

UCC provides counseling services to students

University Counseling Center addresses increasing number of students seeking support

By **CLARE KOSSLER**
Associate News Editor

Editor's Note: This is the fourth installment of a five-day series discussing mental health at Notre Dame in recognition of Mental Illness Awareness Week.

During the 2008-2009 academic year, the University Counseling Center (UCC) reported 1,015 initial intakes of students seeking counseling services. By the 2013-2014 academic year, that number had risen to 1,409.

And according to director of the UCC Susan Steibe-Pasalich, it increased again by an additional 4 percent between the 2013-2014 and 2014-2015 academic years.

Dr. Peter Barnes, a staff

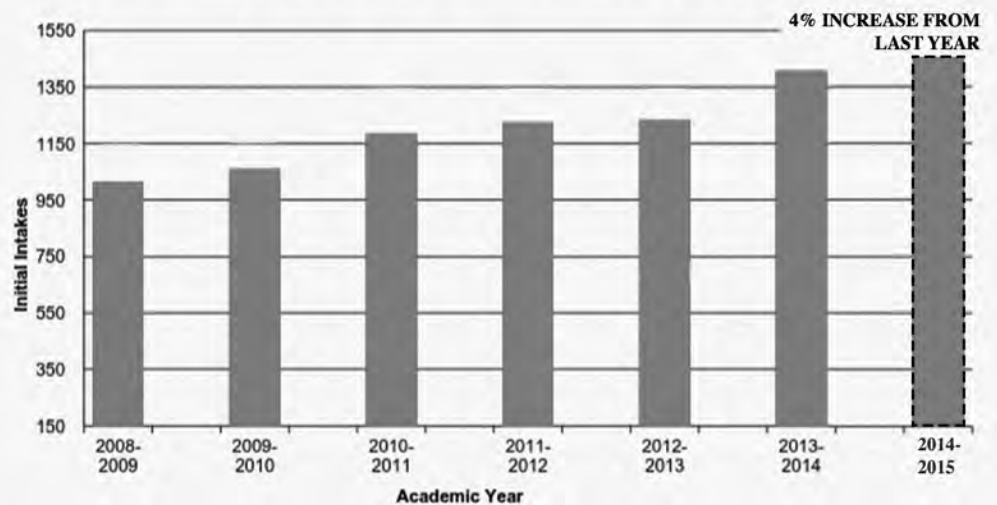
psychologist at the UCC, said the center has had to make certain adjustments to accommodate the growing demand for its services.

"Our counseling center, as well as counseling centers across the nation, have seen an increase in severity of problems over the past couple of decades, as well as the overall demand of services, and so it's a challenge to meet all the needs for all the students," Barnes said. "... Over the years, we have moved to more of a short-term model of counseling in order to accommodate the increasing demands.

"It used to be 15 years ago or so that the demand was just far less, and so we had much fewer

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NUMBER OF CLIENTS AT THE UNIVERSITY COUNSELING CENTER



LUCY DU | The Observer

SENATE

Group discusses updated ticket plans, sustainability

By **MEGAN VALLEY**
News Writer

Student Senate met Wednesday night to hear presentations on the new men's basketball and hockey student ticket plan, local and sustainable food initiatives and student government's report to the board of trustees.

Senate was closed to the public when student body president

Bryan Ricketts, student body vice president Nidia Ruelas and chief of staff Dan Sehlhorst presented the student government sexual violence report, which will be delivered to the board of trustees Oct. 15.

Brian Pracht, assistant athletic director, gave the first presentation on the new ticket plan for men's basketball and hockey.

"We're not selling a season pass anymore — it's going to be

complimentary tickets," he said. "But there's going to be a three-day window for you to claim these tickets online."

Pracht said there will be no advantage to waking up early on the first day to claim tickets because students who go to more games will be given preference for ones that are expected to draw a large crowd.

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Panel addresses consent and sexual assault



EMMET FARNAN | The Observer

Panelists Fr. Peter McCormick, senior Annie Kuster and junior Daniel Esparza discuss consent and the hook-up culture at Notre Dame.

By **JP GSCHWIND**
News Writer

Dorm parties are a cherished part of student life at Notre Dame, but the abusive drinking and negligence that can often accompany them lead to devastating results, Fr. Peter McCormick, director of campus ministry, said.

In an effort to spread awareness about sexual assault and

promote conversations about alcohol, consent and dorm parties, the Gender Relations Center (GRC) sponsored a panel discussion Tuesday night at DeBartolo Hall. In addition to McCormick, the panel consisted of senior Annie Kuster, a GRC FIRE Starter, and junior Daniel Esparza, the president of Men Against Sexual

see CULTURE **PAGE 3**

NDSP, South Bend PD share student safety tips

By **COLLEEN KEEGAN**
News Writer

At Wednesday evening's Student Safety Summit, local and campus police offered advice to students on how best to ensure their safety both on and off campus.

The seven officers on the panel represented both the Notre Dame

Security Police (NDSP) and the South Bend Police Department (SBPD). Associate vice president of campus security Mike Seamon began the discussion by acknowledging the emphasis campus and local police place on student security.

"Our top priority is the safety of all our faculty, staff, students and guests," Seamon said.

The panelists stressed the importance of using common sense to avoid unnecessarily dangerous situations.

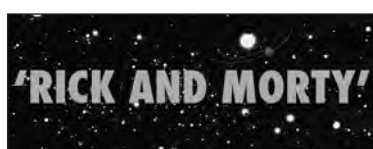
"Be smart. Have a plan in place before you go out," Rynearson said.

Walking alone is never a good idea, Rynearson said, and students should always have a plan to

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WOMEN'S SOCCER **PAGE 12**

THE OBSERVER

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QUESTION OF THE DAY:

What's your go-to caffeine fix for a long night of studying for midterms?

*Have a question you want answered?**Email photo@ndsmcobserver.com***Catherine Young**

junior
Ryan Hall

“Chocolate covered coffee beans from the candy wall in The Huddle.”

**Kris Thieneman**

junior
Keough Hall

“Mio Energy.”

**Ryan McMullen**

junior
Keough Hall

“A box of Samoa Girl Scout cookies and an apple. No more, no less.”

**Sarah Toner**

senior
off campus

“Grande skinny vanilla latte with an extra shot.”

**Sofi Perera**

junior
off campus

“Venti latte with non-fat milk.”

**Taryn Stamper**

junior
Ryan Hall

“Coca-Cola and sadness.”



CAROLINE GENCO | The Observer

A memorial of roses outside O'Shaughnessy Hall symbolizes the lives impacted by abortion. White roses represent young lives lost due to abortion, red roses represent all individuals affected by abortion, and a central cross represents hope and healing.

THE NEXT FIVE DAYS:

*Want your event included here?**Email news@ndsmcobserver.com***Thursday****Dante Lecture**

Hesburgh Library
4:30 p.m.-6 p.m.
Lecture on the 750th anniversary of Dante's birth.

Bonfire, S'Mores and Cemetery Tours

Holy Cross Hill
8 p.m.-10 p.m.
Fr. Neil Wack will lead the tours.

Friday**A “Divine Comedy” Flashmob**

campus-wide
2 p.m.-5 p.m.
A lecture will follow the performance.

Notre Dame Football Pep Rally

Joyce Center
5:45 p.m.-6:30 p.m.
A home game weekend tradition.

Saturday**Hindustani Concert**

Hesburgh Library
8:30 p.m.-9:30 p.m.
A blend of Indian and Western violin techniques.

Football vs. Navy

Notre Dame Stadium
3:30 p.m.
The Irish take on their rival, the Navy Midshipmen.

Sunday**Women's Soccer vs. Boston College**

Alumni Stadium
1 p.m.
The Irish take on the Eagles.

Softball Exhibition

Melissa Cook Stadium
12 p.m.-4:15 p.m.
The Irish take on Loyola and Butler in a fall exhibition.

Monday**Exponential-Family Graph Models**

Hayes-Healy Center
4 p.m.-5 p.m.
Lecture hosted by the Department of ACMS.

Violence Awareness Month Presentation

Hesburgh Library
7 p.m.-8:30 p.m.
Lecture by founder of Catharsis Productions.

SMC students reflect on Uganda summer program

By **MEGAN UEKERT**
News Writer

Students gathered in Carroll Auditorium at Saint Mary's on Wednesday evening to listen to the stories of four students who spent seven weeks in the summer serving with the Sisters of Holy Cross in Kyarusozzi, Uganda.

Alice Young, assistant director of global education, said each year the Uganda summer practicum accepts four rising seniors who are either nursing or education majors. Young said the program is also open to communicative sciences and disorders majors, depending on available spaces.

