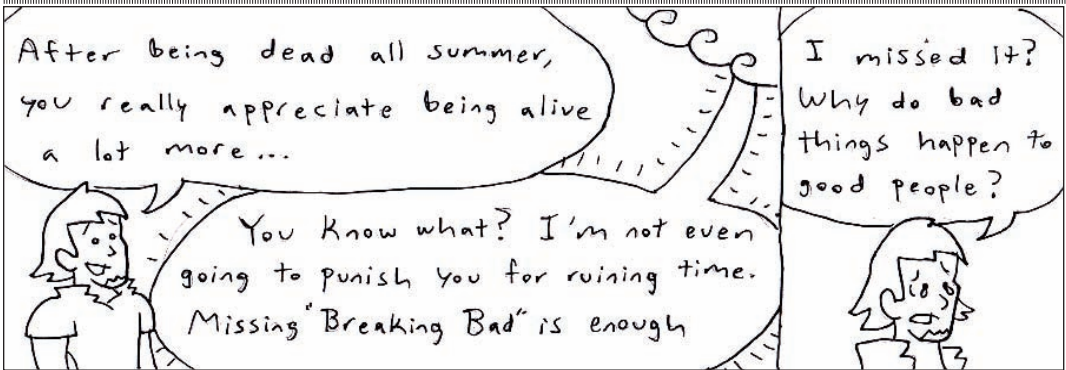
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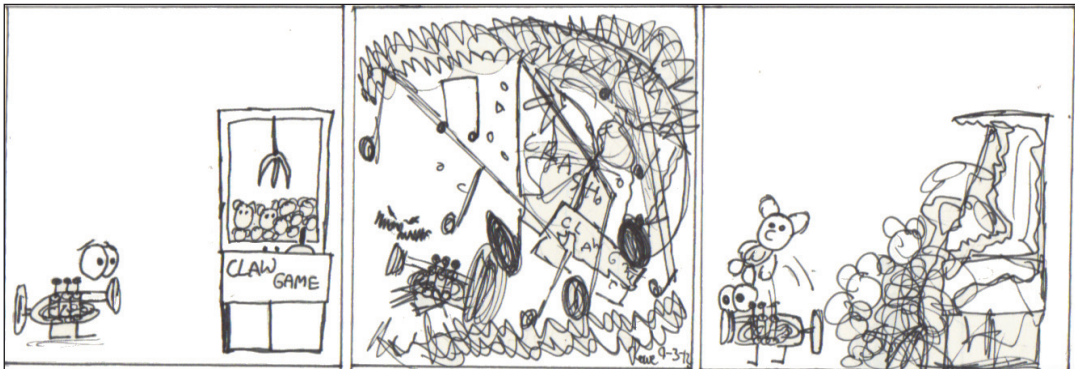
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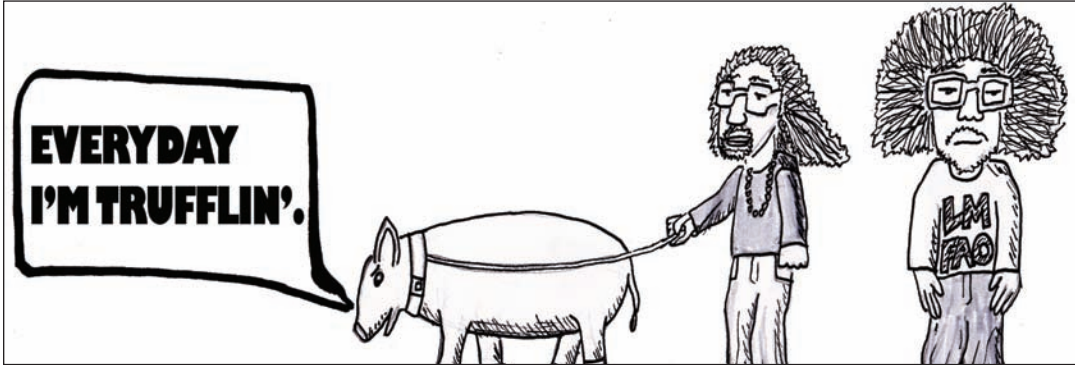
THE ADVENTURES OF THE AMAZING <THE> A-MAN BY EMILIO ESTEBAN



