‘My brother’s and sister’s keeper’

Students, staff discuss prevention, detection of mental health issues

By MARISA IATI
Assistant Managing Editor

Editor’s note: This is the second installment in a three-part series discussing mental health at Notre Dame and Saint Mary’s in recognition of national Mental Illness Awareness Week.

Saint Mary’s junior Molly Smith said she first experienced depression episodes during her sophomore year of high school.

Since then, she has been fighting to get better.

“I think this summer was a big point where I realized if I wanted to feel like I was living and not just existing, I had to really work on getting to get better,” Smith said.

Smith’s struggle with mental health started with depression and anxiety but grew to include an eating disorder in which she restricted food intake, she said.

“Looking back, [the eating disorder] was kind of a coping mechanism to the depression,” Smith said. “I think in hindsight, I didn’t really see how much the depression and all of that were controlling my life.”

Smith said she underwent inpatient treatment during winter break of her freshman year at Saint Mary’s. Her subsequent fight to stay well had its ups and downs, she said. Her eating disorder resurfaced during October of her sophomore year, and her health spun downhill again.

“It was a lot harder than the first time,” Smith said. “I think [it was] kind of the rock-bottom point of me figuring out that I really needed to address this head-on.”

The Red Mass, held Monday at the Basilica of the Sacred Heart, was part of a national event to pray for God’s blessing and guidance in moral truth.

“Last year I talked about the injustice of the [Health and Human Services] mandate and religious freedom,” said. “This year, the topic is the meaning of freedom and what a culture of religious freedom is. True freedom is rooted in moral truth.”

The Red Mass, held Monday at the Basilica of the Sacred Heart, was part of a national event to pray for God’s guidance for those in legal professions.

CLC talks sexual assault

Observer Staff Report

Campus Life Council (CLC) met Monday afternoon to discuss sexual assault prevention.

Dr. Bill Stackman, Title IX deputy coordinator and associate vice president for student services, said the Committee on Sexual Assault Prevention (CSAP) would refocus its efforts based on an internal review conducted last year.

The group plans to work to increase education about the definition of sexual misconduct and what action should be taken after an incident, he said.

Stackman addressed the federal mandates regarding sexual assault that affect Notre Dame. The University must educate the campus about procedures and responsibilities, and respond to reported incidents within 60 days, he said.

After evaluating the records of his Title IX presentations to the Notre Dame community since 2010, Stackman said five cases involving graduate students pointed towards grad students seeking counseling.

Professor contests O’Reilly’s portrayal

By MEGHAN THOMASSEN
Managing Editor


The segment introduced Moss as a theology professor who argued that Jesus was a socialist.

“But here’s the thing: I’ve never argued that Jesus was a socialist,” Moss told The Observer earlier this week.

“Then they pulled this tweet that I had re-tweeted from someone else, and they wanted me to defend it.”

Moss said she regularly writes for The Daily Beast, using humor to “inject humility into the conversation.”

She said her review of “Killing Jesus” mostly criticized O’Reilly’s historical methodology.
QUESTION OF THE DAY: What superhero did you want to be as a child?

Theresa Siver
junior
Le Mans Hall
“Spiderman so I could hang out on the ceiling.”

Rocio Suarez
freshman
Regina Hall
“Batman.”

Nikki Charter
junior
Le Mans Hall
“Captain America because who needs gender stereotypes?”

Katie Nickol
junior
Le Mans Hall
“Wonder Woman!”

Itzu Tul Moreno
freshman
McCandless Hall
“Pocahontas.”

Anna Fanelli
junior
Le Mans Hall
“Batman.”

Today’s Staff

News
Ann Marie Iacobowski
Katie McCarty
Hannah Ellenson

Graphics
Emily Danaher

Photo
Vera Lu

Corrections
The Observer regards itself as a professional publication and strives for the highest standards of journalism at all times. We do, however, recognize that we will make mistakes. If we have made a mistake, please contact us at (574) 631-4541 so we can correct our error.

THE OBSERVER

P.O. Box 777, Notre Dame, IN 46556
024 South Dining Hall, Notre Dame, IN 46556

Editor-in-Chief
Andrew Givens
Managing Editor
Katie M. McCarthy
Asst. Managing Editor
Nicole M. Michels
Assistant Managing Editor
Brendan Hanrahan
News Editor
Ann Marie Iacobowski
Viewpoints Editor
Dan Reinhart
Sports Editor
Mike Monaco
Features Editor
Kerry Stenek
Graphics Editor
Steph Waltz
Multimedia Editor
Kathy Horne
Advertising Manager
Emily Kuperszyk
Art Design Manager
Sam Hillebrand
Central Desk
Alex Eschle

System Administrator
William Schuman

Office Manager & General Info
Ph.: (574) 631-3477
Fax: (574) 631-4587
Advertising
(574) 631-6900 ads@ndsmcobserver.com
Editor-in-Chief
(574) 631-7562 js@ndsmcobserver.com
Managing Editor
(574) 631-7560 mm@ndsmcobserver.com
Assistant Managing Editors
(574) 631-7561 hmk@ndsmcobserver.com
(574) 631-7561 tpw@ndsmcobserver.com
Assistant to the Editor
(574) 631-3513

News Desk
(574) 631-3523 observernd@gmail.com
Viewpoint Desk
(574) 631-3507 observer.scene1@gmail.com
Sports Desk
(574) 631-3543 observer.sports@gmail.com
Scene Desk
(574) 631-3540 observer.scene2@gmail.com
Saint Mary’s Desk
krishna1@marymarys.edu
Photo Desk
(574) 631-3557 observer Они@gmail.com
System & Web Administrator
(574) 631-3418

POLICY

The Observer is the independent, daily newspaper published in print and online by the students of the University of Notre Dame and Saint Mary’s College. Editorial content, including advertisements, is not governed by policies of either institution. The Observer reserves the right to refuse advertisements based on content.

Who writes for the Observer?

The Observer regards itself as a professional publication and strives for the highest standards of journalism at all times. We do, however, recognize that we will make mistakes. If we have made a mistake, please contact us at (574) 631-4541 so we can correct our error.

What superhero did you want to be as a child?

On the Saint’s feast day. The three students are participating in Notre Dame’s study abroad program in Rome.

Notre Dame juniors Sean Hamilton, Kristen Tripicchio and Megan Fuerst stand in front of the Basilica of St. Francis in Assisi, Italy, on the saint’s feast day. The three students are participating in Notre Dame’s study abroad program in Rome.
Experts discuss Pope’s impact

By JACK ROONEY and RACHEL RAHAL
News Writers

In light of Pope Francis’s recent, extensive interview in “America,” magazine groups at Notre Dame and Saint Mary’s hosted separate panel discussions Monday to discuss the pope’s comments and their impact on the Catholic Church and on the faith lives of students.

The Notre Dame discussion was hosted by Campus Ministry and titled “What did he just say! Pope Francis Unfiltered.” The panel featured Theology Professor Fr. Brian Daley, S.L., Kathleen Cummings, director of the Cushwa Center for the Study of American Catholicism and Tim O’Malley, director of the Notre Dame Center for Liturgy.

The Saint Mary’s panel featured Sr. Veronique Wiedower, vice president for mission, Phyllis Kaminski, professor of Religious Studies, sophomore Sofia Piecuch and senior Haley Koth.

At the Notre Dame panel, the group offered general thoughts on the impact of Pope Francis’s interview before opening the discussion to audience members, giving particular focus to the role of the media in the Church and Francis’s papacy.

Daley, a Jesuit priest, said he thought Francis’s mission as Pope would not be centered on doing interviews.

“He does a really fantastic job of incorporating details from Roman history and contemporaneous events into his account, but it’s really a novel,” Moss said. “He doesn’t know what he’s doing is what the journalist then looks like thought of when he interviews a pope.”

Moss said that the interview marked the beginning of the Church’s move toward that in a variety of ways.

“Pope Francis’s message is very uplifting, one that calls for healing and seeks love and refuge.”

Wiedower said Francis’s vision of the Church emphasizes solidarity with the poor and marginalized.

“My initial feeling about this interview was one of hope, ‘mustard seed’-type hope,” Wiedower said.

Daley closed the Notre Dame panel by saying the interview must be understood in a context of love, faith, and prayer for them.

“Important thing about them is not that they’re rules, but that while Pope Francis still believes in the rules and doctrine of the Church, these rules and beliefs must be grounded in a position of love.”

Contact Jack Rooney at jrooney@nd.edu and rrahal01@saintmarys.edu

Moss

CONTINUED FROM PAGE 1

“Does he really have a good job of incorporating details from Roman history and contemporaneous events into his account, but it’s really a novel? A novel is a story, it’s not about the Church.”

Moss said that the Church is meant to bring us to a place of common humanity.

“Don’t believe they do. I think that if someone had written a negative review of the book, I think I would have recommended you read the book.”

“Perhaps the most important lesson that can be learned from this interview is that the Church is meant to bring us to a place of common humanity.”