After showing a slideshow of pictures from their trips, the four students each took turns reflecting on their time in Uganda.

Andree Wilson-Nixa, a senior nursing student, said she lived in a small village with the sisters for seven weeks, working in a clinic about an hour away.

"I knew my experience in Uganda was going to be special — pulling into the convent, a dozen children were there to greet us," she said. "The people added an element to my experience that I will never forget. At each encounter, I was almost able to feel the happiness that surged within them. I

hope to return to the place that left me with a full and gracious heart."

Anna Cronin, another senior nursing major, described her experience working in a local medical clinic.

"The clinic was a level three clinic, so the only thing we couldn't do was surgeries and supply oxygen," she said. "We dealt with a lot of Malaria patients, learned how to give shots and saw live births."

As a part of her nursing experience, Cronin said she and Wilson-Nixa embarked on mother-baby outreaches to bring medicine, beds and mosquito nets to a church where mothers awaited healthcare. They provided Malaria medication, HIV testing and general checkups for babies, she said.

Eleni Shea, a senior communicative sciences and disorders major, described her experience working at Moreau Primary School, the local school supported by the Sisters of Holy Cross.

"Living and working in Uganda allowed me to grow in so many ways — as a student, a Catholic and a future communicative disorders teacher," she said.

Shea said she was able to help students learn English and watch students with various learning

disorders improve academically.

"I could have not asked for a better way to spend the summer," she said. "I was extremely fortunate to have found my home among the people of Uganda this summer."

Sarah Callis, a senior education major, said her experience in Uganda provided her with a new outlook on her life and teaching career.

"Prior to traveling to Africa, I would have never guessed that I could walk four miles home from school in a dress and then eat rice every day for a month, shower in the dark, improvise lessons at school, hitch a spontaneous ride on a bus heading for Nairobi, Kenya, hike to the top of a mountain, wash my clothes by hand or live without our precious Wi-Fi for two months — but I did," she said.

Callis said her favorite part of the trip was fostering a relationship with the children in the community.

"The kids were already walking five miles to school and they still wanted to run home with us," she said. "The students taught me more than I was able to teach them. The children love to learn, which made me love to teach."

Contact Megan Uekert at muekert01@saintmarys.edu

Safety

CONTINUED FROM PAGE 1

get home and a group or buddy to walk home with.

"We have done a fantastic job of revitalizing the area, but there are still some higher crime areas, especially at night" Rynearson said.

In light of this, Lieutenant Tim Williams said it is imperative that students remain vigilant both on

and off-campus.

"Crime is all about opportunity," Williams said. "We don't want you to be an easy target."

According to NDSP Deputy Chief Keri Kei Shibata, the most prevalent crime on campus is theft of unattended property. Cases of forced entry in dorm room and burglaries are extremely rare, so the best prevention is to lock doors.

In the wake of recent active shooter situations like last week's

shooting at Umpqua Community College in Oregon, Shibata also discussed the measures that are in place should such a situation arise at Notre Dame. NDSP officers are trained annually on how to respond to active violence on campus, she said. The ND Alert system is also an essential part of the response to possible violence on campus as it allows information to reach students within seconds, she said.

St. Joseph County Sheriff Mike Grzegorek spoke about basic safety knowledge for off-campus students. He said in addition to keeping doors and windows locked, keeping curtains drawn to prevent people from looking into homes is an often-overlooked safety measure. He said reaching out to neighbors can also be a useful step in protecting homes.

"Build strong relationships with your neighbors so that when you are gone, they can help," Grzegorek said.

The panelists ended their presentation by emphasizing the importance of looking out for others in the community.

"The best way to promote safety is for everyone to help each other," Williams said.

Rynearson stressed the importance of students using their instincts when it comes to personal safety.

"If you feel something in your gut, don't go into that situation," Rynearson said. "We all have a sixth sense, so use it."

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Culture

CONTINUED FROM PAGE 1

Violence. Following the theme of "Let's Talk about Hooking-up, Consent and Dorm Parties," they answered questions directly from the moderator and anonymously submitted by the audience.

To frame the discussion, the panel began with a short video called "Tea Consent," which provided a humorous perspective on the topic by using the act of serving someone tea as a metaphor for sexual consent.

The panel initiated their conversation by talking about the purpose of dorm parties and the consequences that on-campus parties entail.

Esparza said students often uses alcohol and parties as ways to release the stress of a long week, a mindset that can hold potentially damaging ramifications.

"It's very important that people don't use things like dorm parties and alcohol as a crutch," Esparza said.

Because of the ubiquity of on-campus parties at Notre Dame and the strong connection between residence halls and social life, Kuster said students can sometimes be lulled into a false sense of security when they go to parties in dorms.

"We don't necessarily connect going down the hallway with a place where some problem could be," Kuster said.

McCormick said these thoughts are consistent with his experience as a rector. While Notre Dame has consciously preserved the culture of on-campus parties because it values making residence halls central to student's lives, he said the prevalence of alcohol on campus does involves some risks.

"If we want you to feel that the residence halls are home, you should be allowed to welcome your friends over, and you should be allowed to have parties," McCormick said. "The mindset of why parties occur in dorms is very much rooted in the community mindset of Notre Dame."

The panel also discussed the differences in social life between men and women in college.

Kuster said boys have more power than girls over almost every aspect of a party, from the alcohol they provide to the music they play, because most parties are held in boys' dorms. Although this may seem like a trivial issue, Kuster said this means girls can feel more helpless in unfamiliar situations.

"When you show up to somebody else's party and boys are the ones throwing the party, they have the control," Kuster said.

However, McCormick said, girls have the ability to decide which parties to go to and can always leave when they feel uncomfortable.

"Woman actually have more power and authority than what they think," McCormick said.

The panel then examined the question of why hook-ups and sexual assault seem to be so prevalent in college.

Esparza said many students enter college with naive ideas about how sex and relationships actually work, and consequently, can make mistakes without realizing their errors.

"Sometimes, especially in college, many people typically don't see it as rape because they really don't understand how mutual relationships work," Esparza said.

Additionally, McCormick said the media portrays college far different from reality, with an emphasis on casual sex, drinking and partying. In particular, McCormick said, movies embody this myth and give incoming students major misconceptions about college.

"The thing Hollywood doesn't show you, the thing popular literature doesn't show you, is how it feels when an unwanted advance gets made on you," McCormick said.

In order to break free from this ignorance, McCormick said students need to be actively involved in both learning about sexual assault and being mindful of their own actions.

"We need to be more informed ... about the fact that our actions, whether they be subtle, quick or even unintended, have significant impacts on people's lives," McCormick said.

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THU, OCT 8 AT 7 P.M.

Filmed over three years on China's railways, *The Iron Ministry* traces the vast interiors of a country on the move. Filmmaker J.P. Sniadecki is scheduled to appear in person.

FRI, OCT 9 AT 7 P.M. **THE PRINCESS OF FRANCE** (2014) / **VIOLA** (2011) DOUBLE FEATURE
SUN, OCT 11 AT 3 P.M. **DRACULA** (1931)
TUE, OCT 13 AT 8 P.M. **FORBIDDEN FILMS** (2014)
WED, OCT 14 AT 8 P.M. **THE KING AND I** (1956)

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Senate

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"We will weight it so that the more games you go to, the better opportunity you will have to attend the big games," he said. "So if you go to every game prior to the North Carolina game, you will get a ticket to North Carolina. If you go to two games before North Carolina, I don't know. You'll have to play the odds. We're definitely going to reward students."

Students will still be able to buy tickets at a walk-up price before the game if space is available, Pracht said.

"We knew we needed to do something different," he said. "We were selling 1,500 to 2,000 student season passes a year and the show rate for students with those passes was 30 percent. So not very good."

Sophomore Carolyn Yvellez, a staff member at the department of social concerns and a Notre Dame Food Services (NDFS) intern, gave a presentation about increasing the amount of local and sustainable food on campus.

"Food Services started the project of defining what local food is," she said. "We've defined 'local' as 250 miles from campus. We currently spend about \$3.5 million supporting local farms and 38 percent of the dining hall food is from local sources."

Yvellez said that in a survey,

students said they were more concerned about having healthy options than they were about having local options.

"The current industrial model is not a sustainable model for providing food," she said. "[There are] debates about how much it's threatening public health through creating antibiotic resistant bacteria, pesticides and disease. In general, local farms have a lower risk for these issues."

The senators discussed problems surrounding local food sources and sustainability efforts on campus and potential changes, including eliminating trays and changing food options in LaFortune Student Center.

