

Student government composes memo

Ricketts, Ruelas address student mental health in letter to University Board of Trustees

By **KATIE GALIOTO**
News Writer

Student government compiled its new research and recommendations on mental health in a memo to the University Board of Trustees.

Student body president Bryan Ricketts said the memo is an extension of a report on student stress and mental health written by Lauren Vidal and Matthew Devine, last year's student body president and vice president.

"We thought it was a great conversation," Ricketts said. "Their look at student stress examined how conditions can exacerbate mental illness, or

even create it for the first time. Now we're examining some of the leftover questions, looking more at the actions taken to help students with mental illness."

Dan Sehlhorst, student body chief of staff, said the memo contained a further analysis of mental illness in relation to high-risk groups on campus, as well as information about individual colleges' responses to student mental health needs.

Sehlhorst said student government issued two main recommendations in the memo, suggesting changes to address the climate and procedures

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ERIC RICHELSEN | The Observer

SMC program connects sisters with students



Photo Courtesy of Amy Smesseart

A Saint Mary's student participating in the Friends with Sisters Campus Ministry program poses with her Sister after last year's Halloween costume party at the convent.

By **GRACIE BURCHETT**
News Writer

This year Friends with Sisters, which connects the Sisters of the Holy Cross with Saint Mary's students, transitioned from a campus club to a Campus Ministry program.

Regina Wilson, director of Campus Ministry, said

the change in the program, which was founded in 1976, helps to keep Friends with Sisters more structured as students graduate.

"By making it a program within Campus Ministry, there is a more integrated support system for students from year to year. It seemed like a natural fit for Friends with Sisters to become

part of Campus Ministry," Wilson said.

Each member of Friends with sisters is paired with a Sister of the Holy Cross, Wilson said. Program members then have one-on-one time each week with their designated sister, where relationships can be

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Alum discusses using comedy against violence

OCTOBER IS RELATIONSHIP VIOLENCE AWARENESS MONTH, SPONSORED BY GRC

OCTOBER 13
HEALING PRAYER SERVICE
8:30-9:30 P.M.
BETWEEN SOUTH OF LAFORTUNE AND CROWLEY

OCTOBER 25
GREEN DOT BYSTANDER TRAINING
NOTRE DAME
11 A.M.-6 P.M.
LAFORTUNE

OCTOBER 28
TIME TO HEAL DINNER
5:30-7 P.M.
MORRIS INN BALLROOM

ERIC RICHELSEN | The Observer

By **EMMA BORNE**
New Writer

Monday evening, the Gender Studies Program and the Department of Film, Television & Theater co-sponsored Notre Dame alumnus Christian Murphy's presentation on how his company uses comedy to combat relationship violence.

Murphy is the co-founder and executive director of Catharsis Productions, an organization that uses humor and theater to open conversation and awareness about sexual violence. Murphy said he and co-founder Dr. Gail Stern started Catharsis Production in the hope that

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MEN'S TENNIS **PAGE 12**

THE OBSERVER

ndsmcobserver.com

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The news is reported as accurately and objectively as possible. Unsigned editorials represent the opinion of the majority of the Editor-in-Chief, Managing Editor, Assistant Managing Editors and department editors. Commentaries, letters and columns present the views of the authors and not necessarily those of The Observer.

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Questions regarding Observer policies should be directed to Editor-in-Chief Greg Hadley.

Post Office Information
The Observer (USPS 599 2-4000) is published Monday through Friday except during exam and vacation periods.
A subscription to The Observer is \$130 for one academic year; \$75 for one semester.
The Observer is published at:
024 South Dining Hall
Notre Dame, IN 46556-0779
Periodical postage paid at Notre Dame and additional mailing offices
POSTMASTER
Send address corrections to:
The Observer
P.O. Box 779
024 South Dining Hall
Notre Dame, IN 46556-077
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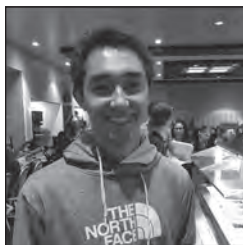
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QUESTION OF THE DAY:

What is your favorite board game?



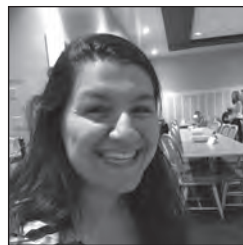
Chris Rhyne
senior
Keough Hall
“Monopoly.”



Gavin Chamberlain
sophomore
Keenan Hall
“Trouble.”



Hana Jenks
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Pasquerilla East Hall
“LIFE.”



Laura Syers
sophomore
Pasquerilla East Hall
“Pretty Pretty Princess.”



Quinlan McWilliams
junior
Keough Hall
“Trouble.”



Shaq Johnson
junior
Keenan Hall
“Bananagrams.”



KATHRYNE ROBINSON | The Observer

The Pasquerilla East interhall football team took on Badin Hall at the LaBar Practice Complex on Sept. 27. Members of the Irish football team coached the girls, and they currently hold a record of two wins to three losses in the 2015 season.

THE NEXT FIVE DAYS:

Want your event included here?

Email news@ndsmcobserver.com

Tuesday

“Vulnerability over Violence”

Hesburgh Center for International Studies
4 p.m.
Open to the public.

Prayer Service

LaFortune Student Center
8:30-9:30 p.m.
Pray for those affected by violence.

Wednesday

Law School Lecture

Law School
4 p.m.-5 p.m.
“The Death Penalty, Dignity and Doing Justice.”

Reading Series

Hammes Bookstore
7:30 p.m.
Orlando Menes, professor of English, presents.

Thursday

Mindful Meditation

Coleman-Morse Center
5:15 p.m.-6:15 p.m.
Meditate with Campus Ministry.

“Iron Sharpens Iron”

Coleman-Morse Center
10 p.m.-11:30 p.m.
Weekly praise and worship service.

Friday

Football Pep Rally

Hesburgh Library
5:45 p.m.-6:30 p.m.
A home game weekend tradition.

ND Women's Soccer vs. Wake Forest

Alumni Stadium
7 p.m.-9 p.m.
The Irish take on the Demon Deacons.

Saturday

Compassionate Care in Medicine

Jordan Hall of Science
1 p.m.-2 p.m.
Part of the Science Exploration Series

Football vs. USC

Notre Dame Stadium
7:30 p.m.
Notre Dame takes on its longtime rivals, the Trojans.

Club sponsors blood drive today in Hurley Hall

By **SELENA PONIO**
News Writer

Imagine your community is desperately lacking a resource that your own body produces every day. The solution, senior Shannon Kraemer said, is obvious: give blood.

Notre Dame Relay for Life and the American Cancer Society (ACS) student club are sponsoring a blood drive Tuesday from 10 a.m. to 2 p.m. at Hurley Hall. For each unit of blood donated to the South Bend Medical Foundation, a \$5 donation will be given to Relay for Life.

Kraemer, co-chair for Relay for Life and co-president of the American Cancer Society club, said that even one donation can make a significant difference.

"One donation of blood can save more than three lives or seven babies' lives," Kraemer said.

The number of blood donors

is decreasing every year, she said, and many young adults do not donate blood.

"I think it is something with our generation that primarily

"My professor said that when he was younger everyone gave, and it was kind of a moral requirement that you give blood. ... I think we are all kind if in this together."

Shannon Kraemer
co-chair
Relay for Life

we are pretty busy or we travel and we just forget to give," she said,

She said one of her professors suggested the decrease in blood donations could be

because of a generational difference.

"My professor said that when he was younger everyone gave and it was kind of a moral requirement that you give blood," Kraemer said. "There is a bizarre mentality that 'Hey it's my blood, I can choose what to do with it,' and I want to be sympathetic to that perspective, but I think we are all kind of in this together, and if it's your grandma, or your mom, you wouldn't think twice."

Kraemer said there is a red banner on the South Bend Medical Foundation's website, givebloodnow.com, which states that there is less than a two-day supply of A-negative and O-positive blood.

"I got really kind of anxious about it," Kraemer said. "This I feel like is organic, you make your own blood and you'll always have more of it, so why can't we be a little generous to our surrounding

community when that's what means most?"

Participating in the blood drive is especially convenient for students since it takes

"I think as a University that has social justice standards and human rights conversations. ... We should be able to fill up more than two people an hour for this event."

Shannon Kraemer
co-chair
Relay for Life

place at central location on campus, Kraemer said. Last year only about half the appointment slots were filled, and she said she hopes a

bigger turnout will occur this year.

"I think as a University that has social justice standards and human rights conversations ... I really think we should be able to fill up more than two people an hour for this event," Kraemer said.