Contact Meghan Thomassen at mthomass@nd.edu

Moss

CONTINUED FROM PAGE 1

“Does he really have a good job of incorporating details from Roman history and contemporaneous events into his account, but it’s really a novel? A novel is a story, it’s not about the Church.”

Moss said that the Church is meant to bring us to a place of common humanity.

“Don’t believe they do. I think that if someone had written a negative review of the book, I think I would have recommended you read the book.”

“Perhaps the most important lesson that can be learned from this interview is that the Church is meant to bring us to a place of common humanity.”

Contact Meghan Thomassen at mthomass@nd.edu

Red Mass

CONTINUED FROM PAGE 1

Notre Dame’s Red Mass draws other semi-priests, members of the legal profession, and politicians.

Moss said that the interview was one of hope, “mustard seed”-type hope. (Photo by Robert Kelly)

“Here he said on this theme quite a bit, and I have reflected often on his teachings,” Rhoades said. “I’ve taught that freedom can lead to a lot of trouble if not rooted in moral truth.”

Rhoades said he values the Mass as a chance to meet, advise and pray for the Notre Dame Law community.

“The Red Mass gives me an opportunity to meet law students and law professors, and to encourage them in living their faith in their profession,” he said. “There are excellent scholars here who help the Church, so it’s good to come here and pray for them.”

Notre Dame’s Red Mass has always been sponsored by the Law School, but last year the political science department joined in, and this year the constitutional studies minor has followed suit, Rhoades said.

“It’s been a positive development in the last year,” he said.

In his homily, Rhoades said he believed the current and future leaders of the country need to know that freedom is a concept that must be rooted in moral truths.

“Freedom is rooted in moral truths,” Rhoades said.

“Freedom is rooted in moral truths,” Rhoades said. “I believe the future of our nation depends on a culture that adheres to moral truths and values without which our democracy is imperiled.”

Contact Meghan Thomassen at mthomass@nd.edu

In his homily, Rhoades said he believed the current and future leaders of the country need to know that freedom is a concept that must be rooted in moral truths. He said it’s “good to come here and pray for them.”

Notre Dame’s Red Mass has always been sponsored by the Law School, but last year the political science department joined in, and this year the constitutional studies minor has followed suit, Rhoades said.

“Freedom is rooted in moral truths,” Rhoades said. “I believe the future of our nation depends on a culture that adheres to moral truths and values without which our democracy is imperiled.”

Contact Meghan Thomassen at mthomass@nd.edu

“This was the sentence: ‘There’s a lot of trouble if not rooted in moral truth,’ Rhoades said. He values the Mass as a chance to meet, advise and pray for the Notre Dame Law community.

“The Red Mass gives me an opportunity to meet law students and law professors, and to encourage them in living their faith in their profession,” he said. “There are excellent scholars here who help the Church, so it’s good to come here and pray for them.”

Notre Dame’s Red Mass has always been sponsored by the Law School, but last year the political science department joined in, and this year the constitutional studies minor has followed suit, Rhoades said.

“It’s been a positive development in the last year,” he said.

In his homily, Rhoades said he believed the current and future leaders of the country need to know that freedom is a concept that must be rooted in moral truths. He said it’s “good to come here and pray for them.”

Notre Dame’s Red Mass has always been sponsored by the Law School, but last year the political science department joined in, and this year the constitutional studies minor has followed suit, Rhoades said.

“Freedom is rooted in moral truths,” Rhoades said. “I believe the future of our nation depends on a culture that adheres to moral truths and values without which our democracy is imperiled.”

Contact Meghan Thomassen at mthomass@nd.edu
Celebrating **IRISH STATE OF MIND** and Mental Health Awareness Week

need a boost?

Let’s Talk.

free brief confidential consultation with a professional on a variety of issues

Mondays, 1-2 pm: La Fortune, Green Room 220
Wednesdays, 3-4 pm: Fitzpatrick Hall, Room 258
Thursdays, 2-3 pm: Coleman-Morse, Room 229

*Let’s Talk* is a service of the University Counseling Center. *We’re here for you.*

👍 University Counseling Center (UCC) on [Facebook](https://www.facebook.com/uccndedu)

visit us @ ucc.nd.edu
**Health**

**Continued from page 1**

*A common struggle*

Smith’s battle with mental health issues is far from uncommon. Between 6 and 12 percent of college students nationwide seek counseling services, according to the 2012 Executive Summary Report of the Association of University and College Counseling Center Directors.

Dr. Susan Steibe-Pasalich, director of the University Counseling Center (UCC), said the top five reasons students sought services at the UCC during the 2012-13 school year were anxiety, depression, family concerns, romantic relationships and attention deficit hyperactivity disorder.

Two factors contribute to the development of a mental health issue, Steibe-Pasalich said.

“There’s a predisposition toward mental illness — a genetic, biological disposition — and then there are environmental factors,” she said. “Both things need to be present for you to develop a mental disorder.”

Notre Dame psychology professor Gerald Haefeli published research about a risk factor for depression, called “cognitive vulnerability,” in the journal *Clinical Psychological Science* last year. He told The Observer in May that cognitive vulnerability is a style of thinking that can result in events that can be passed from one person to another. A person’s cognitive vulnerability can predict future depressive episodes.

Haefeli said last week it is difficult for most people to identify their levels of cognitive vulnerability, but they can notice when their moods are abnormally negative.

“You may not be able to completely pick up on what dial of thinking you have, but you can pick up on when you’re feeling a little down,” he said.

‘Engage in self-care’

Notre Dame senior Zoe Jimenez said she struggles with anxiety. When she realized her stress level was constantly high, she sought counseling at the UCC.

“Especially on this campus, it’s hard to figure out when your high levels of stress are not just regular ... because all of us are very, very stressed out all the time,” Jimenez said. “[I realized my stress levels were extreme] when the anxiety started to seep into other aspects of my life, rather than just academics, and when I couldn’t stop thinking about work and the things I had to do while hanging out with friends on weekends.”

Students can take steps to decrease their stress levels, Jimenez said.

“What or not you think your level of anxiety or stress is normal, if it’s not desired, ... you can do things to help yourself out — like running, exercise, yoga, meditation, praying, going to daily Mass,” she said. “These are all little breaks from life that we all need.”

Steibe-Pasalich said students should also take other measures to preserve their mental health.

“Engage in self-care,” she said. “Allow yourself to have good social support systems, good friends, people that love you and you love back. ... [Also helpful are] letting yourself be vulnerable to others, giving up perfectionistic ways of thinking and ideas.”

‘A community that cares for each other’

Students should work to be active bystanders with regard to their friends’ mental health, Steibe-Pasalich said.

“The whole idea is that you would not just stand by and let a crisis happen, but that you would intervene in an active way to help somebody to get involved in preventing an emergency,” she said. “It’s sort of the ‘I am my brother’s and sister’s keeper’ idea, that we are a community that cares for each other.”

Steibe-Pasalich said if a friend’s behavior seems radically different than usual, the student might be facing a mental health issue.

“Young friend who suddenly isolates or stays in their room and stops going to class and doesn’t go to the dining hall anymore, that could be some manifestations of depression,” she said. “Or somebody who has extremely excessive energy and hadn’t been that way, but suddenly they’re up all night painting their room or running around the lakes, and they just ... without sleep for more than 24 hours, that could be a bipolar disorder manifestation.”

“So any real change or very unusual or bizarre behavior, you might suspect that there’s a problem.”

Helping a friend who has a mental health issue is tricky but important to his or her well-being, Smith said.

“I think the best thing you can do is just be patient with them and ... express to that friend that you’re there if they need anything.”

If a friend does feel suicidal, Steibe-Pasalich said to bring him or her to a rector, an RA or the UCC.

“I think direct and straightforward is the most courageous way to ‘approach a friend,’” she said. “You can say ‘I really care about you, and I’m concerned about how you’ve changed, and I think you need to talk to somebody — more than just us, just more than your friends.’

‘Or, ‘Let’s call and make an appointment for you right now,’ so you’re doing it right with them. It’s also good if you can use very specific examples about behavior you’re concerned about with your friend.”

**Fighting to get better**

Byacies is involved at Notre Dame senior, said he struggled with obsessive-compulsive disorder during his senior year of high school. He became extremely anxious all the time, was hyper-observative about his actions and refused to eat certain foods because he believed they were unclean.

Murphy said receiving counseling for his illness taught him to challenge the stigma against therapy.

“I think one of the biggest problems on campus ... is that people tend to think that mental health issues are ‘these are broken people, and these are normal people,’” he said. “And that’s not the case at all. Everybody is susceptible to anxiety, compulsions, depression, ... just like everyone else.”

“If you have a couple hours, leave campus, because a huge part of this is the environment and how stressful it is,” she said. “A lot of times, people need to exit a situation to stop feeling stressed out about whatever is happening in that situation.”

