‘A sign of strength’

Students seek assistance for mental illness with counseling center and campus groups

By MEGHAN THOMASSEN
Managing Editor

Last spring, senior Liam Jackson said he felt stressed like never before as he studied for the MCAT, managed a full course load and prepared to move from Keough Hall to Stanford Hall. During this time, he decided to consider his decision a sign of maturity. After two months, Jackson said he “felt better and accomplished for seeking help.”

Jackson said Notre Dame’s counseling is a sign of inadequacy or immaturity. “This happened to me last semester, not when I was a freshman,” Jackson said. “I was already chosen to be an RA, and this was what I was going through.”

Jackson said the counseling counselor was a really good listener and good resource. “Every time we talked about his exams and his stress,” he said. “My counselor was a really good listener and good resource.”

“Although he said he felt nervous to tell his friends about his visits to the UCC,” Jackson said they encouraged him to continue his sessions because they considered his decision a sign of maturity. After two months, Jackson said he “felt better and accomplished for seeking help” and stopped meeting with his counselor.

Justice conveys Court’s modern role

By NICOLE MICHELIS
Assistant Managing Editor

Though the federal government has shut down, Notre Dame students studying in Washington, D.C. listened to Supreme Court Justice Anthony Kennedy speak about the Court’s role in contemporary U.S. politics at a University of California, D.C. (UCDC) event Monday.

Before the event, students submitted questions for Kennedy via a Google Doc for pre-approval by the planning committee. Students were told they would be asked unscripted questions later in the program if the committee did not select their submissions.

Junior Nicole Sygupa said time constraints prevented the Notre Dame students from asking a question, though she wanted to ask him about civic discourse in the United States.

“I was aching to ask Justice Kennedy his position on the current state of civic discourse,” she said. “Luckily, the moderator sneaked in a question regarding the current state of American politics toward the end of the Q & A. Justice Kennedy responded with an eloquent plea for a high-er discourse founded on fact and reason (addressed to) his counterparts in the executive and legislative branches.”

Junior Szymon Barnas said he hoped to ask Kennedy to elaborate on his description of the Supreme Court’s place in contemporary U.S. politics.

“Justice Kennedy has been on the speaking circuit the past couple of weeks and has commented many times on the Supreme Court becoming an arena to settle the hot-button political issues of the day because of our dysfunctional democracy,” Barnas said. “As I read the cases on the docket for this upcoming Supreme Court term regarding issues like...”

“Mind’ week begins

By CHARLIE DICEY
News Writer

Student government leaders have big plans this week for the first ever “Irish State of Mind” week promoting mental health awareness at Notre Dame. The town hall meeting at Washington Hall on Monday evening marked the start of the “Irish State of Mind” week. Student body president Alex Coccia said “Irish State of Mind” is about caring for fellow members of the Notre Dame community.

“The Irish State of Mind” is the recognition that we take care of our brothers and sisters,” Coccia said. “We work together to create a culture where we aren’t afraid to ask for help when we need it. Because we all have moments in our lives when we need someone to talk to.”

The meeting offered a multitude of views on mental health at Notre Dame from professors, students, Rec Sports, Student...
**QUESTION OF THE DAY:**

If you could keep a pet in your dorm room what would it be?

- **Benny Richmond**
  Freshman
  Fisher Hall
  “Snakes.”

- **Brooke Turrell**
  Junior
  Walsh Hall
  “A hedgehog.”

- **Caroline Helmann**
  Senior
  Pangborn Hall
  “A fluffy little yappy dog.”

- **Connor Malone**
  Junior
  O’Neill Hall
  “A turtle.”

- **Kate Hermeling**
  Sophomore
  Walsh Hall
  “An owl.”

- **Matthew Munro**
  Freshman
  Duncan Hall
  “Ben Affleck.”

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**Correction**

If you made a mistake, please contact us at (574) 631-4541 so we can correct our error.

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**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.**

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**The O’Shaughnessy Gallery Current Displays a Selection of Terry Evans’ Photographs of Midwestern Landscapes. Students and Faculty Can View the Travelling Exhibition for Free in the Snite Museum of Art Through Nov. 24.**
Justice and Its Many Facets
Endowed Fall Lectures 2013
Consuming Women: Sex Slavery and the Body of Christ in a Market-Dominated World

Mary Doak
associate professor, theology and religious studies.
University of San Diego

Thursday, October 10, 7:30 p.m.
Stapleton Lounge • Le Mans Hall

All lectures are free and open to the public.
For more information, visit saintmarys.edu/spirituality
or call (574) 284-4656.

Lecturer shares experience of mental illness

By ANNEMARIE LOESEBERG
News Writer

Julie K. Hersh, Notre Dame alumna of ’82, spoke to members of the Saint Mary’s Notre Dame and South Bend communities about Mental Health Awareness on Tuesday at 8 p.m. in the Jordan Auditorium of the Mendoza College of Business as a part of the "Support a Belle, Love a Belle" Mental Health Awareness campaigns on both campuses.

Hersh said her lecture was dedicated to the son of a friend, Austen Frazier, who committed suicide on Oct. 7, 2009 while dealing with bipolar disorder.

Hersh said based on the way people talk about mental health it doesn’t seem like a relevant problem to most people, but 38,500 people commit suicide each year according to the last Center for Disease Control (CDC) report. She said this is almost as many as the 40,000 people who die annually as a result of breast cancer.

She said the comparable mor-

tality rate is not reflected in

the respective levels of awareness of mental illness and breast cancer.