Kraemer said many students travel internationally and as a result cannot give blood. She said for the past couple of years she was one of those students and that she looks forward to giving blood again tomorrow. She said students who are able to give blood should be donating to compensate for those who cannot, especially since there is such a dire need for donations in the South Bend community.

"I just wanted to communicate that this is urgent and students need to wake up to this," Kraemer said.

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Nutritionist presents on mindful eating

By **MEGAN VALLEY**
News Writer

Jocie Antonelli, nutrition and safety manager for Notre Dame Food Services, gave a presentation on mindful eating as part of the McDonald Center's Mindful Mondays.

Antonelli, who also offers nutritional counseling, said mindfulness is closely related to intentionality and explained how both are related to food in particular.

"Taking that idea of mindfulness and applying it to eating is, very simply, having an awareness of what you're eating, why you're eating, how you're eating, all those kind of things that that involve eating, and being present in that

moment," she said. "We're all busy, we're all trying to fit a lot of things into our schedules, so we don't always have time to eat without multitasking."

Freshman Reinaldo Angola-Hernandez said he took an interest in the presentation because he hopes to improve his health habits in college.

"I was interested in going to the event because I want to build super healthy habits while I'm at college, partly because I want to prove to myself that I can make good choices without having my mother behind my back all the time," he said. "Also, I'm always looking for any free events offered on campus that will help me grow as an individual."

Antonelli referenced New

York Times bestselling author Dr. Susan Albers multiple times, saying Albers highlights mindfulness as a tactic to re-

Jocie Antonelli
nutrition and safety manager
Notre Dame Food Services



move obstacles that prevent people from determining their bodies' dietary needs.

"Many social and environmental factors can stand in the way of being able to accurately decode your body's feedback. Mindfulness helps you break free from routine eating habits

by examining the thoughts, feelings and internal pressures that affect how and why you eat or don't eat," Antonelli said.

Antonelli also said Albers suggests it can be helpful to ask yourself questions about your environment, habits and body signals before eating to better register your body's needs.

To end the presentation, Antonelli led participants through a meditation that focused on fully savoring the experience of eating a piece of chocolate — listening to the crinkle of the foil, inhaling the smell and letting the chocolate melt in the mouth for a few moments before chewing.

Angola-Hernandez said the chocolate meditation was a new experience for him.

"I thought [the instruction] provided new and interesting insights, and I especially liked the chocolate meditation because I have never heard of that and I honestly thoroughly enjoyed those two tiny Hershey kisses way more than usual because of it," he said. "I'm kind of excited to eat again just so I can actually slow down and savor every bite."

Antonelli said it's important not to confuse mindfulness with being overly critical or strict with your diet.

"Every item you've enjoyed can be part of a balanced and healthy diet," she said. "It just takes moderation."

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Sisters

CONTINUED FROM PAGE 1

strengthened in a personal setting.

Volunteer coordinator and director of activities for Sisters of the Holy Cross, Lee Ann Moore, said the program is about "forming relationships between sisters

and students that are rooted in friendship and nurtured over the years while the students are at the College."

"The students and sisters become friends and get to know one another better: the students learn about the sisters' lives and ministry experience and the sisters learn about the students' lives and college experience," Moore said.

Bridget Enright, senior and president of Friends with Sisters said, "This is my fourth year in the program, and my fourth year knowing Sr. Virginia Marie. Sister Virginia has been a source of inspiration, of joy, and of connection to my faith."

Enright said she is pleased with Campus Ministry's involvement in the program.

"By re-establishing

Friends with Sisters as a program under the Campus Ministry office, we have been able to make an even stronger connection between the Sisters of the Holy Cross and the Saint Mary's campus," Enright said.

This year Friends with Sisters has 78 students and 74 sisters involved in the program. Recently, the program had a kickoff with an ice cream social.

"At the [kickoff] party, students came to the convent to meet their Sister who will be their friend, mentor and companion for the rest of their college career," Enright said.

First-year student Monica Davy said she is thrilled to be part of Friends with Sisters.

"I am so thankful to attend

a college that provides the opportunity to develop a relationship with a Sister of the Holy Cross," Davy said.

Enright said the Friends with Sisters program is unique to the Saint Mary's experience.

"While the relationships between each student and sister is unique, I believe every girl starting in the program very quickly appreciates the genuine and loving friendship the sisters offer us," Enright said.

Upcoming events for Friends with Sisters this year include an annual Halloween Costume party on Oct. 26 and a Thanksgiving Reflection program on Nov. 23.

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Alum

CONTINUED FROM PAGE 1

they could use their passion for theater to make a difference.

"[Stern and I] both had people very close to us who had been victims of rape, especially while we were in college and we recognized the dearth of sexual assault awareness programs that weren't dry, pedantic and really uncomfortable to the audience that they were trying to serve," Murphy said. "So we wrote a play

called 'Sex Signals.' ... We did this with the hope of using humor and audience interaction as tools to open up a dialogue with audiences that may have felt they didn't want have this conversation."

Murphy said when the audiences in these productions are asked to raise their hand if they think rape is wrong, there has never been a person who has left his or her hand down. He said this begs the question: Why is sexual assault still happening if everyone knows it is wrong? One of the main reasons is lack

of awareness, he said. Catharsis Productions, Murphy said, hopes to meet audiences where they're at to show them that sexual assault is very real.

According to Murphy, Catharsis Productions' main audiences are college campuses and the military. While the organization's first audience was a college campus, today, every soldier coming into the United States Army is required to see "Sex Signals," Murphy said.

Beyond awareness, Murphy said Catharsis Productions looks

to educate its audiences on bystander intervention strategies and their social responsibilities to potential victims.

"We challenge [the audience] to call out aggressive behavior or sexist or demeaning comments," Murphy said. "We expect them to intervene when they see others taking advantage of a friend that may appear drunk. We urge them to hold their own friends accountable when their friends look to take advantage of other people in vulnerable situations. And we do all this by providing various

examples of how they can intervene in safe, non-confrontational ways."

Murphy said Catharsis Productions hopes to one day change the world.

"The Catharsis Productions mission statement is to change the world by producing innovative, accessible and research-supported programming that shifts oppressive attitudes and transforms behavior," Murphy said.

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Memo

CONTINUED FROM PAGE 1

related to mental illness on Notre Dame's campus.

Ricketts said student government defined stigma reduction and emphasized the role of community as segments of its recommendation about the climate surrounding mental illness on campus.

"Through a combination of academic research, campus research and data analysis we did over the summer, we were able to sit back and decide what we, as a student government, want to accomplish this year," he said.

Sehlhorst said the memo addressed five procedures related to mental illness — parental

education, collegiate targeted outreach, high-risk group targeted outreach, faculty education and college referral education.

Educating parents about the mental health resources on campus could help them provide support to their children in times of need, Sehlhorst said.

"We want to help parents know better how to refer their students if they were identifying signs that they needed some additional help — maybe they're way too stressed over the phone, maybe they're really depressed," he said.

Vidal and Devine's report highlighted freshman students and international Asian students as those with a higher risk of stress-related mental illnesses, Sehlhorst said.

"We identified five additional

high-risk groups: LGBTQ students, racial and ethnic minorities, students who have a background of high socioeconomic need, men and non-Catholic students," he said. "Each of those groups face mental health issues in a different way. They often face different types of mental health issues, so they need to all be dealt with in a specific way."

Sehlhorst said different on-campus organizations have close relationships with different demographics, allowing them to serve as a resource for different high-risk groups.

The memo also notes the importance of faculty education about the mental health resources on campus, such as the Campus Assessment Response and Education Team (CARE Team),

Ricketts said.

Sehlhorst said student government suggested broader faculty training programs to teach faculty members about ways to recognize mental illnesses and how to help put students in touch with the resources available to them.

"It would start with the actual training ... so they know the warning signs and resources available," he said. "A lot of colleges do this really well already. Basically, what we are identifying is we can still improve even further."

Ricketts said it is important to continue the collaboration between the different colleges at the University, continuously evaluating the best way to help students access the resources they need.

"These are all ideas, initiatives that we're using to frame how we're

dealing with mental health and how we're engaging with administrators and the colleges on mental health issues," he said.

To address mental illness, student government has also created a department of health and wellness and assisted in the development and promotion of the McDonald Center for Student Well-Being, Ricketts said.

Members of the Notre Dame community have vocalized their desires to address mental illness on campus, Ricketts said.

"This is an issue that affects students, and we want to make sure we're continuing that dialogue and continuing student engagement with the issue," he said.