"With people already so upset about the styrofoam cups leaving the dining halls, there would be a riot if the trays disappeared," Amy Smikle, Howard Hall senator, said. "I'm getting so much negative feedback and comments about the styrofoam cups disappearing, the trays disappearing isn't going to go well. How do we tell them it's better for the environment when they don't even care about the styrofoam cups?"

Yvellez also said NDFS is looking for replacements for the Burger King in LaFortune and that a more local and sustainable replacement is under consideration.

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UCC

CONTINUED FROM PAGE 1

limitations on what we could provide any one student. However, for a large majority of students, short-term counseling is going to meet their needs."

Steibe-Pasalich said over the past year, the center has focused on improving its after-hours urgent crisis telephone service and has contracted with Indiana Paging Network, an outside answering service.

"Through this service, after-hours calls are answered immediately by a live operator, who then dispatches the call to the on-call UCC counselor," Steibe-Pasalich said in an email. "We believe this personal contact is an improvement over the past procedure which required that the caller listen to instructions and leave a voice mail message."

Currently, she said, the UCC is working to update its website and "to continue to enhance after-hours services."

Although more and more students are requesting counseling from the UCC, Steibe-Pasalich said many of the problems they report—including anxiety, depression, family concerns, interpersonal and romantic relationships and academic distress—remain the same.

Currently, the process for a

student seeking help is to schedule an appointment with a licensed professional over the phone or, in the case of a crisis, simply to walk in to the UCC offices, located on the third floor of Saint Liam's. After filling out paperwork regarding general symptoms and complaints, a student then meets with a counselor, who makes recommendations to a disposition team on the student's treatment, Barnes said.

"We see a wide range of issues, from just adjustment to being here at Notre Dame, academic stress and stress management—all the way to more severe issues like [suicide]," he said. For students who need longer term or more specialized care, Barnes said, the UCC refers them to a specialist in the South Bend community. However, he said the center has also worked in recent years to expand its psychiatric services and now has a part-time psychiatrist on staff.

Indeed, director of University Health Services Sharon McMullen said Health Services and the UCC collaborated last year "to place a UCC psychiatric provider at UHS for a few hours each week."

"This helped us to better meet the needs of students who are prescribed psychotropic medications but who are not in therapy at UCC," she said in an email. "This program was well-received and highly-utilized by students so we

expanded it in 2015-2016."

McMullen also said Health Services regularly partners with the UCC and the newly created McDonald Center for Student Well-Being on issues regarding mental health and advises them "from the perspective of the campus health care provider."

"Our shared goal is to help to build a healthy campus environment in which all of our students flourish," McMullen said.

Beyond the support the UCC has received from Health Services, Barnes said the Division of Student Affairs has also worked to provide the UCC resources to better assist the growing numbers of students who are reporting mental health problems.

"We see a quarter of all Notre Dame students at some point during their time at Notre Dame, and we could probably see a lot more than that," he said. "What we're learning is that being pretty stressed out and overwhelmed is becoming more and more normal, unfortunately."

"... When peers conceal their difficulties and only show their positive sides, students can easily get the misperception that they are alone in their struggles. This inaccurate social comparison tends to exacerbate their problems."

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Panic! At The Disco (pretty much) Victorious with New Single



By **DAKOTA CONNELL-LEDWON**
Scene Writer

At my first big concert, Panic! At The Disco lead singer Brendon Urie broke his ankle running to the back of the audience to play for the people who could barely see the stage. Despite the pain, he limped back to the front, asked for a chair and finished the show.

This is just one example of Panic! At The Disco's commitment to music, and it's a memory that made me ridiculously excited to hear the band's new single, "Victorious."

The song came out on Sept. 28 and

quickly rocketed to the #1 spot on Apple Music. It also made an appearance on Spotify's Today's Top Hits playlist.

It's definitely not a classic Panic! At The Disco song, but it'll grow on you if you give it a chance. Dark verses and a creepy yet energetic pre-chorus make up for the fairly cliché lyrics of the chorus. I'm not a fan of the childish, sing-songy sound of the intro (for a more effective take on the technique, see the French children's choir in "Nearly Witches," from Panic's "Vices and Virtues" album), but the rest of the song makes you forget the disconcerting start.

Lyrics like "Eyes like broken Christmas

lights / My touch is black and poisonous / And nothing like my punch-drunk kiss" against a driving beat beg to be shouted and will probably stick in your head until your roommate demands to know what you're humming. When he or she asks, you better take that invitation to introduce them to a pretty quality song.

You'll just have to go with the ordinary lyrics in the chorus, "Tonight we are victorious / Champagne pouring over us / All my friends were glorious / Tonight we are victorious," while a bit cliché, they're still fun and catchy.

"Victorious" is the third single

released from Panic! At The Disco's fifth album. While we don't have a release date (or a name) for the album yet, the band's last album came out in 2013, so we're definitely due for another masterpiece.

For now, we'll have to content ourselves with listening to the three singles from the mysterious upcoming album, "Victorious," "Hallelujah" and "Death of a Bachelor," all of which promise more music in the vein of "Vices and Virtues," Panic's 2011 album.

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'RICK AND MORTY' SEASON 2 GOES OUT WITH A SQUANCH

By **KELLY MCGARRY**
Scene Writer

Adult Swim wrapped up the second season of the raunchy sci-fi cartoon "Rick and Morty" on Sunday with a finale that leaves viewers asking questions. According to the episode description, "Things go ham in this one broh. They all don mussed up this time. The whole family mussed up broh." In the final episode, the hijinks of Rick and Morty involve the whole Smith family in a way that was completely absent in the first season, but has become increasingly more common.

When the Smith family reluctantly attends the wedding of Rick's friend Birdperson, the action is shockingly down-to-earth, especially for its setting on Planet Squanch. The family is distraught when the courier flap kidnaps the dad to carry across the galaxy, for no other reason than that now they have to go to the wedding. If you ignore the strange appearance of the alien guests, you've got typical unenthusiastic sitcom wedding guests, complaining

about not knowing anyone, making comments about the age gap of the bride and groom and navigating awkward family tension.

Even when things get out of hand, the turmoil is both personal and political but lacks the sci-fi nature of other episodes, where a typical problem involved the split of reality, an uncooperative miniverse or identifying impostors in falsely imprinted memories. In the final episode of the season, "The Wedding Squanchers," Rick is pursued for offenses against a government and the family is torn by his dishonesty, a situation that could easily happen in a typical action movie within the confines of planet earth.

Rick's alcoholism and cynicism usually come out in a way that's surprisingly charming, but now that we have a closer look into his psychology, this episode was less hilarious than depressing. The feels were only exacerbated by the powerful placement of Nine Inch Nails "Hurt." The episode leaves Rick in a maximum security galactic prison, where he will remain until the season 3

premier, scheduled for Summer 2016.

The question of Rick's fate may be on the minds of some viewers, but fans are confident that he'll find an ingenious way to get out of this situation unscathed, probably negating his apparent self-sacrifice to return to his typical egotism. And of course we're concerned for the fate of planet Earth, which has now been taken over by the galactic federation.

The real question that viewers can't get off their minds regards Rick's choice for a new planet for the Smiths to live on. Of the three planets that are similar enough to Earth yet out of the federal jurisdiction, there is one that seems perfectly suitable, and perhaps even more appealing for the fact that everything is on a cob. Morty and Summer are enthralled by strawberries on a cob and flowers on a cob, even Rick is excited at the prospect. He suddenly becomes suspicious at the mountains on a cob, and upon viewing a caterpillar under a microscope becomes horrified, cue dramatic music, "everything's on a cob!"

After seeing the microscope view, it

makes some sense that living on a planet where everything is "on a cob" would be problematic. Apparently the molecules are cobs, and human molecules not being cobs, the Smith family would have trouble doing things like eating and breathing ... but they haven't had any trouble breathing up to this point, so why the panic?

When they look around, it's pretty obvious that the cobs are everywhere, so the realization that literally everything is on a cob shouldn't come as much of a surprise. The other strangeness in the situation is that no one in the family questions Rick's alarm. It's as if they understand cob problem just as well as he does.

This could just be something that the writers threw in to be left unexplained, but I'm having trouble letting it go. In any case, we look forward to season 3 for a definite answer to the fate of Rick, planet Earth and maybe even some insight into the cobs.

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INSIDE COLUMN

Finding a voice

Margaret Hynds

News Editor

In case you've been living under a rock for the last few days and haven't heard, it's Mental Illness Awareness Week.