Steibe-Pasalich said if the situation seems serious, however, it is appropriate to ask the friend if he or she feels suicidal. She said it is myth that using the word ‘suicide’ will put the idea in someone’s head.

If a friend does feel suicidal, Steibe-Pasalich said to bring him or her to a rector, an RA or the UCC.

“Or, ‘Let’s call and make an appointment for you right now,’ so you’re doing it right with them. It’s also good if you can use very specific examples about behavior you’re concerned about with your friend.”

Students can also get help at the UCC.

“Students can also come to the UCC to share concerns, Steibe-Pasalich said. Students can also talk to their attendance counselor. ‘Let’s Talk’ sessions, which are 15-minute walk-in consultations the UCC hosts three times a week in locations around campus.

Smith said people at Notre Dame and Saint Mary’s are willing to help students in need of support, as long as students make them aware of their needs.

“If you need a friend to help you out, find one of your close friends who can help you,” she said. “RAs are great for that, too.

‘The easiest thing to do is to not say anything and to just try and pretend like it’s not a problem, but that’s, at the same time, the worst thing you can do for yourself. Everybody wants to feel good about themselves and to be able to enjoy and take what they can from their college experiences and can’t do that when you’re sick.”

Students should not quit trying to get better when the going gets tough.

“There is someone out there to help you,” she said. “There is always a way to get better, always a way to improve your life.”

Smith said it is important that a student struggling with mental health issues believes he or she deserves to feel better.

“If you don’t feel good about yourself, you don’t see a need to address these kinds of things,” Smith said. “You don’t really think you deserve it.”

“People should know that no matter who you are, what you’ve been through, there are people who want to help you. And you deserve to feel good.”

Contact Marisa Iati at miani@nd.edu

**CLC**

**Continued from page 1**

to a need for him to address this population. Because three cases involved international students, Stackman said he has spoken with International Student Services (ISSA).

CLC members questioned Stackman about elements of his presentation, including the University’s usual practices, the email reports of sexual assaults and long-term strategy. One of the council members said she wanted to know the number of guilty verdicts that arose from the 24 cases considered last academic year.

Stackman said eight of the cases did not go to trial investigation. Of the 16 investigated cases, he said the majority of accused persons were found guilty. Five of last year’s 24 cases involved athletes, Stackman said.

The cases were reported by coaches and trainers, and he said only one of the five athletes was a male. All of the cases involved two people who knew each other.
A “huh” moment

Haleigh Ehmsen
News Writer

After reading Pulitzer Prize winner Leonard Pitts Jr.’s recent column in The Miami Herald about Pope Francis and the controversy his actions and statements have caused, I find this a very relevant topic as a student at a Catholic college, but even more, as just a human being.

Pope Francis has recognized the dignity in every human life and urges others to do the same. He has washed and kissed the feet of prisoners, women and non-Christians. He also has insisted on carrying his own bags and cooking his own dinner. Such relatable human tasks have caused people to awe at his simplicity and to question why a figure with so much authority would bother with the seemingly mundane tasks of everyday life.

Certainly, washing people’s feet isn’t an everyday task, but I think the point is to recognize Francis as a normal human being. Maybe our perception of “holier than thou” comes not from the fact that he is the head of the Catholic Church, but rather from the fact that he is humbling himself before others. Simple acts, such as washing feet, has surprised people. Why? Aren’t these things all a part of being a Christian? These are issues that Pitts’ column brings up, and I think it is a very interesting point.

We are called to serve others, to live simple lives and to love our neighbors. Yet while Pope Francis is doing these things, he is gaining a lot of media coverage, especially in the Catholic Church.

Cruz’s conservatism

John Sandberg
Sandman’sMusings

For someone who so clearly wants to be president, you would think Sen. Ted Cruz would know a little more about how presidential elections are won and lost.

You would think the former debate champion would know that winning votes in a Republican-dominated state like his Texas is strategically different from winning votes in this bipartisan country of ours.

You would assume the well-educated lawyer would know presidential elections are won and lost at the margins, with victories and defeats coming at the hands of independent voters who shift between parties from one election to the next.

You would think the man who cites Ronald Reagan as his political idol would have a firmer grasp of the ways in which the Great Communicator appealed to a wide range of Americans, not just the extreme wing of his party.

Talking about the government shutdown on CNN on Sunday morning, Cruz said Democrats’ jobs against Republicans in Congress are an indicator that Republicans are “winning the argument” among the American people that “Obamacare isn’t working.”

What Cruz fails to understand is that whenever the shutdown ends, it will never be looked back upon and seen as the argument over Obamacare. The task of defunding and repealing Obamacare was never going to be accomplished through a sloppy game plan pieced together by a handful of irrational Republicans that tried to sabotage the federal budget.

Repealing the president’s health care law is an objective that requires a well-thought out strategy executed over several months.

Whether or not the Cruz-led wing of the Republican Party is on the side of most Americans (who disapprove of the president’s health care law) is irrelevant when those same Americans see Republicans as more blameworthy for the shutdown than Democrats.

This isn’t to say Democrats or President Obama are off the hook in the current national embarrassment. Polls also make clear Americans blame both parties for the shutdown. And why shouldn’t they? The current strategy being pursued by extreme Republicans with regard to Obamacare may be ill-advised, but the “I won’t negotiate” approach favored by the left has never been a mark of sound leadership either.

If there’s one thing the current government shutdown reaffirms, it is how cluedless Congress and the president are about what Americans expect from their leaders.

The point here is that the faction of the Republican Party linking Obamacare to the federal budget has picked a fight that should not have been fought. Most frustrating of all for Republicans, it’s coming at a time when the Republican Party should be making gains among voters. Americans’ overall disapproval of the health care law puts Republicans in a prime position to win congressional seats in 2014, if only the extreme wing would show a little patience.

It’s as if Ted Cruz is the rookie quarterback who inserted himself in the game and started throwing Hail Marys against the team with the worst run defense in the league. The other team doesn’t have to stop your running back when you continue to chuck it down the field and try to win the game in a single play every time you get the ball.

Advocates of Cruz and his political allies will point to that faction of the Republican Party and laud them for being true conservatives, for taking a principled stand against what they see as a bad law.

The problem is, when principle confronts a political impossibility, principle won’t get very far.

With two-thirds of the elected branches of the federal government controlled by Democrats, Obamacare is not going to be eliminated by a Republican Party faction’s principled stand. It may win Republicans some victories in the country’s overwhelmingly conservative districts, but it is certainly not the type of approach that is going to attract the majority of moderate voters and send a Republican to the White House in 2016.

William F. Buckley, Jr., the American political writer, once said conservatism “takes into account reality.” For someone who so clearly wants to be America’s next great conservative president, you would think Ted Cruz would’ve received the message.

John Sandberg lives in Fisher Hall and is a senior studying political science. He can be reached at jsandbe1@nd.edu
The views expressed in this column are those of the author and not necessarily those of The Observer.
One of my housemates has a subscription to New Scientist magazine. We’ve been getting it since the summer. Old copies have found their way into our couch cushions, desks, bookshelves, coffee tables and the wheeled plant holder in our bathroom. Since I spend at least some portion of my day in the bathroom, I’ve found myself reading about frogs with thorny moustaches, North Korean volcanoes and many other interesting occurrences on a daily basis. The other day, however, I came across an article that was most troublesome.

As I was relaxing on my porcelain throne, I read about a new drug that, allegedly, provides one with all the nutrients of a normal meal. Supposedly, this liquid can completely replace food.

I then perused the library full of messy-haired, baggy-eyed students staring blankly at their LCD screens and mumbling into a plastic bottle of liquid-food. After reading over their class notes for the 16th time, they down the last milliliters of fluid and toss the empty bottle in the small plastic mountain growing by the recycling bin. I saw a world without food. We were liberated from the oppression of three square meals and flossing — delivered to the promised land of met deadlines and ever increasing productivity.

Although I imagined a little carried away, I don’t think my worries were completely unfounded. Sometimes it seems like amidst the deadlines, events and lectures that saturate our schedules, we forget that we are human. We get bits of food stuck in our teeth. We use toilets. We spend some part of a 24-hour day in a completely vulnerable state — eyes closed, mouth drooling and limbs unfurled.

This is important. It can be easy for us, especially as students, to be consumed by our end goals. Whether it’s a perfect GPA or simply getting a paper turned in on time, it is second nature for us to justify cutting back on sleep and turning up our intake of caffeine without any remorse. I’ve found myself, many times, avoiding conversations with friends or ignoring my mom’s phone calls because I need to finish an assignment. Just last week, I tried to eat lunch while doing a problem and skimming a book before class.

This liquid-food is made for people like me, the over-committed student.

I have heard many friends recite the mantra, “school is most important.” While our actions may reflect this idea, in reality, it is simply not true. We are not primarily students. We are primarily people. We have a different set of necessities than those that are purely academic. We require more nourishment than the daily recommended vitamin and calorie intake. Simply put, liquid food can’t fill your heart.