Contact Katie Galioto at kgalioto@nd.edu

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By **GABRIELA LESKUR**
Scene Writer

Months and in some cases years after my closest friends, I finally turned 21. In the two weeks I have been allowed to stand on the hallowed, sticky floors of local bars, I have experienced much and have come to some conclusions about which bars in town are up to my speed.

Brothers Bar & Grill

Since the day my ID allowed me, I stopped by Brothers to see what the fuss was about.

I had heard Brothers was a cool place to be, a place where friends could come together and stand around. Little did I realize how literal of a description that was and how little else took place there.

The two evenings I spent there, I must admit, were a bit of a disappointment.

Brothers is a bit too loud to hold a conversation, a bit too bright to make bad decisions and a bit too sporty to facilitate a dance floor atmosphere. While

it was a great spot to watch the U.S. vs. Mexico football — I mean soccer — game, it left a lot to be desired otherwise. I came to Brothers in a good mood and left in a bad one. Isn't that the opposite of how it's supposed to go?

On the bright side, I received a pretty sick T-shirt that I wore on Game Day. Thanks for that, Brothers. I'll be back during the day to eat some of that fried cheese you've got on your menu, but my nights will be spent elsewhere.

Finni's or The Blarney Stone

Ah, Finni's. A little bit darker, a little bit dirtier and a lot more fun. Except when it's a Notre Dame football weekend and there are so many people packed into that small space that you feel like a sardine and smell like one too.

When I went to Finni's on a Wednesday, I was pleased. The place wasn't too crowded so I was able to easily move from the bar to the dance floor and back again. I came with a few of my best friends and lived the cliché, dancing like

no one was watching. Although the music was loud, I was actually able to hold a decent conversation near the front door. A perfect evening all in all.

When I went to Finni's on a Saturday, I was displeased. The football weekend brought many more sweaty individuals out to prowl. It was so packed that a walk from the entrance to the elevated dance platform took a good five minutes and a good amount of determination. Friends were lost on the journey, not to be seen again. Paige, did you ever make it home? I may never know.

Madison Oyster Bar

The night of reckoning, Sept. 29, 2015, was not full of pomp and circumstance. No rage was held in my honor, no tray of shots was purchased for my consumption. Simply a quiet drink at Madison Oyster Bar on a Monday night/Tuesday morning welcomed me into adulthood.

Oyster Bar has my kind of vibe, with two floors and tables spread throughout. The pool table on the upper level allows for a relaxed game to take place between

friends and it's quiet enough for jokes to be shared. I feel as if Madison Oyster Bar might be the bar with the most consistent atmosphere that I've been to and I like my bars like I like my men: reliable and kind. (I say kind because the bartender gave me a free shot for my birthday as well as an awesome, if girly, first drink. Much love.)

Conclusion

I have many more South Bend bars to explore and I look forward to the experience. Until then, I think my first few weeks of legal drinker-status have reminded me what I've always known: I will always prefer a good conversation and good friends to a crazy night I won't remember.

So, it seems like I'm going to put the bars on the back burner and spend this weekend drinking wine and playing board games with my best friends. That's more my speed anyway.

Contact Gabriela Leskur at gleskur@nd.edu



By **KELLY MCGARRY**
Scene Writer

With fall in full swing, it's hard to say whether scooter season is winding down or at its peak. One thing is certain: this practical and stylish mode of transportation is more present on campus than ever. The kick scooter was a staple of childhood. You may hold fond memories of speeding down hills on your middle-school Razor scooter, but the sun has not set on this exciting hobby. As a kid, you may have wondered why the handlebars adjusted so high — after all, no kid is that tall! It turns out the sleek vehicles we enjoyed so much in our youths still have a place in this very different stage of life.

The kick scooter appeared to die out during our high school years, but it's making a comeback, and the Notre Dame campus is scooter-territory. There are plenty of reasons why the kick scooter is the only choice for the short commutes around campus and few drawbacks.

Pros

Better than a bike: If you're traveling on campus, riding a bike around usually doesn't make sense. Sure, the actual ride is extremely quick, but the time necessary to unlock and lock the bike isn't really practical for short trips. Even worse is navigating through the crowd heading to DeBartolo Hall at a popular class time. Not only is it tricky, but just plain rude to just barely breeze by an unsuspecting pedestrian. It's the reality of our campus. There aren't many roads, and bikes are not for sidewalks.

Easier to pick up than a board: You may be considering a longboard or a penny board or any board on the spectrum for your on-campus transportation needs. You may be considering these because you will look cool and become popular and be "ND-crushed" (if that's still a thing). But if you have never boarded before, you will not look cool. In fact, you will look very uncool when you attempt to dodge walkers while you are unsteady on your

over-filled backpack, give up, and end up carrying the cumbersome board to class. Summer goals are great, but boarding to class is not for newbies.

Convenience: Most importantly for busy times: kick-scooters have breaks, preventing the terrible mishaps that can come from boarding. Hopefully you can find at least one hill to race down, but the general flat campus makes for an easy ride. Enjoy a speedy, safe and stylish trip, then fold in half and bring into class with you. These things can be stored anywhere, and tucked safely under your bed for the winter.

Affordability: Some scooters like KickPed and Xooter are perfect for all terrains but might be out of budget. If you don't plan on riding on gravel or sand, the Razor of your childhood will meet all your needs at a pretty low price. If you've grown a bit since then, Razor makes an adult version with higher handle bars and larger wheels and deck.

Style: You will exude poise and grace

as you breeze by on your scooter. Trick out your scooter with light-up wheels and fancy decals to show the world how you scoot.

Cons

All this being said, there are still some challenges to the scooter.

Weather: The scooter doesn't roll well over leaves and snow, so check the forecast before rolling out.

Posture: As we approach the bad-back/bad-knees stage of life, the knee-dipping, hunched over position isn't easy for all of us.

Flip-flops: Don't wear flip-flops.

The final verdict

Ultimately, the level of zen you will attain on your scooter far surpasses the risks involved. Look out for the coolest on-campus commuters, appreciate the lifestyle and maybe one day you too will scoot.

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INSIDE COLUMN

Girls vs. bugs

Veronica Darling

News Writer

Week eight into the school year, my lousy immune system finally decided it was time for me to be sick. This Saturday, I skipped the game in order to get better, before my cold got worse.

11 a.m., I hear a buzz, not a buzz of a fly, but something else. I awoke from my very light sleep to see a stinkbug just feet away from my bed. Now, I am not one to get all hot and heated over a bug, but I label stinkbugs in a different category. Usually, as long as they keep their distance (outside) we have no problems, but when they are in my room — no, no, no, we're not doing that. I grabbed a blanket, my pillow, my stuffed animal and sought shelter elsewhere.

I waited for my roommate to get back from the game to assess the situation. Before I left my room I counted three bugs, and when she got back, there were two, meaning one was hiding.

We scavenged for a vacuum. One bug was on our blinds, and the other in the corner of our window. We thought about what would be our most strategic option. We didn't know how smart of bugs we were working with here. What if one saw us suck the other one up and it retaliated against us? We simply could not afford to play hide and seek with another one.

Being the Halloween enthusiasts we are, we have polyester spider webs in front of our windows, adding an extra factor to the hunt. We decided to approach it head on, literally. From a safe distance, under the webs, we pointed the vacuum tube and in the bug went. We hollered with victory as we examined it still crawling inside. We assured it that its friend was going to join shortly and then we would release them into the wild. Yes, we actually did tell it this.

We went through a hole in the webs to get its friend, we pointed and went forth. Unable to see if it went in, my roommate retracted the nozzle. It was still in its same spot; we looked at each other, then back at it, then at each other again. She repeated. It stayed plastered on the wall. This bug was relentless.

We looked around the room, thinking of supplies we could scavenge. We gathered a plastic knife, some duct tape and the stick of the vacuum. As we were making our stinkbug catching contraption, we see our little friend scuttle behind our blinds, leaving only its little legs visible. Maybe we actually did have some smart bugs on our hands.

We took our sticky knife and wiggled into the crevice, catching one of its legs, he fell onto the windowsill belly-up allowing us to suck him up. We took them outside and released them. As picture perfect as this sounds, it is not yet over. We still have one lurking around. We have high spirits that we will find it and are able to reunite it with its friends.

So, instead of taking a personal day watching football and laying in my bed, I let three bugs constitute my relaxation. As Notre Dame battled Navy on the field, I was battling bugs in my room.

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

Nuclear defense

Stephen Raab

Let's Talk Smart

I have no doubt that the author of "A mother's worry" that was published in The Observer last Thursday is sincere in her belief that the Fukushima Daiichi nuclear power plant incident in Japan poses a risk to the well-being of her children living in Oceanside, California. However, I strongly disagree with the validity of these claims, as well as her attempts to smear the nuclear industry as dangerous. Well-intended as her claims probably are, they do seem to be heavy on conclusions and light on science.