As the News Editor for this paper, this is a hard story for me to cover, because journalism (ideally) requires a certain level of objectivity that proves hard to maintain when the stakes are high and the writer is personally invested. And when we're talking about mental illness, the stakes are incredibly high, and I'm more than personally invested.

For several years, I've struggled with anorexia and depression. It's not something I talk about often, but I've watched it prevent me from being as happy and as successful as I could otherwise be. More than that, I've let my own shame prevent me from helping others that I see struggling because I'm too afraid to talk about my own history and ongoing illness.

That needs to end.

When I see people clearly going through a difficult time in their life, I want to shake them and tell them it's okay to get help if they need it. I want to tell them that we can't fix the seemingly insurmountable problem of mental illness unless people are willing to talk about it. I want to tell them that I know, because I know. I've been there.

But I struggle to reconcile my firmly held belief that this must be tackled head-on with my intense fear of vulnerability.

So I think it's time to start being honest: Some days are really, really hard. I'm lucky to be surrounded by truly wonderful people, but there are days when I cannot bring myself to go to class. There are days when I feel extremely isolated and alone. And there are days when I question why I'm even at Notre Dame. I'm not smart enough. I'm not pretty enough. I'm not good enough.

I love this University, but I know as well as anyone that it can be an environment that exacerbates existing anxieties and disorders that people live with, and it can lead others who have never experienced them to develop them.

What worries me most on this campus is the pervasive thought that getting help means giving up; that it means you're not strong enough to handle what everyone else can deal with so easily. Let me assure you: personal weakness has nothing to do with it. Having the self-awareness to realize you can't go it alone requires strength and courage that do not come easily.

I can't say what will stop mental illness, and I can't offer any one solution that can help each individual person. What I can say, though, is that getting help is the best decision I've ever made. Working through what I'm dealing with has radically improved my life. Sometimes it sucks, and it's almost always difficult, but it is so, so worth it.

So now I'm joining the conversation — not as a writer covering the news, but as my own person.

I've come to realize that I can't speak for everyone, but I can speak for myself. It's about time I did.

Contact Margaret Hynds at mhynds@nd.edu

The views expressed in the Inside Column are those of the author and not necessarily those of The Observer.

Disposable friends, disposable causes

Jennifer Vosters

BelleView

I love Facebook. I love that all I need to do is type “f” into my search bar for Google Chrome to take me to my newsfeed. I check it several times a day, liking photos, reading status updates and keeping my profile as manicured as a hedgerow in Kensington Gardens. No spelling mistakes, no unwanted photos and no trolls. All is well. All is controlled. My own little world, subject to my preferences and standards.

It's kind of creepy when you think of it like that. Facebook, for many of us, is how we keep our lives organized — or attempt to, at least. And it serves a valuable function: keeping us connected over distances, sharing our news, stories and jokes and helping us maintain active relationships with people we don't see. It also tempts us to over-regulate ourselves. Even as our society comes to understand the enormous benefits of diversity and the obligation to respect those who are different from us, Facebook gives us the power to eliminate from our sight anything we choose, anyone we disagree with and any idea we don't like. We exercise that power with a vengeance.

“If you're planning to vote for Jeb Bush, please unfriend me.” “Comment on this status if you don't stand with Planned Parenthood so I can unfriend you.” “Unfriend me if the Second Amendment means nothing to you.” I will delete any comment I don't like. I will block any person I don't agree with.

We're promoting a concept of friendship that revolves around who we agree with the most, and we value it based only on how well we can rant together and not on what we can learn from each other. Unwilling to de-glorify our opinions, we would rather project from our soapboxes into a bunch of agreeing ears, or into empty space, than remain associated with an opposing view. Homogeneity is the prerequisite for respect; everyone else can buzz off. With 24-hour news updates available to us, and with anyone able to publish her opinion for the world to see, we think we need an opinion on everything, one we must defend above all else. Anyone who disagrees — click, click — unfriended. Our pride, inflated by how much we think we know, is now more important than actually pursuing the best answer — which involves dialogue with others.

We protect our fragile egos — safe in our little Facebook empires — by treating people as more disposable than principles. That's a dangerous precedent, if history has taught us anything. This hypercontrol gives us a feeling of authority over other people's opinions and, by extension, their worth: if we don't like it, it's not worthy of our attention or association. The flipside is dangerous, too. We think liking a photo or commenting on a status is “doing our part.” Hundreds of thousands of people liked Humans of New York's recent picture of a refugee reunited with his son, me included. How many of those people have taken the time to donate to nonprofit organizations like UNICEF, UNHCR or Catholic Relief Services, which provide real aid to refugees? How many have researched the origins of the crisis in Syria, which many believe is linked to environmental stress and climate change? How many have advocated somewhere other than on their Facebook walls for greater government support for refugees? Spreading awareness on Facebook is one of the many wonderful benefits of social media, but substituting meaningful action with a simple click of the finger? Not beneficial, not realistic and simply not enough. We need only look back at the pitifully inadequate Kony 2012 campaign for confirmation.

So as we move into the next few months — as our newsfeeds fill with presidential debate updates, football scores, pictures of immigrants, news from the Vatican and more about Planned Parenthood — let's stay humble, friends, and remember the Indispensable Opposition, which is still as relevant as ever. Let's face the opinions we don't want to see and remember that we need them, as much as we need our own opinions, to understand our world. There's a world outside Facebook that deserves and demands your attention. So stay friends with your suitemate who supports Donald Trump (he'll need your shoulder to cry on after the election). Keep liking Humans of New York's pictures, but also email your representative about sending aid to refugees. Be a full person, instead of a tiny cyberspace despot.

It's what real friends do.

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The views expressed in this column are those of the author and not necessarily those of The Observer.

viewpoint
noun

1) position of observation

2) an attitude of mind

Join the Discussion

Have an opinion? Let us hear it.

Send a letter to the Editor at

viewpoint@ndsmcobserver.com

LETTER TO THE EDITOR

No defense for Kelly’s calls

Brian Kelly is mistaken when he says all of us are judging his coaching in hindsight. Not everyone was looking back at it as being a bad call; many were looking at it in real time. They thought he made a very poor call at the time that he made it. We were watching with a number of people who did not understand his 2-point conversion call after the team scored their first touchdown — and they know football because some of them are former Irish players.

Any coach or psychologist could tell you that the right thing to do was let them feed on their scoring elation by getting the point after touchdown because that might start them on a roll. There was still plenty of time left in the game at that point for Kelly to do just that. Missing the two points after touchdown did nothing but deflate them and reduce the touchdown to being almost meaningless after they fought so hard to come back from a deficit. Kelly’s decision to go

for two points at that time showed a lack of faith in his team and their ability to come back with two touchdowns to win that game. His whole decision seemed to be based on the fact that Clemson was going to sit at 21 points for the rest of the game without another score (wrong!) and that Notre Dame didn’t have enough ability to overtake them (wrong again!). It came across as totally inept and faithless thinking on his part, showing a lack of confidence in his team.

Kelly made the same mistake in the Northwestern loss and obviously never learned from it. That he blames this loss on his team, its wide receivers and turnovers is totally unacceptable, and it shows his lack of understanding the part he played in the loss. The team fought back from their mistakes and put them behind them. They could have won that game if it were not for his mistakes and ineptitude as their coach. His game judgment is poor. He has

a great team that’s deserving of better coaching decisions.

Half of our family went to that game and the conditions were very tough to play in. Notre Dame did a wonderful job in settling down and playing a great game after they were able to settle down. Also, where was Kelly when the flagrant foul was committed by Clemson in the end zone and never called by the refs? And why did he call that play when going for the second 2-point conversion? Kelly ought to listen to the analysts because he might learn something from them. But then again, he might claim that their analysis was based on hindsight also, and that he did not deserve to be called on the carpet for the coaching decisions he made in that game (wrong again!).

Judy Clark
Oct. 5

QUOTE OF THE DAY

“You may not control life’s circumstances, but getting to be the author of your life means getting to control what you do with them.”

— Atul Gawande
Physician and author

RESPOND

Submit a
Letter to the
Editor

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QUOTE OF THE DAY

“Imagination will often carry us to worlds that never were. But without it we go nowhere.”

— Carl Sagan
Cosmologist, author and science popularizer

LETTER TO THE EDITOR

A mother’s worry

I certainly hope none of Notre Dame’s students were confused enough to actually take seriously the climate change lecture given by that talking-head for the nuclear industry. Ms. Cravens is a fictional writer doing what she does best — spewing nonsensical fiction.