“If you think about the kind of awareness we have with breast cancer, mental illness is kind of

lagging terribly behind,” she said.

Hersh said suicide is especial-

ly significant among causes of death for young adults.

“For the age group of (15 to 19) suicide is the third highest cause of death, and for people in the 20 to 25 year old bracket it’s actually the second highest,” she said.

The highest cause of death for young adults is unintentional in-

juries, which claims 120,000 lives each year. Among these 33,000 are caused by car accidents and 30,000 by accidental falls and ac-

cidental poisonings, she said.

Hersh said despite the frequency

with which they occur, suicide may not be taken as seriously as it should be because it gets lost among these other causes of death.

“What’s interesting about that number for suicides is that I think there may be room for underestimation of how serious this problem is because there are some other categories that are pretty big,” Hersh said.

Hersh said in 2001 she drove her car into her garage and let it run for 90 minutes. She said she attributes her still being here to
good ventilation, and as a result, she was subjected to electrocon-

vulsive therapy (ECT).

Hersh said she had a very low valuation of herself at this point in her life.

“I was certain that my life was over, I was certain I had nothing to offer my friends and family, or my community,” she said.

Hersh said her book “Struck By Living” is about her journey from her suicide attempt to un-

derstanding why she made the

attempt.

“I felt that if I didn’t under-

stand how I got to that spot, I was doomed to repeat the pro-

cess,” she said. “It takes you form the point of that suicide attempt

to my discovery of why, how the heck did I get to that state.”

Hersh said when she arrived at Notre Dame as a freshman, she was not the type of person that you would say had a mental illness.

“I was like every other fresh-

man at Notre Dame,” Hersh said, “I had been top of my class, I had been very successful. I was ener-
genic, maybe a little sassy. I didn’t look like anything should be wrong with me.”

Hersh said in December of that year things started to fall apart. She said around this time she underwent a break up and began to doubt she could pursue her dream of becoming a doctor due to a fear of blood.

She said she talked to her par-

ents about dropping out of school by the following spring, and things did not really turn around until junior year.

She said she also drank in ex-

cess, did not exercise, had no awareness of Seasonal Affect Disorder, had no access to psych-

otherapy or medication and worked two summer jobs.

She said it didn’t occur to her at the time that the difficulties she was having were symptomatic of mental illness.

“I never related what hap-

pened to me as a brain problem,” she said.

Hersh said staying well for her is about maintaining bal-

ance in her life and monitoring her depression. She said there are also 10 things she uses to maintain bal-

ance in her life: sleep, nutrition, exercise, proper medication, counseling, vitamins, good stress, humor and a monotone voice.

“What’s interesting about

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some other categories that are

pretty big,” Hersh said.

The general strategy behind the fund management is to return in-

flation plus five to six percent over time, he said.

“We choose a target level of at least inflation to make sure the principle’s keeping its purchasing power,” Malpass said. “We also want to earn a return. We have to invest because we’re spending that every year to support the campus.”

A University press release said Notre Dame benefited from “spending distributions of some $286 million for the fiscal year.”

Malpass said the endowment money goes toward a multitude of groups across campus, to students and faculty.

“The large portion of that [goes] to scholarships for students, en-

dowed shares for senior fac-

ulty [and] the library,” Malpass said. “Finally all academic programs ben-

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Malpass said there are actually more than 5,000 endowment funds that are pooled for investment like a mutual fund.

“There are endowments for the glee club; there are endowments for student activities ... every academic department has endowments sup-

porting them,” he said. “(On) my core investment team ... we’re all actually Notre Dame alumni, so there’s a real strong sense of pur-

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Contact Alex Cao at
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sessions not only improved his relationships and his state of mind, but also gave him tools that he could employ to handle more difficult trials down the road.

“The MCGAT is a very stressful exam, but it’s not the last stressful exam or the last stressful thing that I will encounter in my life,” he said.

Noelle Sainte Marie senior Victoria Kay said she only visited the UCC to talk about her depression that started in middle school. Although she found the counselor to be “very professional,” she said her anxiety in college arose mostly from over-scheduling herself, so, to her adding another appointment to her calendar seemed counterproductive.

“It’s just a little frustrating for me,” Kay said. “How do I begin to tell [the counselor] my life story? It’s just adding one more thing to the already busy schedule that I have, what I needed, but I did go to a few of the Stress Relief Fridays events. I love those because they are a way to just step back and breathe.

“If you’re not talking about what’s going on with you, that can become quite a mental health issue, it’s not a sign of weakness to confront it. It’s a mental illness, it’s not a sign of strength.”

If a university staff or faculty member suspects a student is struggling with a mental health issue, they can call Whitall to voice their concerns, she said.

“I'm sort of the social worker for Student Affairs,” Whitall said. “I'll call and say, 'Your student called me last night, and she mentioned you seemed withdrawn. Do you mind coming in and letting me know how you're doing?'

“Sometimes I never even meet with the student in question, but I do a lot of behind-the-scenes work… it’s really meant to keep people from falling through the cracks, which had been happening before. Students weren’t quite sure where to go.”

Many colleges and universities developed similar case management programs after the shootings at Virginia Tech in April 2007, Whitall said.

“The idea is that if we can create a community of people paying attention to one another’s well-being, we can reach out before crises and tragedies happen,” she said.

Whitall is also a member of the Campus Assessment, Response and Education (C.A.R.E) team at Notre Dame. Members of the team include Dr. Bill Stackman, associate vice president for student services, Dr. Susan Stiebe-Paschal, director of the UCC, Phillip Johnson, director of NDSF, and representatives from the offices of Disability Services, Community Standards and Alcohol and Drug Education.