Consider the (unsourced) claim that cesium-134 and cesium-137 contaminants from the Fukushima reactors are heating the water of the Pacific Ocean to 80 degrees Fahrenheit in October. First, it's important to note that the author does not cite any oceanographic data when she claims this temperature is anomalous — rather, she simply claims that she has "never felt water so warm here until the last three years." As the saying goes, the plural of anecdote is not data.

Further, the author goes on to attribute this temperature increase to radiation levels of eight becquerels per kilogram in the water. Fairly elementary calculations prove that this is impossible. One becquerel is one nuclear decay per second. One cesium decay liberates around 605 kiloelectron volts; one electron volt is less than a billionth of a billionth of a Joule, so the total energy liberated per day is less than one ten-millionth of a Joule per kilogram. Dividing by water's heat capacity (4,184 J/kg-K) yields the total increase in the water's temperature — sixteen trillionths of a degree. This is almost 2000 times less than even the world's most sensitive thermometers can possibly measure. If you're curious about how fission reactors like Fukushima manage to boil water from such small energies, the short answer is that many, many fissions occur per second, and that these fissions each release much more energy.

It's also telling that the author does not provide sources for her claims that Fukushima's radiation is "devastating the West Coast of the U.S." If pressed, I can only speculate that she might point to crop failures or irregular fish migration patterns, as I've seen antinuclear advocates do in various corners of the Internet. This, along with her assertions about water temperature, exemplifies "post hoc ergo propter hoc" reasoning — "A, then B, so A caused B." It's particularly puzzling that Fukushima ends up the prime suspect, especially when the scientific community has spent so much time discussing the effects of catastrophic global warming on California's local climate.

Moreover, the author wildly overstates the threat posed to humans by radiation from nuclear power

plants. For example, she claims that "99 percent of all mutations are the bad kind, not the natural selection type — the result is cancer." First off, the author appears to be conflating mutations in gametes that are passed on to children with mutations to other tissues in the body, which do not affect natural selection. Second, the human body's resilience and the redundancy of DNA means that many mutations are neutral, not the "bad kind."

Then the author further claims that nuclear power plants "regularly release radioactive particles into the air and water as part of their normal procedures." This is true, but with radiation as in all things, it's the dose that makes the poison. If the author is concerned about radiation from nuclear power plants, which emit about 0.09 microSievert annually, does she allow her children to eat bananas, which contain more radiation, 0.1 microSievert, due to their potassium-40 content? Does she allow her children to live in a house made of brick or concrete (70 microSieverts)? This is the old canard that "vaccines contain toxic mercury" reworked for the nuclear age.

But the biggest question that the author must answer when she calls nuclear power dangerous, or a threat to her children, is "compared to what?" Let's ignore for a moment the long-term climate implications of continuing to burn coal, the world's current workhorse energy source. According to the World Health Organization, particulates released by coal power plants kill a million people every year. Meanwhile, the deaths from America's worst nuclear power accident — Three Mile Island — can be counted on the fingers of Jaime Lannister's right hand.

Why, then, is there such fear around nuclear power? Well, human beings have trouble quantitatively understanding risk. Consider how many people are deathly afraid of sharks (less than one fatality per year), but happily chow down on hot dogs (which account for 17 percent of all food-related asphyxiations each year). In many cases, these irrational fears are hyped by the popular culture. For sharks, it was Jaws; for nuclear power, it was probably Godzilla. Radiation is a great horror-movie villain — not only can't it be seen, but the layman knows so little about it that it might as well be Cthulhu.

As I've noted, the author clearly cares about her children very much, and I commend her for that. But she needs to make her case with science, not speculation based on inconsistent logic. Until that happens, I look forward to our fully nuclear future. If you need me, I'll be taking a long swim in the Pacific.

Stephen Raab is a senior studying chemical engineering. He resides in Alumni Hall and welcomes discourse at sraab@nd.edu

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

LETTER TO THE EDITOR

Coach Jackson, please reconsider

An open letter to Coach Jeff Jackson of the Notre Dame hockey team:

As a devoted fan and follower of Notre Dame hockey, I was somewhat confused to learn on Oct. 7, via the Leprechaun Legion, that student tickets for hockey will be free this season. I say confused, because student tickets for hockey have never cost me a cent in my three years attending Notre Dame. In the past, students could gain access to the Compton Family Ice Arena simply by flashing their student IDs to the ushers.

Now, however, that will not be the case. According to the ticketing website, students must register for their hockey tickets online. Tickets cannot be reserved for the entire season; rather, students must repeatedly register for games at intervals throughout the year. Although tickets acquired this way will (still) be free, students who miss the registration window or those who simply show up on game day will have to pay \$7 to attend.

Coach Jackson, you said in your and Coach Brey's letter to us students, "You have been the cornerstone to

our success at Notre Dame and we want to make sure that you are there once again for all the action this season." If this statement is true, then the new ticket policy seems dangerously contrary to your goal. As students, it is not always possible for us to know far in advance whether we will be free on a given Friday or Saturday night. That was one of the great strengths of the old policy — it allowed students to decide to attend hockey games the night of, without having to pay. The new policy is not flexible and will make it harder for students to attend hockey games, not easier.

Please consider reversing this policy change. You are the head coach, and we are your fans. It would be a shame if Notre Dame Hockey, which is a source of pride and enjoyment for many students, was harmed by one ill-conceived ticketing decision.

Michael Rangel
senior
Oct. 12

Glee Club reunion

Scott Boyle
The Sincere Seeker

A couple of weekends ago, alumni of the Notre Dame Glee Club returned to Notre Dame’s campus for a celebration of its 100-year existence. It was an opportunity to reflect on impact of the club in the lives of its members and the wider community.

There were quite a few alumni in attendance. Final numbers showed over 500 men graced the stage of the Morris Performing Arts Center in downtown South Bend for our Friday night concert. These included members of the current Glee Club and stretched back to a few members from classes in the 1940s.

Stories of tours, bus rides and favorite pieces dominated our weekend activities and conversations. This is probably not surprising if one imagines the fodder that 100 years of history provides.

Friends and family members have asked me to describe the weekend. But, it’s difficult to capture all of the emotions and feelings that follow from a gathering like this. University President Fr. John Jenkins, while preparing to eulogize Notre Dame’s late president emeritus Fr. Ted Hesburgh, captured the difficulty I feel well: “How can we draw together the strands of a life that spanned so many years, served in so many realms and touched so many lives?”

I think Fr. Jenkins was inviting us to consider an essential truth. Most times, explanations will never be able to quite capture in words what should be seen and experienced most clearly by the heart. Lou Holtz identified this point well when he described the Notre Dame mystique: “For those who know Notre Dame, no explanation’s necessary. [For] those who don’t, no explanation

will suffice.” Like in the cases of Fr. Hesburgh and Notre Dame, no single explanation of the Glee Club’s impact will suffice. No single event like a reunion will capture the essence of its meaning. Rather, the essence of meanings like the Glee Club’s must be discovered and lived daily. That is to say, we are called to connect our daily lives with the implications of what we have seen and felt clearly in our hearts.

In the case of reunion weekend, I started thinking a lot about community. If Glee Club taught me anything over four years, it’s that close and meaningful communities are not formed quickly. Rather, they result from a life that is lived together over an extended period of time. In community, we are brought together through a common experience or by working together for a common goal.

Over the course of its history, the Glee Club brought together men who had a love for music. But music was just the beginning. At its heart, learning to make music in the rehearsal room helped us learn how to build friendships in life.

When we sung together, we learned how to blend, to give and receive. Sharper or stronger voices needed balance from warmer or softer voices. Those who were not adept at note reading learned or followed those who were better.

What we learned musically translated into our friendships. Different personalities learned how to blend with one another. Underclassmen were led through the joys and struggles of college, relationships and life by the upperclassmen.

Probably most essential to this building of community in Glee Club was our travels together. Every fall and spring break we had a chance to tour somewhere in the United States. And every two summers, we went on an

international tour. If you want to get to know people, take a trip with them. You learn a lot when you encounter people in a variety of situations: when they’re tired, cranky, energized or joyful. Downtime manifests the range of these emotions.

In the quiet and boredom of downtime, we had time to learn about one another. Moments that might have on the surface appeared dull became transfigured. Busyness no longer prevented the sharing of stories. We had time to hear the echoes of each other’s hearts.

Perhaps the meaning we feel after reunions comes because they give us the excuse to spend time together and share our lives. In those moments, we intentionally focus on those who are around us. Dull moments lead to the laughter and joy of “Remember when’s?” This builds community and communion.