Nuclear power is not the solution to fighting climate change. I live in Oceanside, California and less than 30 miles from my home, Cesium-137 and -134 were measured at eight becquerels per kilogram. These are the deadly contaminants flowing from Fukushima Daiichi Nuclear Power Plant that have been devastating the west coast of the U.S.

Our ocean is almost 80 degrees now in October. I have never felt water so warm here until the last three years. I can’t even go to the beach anymore because I have little kids, who are about 50-times as sensitive to the effects of low-level radiation as adults because their cells divide more rapidly. Even natural background radiation is responsible for up to half of all irregularly inherited afflictions such as multiple sclerosis, diabetes, reproductive abnormalities and many more.

Nuclear power plants, even when they operate within the standards set by the Nuclear Regulatory Commission, regularly release

radioactive particles into the air and water as part of their normal procedures. Constant exposure to low-level radiation from a nuclear plant is actually worse than receiving one extreme dose. Higher doses of radiation kill the cells. But they are killed completely, so, over time, they can eventually rebuild. Low-level radiation, like the kind we are all getting from Fukushima, mutates our cells by attacking our DNA. Ninety-nine percent of all mutations are the bad kind, not the natural selection type — the result is cancer.

Laurel Kaskurs DeFalco
Oct. 7



SPORTS AUTHORITY

Stand by coaches, not front office

Michael Ivey
Sports Writer

On Dec. 28, after their win in the final game of the regular season, the San Francisco 49ers announced they and head coach Jim Harbaugh decided to mutually part ways.

Harbaugh had been hired by the 49ers in 2011 to revitalize a once proud franchise that was enduring hard times. That's exactly what he did.

In his first three seasons as 49ers head coach, Harbaugh led the team to records of 13-3, 11-4-1 and 12-4, two division titles, three straight conference finals appearances and one Super Bowl appearance. He revitalized the career of quarterback and former No. 1 overall pick Alex Smith and developed young quarterback Colin Kaepernick into a superstar. It looked like he was developing them to be a force in the NFL for years to come.

Alas, the 49ers front office got greedy.

They didn't like Harbaugh's fiery and unorthodox personality despite his success, and a rift soon formed between him and the team hierarchy. It got so bad it started to affect the team. In 2014, the 49ers posted an 8-8 record and missed the playoffs for the first time of the Harbaugh era. As it turns out, that era wouldn't last long.

There were rumors going around during the season that it would be Harbaugh's last year as coach of the team regardless of how the team did, and that Harbaugh would leave and take another NFL coaching job, or possibly, go back to coaching college football at his alma mater, University of Michigan. 49ers owner Jed York denied those claims at the time.

However, after the last game of the season and the news of Harbaugh's departure started to break, there was fiery speculation that Harbaugh could become the Michigan head coach as soon as the end of that week. Sure enough, the next day, he was on a private jet to Detroit, and the day after that, he was standing at a press conference in front of the famous block "M."

York claimed the 49ers and Harbaugh agreed to mutually part ways. However, Harbaugh later said, "I didn't leave the 49ers. I felt like the 49ers hierarchy left me." 49ers assistant coach Jim Tomsula was later named the 49ers new head coach.

Fast forward to now. Harbaugh has led Michigan to a 4-1 record and the No. 18 ranking in the AP poll. They have been one of the most surprising teams in college football and there's already talk of Harbaugh as a possible coach of the year candidate. It looks like

Harbaugh is building Michigan into a national power again.

Meanwhile in Santa Clara, the 49ers currently have a record of 1-3 and have suffered three straight blowout losses. They are in last place in their division and have looked lost under Tomsula. Kaepernick is constantly running for his life and can't stop throwing interceptions, and the defense just doesn't know what to do. There's not much hope for them the rest of this season or beyond. And just like that, the organization is right back where it started before Harbaugh.

I have never quite seen a franchise destroy itself quite like the 49ers have. Perhaps it's because the last time something like this happened, I was too young to remember it.

The 49ers situation reminds me of how the great Chicago Bulls dynasty of the 1990s ended. Despite the Bulls' success, there was a rift between Bulls head coach Phil Jackson and general manager Jerry Krause, who felt he never got enough credit for the team's success. Krause told stories to the media that portrayed Jackson as a control freak who mistreated his assistant coaches.

In 1997, Krause gave Jackson a one year contract and told Jackson the 1997-1998 season would be his last as Bulls coach, even if they won the championship that season. The Bulls did win the championship that year, their third straight and sixth in the span of eight seasons, but Jackson was let go. After Jackson was let go, Jordan retired for the second time of his career, and key players Scottie Pippen and Dennis Rodman left the team. Without them, the Bulls finished with the worst record in the NBA the next season, and would continue to be one of the NBA's worst teams for the next half decade. It was a monumental organizational collapse, and it all started from the front offices greed.

These examples are just a few of the many reasons why when a rift is happening between coaches and the front office, franchises should stick by the coaches and not the front office. The coaches are the ones that are coaching and developing their players; they know more about the players than anyone in the organization. If you are a successful professional sports organization, why would you want to risk losing the success you are having by siding with a bunch of greedy front office executives whose feelings get hurt when they're not praised enough?

Contact Michael Ivey at mivey@hcc-nd.edu

The views expressed in this Sports Authority are those of the author and not necessarily those of The Observer.

SMC SPORTS

Belles head into MIAA Jamboree with momentum

By **MICHAEL IVEY, SEAN KILMER and BEN PADANILAM**
Sports Writers

SMC Golf

Saint Mary's is preparing for the MIAA End of Season Weekend Jamboree this weekend at Bedford Valley in Battle Creek, Michigan. Adrian is set to host the two-day event that takes place this Friday and Saturday.

"This being our last tournament of the fall, we are approaching it like any other tournament, but we are a little more anxious," Belles head coach Kim Moore said. "We've come off of two decent events, so we are looking forward to continuing our momentum. We have some work to do so that we can finish in the top 2 and that is our goal."

The Belles are coming off of a successful weekend, where they finished in first place the third MIAA Jamboree last Thursday with a team score of 333. It was the Belles first tournament win under head coach Kim Moore. Two days later on Saturday, the Belles finished in second place at the fourth MIAA Jamboree.

"This recent momentum has given us a lot of confidence going into this weekend, and I've noticed that so far in our practices," Moore said. "We are still working and preparing like we have for every event, but everyone's demeanor has changed in a good way, and we are excited to get to Battle Creek, Michigan, on Friday."

Senior Sammie Averill shot a career-low 77 Saturday to finish as the individual medalist.

"I am so excited and proud of the last two rounds that Sammie has played," Moore said. "I'm not surprised that she has done so well. She has always had the potential to play that well, I'm just glad she has picked a good time to bring it out. I expect Sammie to continue playing that well this weekend. She is really starting to believe in herself and it is definitely rubbing off on the rest of our team. I'm expecting some good things out of her this

weekend.

"Honestly our conference title has been on the line the past four rounds. In golf, you obviously can't win a multi-round tournament on day one, but you can definitely lose it. We approach each round of our conference jamborees as a one-round tournament, and we want to make sure we stay towards the top. This weekend, being the last two rounds, I expect the top teams to play well and leave it all on the course. I'm confident that we can make up some ground and that we have saved our best rounds for last."

SMC Volleyball

In one of the more entertaining games of volleyball that will be played this season by either team, Saint Mary's team fell just short against Alma, 3-2, Tuesday night. In the match, the lead changed hands 26 times, and the Belles (11-8, 4-4 MIAA) and Scots (8-10, 4-4) were tied 50 times.

Only two points decided every set but one (25-23, 33-31, 23-25, 19-25, 17-15), and the Belles came close to rallying from a 2-0 deficit. Junior setter Alexis Grady led the Belles with a triple-double, her second of the year, with a 32-assist, 13-kill and 15-dig performance against the Scots. Junior setter Clare McMillan recorded a double-double on the night, while sophomore left-side hitter McKenzie Todd matched her career high with 26 digs.

In the first set, the Belles pulled ahead 23-22 late, but lost the next three points in a row to end up on the wrong side of a 25-23 score. The second set was a barn-burner; Saint Mary's was down 24-22, but managed to rally to tie the set at 25-25. After a stretch in which Alma had three set points, the Belles pulled ahead at 30-29. However, the Scots converted kills on four of the next five points to win the set 33-31.

Despite losing the second set in dramatic fashion, the Belles rallied back to take the next two sets and forced a decisive fifth one. The Belles jumped out to an early lead in both the third and

fourth sets, and also held off a late charge from Alma to claim each set.

In the fifth set, the Belles went up 13-10, but could not hold on, dropping it 17-15.