Whitall said the group meets to discuss “students of concern,” approximately 80 to 90 students per year.

“Those names come to us through a variety of different venues on campus,” she said. “The idea is we share names to see if anyone else is hearing about this student or dealing with this student in one of these other pockets. We are pulling this web together with the idea being to intervene early on so there doesn’t have to be a crisis or a tragedy or a suicide.”

Although there’s some stigma on campus about reaching out for mental health services, students shouldn’t be ashamed of needing help sometimes, Whitall said.

“Welcome to being human,” she said. “This is part of the human condition.”

Whitall said she operates under Family Educational Rights Privacy Act (FERPA) laws and only shares student information on a “need-to-know” basis, such as notifying a dean that a certain student is struggling and has connected with the case manager.

“If you’re involved in a student’s care in some way, then I can share information with you about that student,” she said.

“I’m often very careful about what I say to people involved in a student’s care. It’s none of their business what the details are,” Whitall said.

Whitall said she would like to see faculty and staff reach out to students on their own if they have a concern for concern.

“I think a lot of faculty and staff think it’s not okay to ask about a student’s well-being, it’s not their job description or they’re infringing on their student’s privacy,” Whitall said. “It’s about creating a climate and a culture in which we can reach out to one another and say, ‘Are you okay?’”

Contact Meghan Thomassen at mthomass@nd.edu

Mind

CONTINUED FROM PAGE 1

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Contact Meghan Thomassen at mthomass@nd.edu
UNIVERSITY COUNSELING CENTER

Saint Liam Hall
(574) 631-7336  ucc.nd.edu

Celebrating Mental Health Awareness Week!
We’re here to help you squelch the ‘fires’ that sometimes ignite in life so you can be in the best Irish State of Mind.

- Relationship Problems
- Social Anxiety
- Eating Concerns
- Depression
- Concentration Problems
- Family Frustrations
- Low Self-Confidence
- Substance Abuse

University Counseling Center (UCC) on Facebook
Expert examines nations’ democratization

By KYLE WITZIGMAN
News Writer

Politicians often speak to democratization in the Middle East, but rarely about how the process works. On Tuesday, Dr. Ali Mazrui picked up where they left off, with his lecture “Democratizing Muslim Societies from Above and Below: Between Atatürk and Tahrir Square” in the Hesburgh Center for International Studies.

Before the lecture, Scott Appleby, director of the Kroc Institute for International Peace Studies introduced Mazrui as “one of the leading thinkers about Islam politics and culture in the world.”

Mazrui, Director of the Institute of Global Cultural Studies at Binghamton University and Senior Fellow at the Prince Alwaleed Bin Talal Center for Muslim-Christian Understanding at Georgetown University, said his talk focused on Atatürk and Tahrir Square because these revolutions represented the most striking examples of democratization from above and below, respectively, in the history of the Middle East.

“The most spectacular [example] of democracy above is still the case of revolution of Atatürk in 1920s and 1930s,” Mazrui said. “The most spectacular [example] of democratization from below is in Tunisia and Tahrir Square in Cairo — which ousted Hosni Mubarak in February of 2011.”

Mazrui said the revolution of Atatürk, which brought democracy to Turkey in the 1920s and 1930s, is still remembered in Turkey and other Muslim nations. He said when visiting the Middle East he has seen images of the Atatürk Revolution all over the place.

Mazrui also said the Atatürk revolution in many ways “westernized” Turkey.

“Turkey’s democratization from above was simultaneous Turkey’s westernization from above,” he said. “The Tahrir Square Revolution ousted the old empire, but it’s hard to tell the influence it will have later.”

The importance of women in the liberalization of the Arab world was also highlighted in Egypt’s revolution, Mazrui said.

“Women were very visible participants in the Tahrir protests,” he said. “Historically, Egypt led the way with women’s liberation.”

Mazrui said the main problem going forward in Egypt is the removal of President Hosni Mubarak, which has left Egyptians thinking they can remove each succeeding president.

“Egyptian populations feel if you have appointed a President and he has not delivered the goods that you want, then you should throw him out,” Mazrui said. “It is a ridiculous situation in Egypt because it has resulted in major reverses in the social liberalizations and the deaths of at least a thousand people since the uprisings took off.”

Mazrui said the number of pro-democratic uprisings in the Arab world in recent years is unprecedented in the course of history. He also said this democratization in the Arab world can continue, especially if the secrets of revolutions like those of Atatürk and Tahrir Square are uncovered and employed.

“[The] empowerment of women to the top of the political scale is one such secret,” Mazrui said.

Contact Kyle Witzigman at kwitzigm@nd.edu
Services and the University Counseling Center (UCC), Coccia said. The meeting emphasized that resources are available to stressed and anxious individuals or just to those who need somewhere safe to talk.

Stephanie Klotter, student government director of residence life, helped organize much of the mental awareness week activities. She said that the purpose of the “Irish State of Mind” initiative is to have students consider their own worries and those of others.

“In essence, to let people know that they are not alone,” Klotter said.

Coccia said one way in which students can look out for their mental health is to learn to balance commitments with sleep, exercise and other physical and emotional needs.

“Notre Dame students are driven and committed, and this sometimes causes us to ignore fundamental parts of health like sleep and exercise,” Coccia said. “Sometimes the best thing we can do for ourselves is to say ‘no’ to that extra thing that we could do, in order to take time for ourselves.”