How much good might result if we took the time to do this more in our daily lives? What if we were to spend more time with God?

After all, God continually invites us to “remember when” he showed us the fullness of his love in the incarnation of Jesus Christ. We are invited to actively remember that event so we will better be able to recognize and live into what that love looks now.

The more closely we know Christ’s life, the more we will be able to imitate it. And through this imitation, we will transfigure the world.

A 2012 and 2015 graduate of Notre Dame, Scott currently serves as the assistant director for Notre Dame Vision in the Institute for Church Life. He can be reached at sboyle2@nd.edu
The views expressed in this column are those of the author and not necessarily those of The Observer.

LETTER TO THE EDITOR

The beauty of democracy

I find it unconscionable that The Observer would print the piece “Respect Life Beyond This Week,” by Louis Bertolotti. I find it to be both indefensibly provocative and poorly reasoned. The author advocates that we “alter or abolish” our form of government (a democracy, last time I checked) because we have a law with which he doesn’t agree. This seems inflammatory to say the least. Wouldn’t it make more sense to fight for change to the law rather than incite the reader to modify or do away with our very form of government? This is the beauty of democracy: one can fight for change to laws within the rule of law. Second, the author suggests the Supreme Court lacked the authority to make the Roe v. Wade decision because its members were not elected. This

betrays a fundamental lack of understanding of how our government works. I’m no political scientist but if I remember correctly, one of the main ideas behind the creation of an independent judiciary is that the judges should be (somewhat) insulated from public opinion and not concerned with the constant need to be re-elected. In any event, if our elected officials (members of the House and Senate) collectively decided to abolish abortion, they could do that. The fact that they have not done so is an indication of the variety of public opinion on this issue. Last, the author suggests, indirectly, that supporters of abortion should be aborted. He does this by slyly quoting Lincoln on slavery — but the implication is clear. The author is, or at least seems to

be, advocating violence against those who hold an opinion different from the one he holds. The author is of course entitled to hold any opinion he wants. However, The Observer has shown an egregious lack of judgment in publishing this piece. We should all — regardless of individual positions on the issue of abortion — demand that The Observer apologize to the University community for taking the debate on abortion to the lowest and most irresponsible level of discourse.

Ben A. Heller
associate professor
Romance Language and Literature
Oct. 9

EDITORS’ NOTE

“The views expressed in this column are those of the author and not necessarily those of The Observer.” That sentence appears at the end of every Viewpoint column printed in these pages, and it is these 18 words which sum up this newspaper’s policy regarding the opinions we put in print. In the Oct. 7 edition of The Observer, Louis Bertolotti, a biweekly columnist, wrote a piece entitled “Respect life beyond this week” that argued forcefully against abortion. We have since received a letter from associate professor of Romance languages and literatures Ben A. Heller, which runs above, that calls for The Observer to apologize for printing a column he believes reduces the debate around abortion “to the lowest and most irresponsible level of discourse.” We at The Observer welcome all opinions, arguments, comments and criticisms. That is why we printed Berolotti’s column, and it is why we print

Heller’s letter today. We may not agree with one side or another, but we believe everyone in the Notre Dame and Saint Mary’s community deserves a forum to voice their thoughts. At the same time, we reserve the right to not run a column, guest column or letter to the editor if it makes personal attacks, is unnecessarily inflammatory or otherwise unsuitable for print. We edit Viewpoint pieces for grammar and Associated Press and Observer style. We never want to censor someone’s beliefs. Striking a balance between these two concerns is never easy, but we make every decision with the full knowledge that no opinion piece ever necessarily expresses the views of The Observer. Bertolotti’s views do not necessarily represent the view of everyone at The Observer, but we stand by the decision to allow his opinions into print. We are also grateful to professor Heller for allowing us the opportunity to clarify our decision-making process, and

we welcome his input. Lastly, we encourage students, faculty, staff, administrators and other members of the Notre Dame and Saint Mary’s community to continue to write to us about the issues that matter to you.

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SPORTS AUTHORITY

Doping in college football?

Daniel O'Boyle

Sports Writer

To say that this college football season has had a few surprises so far is an understatement.

Major upsets and countless near-upsets have left us without a clear front-runner for the national title and a wide-open playoff hunt. Off-the-field stories at Rutgers and USC have only added to the shocks. But yesterday, we may have seen one of the rarest events imaginable in the sport: a major performance-enhancing drugs suspension.

Will Grier, quarterback for Florida, has been suspended for the remainder of the season after testing positive for a banned substance. He said at a press conference that he unknowingly took the substance in an over-the-counter supplement. It is the first instance of such a suspension for a notable player at a large Division I program. College football's record with performance enhancing drugs — on the surface — looks pretty great: the numbers of positive tests are incredibly low and mostly at smaller programs away from the national spotlight. Even at the NFL level, numbers of positive tests seem surprisingly low: there's been no major steroid scandal that can compare to what baseball has dealt with.

But are we to believe that almost everyone except Will Grier is clean? I should point out that I have no definitive proof; I have no inside knowledge that isn't public. I'm only speculating, but when you look at the facts it's hard to believe something isn't going on.

Just compare the costs and the benefits. Football is a huge industry. It's only a matter of time before we see a college team pass the billion-dollar mark. At the professional level, the Dallas Cowboys are the most valuable sports team in the world, valued at \$4 billion, with many other NFL teams close behind. Meanwhile, the money in steroid testing is substantially smaller. The NCAA conducts testing for all of its athletes and simply doesn't have the resources to compete with a well-organized doping regimen. Lance Armstrong avoided a single positive test in his cycling career thanks to the resources at the USPS team's disposal, and he was facing the most powerful anti-doping agencies in the world — what could a major program do against the NCAA if they wanted to? The risk of getting caught is almost zero, unless you slip up.

And then there's the benefits. At the college level alone, maybe there's not much to gain other than personal glory, but every player wants a shot at the NFL. A league where a single workout session — a bench-press, 40-yard dash and some quick drills — could turn you from a nobody to a millionaire. It seems odd that baseball, a sport where athleticism is a much smaller part of the game, could have such a large scandal, while a sport involving super-human athletes like football has had only scattered cases.

If football players aren't doping, any economist could tell you it would be rational to start. In cycling, most dopers weren't doing it for the glory of winning a Grand Tour like Armstrong; they just wanted to remain part of the peloton. It's easy to see the comparison when there's one multi-billion dollar professional football league, and very limited options beneath. Taking that risk to get an NFL contract someday is more likely to change an athlete's life for the better than for worse.

If you need actual reports of doping cases, they're out there. Former BYU player Jason Scukanec claimed in 2005 that doping is widespread at DI programs, but he had no evidence and nothing was done. When Tommy Chaikin wrote about the use of PEDs at South Carolina in the 1980s for Sports Illustrated, coaches were jailed, but the NCAA did not issue any sanctions. An Associated Press investigation noted that the system is perfectly designed to allow dopers to get away with it, and provided evidence of players putting on suspicious amounts of weight with ease.

So what can be done? Is it realistic for the NCAA to be able to investigate steroid use well enough to actually compete with major programs? Probably not. Some suggest that repealing substance bans would lead to more entertaining contests and less cheating, but the health risks are obvious. Others are aware of what may go on, but happy to turn a blind eye. There isn't an easy answer. We may need more major player accounts on the matter, and perhaps one day steroid use can be fully looked into. Until then, the best we can do is accept that Grier may not be alone, and there may be more than a few organized steroid programs in college sports.

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

SMC Sports

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matches that didn't go our way, so I am hopeful that we can get a few results out of the six games," Nuber said. "Hope and Calvin are battling for the championship, but I believe we can play with anyone and steal some points. I have preached to the team from day one that it's about daily improvements, and that is what we continue to talk about. We are not in the running for a top-four finish, but with six games remaining, we can still finish in the middle third, which is our goal."

The Belles are set to next take to the pitch Tuesday at 7 p.m. against the Hornets at MacKenzie Field.

Golf

Saint Mary's finished with a team score of 660 to finish in third place in the team standings at the MIAA Conference End of Season Weekend Jamboree over the weekend.

"At the end of the first round, I was really excited to see that we had some consistently low scores from some of the players I expected," Belles head coach Kim Moore said. "However, there was some surprises from a few individuals after the second day, and so we didn't quite finish where we wanted to."

Sammie Averill paced the Belles with a 159 over the two-day event, good enough to put the senior into a tie for fourth place for the tournament. Based on her performance over the fall season, Averill also won the MIAA's Most Valuable Player award for the lowest adjusted scoring average, the eighth player in Saint Mary's history to do so.