TWO IN THE BUSH BY STEVE BALIK & DANA CASTNER



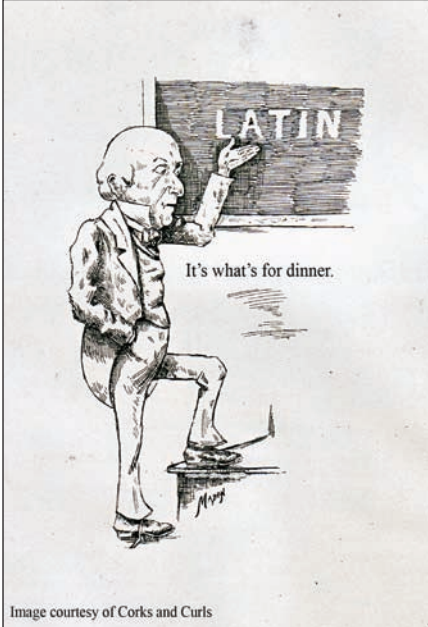
A BUNCH OF BANANAS BY GARRETT MAJDIC & JACK WINTHROP



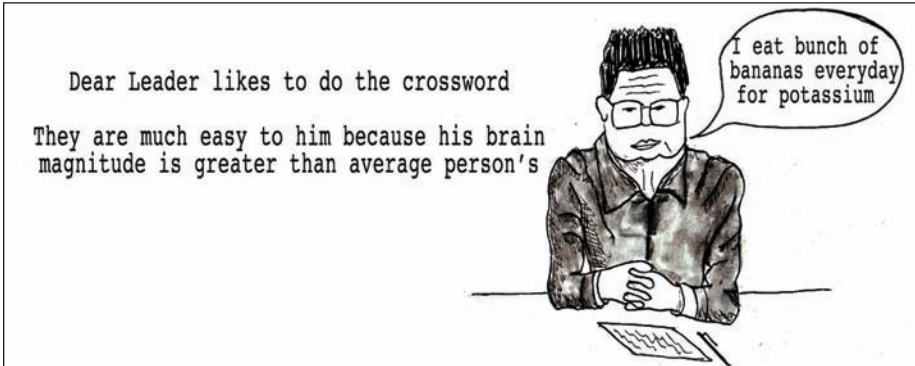
(NO SUBJECT) BY JANE MATTIMOE



QUIRKS AND CURLS



DEAR LEADER SAYS



HOROSCOPES

ARIES (March 21-April 19). Right now moneymaking projects are a matter of motivation, not money. Plant rewards along the way. Sometimes a dangling carrot is just what the donkey needs to move.

TAURUS (April 20-May 20). Your two-month battle with inertia is over -- err, almost. Stay strong and stubborn till the end. Stare 'em down, or just refuse to budge. You're almost there.

GEMINI (May 21-June 21). Frustration looms, but never fully reveals. Irritation can't be pinned down. You feel like you're at the mercy of strange forces acting on you in unseen ways. It's coming from inside.

CANCER (June 22-July 22). You're surrounded by celebratory spirits who want only the best for you. When they get a little rowdy and spill their drink on you, laugh it off. This is the kind of mess that makes life fun.

LEO (July 23-Aug. 22). This is a very romantic time for you. Share secret hopes and goals with a new love, and you grow closer. You're in the process of making an important relationship decision.

VIRGO (Aug. 23-Sept. 22). There's a right time to start a conversation and a wrong time. Positively, if you have no investment in the outcome, it's always the right time. Otherwise, use your intuition to gauge whether someone's available.

LIBRA (Sept. 23-Oct. 23). A gripe is like a stubborn stain. Get to it right away and it's not permanent, but let it fester and it sticks around. Hear a loved one's grievance out now. Even if you don't like what you hear, address it so you can move on.

SCORPIO (Oct. 24-Nov. 21). If someone can't come to you, meet him or her halfway. It promotes the spirit of cooperation in all your relationships. And if you can meet all resistance in that spirit, the next six weeks are more manageable.

SAGITTARIUS (Nov. 22-Dec. 21). You've got a handle on what's important to you and what you want. Now you have to prove to yourself that you can really have it. As your energy fades, dip into that energy of desire. Let it ignite the work ahead of you.

CAPRICORN (Dec. 22-Jan. 19). Working diligently on your own project is great. But with just one other person working alongside you, it's heaven. This is one of those sweet times when your partner wants what you want, too. Enjoy.

AQUARIUS (Jan. 20-Feb. 18). The weight of the world can feel crushing if you think you're the one holding it on your shoulders. Release yourself of the burden. The world has been keeping its place in orbit quite nicely on its own.

PISCES (Feb. 19-March 20). You're happy to tell someone what to do and how to do it. You could come off as bossy. Or you could come off as headstrong and productive. It's a fine line. And you'll navigate it gracefully.