Klotter said college is made more difficult by separation from family and desire for self-discovery.

“College puts us around each other all the time. It’s a kind of microcosm. When one of us is stressed it affects a whole group of people. Students may be away from their support systems of home and family. We are trying to figure out who we are, and it is a difficult process to undergo,” she said.

Klotter said the University recognizes the many stresses and challenges faced by students and provides ways for students to get the help they need.

“The resources to assist in mental health are there,” she said. “The UCC has amazing professionals.”

A lecture by psychology blogger, speaker and Notre Dame alumna Julie Hersch on Tuesday was the second major event in the week of mental health awareness programming, Klotter said.

There will also be stress relief in front of South Dining Hall Wednesday night from 5:15 p.m. to 7 p.m. and a concert on South Quad starting at 6 p.m. on Saturday.

Contact Charlie Ducey at cducey@nd.edu

Town Hall

CONTINUED FROM PAGE 1

Starbucks CEO
promotes political collaboration

Associated Press

Starbucks CEO Howard Schultz wants lawmakers to come together to resolve their political gridlock. And he’s giving away free coffee to customers who set an example how to do it.

From Wednesday to Friday, the coffee chain is offering a free tall brewed coffee to any customer in the U.S. who buys another person a beverage at Starbucks.

The offer is a way to help fellow citizens “support and connect with one another, even as we wait for our elected officials to do the same for our country,” Schultz said in a memo to staff on Tuesday.

Schultz wrote that he wants to do something about Americans’ uncertainty over the federal government shutdown, the pending debt and default crisis and waning consumer confidence.

“In times like these, a small act of generosity and civility can make a big difference,” says an ad being published in The New York Times, Washington Post and USA Today on Wednesday. “Let’s see what can happen. #payitforward.”

It’s not the first time Schultz has waded into the national political debate. In 2011, he asked other chief executives to join him in halting campaign contributions until politicians stopped their partisan bickering.

The CEOs of more than 100 companies, from AOL to Zipcar, took the pledge.

Marshall Cohen, chief retail analyst at The NPD Group, said the latest campaign won’t likely have much political effect because it lacks the kind of punishment that makes lawmakers think twice, like an impeachment drive.

But it makes for great marketing, especially since many people, especially younger ones, care about brands that have a strong social conscience, Cohen said.

“Will it work on the political level? No. Won’t make a dent. Will it work on the commercial end? Absolutely,” he said.

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A love letter to chocolate

Katie McCarty
Sports Writer

Dear Chocolate, I don't always tell you this, but I wanted to take a moment now to reflect on all you do for me.

When you came into my life 19 years ago, my world changed. I suddenly realized all other foods pale in comparison to your creamy and sweet taste. It took no time at all for me to fall madly in love with you and I can say without a shadow of a doubt my feelings have not changed.

If you had a hard day, hold you in my hand and immediately feel a world better. No matter what form you take, you constantly delight me (although my dining hall around food, nutrition and hunger beckons us to act, especially as Catholics).

Pictures and statistics can stir andicken us when we see starving children or read the numbers of hungry children and pregnant women in our country and beyond. I share just four facts that could move us to sadness, anger or deep compassion — maybe all three and more — with a growl that could match a hungry stomach:

$165 billion worth of food is thrown out in the U.S. every year, or about 40 percent of our nation’s food supply. All of this uneaten food could feed 25 mil American Indians (2013).

Hunger is No. one on the list of the world’s top-10 health risks. It kills more people every year than AIDS, malaria and maternal deaths combined (UNAIDS, 2010; WHO, 2011).

It costs just 25 cents per day to provide a child with all of the vitamins and nutrients he or she needs to grow up healthy (WFF, 2011).

Every day, almost 16,000 children die from hunger-related causes (Bread for the World, 2012).

Begun by the United Nations in 1979, World Food Day seeks to coordinate efforts to end hunger and food-related crises throughout the world, which has obesity in some countries and starvation in others.

If the world could be designed on a table of five, one person would be overeating and obese, two others would be starving to death and the remaining two would be just enough. With no disrespect to those who struggle seriously with the medical condition, the human family has an eating disorder!

Having worked as a vocational director for seven years, I would travel to college campuses to present at discussions on religious life and the priesthood. I remember meeting a young man who was not interested in a religious vocation, as he attended his friend who was. The casual observer came up to me and remarked, “Father, I’m not even Catholic, but you guys talk too much about sex and not about the poor.” I responded defensively, “I didn’t mention anything about sex.” He agreed and said, “That’s what you Catholics are known for.”

I hope he was sincere, but that comment has stayed with me throughout the years. If we Catholics are known for anything, wouldn’t it be most appropriate that we are renowned throughout the world for feeding? With our central sacrament as the Eucharist and with our tradition’s great reverence for the care of the Body and Soul of Christ, eating and feeding are not just meant for church worship. They are identifying behaviors we present to the world.

From feeding the poor around the globe and in our neighborhoods and workplaces, to hunger for acceptance, to lobbying national leaders and mobilizing support in the international community to end hunger, these matters must rise on our top priority. Additionally, the violence of these food-related issues slaps the peace we as Christians are called to cultivate.

As we listen to Pope Francis, I am reminded of that young man I met years ago: “We cannot insist only on issues related to abortion, gay marriage and the use of contraceptive methods. This is not possible. I have not spoken much about these things,” the Pope said.

But, the pope has spoken both vocally and vehemently on serving the poor. Perhaps a first step is to feed them — or, at least, to waste less food.