As some of you may know, I live in a house where the members try to live intentionally. To us, this means we try to be loving in our actions to each other as a community and to the other communities of which we are a part (school, city, clubs, etc.). This year, one of the ways we do this is by sharing meals.

Eating with others is a really surprising thing. All seated at the table, we are brought to the same level. We get to see the humaneness of everyone’s grinding teeth and growing stomachs. Whether you are with best friends or worst enemies, you have something in common: you must eat to live. This commonality fosters more honest conversation.

During the day, it is easy to only speak in small talk. But at the table, there is space to share something deeper. For example, when Chris cooks, we learn about his love of his hometown, New Orleans and about his childhood meals. When we use food from our garden, we may talk about hopes for next year’s crop or come up with new ideas for meals. These seedlings of conversations then grow into blossoming thoughts, worries or joys that we’ve been silently pondering throughout the day.

These moments make the extra effort of cooking, dishwashing and scheduling to compromise worth it. The table becomes the space where friendships are strengthened and people are accepted for who they are. This is something that we all need as people and something that time-saving liquid-food can’t provide.

I’d like to conclude this column by inviting you all to share a meal. A group of students have reserved space in Geddes Coffeehouse this Friday for fellowship and food. We’ve invited campus musicians and poets to create a new coffeehouse setting from 2 to 7 p.m., and then we will eat supper at 7:30. Sorry, we won’t have any bottled liquid-food. But coconut-ginger-butternut-squash soup, lemon garlic kale salad, toasted cashews, apple cinnamon crumble, vanilla ice cream and honest conversation will be there in abundance.

Jon Schommer is in his fifth year studying civil engineering and the Program of Liberal Studies. He can be contacted at jichtjome@nd.edu

Rethinking football

My first college football game ever was a hot, sunny day in early September. I was sitting with my new Pasquerilla East friends that I’d met during Frosh-o, by my fellow students. Please forgive the following use of profanity, but here are some of the comments I was surrounded by during the game: “F**k Brian Kelly,” “F*****g f*****s,” “Tear his acl,” “what a p***y,” and “F*****g c**k-sucking back each year with unfailing enthusiasm and hope.

However, last weekend during the home game versus Oklahoma, I was shocked to find the entire student section waving their bating hand motions at the players on the field and tried to fight multiple other students, to be consumed by our end goals. Whether it’s a perfect GPA or similar applied messages of hate directed at the LGBT community. Fat piece of s*** contemptuous discrimination against certain body types. And the reference to waterboarding: A blatant, unabashed endorsement of torture and discrimination against non-Amercians. In the year 2013 production of highly educated, intelligent students, to be loving in our actions to each other as a community and to the other communities of which we are a part (school, city, clubs, etc.). This year, one of the ways we do this is by sharing meals.

Let’s pull it together, Notre Dame. Let’s bring back the true spirit of football! Energetic encouragement, positive community and fervent chants of “go Irish.” Everyone united to celebrate being together as a community to watch an exciting game at the University of Our Lady.
I have been anticipating this album for months. Seeing St. Lucia open for fun, last summer brought the group to my attention, and, along with that show, a great EP solidified them as an early first-day, can’t-miss act at 2013’s Governors Ball Music Festival.

There, amidst the misty beginnings to a downpour that would later make Randall’s Island a mudslide for the entire weekend, the band’s performance of then-unreleased “When the Night” lead single “Elevate” brought a few rays of sunshine through the clouds. An undeniably danceable track, the song honored its name and beautiful hook and lifted the crowd away from the current weather conditions. The band enveloped courageous festivalgoers in sweeping synth melodies, four-on-the-floor rhythm and strong, smooth vocals. For the rest of that muddy weekend, the song kept returning to me; its name and beautiful hook and lifted the crowd away from the current weather conditions.

In this proclaimed “post-chillwave” 2013, Grobler could have just as easily augmented vocal samples, chopped up and batted the group’s own contributions, stuck it underneath thick reverb and heavy, distorted walls of sound and created a recognizable indietronica reprise. However, his respect for his craft helps bring the album a starting point for celebration.

Meticulous production throughout the record impeccably captures an array of fluid moods, from the haunting September to the uplifting Elevate, and the somber All Eyes on You to the optimistic, bright Closer Than This. The instrumentation does a similarly proper job at building a backdrop for the songs to play against, notably in jungle-y, falsetto Wait For Love and wistful, nostalgic The Way You Remember Me, with its welcomed saxophone feature. Floating, unattached percussion timbres accompany often-pulsating synth lines and bass beats in a way that’s somewhat detached from, yet properly suited for, the higher, register, pure vocal work. The ambient sonic levels that some of the songs eventually end up navigating in, seamlessly fading from theme-repeat, concluding melodies sprinkled with horns to this gazing atmosphere recalls long, warm summer nights in the tropics. While the songs dissolve into this spacious region, rather than outlasting their welcome, the extensions are encouraged. This is the sound that embodies the evening on the beach you didn’t want to end, so you fought sleep for as long as possible only to be left in a daze of semi-coherence. And instead of waking up to the disappointment of the next morning, the next day’s party has already started in the form of the following song on the album. Or, in the case of the strained closer, title track “When the Night,” the final minutes punctuate the entire album before it, lending to another listen while leading back into the aptly named title track “The Night Comes Again.” Every second is packed with the album beckons to be played in full once more, and the nostalgia hits as hard as the lush waves of synth riffs just starting up again.

Unfortunately, the one main issue with “When the Night” is more about the logistics than about the music itself. Nearly half of the tracks featured on the album, five of 11, were already released either as singles or as part of the band’s EP. These songs are some of the strongest, but while their inclusion is good for the album, there’s no attempt at reinterpretation here. Knowing this, St. Lucia could have capitalized on focusing the newly recorded songs to coincide tighter thematically with the previously released tracks.

Still, considering “When the Night” as a proper full-length debut, this gripe is slight. St. Lucia puts together a remarkably infectious collection of songs representing Grobler’s — and his co-operators’ — affinity and ability to produce swirling, Moody synthpop.

For a race that has become more and more popular on college campuses, I was surprised at the small student population present. Granted, a percentage of participants were students from Notre Dame and Saint Mary’s, but the majority were families and children. I guess the 7:30 a.m. on a Saturday race registration time was too early for sleep-deprived college students.

Even though I was running on only a few hours of sleep, the race had a unique way of making everyone present happy simply for being alive and together. Between the music, the crowd and the overwhelming amount of paint, everyone was brought together for one big, family-friendly party. The conclusion of the race included dance-offs, more color, free stuff and a peppy DJ, giving everyone a huge energy boost, no matter how tired or worn out they were from the race. Everyone looked ridiculous with color covering their faces and clothes, but that’s what made it so fun. With the competition aspect removed, the Color Run serves as a feel-good, stress-free event for people of all ages.
When the stadium janitor in every Notre Dame student’s favorite movie tells Rudy Ruettiger he’s five-foot-nothing, I can relate.

The janitor may have been hyperbolizing about Rudy’s height, but I’m not exaggerating when I say I am literally five-foot-nothing. Luckily for me, I’m not trying to walk onto the Irish football team.

Still, life from the low end of the height spectrum can be amusing.

Someone dropped an earing between the dresser and the wall? Guess who has to crawl behind the bureau to get it?

My local community theater is putting on “The Wizard of Oz”? It’s pretty predictable that I’m going to be cast as a munchkin.

And you can bet my parents sometimes pretended I was three years younger than I actually was so as to avoid paying adult admission prices to amusement parks.

Most of the results of being five-foot-nothing have been harmless. But sometimes, things that my short stature brings upon me are frustrating.

Well-meaning restaurant hosts brought me children’s menus long after I passed the 12-year-old cutoff. Blood boiling, I would proceed to make a big show of ordering a full-sized meal off the regular, adult menu. The waiters and waitresses were typically unfazed, but hey, at least I salvaged a tiny bit of pride, right?

Then there was the time two years ago when a man in a Cracker Barrel asked me how old I was. “I’m 19,” I told him truthfully. The man guffawed. “You’re not 19! There’s no way.” Um, thanks, sir. I beg to differ.

Other times, being super short is just awkward.

Let me tell you about my first slow dance: First of all, these occasions are uncomfortable enough in and of themselves. Then the level of discomfort builds because I am inherently awkward. Add another 50 or so awkwardness points due to my being five-foot-nothing, and you’ve got yourself just about the most hilariously embarrassing situation you can imagine.

“Do you want to dance?”

“Um.” I glance around in search of someone who can intervene and save me from the discomfort that is about to descend upon me, but no one is paying attention. “Sure, I guess.”

Eloquent, I know.

With the awkward maneuvers typical of people who have no idea how the heck to position their arms or where they’re supposed to look.

I learn the answer to that second part just about perfect.

Three years ago, I sat down to record “It’s Just Forever,” which emerged from a jam session with Dead Weather’s Allison Mosshart’s insanity in the song that won’t change, no matter how much vitamin D.