TODAY'S BIRTHDAY (September 5). It's a year of believing -- in yourself, your mission and your team. This month your snap judgments turn out to be amazingly true. It's so fortuitous to act on them! There's a windfall in August. A relationship gets more serious in September, which affects your living arrangement. Scorpio and Sagittarius people are creative touchstones. Your lucky numbers are: 50, 2, 35, 40 and 5.

Four score and seven beers ago...

Err... Oh, right, come to **The Cavalier Daily Open House** today in the Newcomb basement.

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EASY

#2

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

LAST SOLUTION:

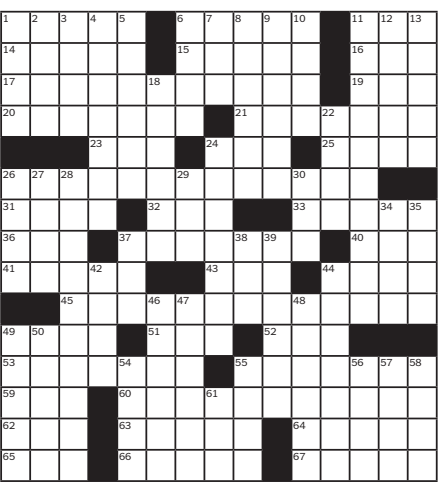
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6	9	2	3	7	4	1	8	5

The New York Times Crossword

- ACROSS**
- 1 Stealth
 - 6 Bird or human
 - 11 Kind of nut
 - 14 Falcon-headed Egyptian god
 - 15 Central Florida city
 - 16 Bargain bin abbr.
 - 17 Persian mathematician known for his poetry
 - 19 Hoops org.
 - 20 Big name in lexicography
 - 21 They're made to be destroyed
 - 23 Exit-the-program key
 - 24 Certain decree
 - 25 Java servers
 - 26 Ukrainian-born actress who was a Bond girl in "Quantum of Solace"
 - 31 Giamatti of "Sideways"
 - 32 Petting zoo sound
 - 33 Long Island town
 - 36 It may follow directions
 - 37 Spot for a summer nap
 - 40 Baton Rouge campus, for short
 - 41 Chocolate source
 - 43 Lupino of "High Sierra"
 - 44 Boilermaker component
 - 45 Noted conductor whose son played TV's Colonel Klink
 - 49 Film villain with prosthetic hands
 - 51 Blossom visitor
 - 52 Wriggler in the water
 - 53 Base for some muffins
 - 55 Pearl sets
 - 59 TiVo, e.g.
 - 60 What 17-, 26- or 45-Across might say upon meeting 17-, 26- or 45-Across?
 - 62 Prefix with politics
 - 63 Frontier abode
 - 64 Japanese menu item
 - 65 Designer inits.
 - 66 In reserve
 - 67 "C'mo ____?"
- DOWN**
- 1 Food, colloquially
 - 2 "Quo Vadis" setting
 - 3 Fine steed
 - 4 Flipped fish-eater with a double coat
 - 5 "Shame on you!"
 - 6 Male swine
 - 7 Less than cordial
 - 8 E-commerce site owned by eBay
 - 9 "Idylls of the King" maiden
 - 10 Butler's expletive
 - 11 Accessory for the fastidious dresser
 - 12 Music genre
 - 13 Green stuff
 - 18 Priam's wife
 - 22 Arctic seabirds
 - 24 With much room to spare
 - 26 Crude acronym
 - 27 "Doctor Zhivago" role
 - 28 Million Mom March issue
 - 29 St. Louis pro
- ANSWER TO PREVIOUS PUZZLE**
- | | | |
|---------|------------|---------|
| RACE | STOMP | VOCAB |
| ANAL | KENYA | IMONA |
| HARVEY | DENT | CESAR |
| TECELL | SAINTNICK | |
| WORSHIP | OAR | NIA |
| AMA | ITINA | DOCENT |
| GIST | NOISILY | |
| CHICKEN | SCRATCH | |
| GONDOLA | EHUD | |
| SCHEME | SERIF | UNGO |
| COE | PAL | ENLARGE |
| RING | AD | DUNNO |
| INRED | COLLISIONS | |
| MOYER | ISAAC | MUTE |
| SPIKE | TEMPT | ETON |