"I was very excited to see her win that award," Moore said. "She didn't know she was close, so to see the look on her face when I told her she was the conference player of the year was really awesome. The final was so close, and she only won by one stroke, but she was so deserving of that award, and I am so glad the results turned out the way they did. It has been great to see the way she has matured and battled back on this team after a year away and a shoulder surgery over the past summer. She has worked really hard, and she deserves all the accolades that came her way this fall."

Junior Courtney Carlson followed Averill, posting a combined 164 over her two rounds

for the Belles. Freshman Taylor Kehoe finished with a 167, while junior Ali Mahoney was fourth for the Belles with a 170. Sophomore Kaitlyn Cartone rounded out the scoring for Saint Mary's with a 180.

"Ultimately our goal is to finish in the top four in our conference so that we can have a chance for our NCAA [automatic qualifying] spot in the spring," Moore said. "However, I was a little disappointed with our last round. We played well in our first round this weekend, which brought us only four strokes back from the second place school going into the last round. Then in the second round, we didn't play up to our standard, which dropped us five additional strokes back and put us in third overall. Having said that, I am very proud of the way my team hung in there and tried to rally back. We just fell a little short, so hopefully we can make up some ground in the spring."

The fall season has wound to a close for the Belles. Moore said her team will train hard during the winter to prepare for the spring season.

"I want our team to use the momentum and the success we had this fall to help drive them over the winter," Moore said. "We will be having a few top players leave us for the spring, so I am looking for some players to step up. We have the talent; now we just need some drive, and hopefully a few of my players will take on this challenge, work hard over the winter and be ready to go in the spring."

Volleyball

After a tough loss to Alma last Tuesday, Saint Mary's picked up a win and a loss over weekend action.

The Belles ran into fifth-ranked Calvin on Friday and returned with a 3-0 loss (25-22, 25-14, 25-15). In the first set, the lead changed hands seven times, and the score was tied 13 times. With the score tied at 19 all, the Knights smashed two consecutive kills to stretch their lead to two points. However, two Knight errors allowed the Belles to tied the game immediately at 21. Over the next five points, Calvin pounded down four kills to take the first set. In the second and third sets, the Knights started quickly and opened up a lead the Belles did not come close to challenging.

The next day, Saint Mary's hosted Trine and came back from a 2-1 deficit to prevail in

five sets, 25-22, 21-25, 24-26, 25-19, 15-9. Senior Katie Hecklinski and sophomore McKenzie Todd put together strong stat lines, with Hecklinski registering a career-high 25 kills, and Todd's performances earning her MIAA Player of the Week honors.

After going down 2-1 following three close sets to start the match, the Belles shut the door on Trine. The fourth set only had two ties and one lead change, which was when Saint Mary's went ahead, 2-1. The Belles jumped out to a 7-0 lead in the fifth set, and when Trine rallied to make it 10-8, Saint Mary's went on a 5-0 run to claim the set, 15-9, and the match, 3-2.

The team is now 5-5 in league play and sits in a three-way tie for third, which puts them into a potential playoff spot. The middle of the conference is still close, as third through seventh place are separated by only two games. The Belles will travel to Adrian, which is only a half-game behind them, Wednesday. Saint Mary's will then travel to Kalamazoo on Oct. 23.

Cross Country

Saint Mary's returned to action over the weekend at the Benedictine Invitational in Warrenville, Illinois, the Belles' first meet in two weeks.

As a team, the Belles placed third with a score of 72. Aurora placed in first overall with a score of 36, while North Central was runner-up with a team score of 62.

Once again, Saint Mary's was led by junior Brittany Beeler, who has been the first Belle to cross the finish line in every one of Saint Mary's races so far this season. Beeler's time was 23:01.5, which placed her fourth overall.

Outside of Beeler, Saint Mary's had a flurry of runners who recorded personal records. Among them, junior Kaitlyn Alessi finished with a time of 24:06.4, which placed her 13th, and junior Colleen Ogren posted a time of 24:12.5, which put her in right on the heels of Alessi in 14th.

The Belles will return to action this coming weekend at the University of Wisconsin-Oshkosh Invitational on Saturday at 11:30 a.m.

Contact Michael Ivey at mivey@hcc-nd.edu and Ben Padanilam at bpadanil@nd.edu

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We're gonna get 'em on the run boys and once we get 'em on the run we're gonna keep 'em on the run. And then we're gonna go go go go go and we're not gonna stop til we get across that goalline. - Rudy, 1993

Interhall

CONTINUED FROM PAGE 10

injuries from throughout the season and were down to 14 of the 24 guys we had day one, so obviously, that presented some difficulties.”

Duncan finished its season winless, but Treacy said he sees a bright future for the Highlanders.

“I’m pumped for next season’s team,” Treacy said. “We will be returning every single player, as well as a couple of guys who we are studying abroad right now, so I think teams should watch out for what we’re gonna bring to the table.”

Siegfried junior receiver Jake Maier said his team played up to its potential.

“I think we played really well,” Maier said. “We were rolling on offense and played lockdown defense all game long.”

The Rambler offense was a balanced attack of running and

throwing all game long, with Schmidt catching several key third-down passes to keep drives alive. Maier said the performance was key for Siegfried’s march toward the playoffs.

“I think we’re in a pretty good spot,” Maier said. “We need to play one more good game to get a strong seed, but regardless of where we end up, I think we’ll do well.”

Siegfried wraps up its regular season against Morrissey on Thursday at 8:15 p.m at LaBar Practice Complex, while Duncan is done for the year.

Contact Joe Everett at jeveret4@nd.edu

Morrissey 20, Knott 0

By TONY ZAPPIA
Sports Writer

Morrissey defeated Knott 20-0 Sunday in a showdown of playoff hopefuls.

Morrissey (2-1) ran the ball

early and often out of its wing-T offense with mixed success. However, it was ultimately a long catch-and-run off of a screen pass to sophomore wide receiver Matthew Botek that gave Morrissey its first points of the game.

In the first half, Knott (1-2) moved the ball thanks to a few long completions and multiple timely pass interference penalties. Yet senior captain and running back Casey McCaffrey said Knott’s inability to complete passes reliably kept the Juggerknotts out of the end zone.

“We had a couple long passes,” McCaffrey said. “But overall we had no consistency on offense.”

Early in the second half, senior defensive back Pete Ciuffo intercepted a Knott pass and returned it for a touchdown. McCaffrey said that play was a turning point in the game.

“The pick-six was a big play,” McCaffrey said. “That kind of

changed the tide of the game.”

For the remainder of the game Morrissey continued to wear down the Knott defense with runs, eventually scoring its third touchdown on the ground. Meanwhile, Knott continued to struggle moving the ball throughout the second half.

Getting a resounding win was important, Morrissey sophomore quarterback and captain Declan Zidar said.

“That’s an especially big win because we lost our last game,” Zidar said. “And it’s always good to get a pretty convincing win.”

Knott falls to 1-2 while Morrissey jumps to 2-1. Both teams face quick turnarounds before Thursday games with important playoff implications. Morrissey takes on unbeaten Siegfried at 8:15 p.m. while Knott will play Alumni at the same time, each at LaBar Practice Complex.

Contact Tony Zappia at azappia@nd.edu

M Tennis

CONTINUED FROM PAGE 12

competition, figuring out what you need to do to improve, and hopefully doing those things before we host regionals here during fall break.”

Notre Dame now has more than a week off before hosting the ITA Midwest Regional Championships at Eck Tennis Pavilion beginning Oct. 22, one of the biggest tournaments of the fall semester for the Irish.

“We’re preparing like we normally do, being really specific with our practices, putting guys in positions to work on some of the vulnerabilities in their games,” Sachire said. “We’re playing a lot and also working on individual drills so that each guy can improve moving forward.”

Participants in the Midwest Regional Championships will be announced soon, but last year’s tournament in Ann Arbor, Michigan, included Michigan, Michigan State, Ohio State, Toledo, Wisconsin, Northwestern, Detroit, Valparaiso and a number of other teams. A year ago, Covalschi and current junior Josh Hagar upset the field to claim the doubles championship.

With the tournament now being held at Notre Dame, Sachire laid out similar expectations to the ones he set a year ago.

“Our expectation is to have a great tournament,” Sachire said. “We’re hosting it here and we feel like we’re preparing like we need to in order to have a great tournament, so we’re excited for it and we’re hoping that we play some good tennis.”

The ITA Midwest Regional Championships will kick off Oct. 22, and will conclude Oct. 26. All matches will take place at Eck Tennis Pavilion.

Contact Hunter McDaniel at hmcdanil@nd.edu

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Interhall

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on Sunday.