I claim credit for exactly none of our success.

After one hard-earned win, I walked over to the bleachers, where a teammate’s father intercepted me. “You know, I didn’t think you’d be five-foot-nothing full of integrity, compassion and guts.”

I mean, I guess I can live with that.

Contact Marisa Ilati at miat@nd.edu

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

The acoustic guitar is a nice contrast to the rocking distortion of the rest of this eclectic collection, while the light piano carries the listener off into a blissful sunset.

If you’re a long time listener of Cage, “Melophobia” may initially feel slightly confusing at first because it is so radically different from their previous works. But the album is definitely worth the listen for fans and first time listeners alike because this is where the group has finally defined themselves, polished their style and redefined their creative strengths, pushing the rock genre into daring new frontiers and explosive uncharted territories.

Contact Jimmy Kemper at kemper@nd.edu

“The dead weather’s singer Allison Mosshart to record “It’s Just Forever,” which exudes with dark, gritty energy that is a nice contrast of intensity after the two previous more mellow tracks. The chaotic piano riff ends this track perfectly, summarizing Mosshart’s insanity in the song just right.

Other notable tracks include “Take It or Leave It,” a smooth, reggae-inspired ballad that really highlights bassist Daniel Tichenor’s awesome bumping beat.

“Halo” is sure to be a fan favorite, with classic, steady distortion that progresses nicely with solid transitions. The song is very upbeat but has dark lyrics, a juxtaposition that it is absolutely Cage the Elephant.

“Teeth” is definitely the curveball track on this album. It’s a rambunctious, riotous throwback to the craziness in past songs such as “Indy Kidz” and “Judas.” When Schultz asks “Are you into the beat?” the answer is a resounding yes. The second half of this track is especially unique, with Schultz delivering the lyrics in a poetic fashion that is undeniably awesome.

“Melophobia” closes with “Cigarette Daydreams,” a fun way to end the album.

The Observer | Tuesday, October 8, 2013 | ndsmcobserver.com

“Melophobia” Cage the Elephant Label: RCA Records Tracks: “Telescope,” “It’s Just Forever” If you like: The Dead Weather, Silversun Pickups

“The observer” and the image “Cage the Elephant pushes the envelope.”
Breaking in to the Boys Club

I’ll give David Pollack this: maybe Erin Andrews shouldn’t be added to the new college football commentary teams.

For those of you who weren’t watching “College GameDay” on Saturday morning, a former Georgia Bulldog and linebacker-turned-ESPN-commentator, took it

with the news that former Secretary of State Condoleezza Rice will likely be one of the people charged with selecting the four teams that will play for the national championship in the College Football Playoff. When Pollack’s fellow anchors asked him if his insistence that committee members be former college football players meant that no one in the Big Ten would be on the committee, he told the na
tional audience, “You said that… I’ll say it.

David Pollack, for Andrews, her pointed re
tort on Fox Sports’ pregame show (“I’m female; thanks for noticing” (collegiate football)) was undercut by her prediction of a Maryland win over Florida State. (The Seminoles went on to thrash the Terps, 63-0.)(The seminoles went on to win over Florida state.)

Besides, I’m not sure the guys “in the trenches” are always the ones with the best understanding of the nationwide picture. I love Lou Holtz, and I fully rec

ognize that he forgot more about football than I will ever know. But do we trust him to provide ob

jective analysis, especially when he goes to a certain school in Northern Indiana?

A week before Notre Dame’s game against Oklahoma, a prominent member of the Irish defense (who will remain nameless) asked me who the Sooners’ quarterback is. I was taken aback — shouldn’t he have known everything there was to know about Blake Bell?

But the truth is, there was no point to worrying about Bell during Michigan State week. Fans (and, apparently, David Pollack) might not like to admit it, but a lot of those people who “eat, sleep and breathe football” have to be myopic. They can’t worry about any team other than the one directly in front of them. Les Miles doesn’t have time to watch every Pac-12 game. I’m guessing Urban Meyer isn’t combing film from across the country, looking for a sleeper Heis

man pick.

This intense focus is great for winning games, but it’s not great for evaluating the entirety of college football. I’m sure there are plenty of ex-football players who could easily switch to “the big picture” mode of analy

sis. But there are plenty of fans, writers, coaches’ daughters, sports analysts, and yes, diplomats, who could surely do likewise.

Contact at Vicky Jacobsen vjacobs@nd.edu

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

By VICKY JACOBSEN Sports Writer

Vicky Jacobsen

SMC VOLLEYBALL | SMC 3, KALAMAZOO 1; SMC 3, ALBION 1; FRANKLIN 3, SMC 1

SMC SOCCER | SMC 1, TRINE 0

By MERIKELY Sports Writer

The Belles rallied to win two out of three on weekend

By SAMANTHA ZUBA Sports Writer

Belles beat Kalamazoo, 3-1, at home Friday to break a six

match losing streak, then trav

elled Saturday to Albion, Mich., where they split a doubleheader against Albion and Franklin.

Belles coach Tuni Elsey said Saint Mary’s (7-11, 5-5 MIAA) showed a will to win in the vic

tory over Kalamazoo (10-10, 5-5).

“This team has really been struggling,” Elsey said after Friday’s match. “We’ve been coming out on fire, winning two sets, dropping three in a row, so to stay composed together and hit and to be as offensive as we were tonight and play at the lev

el we were at is awesome. It was a goal we had coming into the game, and this team decided they wanted to win tonight, and they did.”

The Belles jumped to an early lead and went on to tie the first set at 23. Saint Mary’s had several chances to win set point, but the Hornets went up 28-27, and a giveaway handed the Belles a 29-27 loss.

Kalamazoo ran a three-middle hitter offense that was a new challenge for Saint Mary’s. The Belles usually match up against offenses that line up one middle and two outside hitters in the front row. Saint Mary’s gave up set points when they couldn’t keep Kalamazoo’s middles off-balance. Elsey said.

“We get into some trouble when we weren’t able to serve as aggressively, and they were able to run their middles well,” she said. “They had a three-middle offense, which is something we haven’t seen yet this year.”

But Saint Mary’s went on to win the next three sets 25-20, 25-23 and 25-17. The Belles built a 17-6 lead in the fourth set and secured the match victory.

The defense stepped up after the first set, and the Belles’ ser

vice performance controlled the match, Elsey said.

“We just played really well out of system,” she said. “The de

fense really was in control and played well as a team tonight. We were really aggressive on the serve, so they weren’t able to run their middles as effectively.”

Junior middle hitter specialist Samantha Grady agreed that strong serving and the defensive passing game led Saint Mary’s to its victory.

“We didn’t want to lose,” Grady said. “We’ve been on a losing streak, and we don’t want to feel that way anymore. So I think it was just the motiva

tion from losing that made us not want to feel that way again ever.”

Saint Mary’s won its second straight match when it defeated Albion (5-14, 1-9) in the first half of Saturday’s doubleheader.

The Belles dropped the first set but won three straight to take the match 3-1. Saint Mary’s was able to refocus after the first set, Elsey said.

“During our first set, we had way too many unforced errors,” Elsey said. “Our serve received was not communicating prop

erly, and [we] were taking shots to net that were just not open. We were able to come into the second set and produce 14 kills, only 3 errors, as well as 16 digs.

“Playing this caliber of a team, it was important to refocus and do what we do best. Our defense this season has been fantastic, and we needed to get back to that.”

The Belles dropped their sec

ond match 3-1 against Franklin (13-6, 2-0 Heartland), and Elsey said her team looked tired, espe

cially on defense.

“Tired after our Franklin match,” Elsey said. “To play four hours of volleyball straight is a tough thing to do. We needed a little more energy as well as to come up with some big plays when the pressure was on to do so. We had a good game defensively versus Franklin, but our serve receive was not mov

ing as well as it should have on Saturday during that second match.”

The Belles are next in action Wednesday at 7 p.m. when they host MIAA foe Alma at home.

Contact Samantha Zuba at szuba@nd.edu

Breaking in to the Boys Club

Vicky Jacobsen

Sports Writer

I’ll give David Pollack this: maybe Erin Andrews shouldn’t be added to the new college football commentary teams.

For those of you who weren’t watching “College GameDay” on Saturday morning, a former Georgia Bulldog and linebacker-turned-ESPN-commentator, took it

with the news that former Secretary of State Condoleezza Rice will likely be one of the people charged with selecting the four teams that will play for the national championship in the College Football Playoff. When Pollack’s fellow anchors asked him if his insistence that committee members be former college football players meant that no one in the Big Ten would be on the committee, he told the na
ntional audience, “You said that… I’ll say it.

David Pollack, for Andrews, her pointed re
ntort on Fox Sports’ pregame show (“I’m female; thanks for noticing” (collegiate football)) was undercut by her prediction of a Maryland win over Florida State. (The Seminoles went on to thrash the Terps, 63-0.)(The seminoles went on to win over Florida state.)