Saint Mary's will now travel to No. 5 Calvin on Friday to kick off the second half of its conference schedule.

SMC Soccer

Saint Mary's failed to score a goal for the fifth straight game Wednesday, falling to Albion 2-0.

The Belles (1-9-1, 1-7-1 MIAA) continued their season-long offensive struggle, as the team has failed to score a goal in all but two of its games thus far. The Britons (7-5-0, 5-4-0 MIAA), however, repeated their 2-0 victory over the Belles from earlier this season and pushed themselves into fourth place in the conference standings.

The match started off slowly, as both teams failed to score in the first half. However, the Britons were able to control the game in the second half, as they outshot the Belles 13-2. Britons sophomore forward Jenna Urso, who had a game-high eight shots, scored the first goal of the game in the 72nd minute. Four minutes later, Britons junior forward and leading scorer Dominique Sarnecky scored her ninth goal of the season to cap off the 2-0 win.

Looking forward, the Belles will look to rebound when they return home after four straight road games to host Olivet on Saturday.

On Sept. 12, the Comets (8-3-0, 5-3-0 MIAA) played host to the Belles and came away with a 3-1 victory. Currently in third place in the conference, they pose a significant challenge to the struggling Belles squad.

The Belles are set to kick off against the Comets on Saturday at noon at Jr. Irish Airport Fields.

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M Tennis

CONTINUED FROM PAGE 12

at a national collegiate event. Monaghan is set to take on Auburn junior Marko Krickovic, who is currently the nation's

76th ranked singles player. Krickovic won three matches to advance to the main draw. First, he defeated Wisconsin-Green Bay senior Leopold Gomez Islinger in straight sets. Then, he won two three-set matches against Ole Miss

freshman Filip Kraljevic and Virginia junior Luca Corinteli to advance to the main draw.

Monaghan will battle Krickovic in the first round of the main draw at Case Tennis Center in Tulsa, Oklahoma on Thursday at 11 a.m.

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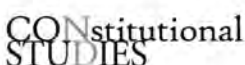


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ND WOMEN'S TENNIS | ITA ALL-AMERICAN CHAMPIONSHIPS

Irish duo preps for doubles draw

Observer Staff Report

At sunny Riviera Country Club in Pacific Palisades, California, Notre Dame senior Quinn Gleason lost in her first matchup at the ITA All-American championships. She fell to Vladica Babic of Oklahoma 6-3, 6-2 in the first round of qualifiers. However, her tournament is far from over, as she has yet to play in the doubles draw with partner Monica Robinson.

The pair was ranked 10th in the ITA preseason rankings, and finished 22-9 overall last season, including a 14-6 record in dual play. They have also had almost a week of practice in California to prepare.

Robinson fell in the final stage of the pre-qualifying round at the championships.

The rest of the team recently finished playing at the Purdue Fall Invitational. It was the first tournament of the season, and freshman Rachel Chong made her debut for the Irish, winning two of three matches, with the

lone loss in a three-set match. She also played doubles with sophomore Brooke Broda, who was the only Irish player to pick up three singles wins on the weekend. As a pair, they reached the quarterfinals before falling to Illinois' pair of Louise Kwong and Ines Vias.

Sophomore Allison Miller took two of three singles matches at the invitational, while junior Mary Closs and senior Alaina Roberts each took home one win in three matches in their respective draws.

In other doubles action, Closs and Miller advanced to the semifinal round of the tournament, where they fell 6-0, 6-0 to Mississippi State senior Georgiana Patrasc and freshman Anastasia Rentouli, who ultimately took home the tournament title. Closs and Miller also fell in the third-place game to come home fourth.

The main draw of the ITA All-American championships kicks off Thursday, as Gleason and Robinson will look to bring home success in the doubles draw.



EMMET FARNAN | The Observer

Irish graduate student defender Max Lachowecki looks upfield during Notre Dame's 3-1 win over Virginia on Sept. 25 at Alumni Stadium.

M Soccer

CONTINUED FROM PAGE 12

to bail the Irish out after one such turnover.

The Irish, however, found a response just two minutes before halftime, though, as graduate student defender Max Lachowecki sent a ball forward to freshman forward Thomas Ueland streaking in alone toward the Wolverine net. Ueland chipped the ball around the charging Louro into the back left corner of the net for his third goal of his freshman campaign.

"What a goal we did score," Clark said. "The whole goal was a thing of beauty."

Sophomore forward Jon Gallagher had the only real chance for either team in overtime outside of Farina's desperation header, but his shot from 17

yards out at the start of the second 10-minute extra time period sailed well over the bar.

Clark said he was pleased with the response he saw from his team despite the slow start.

"There's good character with this team," Clark said. "If you're going to win things, you're going to have to handle setbacks. You don't score five goals in every game. When we did go behind, it was disappointing, but the nice thing was there was still plenty of time in the game to get back into it."

"I thought in the overtimes we were the team that wanted to win the game."

Notre Dame will next take to the pitch Saturday at noon as it welcomes ACC foe Duke to Alumni Stadium.

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Interhall

CONTINUED FROM PAGE 12

on a run by senior captain and quarterback Gracie Gallagher.

Pasquerilla East began its next possession with two deep passes, but the Pangborn defense came up with a goal-line stand to keep the Pyros out of the end zone. Gallagher then connected with junior receiver Heather Lystad for a 60-yard touchdown to push the Phoxes further ahead.

Pangborn's defense came up with yet another stop, forcing Pasquerilla East to punt. Time expired on the first half with the Phoxes fewer than 10 yards from another score.

In the second half, Gooding caught a 20-yard fade off the play action deep in the back of the end zone, putting the Pyros on the board.

Despite an interception by junior defensive back Maddie McGovern, the Pyros were unable to score again in the second half due to a staunch Pangborn defense. Lystad closed the game out with a 15-yard touchdown run for the Phoxes.

Gallagher said she was thrilled with her team's performance.

"We came out really strong which was awesome," Gallagher said. "Defense played amazing. Offense got everything clicking. I'm so excited we could come out and play so well."

Pangborn will take on Badin on Sunday at 4 p.m. at Labar Practice Complex, and Pasquerilla East will face Lewis on Monday at 10 p.m. at Riehle Fields.

Contact Dominic Iannelli at
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Ryan 19, Cavanaugh 14

By MAUREEN SCHWENINGER
Sports Writer

Ryan remained undefeated this season after defeating Cavanaugh on Tuesday, 19-14.

During the first half, each team experienced a lack of

offensive momentum en route to a scoreless halftime score — both Ryan (4-0-1) and Cavanaugh (2-3) had two unsuccessful trips to the red zone in the opening stanza.

Cavanaugh senior receiver and captain Katie Kaes was pleased with her team's defensive effort against Ryan's three-quarterback offense.

"We did really well containing them," Kaes said. "It's really hard working against a team that has multiple girls that can play quarterback, and they're all equally good at throwing and running. Our defense was great with minimizing that damage."

Ryan's offense was led by its trio of quarterbacks: senior Erin Clark, junior Shawn Hall and freshman Grace Seibert. Hall ran for a 70-yard touchdown right after halftime, and Clark followed with a pass of her own later in the game.

Cavanaugh responded with two touchdowns in kind, but Hall's second touchdown sealed the deal late in the fourth quarter.

Clark was happy with Ryan's quarterback scheme overall.

"It's proven pretty difficult to replace [injured freshman Jenny Moore], just because not one of us has all of her versatility," Clark said. "But at the end of the day, I think all of our QBs could step up and play in the position. It was just a test to see who was gelling well."

Kaes was very proud of Cavanaugh's resilience, but said the team does have areas to improve.

"I think we need to work on how we do under high-pressure situations," Kaes said. "In a stressful game like this, I think we did exceptionally well, especially against Ryan, who is very, very good."

Ryan will play Pasquerilla West in a battle of the undefeated Oct. 27 at 7 p.m., while Cavanaugh will take on Breen-Phillips this Sunday at 6 p.m.

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W Soccer

CONTINUED FROM PAGE 12

with last time out, as they out-shot Miami 16-6 had an 8-1 advantage in corner kicks. Despite their wealth of chances, the problem has been getting the ball in the back of the net and Romagnolo said the key to accomplishing that is increased chemistry.

"We've been working on getting a chemistry going," Romagnolo said. "This week has been about generating more opportunities for ourselves, getting our rhythm, our chemistry in our attack. I thought [the team] had a very good week."

Creating new bonds will also be important for the Irish as they will be without senior midfielder Glory Williams indefinitely. Sophomore Taylor Klawunder will start in place of Williams for the third straight game and Romagnolo said the team is getting used to Klawunder's style of play.