Fr. Kevin Nadolski, a priest with the Oblates of St. Francis de Sales, works for his community as director of development and communications. He has served the church as a Catholic high school teacher, campus minister and principal, as well as vocations and formation director for the Oblates. He lives with his community in Wilmington, Del., and can be reached at knadolski@oblates.org.

The views expressed in this column are those of the author and not necessarily those of The Observer.
Since the Supreme Court decided Roe v. Wade in 1975, the abortion debate has been separated into two camps: pro-life and pro-choice. Those who are pro-choice believe a woman has an inherent right to privacy, hence she has a right to choose what she wants to do with her body, with respect to abortion. Those who subscribe to the idea all life begins at conception are considered to be pro-life.

What is interesting about this debate is labels tend to mislead, and one has to question the motives of both of these diametrically opposed groups. I can say with the utmost certainty that many of those who are pro-choice tend not to support other forms of choice in society such as school vouchers, and those who are pro-life tend to support the death penalty. While the latter group of persons mean well in their crusade to protect the life of the innocent and vulnerable, I suspect their good intentions might go awry if they do not grasp the gravity of the situation when a woman elects to have an abortion.

I believe those who believe in the “life begins at conception” mantra do not consider the psychological factors a woman deals with when soliciting an abortion. In the cases of rape and incest, the amount of trauma those two events can have on a woman’s well-being, in addition to dealing with an unwanted pregnancy, can be crippling. For those who pride themselves on being pro-life, some self-reflection is needed, because to outright say a woman has to keep an unwanted pregnancy as a result of rape and incest is not only an inordinate amount of naivety, it is simply folly. Furthermore, in the cases of rape and incest, I believe forcing a woman to keep an unwanted pregnancy is antithetical to the American ideal of liberty and freedom. If a woman has no right to do as she please with her body then what rights are she left with?

I believe abortion is a medical procedure of very little significance that can simply ameliorate the burden of going through a traumatic experience, as in the cases of rape and incest.

According to the Center for Disease Control (CDC), abortion is defined as the termination of pregnancy by the removal or expulsion of the uterus from a fetus or embryo prior to viability. The term abortion most commonly refers to the induced abortion of a human pregnancy. The most common surgical methods of induced abortion is by manual vacuum aspiration (MVA), which consists of removing the fetus or embryo, placenta, and membranes by suction using a manual syringe, and electric vacuum aspiration (EVA), which uses an electric pump. Simply put, the CDC defines abortion as a medical procedure.

Likewise, when it comes to the woman’s health, I believe abortion should be viewed as a medical procedure that can be used to save the mother’s life in the event something goes wrong during pregnancy or childbearing.

Those who argue life begins at conception would have us believe they are pro-life, but in essence they are pro-birth. If one were truly pro-life, then I think they should consider having compassion and sympathy for the life of the mother. I believe the majority of those who squawk about life beginning a conception fail to consider the most crucial ingredient in a woman’s decision to get an abortion: her own well-being.

If a woman decides for whatever reason an unwanted pregnancy and childbearing is something she does not want to do, then simply having an abortion should be made available to her. Abortion is just a medical procedure similar to any other procedure that involves the body. If life truly begins at conception as the pro-life purport, then why is the life of the mother being overshadowed by the life of the fetus? I believe it is very haughtily to suggest abortion is murder and life begins at conception. It is of vital importance to remember when a woman solicits an abortion she is not doing it out of spite or malice, but to act in her best interest.

To those who adhere to the pro-life doctrine, I think they must go beyond saying life begins at conception and recognize life also continues after birth. More importantly, the life of a woman should take precedent over the life of a fetus or an embryo. To not consider this is insincere and only seeks to make an impulsive argument motivated by passion and not reason.

Shaaya Ellis is a junior political science major with a classics minor. He can be contacted at sellis2@nd.edu

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

Pro-life or pro-birth?

Respect Life Week

Every year, Notre Dame Right to Life (NdRL) sponsors Respect Life Week. During this week, Notre Dame students are invited to participate in a number of activities, seeking to engage in discussion on life issues. For several years during Respect Life Week, Right to Life has displayed The Cemetery of the Innocents on South Quad. The Cemetery, comprised of simple white crosses, sought to raise awareness, commemorate the lives that have been lost to abortion and promote life-encouraging values to those who may have experienced or are considering an abortion.

This year, Right to Life has chosen to display a garden of roses in place of the cemetery. Each white rose represents lives lost due to abortion. The other roses represent those who have suffered emotionally, spiritually and physically because of abortion, including mothers, fathers, families and friends. The garden is centered around the cross, the source of hope and healing for all.

With these roses, we seek to raise the same awareness and commemoration, while simultaneously extending a deeper invitation to love. The flowers demonstrate the fragility, beauty and value of every human life. We acknowledge there are many students on this campus who have been affected by abortion, both directly and indirectly. This display is a loving way of reaching out to acknowledge those wounds and offer hope for healing. It is an invitation to the entire Notre Dame community to join together in promoting a greater respect for the dignity of all life.

We invite all of you to join us on South Quad at 11 p.m. on Thursday night for a candlelight vigil to remember all the lives that have been lost to abortion and all the lives that have been affected. For more information about Respect Life Week, or for information on pregnancy, parent and post-abortive student resources, visit chooselife.nd.edu.