Besides, I’m not sure the guys “in the trenches” are always the ones with the best understanding of the nationwide picture. I love Lou Holtz, and I fully rec

ognize that he forgot more about football than I will ever know. But do we trust him to provide ob

jective analysis, especially when he goes to a certain school in Northern Indiana?

A week before Notre Dame’s game against Oklahoma, a prominent member of the Irish defense (who will remain nameless) asked me who the Sooners’ quarterback is. I was taken aback — shouldn’t he have known everything there was to know about Blake Bell?

But the truth is, there was no point to worrying about Bell during Michigan State week. Fans (and, apparently, David Pollack) might not like to admit it, but a lot of those people who “eat, sleep and breathe football” have to be myopic. They can’t worry about any team other than the one directly in front of them. Les Miles doesn’t have time to watch every Pac-12 game. I’m guessing Urban Meyer isn’t combing film from across the country, looking for a sleeper Heis

man pick.

This intense focus is great for winning games, but it’s not great for evaluating the entirety of college football. I’m sure there are plenty of ex-football players who could easily switch to “the big picture” mode of analy

sis. But there are plenty of fans, writers, coaches’ daughters, sports analysts, and yes, diplomats, who could surely do likewise.

Contact at Vicky Jacobsen vjacobs@nd.edu

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

Fisher 21, St. Edward’s 6

St. Edward’s 21-6 on Sunday.

Fisher’s defense controls the line of scrimmage in the Green Wave’s 21-6 win over St. Edward’s on Sunday.

“Since really allowed us to open up our passing game and run better, as well.”

Fisher controlled the line of scrimmage on both sides of the ball, shutting down the St. Edward’s offense with the exception of a 52-yard touchdown scamper by Gentleman senior running back Ben Echler on the Gentleman’s first possession of the game.

“The defensive line was in the backfield every single play,” Green Wave freshman lineman Joe Schudt said. “We were doing a great job of penetrating and messing up their plays.”

The Gentlemen (1-2-6) were without almost one-third of their lineup, most of whom were in Dallas for the Notre Dame football game Saturday. The team rotated three players through the quarterback spot throughout the game.

Next week, Fisher looks to improve its playoff chances even more against Zahm, while St. Edward’s has a bye week before facing sorin on Sunday.

Contact Zach Klonsinski at zklonsin@nd.edu

by alexandra lane

Keenan 7, Keough 0

The Knights (2-0-0) scored the only touchdown of the game on the third play of the second quarter. With one minute left in the game, Morrissey was down by three, but a 20-yard run by junior quarterback Ryan Lindquist gave the Minors the lead with 30 seconds remaining.

Duncan tried to come back, but an interception and 70-yard return by the Morrissey defense led to another touchdown, so the final score was 7-0.

“We came out slow in the first half but our defense really kept us in the game,” Lindquist said.

Morrissey junior captain and lineman Patrick Valencia said he was happy with the talent on his team and the way it came together for the win.

“We brought it together (in the second half) and did what we needed to do,” he said.

Duncan junior captain and center Alan Keck said this game was a vast improvement from his team’s opening 19-0 loss to Alumni.

“We just need to work on our conditioning so we don’t tire out in the second half,” Keck said.

Duncan will face Knoth on Sunday, and Morrissey will match up with Alumni the same day.

Contact Christina Kochanski at ckochans@nd.edu

Dillon 14, O’Neill 6

Observer Staff Report

In a matchup between two teams eager to improve their playoff position, Dillon bested O’Neill, 14-6, on Sunday at Riehle Fields.

The Big Red (2-0-0) next play Keough and the Minors face off against the Angry Mob (1-2-0) after this week and will face West Quad rival Keough on Nov. 3.

Contact Kristina Kochanski at kkochans@nd.edu

Keough takes on Stanford on November 8 while Keough faces Dillon on the same day at the same time.

Contact Zach Klonsinski at zklonsin@nd.edu

By ALEXANDRA LANE

Fisher (1-0-2) entered the game against Zahm following a 21-6 victory over St. Edward’s Saturday.

Fisher has a bye week before taking on sorin on Nov. 3.

Fisher’s defense continues to play like this, we’re definitely going to make it far.”

Wiese also said freshman Michael Koller was an impact player who helped seal the game for the Knights.

“We had a key interception and a key tackle for loss for the Knights.

He had an interception and played lockdown defense all game,” Wiese said.

Keough senior captain and lineman Charlie Magiera said defense was essential for the Kangaroos (1-1-0), as well.

“Obviously, I’m not happy about the final score but I think we played well, especially the defense,” Magiera said. “We kept them out of the game.”

“We didn’t get a first down until the second half,” Keck said.

“Obviously, I’m not happy about the final score but I think we played well, especially the defense,” Magiera said. “Keough’s a tough offense to stop.”

Freshman Matt Mooney played quarterback for the Kangaroos because their starting quarterback was in Texas for the Notre Dame football game.

Magiera said Keough’s running game leaves room for improvement before the next game.

“I know it was wet out and slippery, and it’s tough to run in that situation, but we should be able to have a solid run game regardless of the conditions,” Magiera said.

Keough takes on Stanford on Sunday at 1 p.m. while Keough faces Dillon on the same day at the same time.

Contact Zach Klonsinski at zklonsin@nd.edu

by christina kochanski

In a matchup of two undefeated teams, Keough shut out Keough in a 7-0 victory Sunday.

The Knights (2-0-0) scored the only touchdown of the game on a touchdown pass by sophomore quarterback Patrick Corry.

Keough sophomore captain and center Jon Wiese said defense was the crucial factor of the game.

“Our defense was huge … and (the Kangaroos) didn’t get a first down until the second half,” Wiese said. “As long as our defense continues to play like this, we’re definitely going to make it far.”

Wiese also said freshman Michael Koller was an impact player who helped seal the game for the Knights.

“He had an interception and played lockdown defense all game,” Wiese said.

Keough senior captain and lineman Charlie Magiera said defense was essential for the Kangaroos (1-1-0), as well.

“Obviously, I’m not happy about the final score but I think we played well, especially the defense,” Magiera said. “Keough’s a tough offense to stop.”

Freshman Matt Mooney played quarterback for the Kangaroos because their starting quarterback was in Texas for the Notre Dame football game.

Magiera said Keough’s running game leaves room for improvement before the next game.

“I know it was wet out and slippery, and it’s tough to run in that situation, but we should be able to have a solid run game regardless of the conditions,” Magiera said.

Keough takes on Stanford on Sunday at 1 p.m. while Keough faces Dillon on the same day at the same time.

Contact Christina Kochanski at ckochans@nd.edu

Dillon 14, O’Neill 6

Observer Staff Report

In a matchup between two teams eager to improve their playoff position, Dillon bested O’Neill, 14-6, on Sunday at Riehle Fields.

The Big Red (2-0-0) next play Keough and the Minors face off against the Angry Mob (1-2-0) after this week and will face West Quad rival Keough on Nov. 3.

Sorin-Zahm

Observer Staff Report

Zahm forfeited its game against Sorin on Sunday. The result is officially recorded as a 14-0 win for the Otters (1-0-1).

The Zahmbies (0-2-0) will play Fisher on Sunday at 3:30 p.m., and the Otters face off against Carroll at that same time.

Fisher’s defense controls the line of scrimmage in the Green Wave’s 21-6 win over St. Edward’s on Sunday.

“Since really allowed us to open up our passing game and run better, as well.”

Fisher controlled the line of scrimmage on both sides of the ball, shutting down the St. Edward’s offense with the exception of a 52-yard touchdown scamper by Gentleman senior running back Ben Echler on the Gentleman’s first possession of the game.

“The defensive line was in the backfield every single play,” Green Wave freshman lineman Joe Schudt said. “We were doing a great job of penetrating and messing up their plays.”

The Gentlemen (1-2-6) were without almost one-third of their lineup, most of whom were in Dallas for the Notre Dame football game Saturday. The team rotated three players through the quarterback spot throughout the game.

Next week, Fisher looks to improve its playoff chances even more against Zahm, while St. Edward’s has a bye week before facing sorin on Sunday.

Contact Zach Klonsinski at zklonsin@nd.edu
Alumni slips past Siegfried to remain undefeated

By RENEE GRIFFIN
Sports Writer

Alumni stayed undefeated Sunday with a hard-fought 10-7 victory over Siegfried, which suffered its first loss of the season.

The lead continuously shifted back and forth all game, with Alumni (3-0-0) getting on the board first with a long field goal in the first quarter.

The Ramblers (2-1-0) responded at the start of the second half with a touchdown from freshman running back Dan Verzuh.

Both teams’ defenses made it tough on the opposing offenses. Alumni senior cornerback Jake Wrigley intercepted the ball in the first quarter, and Siegfried sophomore safety Grady Schmidt came away with an interception early in the fourth quarter.