"[Williams] brings very unique qualities in terms of her being a captain, her leadership and her experience in there," Romagnolo said. "But we have so much talent on this team. ... Klawunder's played in there now for two games and she's playing really well, she's just a different type of personality. We have to find our personality without [Williams] in there and I think we're starting to see that now."

Though the Orange (4-8-1, 0-4-0) are winless in the ACC,



MICHAEL YU | The Observer

Irish senior midfielder Glory Williams looks to pass during Notre Dame's 2-1 win over Santa Clara on Aug. 28 at Alumni Stadium.

Romagnolo believes they are a tough team to beat and said the team needs to be ready to defend at all times.

"Syracuse is going to be a hard-working team," Romagnolo said. "They're going to get behind the ball, they're going to defend well, they're organized. Like we saw against Miami, it just takes one chance. We have to stay focused and we can't switch off on any play. ... We've got to be able to expect that they could attack at any moment and stay organized."

Romagnolo also said changes may be in place against Syracuse, although she

would not say what they were specifically.

"We're always looking to make adjustments," Romagnolo said. "I think we look at a game and if things aren't working, we definitely look to make changes to shake things up."

Notre Dame is currently tied for ninth place in the ACC and with only six games left, wins will be at a premium for the Irish as they take on Syracuse at 7 p.m. Thursday at Alumni Stadium.

Contact Marek Mazurek at
mmazurek@nd.edu

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Observer File Photo

Pangborn seniors Katie Schultz, left, and Gracie Gallagher run onto the field before last year's interhall championship game.

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10:00PM SWING NIGHT

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10:00PM ND VS. NAVY
12:00AM 'MURICA NIGHT

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CROSSWORD | WILL SHORTZ

- Across**

1 Didn't wait to make the decision

6 Be a couch potato, say

9 Bawls out

14 Brings on

15 "My life is ____!"

17 Hoffman who co-founded the Yippies

18 Culturally ahead of the times

19 Italian hangout

21 What a raised hand may signify

22 There's one between the ulna and the radius

23 Free

26 Tennis's Sánchez Vicario

27 Minor hits?

28 Goons

29 Succeeds

31 Long-distance call?

32 Creator of U.P.C.'s
- 35 Home security measure

36 It was created by two volcanoes

38 Italian city associated with the real-life Saint Nicholas

39 Tumbler locale

40 "The ____ Commandments" (1958 hit)

41 "I agree 100%"

42 Fire ____

43 "____ qué?"

44 Uses a powder puff on, say

46 Facetious words of enlightenment

47 Sources of some tweets

48 Hardly an instance of modesty

52 Finally cracks

54 Blink of an eye

54 Nitpicked

56 Print producer

58 Town in a Hersey novel
- 60 Composer Camille Saint-____

61 Cap site

62 ____ Island, Fla.

63 College application need

64 Wilfred Owen's "Dulce et Decorum ____"

65 Pentium source

Down

- 1 Fictional character who says "I now prophesy that I will dismember my dismemberer"
- 2 Domestic relationship
- 3 Protection for a mechanic, say
- 4 Opposite of morn
- 5 What Ariz. and Hawaii are the only two states not to have
- 6 Clouds, e.g.
- 7 Choice
- 8 Suburb of Cairo
- 9 Indian nobles
- 10 Jet
- 11 Somewhat
- 12 Flirt
- 13 ____ high standard
- 16 Poet who made radio broadcasts in support of Mussolini
- 20 Actor Lew
- 22 Setup for a surprise party
- 24 Six-footer?
- 25 Performed pitifully
- 27 "Twilight" girl
- 28 Queens's ____ Stadium

ANSWER TO PREVIOUS PUZZLE

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| S | T | M | A | R | K | | O | N | A | S | S | I | S | |
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| 60 | | | | | | 61 | | | | 62 | | | | |
| 63 | | | | | | 64 | | | | 65 | | | | |

Puzzle by Ben Pall

- 30 As it might be said

32 2001 Sean Penn film

33 Splinter

33 Routine with a one-handed freeze, say

34 Diner giveaways

37 Houston ice hockey pro
- 38 Hotties

43 Pursue some e-mail chicanery

45 Sacked out

46 Like craft shops, typically

48 Actual, after "in"

49 Info on college applications

50 Some stadium cries
- 51 Editor Brown

52 Impales

53 Dawn

55 Jean Renoir's field

57 Some winter wear

58 "____ wrong?"

59 Writer Brown

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

JUST ADD WATER | ERIC CARLSON & JOHN RODDY



It was only his second day and Dave had made the classic blunder...he forgot to not wear pants.

Write Sports.

Email Zach at zklonsin@nd.edu

SUDOKU | THE MEPHAM GROUP

Level: 1 2 3 4

| | | | | | | | |
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SOLUTION TO WEDNESDAY'S PUZZLE 10/11/12

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

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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HOROSCOPE | EUGENIA LAST

Happy Birthday: The more you do for others, the more you will get in return. This is a sharing, caring year that can bring great satisfaction while enhancing your reputation with your peers or in your community. Love is on the rise, and making positive changes within important relationships will lead to happiness and peace of mind. Live life fully. Your numbers are 1, 7, 12, 20, 27, 38, 42.

ARIES (March 21-April 19): You will attract attention and stir up plenty of action. Let your imagination run wild and delve into creative projects. Show off your skills and make a point to stand out in a crowd. Live, love and laugh. ★★★★★

TAURUS (April 20-May 20): Don't leave anything unfinished if you want to avoid criticism. Once you have taken care of your responsibilities, you will feel free to do something that is new and exciting. Someone unique will inspire you to incorporate change into your everyday routine. ★★

GEMINI (May 21-June 20): Make personal changes. A pick-me-up will get you pumped up and eager to get your plans underway. Don't let anyone talk you into a costly venture. Figure out a way to stick to your budget and get what you want. ★★★★★

CANCER (June 21-July 22): Living in the past and daydreaming will be comforting, but hardly helpful. You'll be faced with criticism and complaints if you don't start moving forward and living life. Family and friends will leave you behind if you don't keep up. ★★

LEO (July 23-Aug. 22): Put dramatic tendencies in the closet. You are best to do what you say and bring about the changes you've been contemplating and procrastinating about. You have everything to gain and nothing to lose. Romance will improve your love life. ★★★

VIRGO (Aug. 23-Sept. 22): Keep demanding individuals at a distance. Get your priorities straight and your responsibilities taken care of so you can get on with your day without feeling guilty. A last-minute social invite will lead to an interesting liaison. ★★

LIBRA (Sept. 23-Oct. 22): Being a participant will show others what you are capable of doing. A change in the way you are treated and the offers people make will lead to greater prosperity. Romance is in the stars, and celebrating with someone you love is encouraged. ★★★★★

SCORPIO (Oct. 23-Nov. 21): Concentrate on getting ahead, not getting angry. It's up to you to put forth your best effort and let the results you get speak for you. Follow the path that excites you the most, not the one everyone else is taking. ★★

SAGITTARIUS (Nov. 22-Dec. 21): You'll be the center of attention. Your playful, free-spirited attitude will draw followers, but also skeptics. Make sure that whatever promises you make are ones you intend to honor. Your flirtatious ways will get you into trouble if you aren't careful. ★★★★★

CAPRICORN (Dec. 22-Jan. 19): Someone will hold you to a promise or question what you say. Be hopeful and be prepared to share your strategy with facts and figures to back you up. Don't be afraid of being different. Make your uniqueness your platform. ★★

AQUARIUS (Jan. 20-Feb. 18): Chat with people about your plans and how you intend to move forward. Love and romance are in the stars and can help you reach your personal goals. The future looks safe, secure and inviting. ★★

PISCES (Feb. 19-March 20): Accomplishment will require deep concentration and an understanding of what it will take to turn your desires into a reality. Don't be fooled by what others are saying. Stand by your own principles and do what suits you best. ★★

Birthday Baby: You are proud, helpful and practical. You are patient and tolerant.

JUMBLE | DAVID HOYT AND JEFF KNUREK

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

OLARY

○ ○ ○ ○

OBATU

○ ○

DAGHES

○ ○ ○ ○ ○ ○ ○

PREBUS

○ ○ ○ ○ ○ ○ ○

Ans: "○ ○ ○ ○ ○ ○ ○ ○" ○ ○ ○ ○ ○

(Answers tomorrow)

Yesterday's Jumbles: OZONE FROWN LITANY DISMAY
Answer: The television screen had become so dirty that it had — A FILM ON IT

WORK AREA

THE OBSERVER

Published Monday through Friday, The Observer is a vital source of information on people and events in the Notre Dame and Saint Mary's Community.