Erin Stoyell-Mulholland
NdRL president
Rachel Drumm
NdRL vice president
Aleshia Faulstich
NdRL vice president
Michael Rangel
NdRL treasurer
Marco Cerrettii
NdRL secretary

Criminalization is not the answer

This week was Notre Dame Right to Life’s annual Respect Life week. During this week, Notre Dame students were invited to participate in a number of events and activities aimed at promoting pro-life discourse on campus. The week culminated with the striking spectacle of dozens of tiny crosses, centered and physically because of abortion, including mothers, fathers, families and friends. The garden is centered around the cross, the source of hope and healing for all.

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Highly-restrictive abortion laws are not associated with lower abortion rates. Western Europe has one of the lowest abortion rates in the world despite the broad legal abortion permissibility of the practice in most European countries. In the U.S., the initial rise in legal abortion rates following the Roe decision was largely due to a sharp decline in demand for illegal abortions. Legal abortion rates have declined since the early 1980s. The highest rates of abortion can be found in countries in Africa and Asia, with some of the most restrictive abortion laws in the world.

Moreover, criminalization carries with it horrific consequences. In 2008, 47,000 women died from complications from unsafe abortions, comprising a total of 13 percent of all maternal deaths. Virtually all of these deaths occurred in developing countries with highly-restrictive abortion laws.

I do not mean to argue here about the morality of abortion. But any conscientious opponent of legalized abortion must reckon with the considerable moral costs of criminalization in terms of lives ruined and lives lost. Many who argue in favor of criminalization are not, nor will they ever be, in a position to suffer from such a regime. For this reason, thinking about this issue requires a deliberate and sometimes difficult effort of moral empathy.

The safest and most effective way of reducing abortion rates is not criminalization, but the provision of effective, modern contraceptives. An estimated 215 million women in the developing world have an unmet need for contra- ceptives. This is a public health crisis that should concern us all. Instead, many Notre Dame students appear more worried about the rights of the unborn. But even granting for the sake of argument that abortion is a morally dubious practice, it does not follow that criminalization is the appropriate, or moral, response.

Benjamin Rossi
graduate student
off campus
Oct. 7
LOVE IT OR HATE IT, ‘BANGERZ’ A HIT

By MADDIE DALY

Scene Writer

No matter whether you love her or hate to hate her, there is no doubt Miley Cyrus is one of the most successful artists in the current music scene. Starting with the mega-million franchise that was Hannah Montana, moving on to actress, singer and fashion icon combined into one and finally ending up as a controversial topic in nearly every publication, Miley has had taken advantage of the media every step of the way. The new music has been wildly successful, not necessarily because people like it, but because it catches their attention. Her edgy, provocative new look has turned her into one of the most talked about stars in the past few months — the perfect way to publicize an upcoming album.

How many people have not seen or heard about the “Wrecking Ball” music video in which Miley, well, appears na ked swinging on an enormous wrecking ball while singing the highly emotional song? Her second single released from her new album “Bangerz,” “Wrecking Ball” has ranked No. 2 (currently third) on the iTunes top 100, and its scandalous video has been viewed over 200 million times. Say whatever you want about her, but the girl is making a serious splash in the music world.

Besides the already-popular singles “Wrecking Ball” and “We Can’t Stop,” Miley’s album contains 16 pop, border-line hip-hop songs, including several featuring some seriously famous artists. Her song with Britney Spears, titled “SMS (Bangerz),” is an electric party number featuring Spears’ breathy voice with a repetitive verse by Miley that is sure to get stuck in your head after just one listen. You’ll be “struttin’ your stuff” all around you, and finally ending up as a controversial topic in nearly every publication.

“Bangerz” is a rap number, which does not turn out well. her angry verse. her song “On My Own” blasts a similar beat but has a completely different message, one of self-dependence. Unlike several artists these days, Miley knows how to vary her music without straying too far from her overall genre. Each song has its own significance and sound, making it impossible to confuse one for another. And though her new look has straddled the line between inappropriate and downright unacceptable, I don’t have any major problems with the lyrics of her songs, which may be due to the fact that I have come to expect overly sexual material from her. Either way, my jaw didn’t drop like it did when, let’s say, I saw a picture of Lady Gaga’s recent Terry Richardson photo shoot with Terry Richardson. We get it, Miley; you’re not Hannah Montana anymore. That doesn’t mean you have to stop wearing clothes.

Starting with a haircut and the release of her single “We Can’t Stop,” Miley began the revamping of her career as a musician and an overall public figure. By acting overly mature for her age and stirring up controversy with her new, extremely provocative look, Miley gained the attention she needed to dominate the music world.

The music scene boasts groups that range from simple acoustic instruments and gritty synthesizers to mass produced music with synthesized environments. Each song has its own significance and sound, making it impossible to confuse one for another. And though her new look has straddled the line between inappropriate and downright unacceptable, I don’t have any major problems with the lyrics of her songs, which may be due to the fact that I have come to expect overly sexual material from her. Either way, my jaw didn’t drop like it did when, let’s say, I saw a picture of Lady Gaga’s recent Terry Richardson photo shoot with Terry Richardson. We get it, Miley; you’re not Hannah Montana anymore. That doesn’t mean you have to stop wearing clothes.