Siegfried held a 7-3 lead and the ball with about a minute left in the fourth when the Dawg defense recovered a fumble in the end zone to get the go-ahead touchdown. Siegfried tried to tie the game in the final seconds with a field goal, but the attempt fell short.

Siegfried senior captain John Moore said he was fairly pleased with his team’s performance, despite the loss.

“Both teams fought really hard we just shot ourselves in the foot,” Moore said. “Our defense was looking good right up until the turnover and our defense was stopping them consistently.”

Alumni senior captain Jeffrey Kraemer said he was excited for the Dawgs to try to keep up their success for the remainder of the season.

“We need to just keep the train rolling,” Kraemer said. “Our offense was looking good right up until the turnover and our defense was stopping them consistently.”

Alumni plays Morrissey on Sunday, while the Ramblers have a bye and will next face Duncan on Nov. 3.

Contact Renee Griffin at rgriffin@nd.edu see M INTERHALL PAGE 11
Gargan leads Pangborn over Howard

Wildcats dominate Babes; Purple Weasels top the Fins; Cavanaugh beats Lyons with big plays

By EVAN ANDERSON
Sports Writer

Pangborn rode a masterful performance from dual-threat junior quarterback Cailtin Gargan to a 27-6 victory over Howard on Sunday to remain unbeaten and seize first place in the standings.

Gargan completed seven of 10 passes for 208 yards and three touchdowns and added another 108 yards on a score on the ground.

Senior captain and offensive lineman Mary Kate Veselik said the deep ball was particularly key for the Phoxes (4-0-0).

"It was a great game and it really opens up the outside," Veselik said. "We have so many quick receivers and once they're gone, they're gone if she can get it to them."

Gargan also emphasized the importance of her team's speed on the outside.

"It's definitely a huge asset to have such fast receivers," Gargan said. "When they break a corner and a backcornerback, it really opens up the rest of the offense for me."

Pangborn, which beat its first three opponents by a combined score of 89-0, faced a tougher test in Howard (3-1-0). The Phoxes allowed their first points of the season when Howard senior cornerback and quarterback Claire Robinson scored on a one-yard touchdown run midway through the second quarter to cut the Pangborn lead to 7-6.

"I was really proud of our team today," Robinson said. "Hopefully we'll get another chance at them in the playoffs, but we have a big game [Monday] and right now we're focused on that."}

Howard was back in action Monday against Ryan, while Pangborn's next game is also against the Wildcats on Sunday.

Contact Evan Anderson at eander1@nd.edu

Ryan 41, Breen-Phillips 0

By BRIAN PLAMONDON
Sports Writer

Ryan dominated both sides of the ball as it handed Breen-Phillips a 41-0 loss.

Freshman quarterback Kaitlyn Conaty led the high-powered Ryan offense, throwing four touchdown passes to four different receivers.

The Wildcats (3-0-0) opened the scoring on a 17-yard touch- down pass from Conaty to junior receiver Ashley Veselik on route to a 34-1 point first half.

The offense did not have to take the field again after that touchdown until the second quarter because of touchdowns scored on both defense and special teams.

Senior cornerback Beth Metzinger returned an interception 25 yards for a score, while senior running back Leah Fisher had a 40-yard punt return touchdown.

"I had time, so I looked and saw three players coming from one side," Fisher said. "I then de- cided to take off down the other sideline."

On defense, Conaty found freshman receiver Mary Grace Kenney and sophomore receiver Erin Clark for touchdowns in the second quarter and hit se- nior receiver Maddie Swan for a touchdown in the third quarter to complete the scoring.

"We mesh well as an offense," Conaty said. "With three games under our belt, I think we really have it down."
Cicciarelli
continued from page 16

His fellow teammates also appreciate the humor Cicciarelli contributes to the team’s dynamism. Senior captain and goalkeeper Patrick Wall said Cicciarelli’s character really comes into play when a member of the team takes something like practicing egg-tossing too seriously. “If someone takes things too seriously, Vince always cracks a joke and makes him laugh,” Wall said.

Cicciarelli said he recognizes he has a significant role in boosting team morale on and off the field. “I try to be really upright and serious,” Cicciarelli said. “I think me being more of a joker helps the team relax and see the bigger picture. And I think that there’s more to it than one play or one game.”

Even right before game time, Cicciarelli said he maintains a certain lightness in his attitude and pre-game rituals, which include a fresh haircut before home games by sophomore goalkeeper Brian Talcott. “I’m really loose and walk around to talk to everyone on the team,” Cicciarelli said. “I’m very laid back and talkative compared to most guys on the team, but I have a certain seriousness to my attitude once the game clock starts.”

That seriousness Cicciarelli takes when the game starts has done nothing but enhance his performance this season. Cicciarelli scored his first career goal in Notre Dame’s 2-0 victory over Indiana on Wednesday. “It was pretty awesome to get my first career goal,” he said. “It was awesome to help my teammates win a game.”

Cicciarelli said it is great to be able to contribute a goal like his against Indiana because he was out last season — when the Irish won the Big East tournament and earned the No. 1 overall seed in the NCAA tournament — due to an ACL injury. He also redshirted his freshman season. “Last year was probably the most difficult season, especially because I had a such a great chance to contribute to such a great team,” Cicciarelli said. “Getting to play this season after coming off an injury and gaining confidence to be back playing is phenomenal because we are doing so well.”

Clark agrees it is great to have Cicciarelli and his athletic ability back on the field and to see him healthy again.

“He is a really strong and natural athlete in every way — fast, big and strong — and I’m glad he could come back this season,” Clark said. “He knows this was the year he could establish himself, and he’s doing a really good job at that.”

Being back on the field, Cicciarelli said, gets him excited for the potential the team has this season.

“We have come out and proven we are a really big deal,” Cicciarelli said. “Seeing the team develop and the hard work pay off this season is just awesome.”

Cicciarelli will give the Irish a pre-game locker room laugh before he and Notre Dame head into a huge ACC contest against No. 8 Maryland tonight at 7 p.m. at Alumni Stadium.

Contact Kit Loughran at kloughran@nd.edu

M Soccer
continued from page 16

we had one short practice before the match. We have seen so many games in such a short time. I think our guys are ready and prepared.

It will be a tough task, Clark said, as the Terrapins have an aggressive offense that’s accounted for 172 shots and 77 shots on goal, which have resulted in 22 goals on the season. The Irish, meanwhile, have notched 153 shots — 54 were on target and 17 tallied a goal.

They have so many weapons,” Clark said. “We just have to concentrate on what we do well. We are prepared for it, and we will see what happens.”

Maryland’s offense is led by senior forward Patrick Mullins. As a junior, Mullins was named an NSCAA First Team All-American and was the ACC Offensive Player of the Year. This season, Mullins leads the Terrapins in points with five goals and three assists. He is followed closely by sophomore midfielder Schillo Tshuma and senior forward Jake Pace, who both have five goals and one assist.

“It’s going to be tough facing Mullins, he’s an excellent player,” Clark said. “It will come down to how we handle the front six players, and if we do, it will go a long way.”

The Irish have the upper hand when it comes to defense. Notre Dame has allowed 0.56 goals per game, while the Terrapins have a goals against average of 1.6.

“We will stick to how we play,” Clark said. “I think it is very important to play our game. We have to focus on what we do because we don’t have time to put anything in our game plan.”

The Irish are one of five undefeated teams left in Division I and look to remain unbeaten against Maryland at Alumni Stadium tonight at 7 p.m.

Contact Isaac Lorton at ilorton@nd.edu

Football
continued from page 16

that he probably wasn’t going to play again,” Kelly said. “There was a lot of emotion in the locker room because they love Danny Smith and what he’s done for our program as a dedicated player for Notre Dame. He loves Notre Dame, and we’ve seen him grow as a person and as a player and he’s going to be sorely missed.”

Seniors step up
In a week when Rees rebounded, following two down performances, by tossing three touchdowns, Irish senior receiver and tri-captain TJ Jones finished the game with 135 yards on eight receptions and scored his fourth touchdown of the season. Rees completed 17 of 38 pass attempts and finished with 279 yards, with Jones accounting for almost half of both his completions and passing yardage.

“You know, some of the youngers (receivers), at times, there’s not that certainty of where they are going to be sometimes in press coverage, and obviously one thing TJ does is he gets people off him, because they respect his ability to get over the top easily,” Kelly said.

“Not that the other guys can’t do that, but I guess … these guys [Rees and Jones] have been together for four years, and TJ flat out is our No. 1 guy, and [Jones] sees that in terms of going to him.”

Senior outside linebacker Prince Shembo shined on the Irish defense by recording seven tackles and three sacks against the Sun Devils. Senior corner- back and tri-captain Bennett Jackson made four tackles on the day and forced a fumble that turned into a key Irish takeaway late in the third quarter.

Contact Joseph Monardo at jmonardo@nd.edu
Published Monday through Friday, The Observer is a vital source of information about people and events in the Notre Dame and Saint Mary’s Community.