Edited by Will Shortz

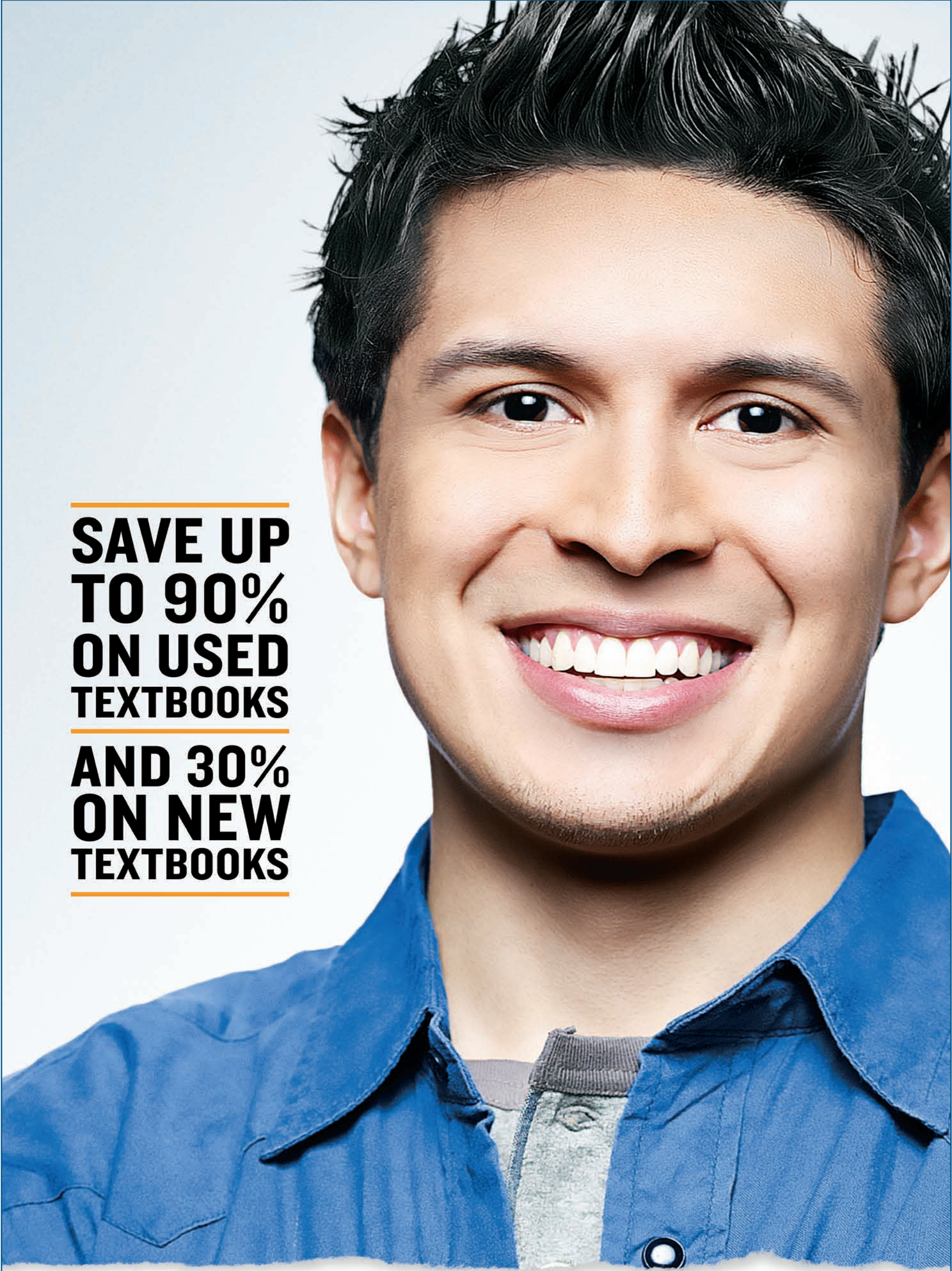
No. 0801



Puzzle by Doug Peterson

- | | | |
|-----------------------------|----------------------------------|--|
| 30 Suffix with beat or neat | 44 Its capital is Minsk | 55 New Year's Eve word |
| 34 "Interesting ..." | 46 White House family | 56 One out on a limb? |
| 35 Run smoothly | 47 Obi-Wan ____ | 57 Qatar's capital |
| 37 Sweltering | 48 Examine carefully | 58 Sports equipment that doesn't fit in carry-on luggage |
| 38 Rhyming tribute | 49 Evasive | |
| 39 Began stirring | 50 Carries on (advance slightly) | |
| 42 Get from ____ | 54 Costa ____ | 61 Jest with |

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