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Contact Maddie Daly at mdaly6@nd.edu

“Bangerz” Miley Cyrus

Label: RCA

Tracks: “#GETTRIGH,” “On My Own”

If you like: Britney Spears

And yet Oneohtrix Point Never, in his new album “R Plus Seven,” has crafted just that. Oneohtrix is the musical proj- ect of producer Daniel Lopatin, producer renowned for his work in ambient elec- tronic music. His past music has been rich, textured and sample-heavy, focus- ing on recordings of acoustic instruments paired with synthesized landscapes. In contrast, “R Plus Seven” is construct- ed merely from synthesizers and the oc- casional distorted vocal snippet. In this way, “R Plus Seven” harkens back to the “good old days,” where artists managed to capture life through the non-living. Each selection is a tapestry of simple sounds — simple synthesizer notes and drum ma- chine hits. And yet the production, the arrangement of each sound, leaves life and motion out of each phrase. Each ele- ment swells and bends in the context of its surroundings.

In “Zebra,” a bright synth glitches through a glittering field of synth pads and the occasional pan flute, giving the impression of a rich jungle. “Along” uses alternately spaced and cluttered synth vocals amidst bells to emulate both the cabaret of a gay club and the closer “Chrome County,” an obvi- ously artificial choir exudes calm an emo- tion; Lopatin’s decision to give the choir an electronically and convincingly digital background rather than the forefront of the song gives the impression of a holy humbleness when contrasted against a strong organ line.

Each track on “R Plus Seven” uses inno- vative tricks and careful musical framing to bring complex, lively ideas to life from simple electronic elements. It’s a feat of production and composition, a work that achieves more than most modern elec- tronic albums while using comparatively old technology. “R Plus Seven” is a stunning step forward in a musical arena, which many have dreamed of in favor of the hip and new. Assuming that Lopatin con- tinues down the path which Aphex Twin and Daft Punk started traversing long ago, it may not be long until the electronic music’s “good old days” are back again.

Contact John Darr at jdarr@nd.edu

“R Plus Seven”

Oneohtrix Point Never

Label: Warp

Tracks: “Americans,” “Zebra,” “Chrome County”

If you like: Aphex Twin, Moby

SCENE ELECTRONIC MUSIC’s BREATHE OF FRESH AIR

By JOHN DARR

Scene Writer

Electronic music’s “good old days” are back again. As much as I love the vitality and richness of today’s electronic music, I often find myself wondering where the Aphex Twin style, the old Daft Punk style, went. For a while, I simply accepted that people were done listening to so-called robot music. But the attention the new album “R Plus Seven,” has crafted just that. Oneohtrix is the musical proj- ect of producer Daniel Lopatin, producer renowned for his work in ambient elec- tronic music. His past music has been rich, textured and sample-heavy, focus- ing on recordings of acoustic instruments paired with synthesized landscapes. In contrast, “R Plus Seven” is construct- ed merely from synthesizers and the oc- casional distorted vocal snippet. In this way, “R Plus Seven” harkens back to the “good old days,” where artists managed to capture life through the non-living. Each selection is a tapestry of simple sounds — simple synthesizer notes and drum ma- chine hits. And yet the production, the arrangement of each sound, leaves life and motion out of each phrase. Each ele- ment swells and bends in the context of its surroundings.

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Label: Warp

Tracks: “Americans,” “Zebra,” “Chrome County”

If you like: Aphex Twin, Moby

THE OBSERVER | WEDNESDAY, OCTOBER 09, 2013 | NDSCMOBSERVER.COM
By CECELIA HEFFRON
Scene Writer

While filling our cart with the usual yogurt, granola bars and Keurig cups on a trip to a nearby grocery store, my friend experienced a sudden burst of inspiration. “Let’s get cheese!” she suggested, “And olives and crackers – everything we need for a fancy hors d’oeuvres night!”

I needed no convincing, so we set off in pursuit of the necessary ingredients for a perfect night with friends. Disappointment ensued upon discovering the grocery store lacked a special cheese department. Instead, the complete selection of cheese could be found in the deli section. My friend examined our options while I stood there scoffing. Surely, this could not be the extent of my choices. I condescended to look at the cheese and was horrified by what I saw – cubes of colby jack, slices of monterey jack and unpleasant hunks of cheddar . . . but where was the camembert, the manchego, the aged gouda? My friend, annoyed by my criticism of the perfectly good cheese, grabbed a pack of nicely pre-sliced American cheese.

“No!” I yelled, horrified, “Can’t you see that was sitting right next to the Cheese Whiz. Read the ingredients and you’ll find that cheese isn’t even listed! Nothing in the world could prevail upon me to eat that garbage!”

My friend was taken aback. I explained that during my summer spent in Paris, I had learned everything about quality cheese. Proudly, I declared myself a cheese connoisseur. “Believe me,” I said, “the absolute worst thing in the world is a pseudo-cheese product that pretends to be real cheese. Oh, what nerve!”

I stormed out of the aisle, officially cancelling hors d’oeuvres night. But as my outrage subsided, I realized that I had been too hasty in my condemnation of non-dairy cheese imitators as the worst thing ever . . .

Thanks to my heated rant, I had discovered the actual worst thing ever: snobbery. While there is nothing wrong with having personal preference or a penchant for the finer things, becoming a connoisseur of anything has its drawbacks. Allowing oneself to have too refined of taste can lead to close-mindedness and self-imposed limitations.

As college students, we have the unique opportunity expose ourselves to new ideas, foods, music genres and art forms. If we have already defined ourselves as connoisseurs of one particular sphere at the young age of 20, we risk closing ourselves off to countless new things. If our Coffee Snob relinquished any snobby ideas and visited another café, they might discover a surprisingly delicious drink option like the hot chocolate at Waddick’s. Or if our dining hall Snob decided to visit North, they might discover the magic of the Rec Room or bump into the perfect candidate for their next SYR date.