Join the more than 13,000 readers who have found The Observer an indispensable link to the two campuses. Please complete the accompanying form and mail it today to receive The Observer in your home.

Crossword

Across
1. Bundle of cotton
5. Sums
9. Salon jobs, for short
14. Jewish month after Av
15. ‘Pe time’
16. Bo of use
17. Printed results of baseball games
19. Sharpeners’ weapon
20. ‘Caught you red-handed’
21. Iranian money
22. Like many potato chips and peanuts
23. Tailgate party places
26. Suffix with final
27. Sticky stuff
28. ... Iwan do
31. Camera setting

Down
1. Jazz genre
2. Hawaiian hello
3. Pyramid-shaped hotel in Vegas
4. Disney’s, in a way
5. Hiccup’s head
6. Snake sound
9. Light umbrella
10. Seismic
11. Castaway’s makeshift vessel
12. 1,500 yards
13. Iditarod transport
15. Burned to a ... single
16. Stir up the fire
18. Newscast
20. Fairy tale
21. Monsters
22. Pol source
23. Situation after decease
30. Catch sight of
31. Japan’s tallest peak
32. Use a Taser on

Sudoku

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CELEBRITIES BORN ON THIS DAY:
- Shawn Ashmore, 34
- Toni Braxton, 47
- Simon Cowell, 54
- Joy Behar, 71

Happy Birthday! Explore new avenues. Use your skills and talents to look for the opportunities that help you expand your income. A creative approach to an old idea can be the ideal solution when it comes to making extra cash. Networking should be your primary priority. Express your feelings and make the changes that will help improve your personal life and your relationships. Your numbers are 2, 9, 13, 21, 28, 33, 43.

ARIES (March 21-April 19):
Look forward to an inheritance, settlement, contract or reimbursement. Make final alterations to a job or goal you are working toward. Romance is on the rise, and a promise someone made to you will be honored.

TAURUS (April 20-May 20):
Keep life simple and refrain from sharing personal information. Emotional encounters will be difficult to handle and can lead to a dispute. A change in the dynamic of a partnership is likely to cause regrets. Avoid taking on added responsibilities.

GEMINI (May 21-June 20):
Look for alternate ways to use your skills. Talk to someone influential, and you will get the inside scoop about a better position. Problems at home will surface if you aren’t attentive. A change at home will help as well as promote love.

CANCER (June 21-July 22):
You have more control than you realize, so make a move or decision that suits you. Travel and socializing will promote new friendships. Love, romance and having fun should be your goal. Don’t let someone else disrupt your plans.

LEO (July 23-Aug. 22):
Choose your words wisely and pick and choose your battles. Focus on finances, medical issues and especially home and family. Nurturing and protecting what you have will be well worth your while. Someone may try to take advantage of your generosity.

L libra (Sept. 23-Oct. 22):
You have more choices than you realize. Look at your attributes, skills and connections, and you will discover that you can network your way to a better position. Someone will try to back into your life. Don’t be too accommodating.

SCORPIO (Oct. 23-Nov. 21):
Control your emotions. Listen, observe and use your thoughts until you have all the information you need to come up with a viable solution. Less anger and more help will ensure that you don’t upset someone you know.

Sagittarius (Nov. 22-Dec. 21):
By helping others, you will attract attention and the possibility of a position that interests you. A change at home will be positive. An investment will pay off and boost your status. Remain open regarding your plans.

Capricorn (Dec. 22-Jan. 19):
You’ll be offended easily and are best to keep your distance from people who tend to meddle and interfere. Self-improvement and meeting any deadline you’ve been given. Invest in your skills and your house.

Aquarius (Jan. 20-Feb. 18):
Focus on what you can do to improve your financial, emotional or physical well-being. Someone you work with will have a money issue that can end up costing you. Use innovative ideas to gain support and reinforce your goals.

Birthday Baby: You have backbone, integrity and relentless courage. You are determined and resilient.

 controlled chaos | HILLARY MANGAFORTE

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

Jumble | DAVID HOYT AND JEFF KNUREK

Make checks payable to and mail to:
The Observer
P. O. Box 72
Notre Dame, IN 46556

Enclosed is $130 for one academic year
Enclosed is $75 for one semester

Name: ____________________________
Address: _________________________
City: ___________________ State: ______ Zip: _____

The Observer is published daily Monday through Friday. The newspaper is the official voice of the University of Notre Dame. 

DAILY NDSCONSUMER.COM | TUESDAY, OCTOBER 8, 2013 | THE OBSERVER

15
FOOTBALL

Turnover battle remains critical to Irish success

By JOSEPH MONARDO
Associate Sports Editor

In probably the biggest venue in all of football, if not in terms of level of importance, at least in the literal sense, Notre Dame captured an upset win over No. 22 Arizona State in AT&T Stadium in Arlington, Texas, on Saturday.

The Irish (4-2) displayed offensive balance and gained 424 total yards, 145 on the ground and 279 through the air. Although the Sun Devils (3-3) outgained the Irish, albeit by a minimal margin with 427 yards, the Notre Dame defense forced three turnovers on the night and held Arizona State to 65 rushing yards on 25 attempts.

“We were opportunistic in turnovers. … Obviously, they couldn’t run the football against us,” Irish coach Brian Kelly said in his teleconference call Sunday. “So those are all basic, important tenets of playing good defense.”

Irish graduate student inside linebacker Dan Fox had a fumble recovery and a pick-six, while junior safety Matthias Farley had a fumble that Arizona State brought over one of the three players, Irish senior receiver Daniel Smith also left the game due to an injury, and it seems he will miss the remainder of the season with a fractured ankle.

Irish junior inside linebacker Jarrett Grace suffered a fractured fibula during the game’s first half and will miss the remainder of the season.

“Grace appeared in all six games this season for the Irish and started the past three games at one of the inside linebacker positions while participating in a rotation primarily with Fox and graduate student Carlo Calabrese. Grace is currently tied with Calabrese for the team lead in tackles with 40 but will now embark on a long recovery process, Kelly said.

“You know, that’s a process that could take four to six months,” he said. “But obviously a big loss for us, but we’ve got a senior in Danny Fox that will step in at that position.”

Kelly said senior Kendall Moore, freshman Michael Deeb and junior Joe Schmidt are the players most likely to see time at inside linebacker following Grace’s injury.

Among the three players, Schmidt leads with eight tackles this season and has seen time in all six contests, while Moore has recorded two tackles in six appearances. Deeb has not yet seen action this season.

Irish senior receiver Daniel Smith also left the game due to an injury and it seems he will miss the remainder of the season with a fractured ankle.

“Smith will have surgery once the swelling goes down,” Kelly said.

“He has a substantial amount of swelling in that ankle. He did suffer a fracture, and once that swelling goes down, he’ll have surgery this week.”

A South Bend native, Smith was used primarily as a blocker, although he made two starts for the Irish this season and caught one ball for nine yards.

“Obviously, we usually don’t use a ‘win-one-for-the-Gipper’ talk, and I don’t want to equate it in those terms, but generally speaking, we talked [at halftime] about losing Danny [Smith] and in particular see FOOTBALL, PAGE 14

MEN’S SOCCER

ND hosts talented rival Maryland in marquee game

By ISAAC LORTON
Sports Writer

In a battle of powerhouse programs, the No. 2 Irish host No. 8 Maryland in Alumni Stadium today.

Notre Dame (6-0-3, 3-0-2 ACC) is coming off a 2-1 overtime victory over No. 13 Clemson on Saturday, while the Terrapins (5-2-3, 4-0-1) took down ACC opponent Boston College 2-1 on Friday for their third straight win.

Like the Irish, Maryland is unbeaten in ACC play. The Terrapins were picked to win the ACC in the coaches’ preseason poll.

“This will be a big game for us,” Irish coach Bobby Clark said. “We went from one big game to another. And for soccer fans, it will be a great game to watch.”

After traveling home Sunday, Notre Dame had one day to both practice and rest. Clark said the travel and quick turnaround should not affect the Irish.

“There’s not much you can do in situations like this,” he said. “We just have to get our legs back, and

see M SOCCER, PAGE 14

see CICCIARELLI, PAGE 14

Terrapin test

Cicciarelli provides skill, humor for No. 2 Irish

By KIT LOUGHRAN
Sports Writer

Everyone needs a good laugh and every group has that one person who never fails to make them chuckle. In that respect, the Irish are no different than everybody else.

For Notre Dame, junior forward Vince Cicciarelli is the character of the team. When you think about a Division I soccer team that is ranked No. 2 in the nation and undefeated on the season, there doesn’t seem like there would be much room, if any, for a good laugh.

But that is quite the opposite of what the Irish team is actually like. That’s where Cicciarelli comes into play. Outsiders might overlook his role as the team joker, but his coaches and teammates definitely do not undervalue the light-heartedness he brings to the table.

“Vince has a great sense of humor,” Irish coach Bobby Clark said. “He adds a nice lightness at times to the team that the team needs.”

By KEVIN SONG | The Observer