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MEN'S SOCCER | ND 1, MICHIGAN 1 (2 OT)

Wolverines stymie Irish in draw

By ZACH KLONSINSKI
Sports Editor

Seconds before the final buzzer sounded, Irish sophomore forward Jeffrey Farina sent a strong header towards the corner of the net, but Michigan sophomore goaltender Evan Louro gathered the ball into his chest and hugged it as the clock expired.

It was a perfect microcosm of No. 7 Notre Dame's night during a 1-1 draw on Wednesday night at Alumni Stadium.

The Irish (7-2-3, 2-1-1 ACC) controlled play after halftime, but couldn't beat Louro on any of their scoring chances to come away with the victory over the rival Wolverines (5-2-3, 2-0-2 Big Ten).

"We made a lot of really good chances," Irish head coach Bobby Clark said. "We came up against a very hot goalkeeper. Their goalkeeper came up with several fantastic saves.

"That's the way it goes sometimes."

Louro made several highlight-reel saves as the game wore on. Two came within one 30-second period off the foot of Irish senior midfielder Patrick Hodan, who led the Irish in scoring last season but has just a single goal

this fall. The first Louro knocked away by stretching to his left. The ball was then sent into the box again, where Hodan one-timed it out of the air. Louro dove at full extension, this time to his right, and just got his fingertips on the ball to force it off the post.

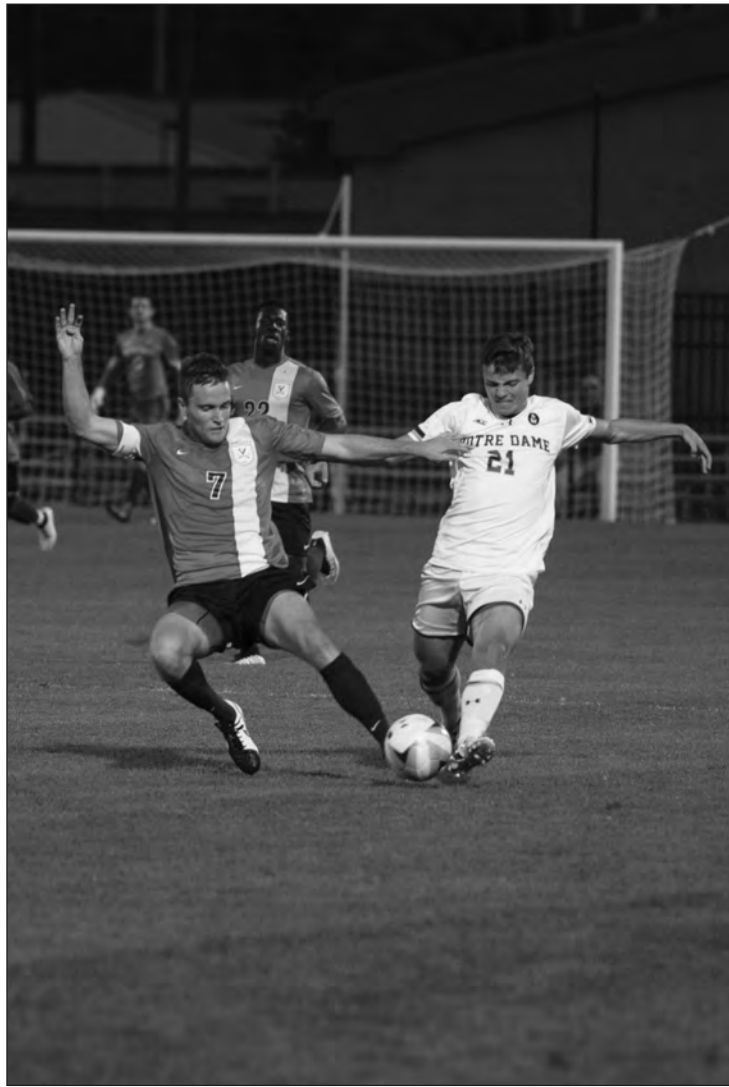
"Their goalkeeper tonight had several outstanding saves," Clark said. "Poor old Patrick Hodan has a hard time because even when he hits it now he hits crackers [off the post]."

Notre Dame was again bit by its recent string of slow starts, falling behind early on a goal in the 23rd minute by Michigan freshman midfielder Francis Atuahene. Atuahene received a pass and found himself with a lot of green space around him before firing a beautiful shot off the very base of the far post and ricocheting into the back of the net.

"We gave up a kind of soft goal," Clark said. "We were our own worst enemies I thought early on in the game. We had critical turnovers.

"Actually right at the start of the game, two minutes into the game [Irish junior goalkeeper] Chris Hubbard had a great save"

see M SOCCER **PAGE 9**



AMY ACKERMANN | The Observer

Irish freshman forward Thomas Ueland fights for the ball during Notre Dame's 3-1 win over Virginia on Sept. 25 at Alumni Stadium.

WOMEN'S INTERHALL

Phoxes top Pyros

Pangborn 21, Pasquerilla East 7

By DOMINIC IANNELLI
Sports Writer

Under the lights of Riehle Fields on Monday, Pangborn defeated Pasquerilla East, 21-7.

Pasquerilla East junior captain Noelle Gooding noted that though the end result was disappointing, the Pyros (2-3) still played a strong game.

"Obviously this isn't the result we wanted," Gooding said. "But we went out there, we had a great time, we made some great plays. I'm just really proud of the way everyone came together. We had a lot of injuries. We faced a lot of adversity on this team, but I think we did a great job overall."

The Pyros started with the ball, but Pangborn (4-1) came up with a key fourth-down stop to thwart the opening drive. Pangborn took over and scored

see INTERHALL **PAGE 10**

ND WOMEN'S SOCCER

Notre Dame looks to rebound against Syracuse

By MAREK MAZUREK
Sports Writer

After two straight losses, No. 16 Notre Dame will look to rebound Thursday as it takes on conference opponent Syracuse at Alumni Stadium.

For the first time this season, the Irish (8-3-1, 1-3-0 ACC) are coming off back-to-back losses to No. 2 Florida State and Miami (Fla.), but Irish head coach Theresa Romagnolo said that despite the recent rough patch, the team is ready to get back on the field.

"I think [the team is] excited to come out against Syracuse," Romagnolo said. "I think the Miami game was a game we were a bit unlucky not to get the result in that game. So I think they're excited to get back on the field to play well together, to create opportunities and to play well."

Creating opportunities is not something the Irish struggled

see W SOCCER **PAGE 10**



EMMET FARNAN | The Observer

Irish sophomore midfielder Taylor Klawunder, left, heads the ball during Notre Dame's 1-0 loss to Florida State on Sept. 27.

MEN'S TENNIS | ITA ALL-AMERICAN CHAMPIONSHIPS

Monaghan enters as top seed

Observer Staff Report

Notre Dame's three representatives in the pre-qualifying all fell this past weekend, leaving senior and top-seed Quentin Monaghan as the only remaining contender in the Saint Francis Health System ITA All-American Championships.

Going into the tournament, the Irish had four players competing in the event as singles. However, in the Round of 256 — the first round of prequalifying singles — two of the team's competitors fell to their opponents. Freshman Alex Lebedev lost in a tight, three-set match to Auburn sophomore Dante Saleh, 6-7(5), 6-2, 7-6(4), while senior Alex Lawson lost to Texas A&M sophomore Jordi Arconada in straight sets, 6-2, 6-3.

Both players did play in consolation matches following their losses in the Round of 256. In his match against East Tennessee State senior Ricardo Pabon, Lebedev came away with a victory in straight sets by scores

of 6-2, 6-4. Lawson also walked away with a victory in his match, defeating Marquette junior Kristiyan Trukov in straight sets as well, 6-0, 6-2.

The Irish did have a competitor advance to the Round of 128, however, as junior Eddy Covalschi defeated TCU freshman Gianni Mancini in dominant fashion, winning in straight sets by scores of 6-1, 6-0. However, in that next round, Covalschi ran into Wake Forest junior Sam Bloom — a former five-star recruit — and fell in three sets, 6-4, 4-6, 6-2.

As a result, Monaghan is the only Irish competitor set to play in the event's main draw starting Thursday. Currently the nation's fifth-ranked singles player, Monaghan entered the tournament as the top seed and automatically qualified for the event's main draw. He is the first Notre Dame player since current Irish head coach Ryan Sachire ('00) to be the top seed

see M TENNIS **PAGE 8**