The Knights (2-1) took the lead early with a 65-yard touchdown pass in the first two minutes of the game. Keenan's defense twice intercepted Stanford (3-0), which was held to 12 total yards of offense in the first half.

Keenan missed another chance to score after a fumbled snap late in the second quarter. With the Stanford offense still struggling, it became a battle of two defenses, senior captain and linebacker Dan Babiak said.

"Our linebackers and our D-ends were getting great pressure on their quarterback," Babiak said. "That was our biggest thing, that our blitzes were working."

Stanford's defense held Keenan scoreless for the remainder of the match, despite the Knights' mobile quarterback, senior Aaron DiGenova, and his 227 passing yards for the day. The tide turned Stanford's way after a botched punt in the fourth quarter left Stanford only ten yards from the end zone. Senior captain and receiver Mikey Koller said the missed snap on the punt was the mistake that cost Keenan the game.

"It just came down to one missed snap," Koller said. "We honestly did everything else perfectly. It was the best game we ever played."

Stanford capitalized on the opportunity in just three plays, finishing the game with a one-point lead and its first victory over Keenan in five years.

"This is big for us," Babiak said. "It really sets up a good foundation for the playoffs. I'm strongly convinced [Keenan and Stanford] are the best two teams in the league, so we anticipate seeing them again."

The Griffins doused their rector, Fr. Bill Dailey, with Gatorade following the hallmark win. The two dorms' shared chapel will be called Stanford-Keenan Chapel until the two teams meet again.

Stanford plays O'Neill under the lights Thursday at 7:00 p.m. at LaBar Practice Complex, while Keenan plays there at 5:45 p.m. against Dillon.

Contact Maureen Schweniger at mschweni@nd.edu

Keough 14, Dillon 8

By MOLLY MURPHY
Sports Writer

This Sunday, Dillon defeated Keough 14-8, redeeming itself after last week's loss to Stanford.

Dillon (2-1) was able to work the ball down the field immediately, with 32 running yards and 16 passing yards on their first possession to score and end the quarter ahead 7-0.

At the beginning of the second quarter, a 10-yard penalty against Dillon gave Keough (1-3) field position at the 45-yard line. After a promising drive, Keough found itself at the 35-yard line with 4th and 14 to go after a sack by the Dillon defense pushed the Kangaroos back 8 yards.

Deciding not to punt, Keough threw the ball for a 30-yard gain

on the play, setting the team up on the 5-yard line. Junior Keough running back Conor Kinasz ran the ball in for the touchdown, and the Kangaroos executed the two-point conversion to go up 8-7 on Dillon.

Keough was able to stop Dillon at the 10-yard line to end the half ahead by one, but the Big Red began the second half the way they began the first: with a touchdown on their first possession. Dillon gained 50 running yards and 15 passing yards to lead Keough 14-8, a lead they were able to hold for the remainder of the game. Despite the loss, junior Keough captain Matthew Mooney said he was proud of his team's efforts, noting the defensive stop at the 10-yard line.

"We fought hard; Dillon had a good team," Mooney said. "We had a big stop in the first half too."

Sophomore Dillon captain John Walsh was similarly proud of his team's play despite missing key players.

"We focused on the run and that worked out well, but there were some good pass plays too," Walsh said, "We were missing one of our safeties which made it harder but some guys stepped up and the line played really well."

Dillon will face Keenan on Thursday at 5:45 p.m. at LaBar Practice Complex while Keough will have a bye week.

Contact Molly Murphy at mmurph40@nd.edu

Sorin 18, Carroll 12

By BRENNA MOXLEY
Sports Writer

Sorin stayed undefeated this weekend with a close 18-12 win against Carroll.

The game started off well for the Otters (2-0-1), with their opening drive resulting in a touchdown.

Their next possession began after an interception by senior Galvin Loughran. He later ran for a touchdown, making the score 12-0 after a second failed 2-point conversion attempt.

Carroll (1-2) responded late in the half with a touchdown caught by senior receiver and captain Anthony Vallera.

The Vermin opened the second half with an interception snagged in the end zone by junior Sean Brown. Freshman Jackson Hignite of Sorin responded on the following drive with a pick of his own in the end zone.

Carroll tied the game up at 12 with a pass from sophomore quarterback Tyler Troxell to junior receiver Eric Richelsen. (Editor's note: Richelsen is a graphic designer for The Observer.)

With one minute left in the fourth quarter, Sorin sophomore quarterback Shane Anderson threw a long pass to senior Jake Yurek for an Otter touchdown.

Vallera said the defensive breakdowns and poor ball security were the major problems for the Vermin in the loss.

"We played hard, but we gave up too many big plays and had too many turnovers," he said.

Sophomore Otter captain Matthew Requet explained that the outcome of this game was the

deciding factor for a guaranteed spot in the playoffs.

"This win is our ticket to playoffs," he said. "We started off with turnovers, but in the end made some big plays and now playoffs is what matters."

Carroll and Sorin both play at LaBar Practice Complex at 9:30 Thursday with Carroll facing off against rival Fisher and Sorin taking on St. Edward's.

Contact Brenna Moxley at bmoxley01@saintmarys.edu

Farley 20, McGlinn 0

By ELIZABETH GREASON
Sports Writer

Farley emerged victorious Sunday at LaBar Practice Complex with a 20-0 win over McGlinn.

Things got going early for Farley (4-1) as the Finest marched down the field efficiently on the opening drive before punching it in with a quarterback sneak by junior Lizzy Moulton that put the Finest up 6-0.

The first drive for McGlinn (0-5) was not as successful as it was forced to punt, but after a series of turnovers by each team, the score remained within one possession at halftime.

The second half opened up with McGlinn again struggling to get anything going as its drive came to a quick stop when the Farley defense came up with another interception.

This time, Farley capitalized with a touchdown pass to sophomore Sydney Manista and converted the 2-point conversion to go up, 14-0.

Each team would see its next couple of drives stalled before eventually Farley tacked on another touchdown which brought the game to its final score of 20-0.

On the Farley side, senior captain Ali Buersmeyer said she was pleased with her team's performance.

"We were extremely happy that we were able to play our game today," Buersmeyer said. "We stuck to the game plan, and fortunately, it worked out well for us."

Despite the loss, McGlinn captain Megan Fabry remained positive.

"We were really shorthanded today, which made things tough," Fabry said. "But you can't be disappointed when everyone is putting in their best effort."

Contact Elizabeth Greason at egreason@nd.edu

Siegfried 27, Duncan 0

By JOSEPH EVERETT
Sports Writer

Siegfried overpowered Duncan on Sunday at Riehle Fields to take a 27-0 win.

The Ramblers (3-0) built a comfortable 20-0 halftime lead, and the defense forced five turnovers, including four interceptions in the second half, to secure the shutout. Duncan junior captain Stephen Treacy said that team depth was once again an issue.

"This game was a rough one," Treacy said. "We had a lot of

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Football

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finished the game."

On the return front, Kelly said sophomore and starting left guard Quenton Nelson could be back in time for Saturday's contest with USC.

"Quenton should be able to practice on Tuesday, and then we'll see how that progresses throughout the week in terms of his effectiveness," Kelly said. "But [he] just finished with the doctors and Rob Hunt, and they expect him to get out to practice on Tuesday."

Preparing for the option

With two games on the schedule this year against triple-option teams, and a pair again next year (Army and Navy), Kelly and special assistant to the head coach Bob Elliott set out to put together a scout team — later termed the S.W.A.G. team — headed by a triple-option quarterback, freshman Robert Regan.

"Coach Elliott and I had discussions about beginning to put together a scout team for the spring, and as we had talked about it, we had — we were also going through a recruiting meeting and putting together some names," Kelly said. "We were recruiting a kid out of this high school, Hinsdale Central, and one of his buddies was the quarterback. He was a triple-option quarterback, and he applied to Notre Dame."

"It kind of just got us thinking about, you know what, let's go out and recruit a triple-option quarterback and get this thing going and have somebody as its centerpiece, and that's how we got Rob Regan. He got into school here on his own, and the rest is kind of history."

That quarterback was Regan, and following Notre Dame's 41-24 win over Navy on Saturday, Kelly awarded Regan the game ball.

"The guys love him. He sang the fight song. That's the first time we had a true freshman stand up, and he got the game ball and sang the fight song, and there was a huge roar from the team," Kelly said.

Looking ahead toward USC

After the announcement Sunday night that Trojans head coach Steve Sarkisian was taking a leave of absence from the team and then his subsequently firing

Monday afternoon, Notre Dame will be facing its fourth USC head coach in the last four years Saturday.

Following its 17-12 loss against Washington on Thursday night, USC dropped out of the polls — after starting the year ranked No. 6 — and Kelly admitted the Trojans' slide changes the way the Irish look at the game but noted Saturday's visitors still have a talented squad.

"Certainly, if they're ranked 10th in the country, that that's going to affect us a little bit differently than them not being ranked," Kelly said. "But I still think, when you talk about beating USC, I think it still carries a lot of weight because people know the talent that they have on that football team."

Despite the Trojans being outside the elite ranks of college football for a while now, Kelly said the rivalry still holds significance.

"There's a special feeling playing USC, and I know that that still resonates with our players and coaches," he said.

Last year, the Irish were walloped in Los Angeles, 49-14, to close the season, and Kelly said the Irish want to put on a better show this week.

"Look, whether it's a rivalry that goes back with implications to the national championship or not, for us in the short term, we got beat up pretty good against them last year," Kelly said. "For our football team, we certainly want to show ourselves a lot better than we did last year."

Grace earns big minutes

When Kelly and the Irish staff made a halftime switch to bring linebacker Jarrett Grace into the game for junior James Onwualu, it gave the graduate student, who recently overcame a long injury layoff, an opportunity to shine — the Irish held Navy to just 79 yards on the ground in the second half after the Midshipmen put up 239 in the first half.

"It was as meaningful for him [to have success Saturday] as it was for me, just to know what he's gone through and to be called upon to come in and play a very important role for us," Kelly said.

"... To see him get out there and play on Saturday was pretty gratifying that he could get out there and help us."

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- Monday, Oct. 26 (2:00-3:00pm) 331 DeBartolo Hall
- Wednesday, Nov. 11 (4:00-5:00pm) 317 DeBartolo Hall
- Thursday, Nov. 12 (3:30-4:45pm) 131 DeBartolo Hall
- Friday, Nov. 13 (10:00am-Noon) 114 O'Shaughnessy Hall

All First Year of Studies students should see their advisor regarding registration matters.

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FOOTBALL

Kelly discusses lineup ahead of struggling USC

By ALEX CARSON
Associate Sports Editor

After two games in 22 days against teams running a triple-option offense, Irish head coach Brian Kelly said he's relieved to get through without any injuries from the scheme's use of cut blocks.

"We had no injuries again — knock on wood — this week to anything below the waist for any of our linemen," Kelly said during his Sunday teleconference. "They're a little sore, obviously, but no major injuries there, again, for playing two very physical teams that play the triple option."

There were a pair of injuries suffered Saturday by Irish players — freshman defensive lineman Jerry Tillery and graduate student center Nick Martin both exited at various points — however, Kelly said he doesn't expect either to have an impact.

"[Tillery] had a sprained elbow and a bone bruise. We'll fit him for a brace, and he should be fine for practice on Tuesday," Kelly said. "... Nick's got an ankle sprain, but he



CAROLINE GENCO | The Observer

Senior running back C.J. Prosise attempts to evade two defenders during Notre Dame's 41-24 victory over Navy on Saturday.

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INTERHALL

Purple Weasels suffer first loss

Welsh Family
Pasquerilla West 0

By TORI LLORENS
Sports Writer

Welsh Family bested previously undefeated Pasquerilla West on Sunday with a 7-0 victory.

Pasquerilla West (3-1) started its offensive effort by marching up the field, but the Whirlwinds (3-1) held strong on a goal-line stand to deny the Weasels any points.

The second quarter was riddled with penalties and incomplete passes on both sides, but after a long throw, Welsh Family managed to score a touchdown and the extra point. The Weasels did not connect on the passes needed to put them on the board before the half ended.

The third quarter contained substantial back-and-forth action, highlighted by a Whirlwind sack that pushed the Weasels back to the 5-yard line.

Although the pressure was high in the fourth quarter, Pasquerilla West made progress down the field and was able to hold Welsh Family when on defense. However, with a

missed snap and four incomplete passes in the final three minutes of the game, the Weasels did not have the final push needed to force a tie.

Senior Weasels captain and line-backer Bernie Jordan said the loss can help Pasquerilla West.

"It's better now than later," Jordan said. "We're not happy with it, but there's a positive that we can see what we did wrong and change it. We have a fire in our bellies and sometimes it's better to get a loss early so our confidence can keep building."

Both Pasquerilla West and Welsh Family take the field again Tuesday at Riehle Fields at 7 p.m. The Weasels play Walsh and the Whirlwinds face Lyons.

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Stanford 7, Keenan 6

By MAUREEN SCHWENIGER
Sports Writer

Stanford came out against rival-Keenan with a statement 7-6 win

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MEN'S TENNIS | ITA ALL-AMERICAN CHAMPIONSHIPS

Monaghan falls at championships

By HUNTER McDANIEL
Sports Writer

The Irish wrapped up individual play at the Saint Francis Health System ITA All-American Championships over the weekend, with senior Quentin Monaghan falling in the round of 32.

The tournament, which began with pre-qualifying on Oct. 3 and concluded this past Sunday took place in Tulsa, Oklahoma, and featured four Irish representatives. Monaghan, the nation's fifth-ranked singles player, was automatically in the main draw.

In addition to Monaghan, the Irish also sent senior Alex Lawson, junior Eddy Covalschi and freshman Alex Lebedev. Both Lawson and Lebedev fell in the round of 256 while Covalschi made it through but fell in the round of 128 to Wake Forest junior Sam Bloom, 6-4, 4-6, 6-2.

On Thursday, Monaghan defeated Alabama sophomore Korey Lovett (5-7, 6-4, 6-3), the No. 96 singles player in the

nation who beat Monaghan only two weeks earlier at the Crimson Tide Four-in-the-Fall Tournament at Alabama. Monaghan, however, was struck down by Auburn junior No. 76 Marko Krickovic (1-6, 7-5, 7-5) in the round of 32 on Friday.

Though the Irish only picked up a pair of wins throughout the whole of the tournament, head coach Ryan Sachire said the team met its goals throughout the week.

"Any time you play a tournament and you don't win, you're probably a little disappointed," Sachire said. "But that wasn't the focal point of the tournament. Our focus was to do well and to do the things we needed to do to get better. All four did well, maybe not to the level of their own expectations."

"I was happy with it, but just echoing their feelings I think they felt like they left some things on the table. But that's part of tennis. Exposing yourself to a high level of

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SMC SPORTS

Olivet hands third loss in a row to Saint Mary's

By BEN PADANILAM and
MICHAEL IVEY
Sports Writers

Soccer

Despite bucking its longest scoring drought of the season, Saint Mary's dropped its third straight match Saturday when it fell to Olivet in double overtime, 3-2.

The Belles (1-10-1, 1-8-1 MIAA) broke their five-game scoreless streak against the Comets (9-3-1, 6-3-1 MIAA) this weekend, scoring two goals in regulation, but the Comets scored the game's deciding goal in the 103rd minute.

The Belles started off the game's scoring when senior defender and captain Lindsay Rzepecki scored in the 15th minute. They held this lead going into halftime, but just three minutes into the second half, Comets senior defender Jordyn Mackool scored her first goal of the season to tie the game up.

In the 61st minute, Comets freshman midfielder Emma Essen scored an unassisted goal

to put Olivet up, 2-1. The Belles remained unfazed, however, as junior midfielder Jenn Jarmy scored in the 87th minute to force overtime.

In the first overtime period, the Comets outshot the Belles, 3-2, but neither team was able to score. In the second period, however, Essen found the back of the net for the Comets on the first shot of the period to give Olivet a 3-2 win.

After the game, Belles head coach Ken Nuber said he felt the team played its best game of the season, despite the result.

"Saturday was tough because we have come so far in our development and started attacking very well," Belles head coach Ken Nuber said. "We were without a few key players that could have made a difference like [freshman goalkeeper] Rachel McCarthy and [junior forward] Kate Vasile. [Freshman goalkeeper] Cara Givens had been out for the past three weeks with injury, and for a keeper, repetition is everything, so this put Cara in a very tough position.

"Having said that, we should have won the game based on our play. We have multiple opportunities to put the game away, even in overtime. A few mental mistakes lead to the winning goal, but overall, it was our best game."

Up next for Saint Mary's is a road matchup with Kalamazoo on Tuesday. The Hornets (6-6-1, 6-3-1 MIAA) currently sit in fourth place in the conference, and they have a game-and-a-half lead over Albion for the final spot in the MIAA playoff.

Over the break, the Belles also have games with conference bottom-dweller Trine and conference-leader Calvin on Saturday and Oct. 24, respectively.

Nuber said it is important for his team to keep fighting and improving each and every game, despite being out of playoff contention.

"It's been tough because I have felt that we have been the better team in a few conference

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