I remain convinced that pseudo-cheese products that dare to call themselves cheese tare a close runner-up to the title of worse thing ever. However, by pretending to be a cheese connoisseur I lost out on a potentially memorable night with my friends. Again, there is nothing wrong with having good taste and strong personal preference. Exercise good judgment in taste, but keep those judgments to yourself. Otherwise, you too may become a snob, the worst thing ever.

Contact Cecelia Heffron at cheffron@nd.edu

The views expressed in this column are those of the author and not necessarily those of The Observer.
Growing up, most adults around me liked to wax poetic on their glory days of childhood sports. In the romanticized sport of "The Sandlot," they’d leave the house all day, go play with the neighborhood kids and return home only for dusk or the dinner bell. These memories were usually presented in contrast to our lost generation, which would rather sit around with the book of face or our Tweet machine then go experience the indescribable magic of a game of stickball in the backyard.

Now, well that we find ourselves being slowly pushed out into the real world, I think it’s only fair that we look back on our childhood of sports in the backyard. And while our childhood may have been filled with AYSO Soccer, CYO Basketball and those dang participation trophies old folks love to hate, my reflection on those times always leads back to one place: the Backyard.

I’m not referring to any of the games we played outside our house, but rather the Backyard games our neighborhood kids that could draft, manage or play with. The game’s success spawned Backyard versions of basketball, baseball and football which, together, provided us the opportunity to create our own world.

The "Backyard" series of computer games premiered with "Backyard Baseball" in 1997, and featured the stereotypical neighborhood kids that could draft, manage or play and create our own world.

I first got "Backyard Baseball" for Christmas at seven years old, and it was my first real video game experience. Over the years, the games taught me to draft and manage a team, and held my interest for hours. But looking back, the "Backyard" series was pretty messed up.

The kids weren’t just stereotypical, they were stereotypes of stereotypes. Tony Difilippo wasn’t just a loud-mouthed, boasting Italian—he had greased-back hair and a lollipop out of his mouth. His main goal was to complete the look. Marky Duvio was the backwoods kid with a twig, tearing overalls, buck teeth and a few streaks of hair. And then there was young Pablo Sanchez, the Hispanic kid who spoke broken English and wore a two-sized too small shirt, but could hit a ball 500 feet and was far and away the game’s best player.

The players were like that grandmother from "Wedding Crashers" who is racist, but almost cute enough to get away with it. The developers of the game tried their best to be inclusive, but there was no way to control off (Kenny Kawaguchi played in his wheelchair, but could still dunk on a 10-foot hoop). The weird kids were gorgeous in an awkward way, and no good at sports, the athletic kids lorded over them. But the craziness that flew over my second-grade head didn’t end there.

The 10-year old pitchers would have wrecked their arms by throwing curves at such a young age— to say nothing about the 150 mile-per-hour fastball. And pitchers stayed in the game until they ran out of “juice,” a word that would come to take on a whole other connotation in baseball over the next five years. That’s when the "Backyard" series started including kid versions of real-life pros in the game, and had an incredible record of picking players that were connected to steroids (Bonds, McGwire, Sosa, Canseco and A-Rod, to name an unfortunately small list). The kidshecked each other routinely, and playing "Backyard Baseball" at such a tender age was the first time I ever heard someone call a pitcher the unrepeatable "B—ITCH—" word… belittler.

The game featured no adults and the only authority figure was the league commissioner, which for some reason was a mute, one-eyed, cyborg named Mr. Clancy. You have to wonder why someone made these random, awkward-games, this world of racist caricatures ruled by a robot overlord, run into the ground by playing pick-up games all day. It doesn’t make sense. Why did I even find it enjoyable? The point is, it doesn’t matter. Stickball sounds like a pretty stupid game too, but that hasn’t stopped thousands of babyboomers from telling us that it made them the generation they are.

So I may have spent years of my childhood on the "Backyard" series, but now that I’m an adult it’s my god-given right to stubbornly defend the time I spent on it to the grave.

Now, does anyone know where I can find a new Gateway?”

Contact Jack Hefferon at whefferon@nd.edu

Jack Hefferon
Sports Writer

Returning to Backyard Baseball’

Associated Press

With a full week of league play in the books, a familiar trend has emerged in the Big Ten.

Running the ball — and stopping others from doing likewise — is going to be huge for teams hoping to contend for the conference title this season.

Five Big Ten teams rank in the top 25 nationally in rushing offense, the most for any conference in the country. The Big Ten is also first with six teams ranked in the top 20 in rushing defense, and four of them — Michigan State, Ohio State, Iowa and Michigan — are among the top 10.

Indiana is the only league team in the top 30 in pass- ing offense.

“This is a physical league. It has good backs. It has good running backs in the run game,” said Wisconsin coach Gary Andersen, whose Badgers remain first in the country with 300.6 rushing yards per game heading into this weekend’s game against Nebraska.

“I don’t think we’ve got to be able to stop the run. If you can’t stop the run, it becomes very difficult to play defense.”

No. 4 Ohio State pulled out the most high-profile league win last weekend, rallying from a 10-point deficit in the second half to defeat Northwestern 40-30.

The Buckeyes (6-0, 2-0 Big Ten) can thank running back Carlos Hyde for helping them stay perfect. Hyde ran for three touchdowns in a 13-minute span of the second half — including the go-ahead TD with 5:22 left — as Ohio State rallied from a 10-point deficit. Hyde, who missed three games because of suspension, finished with a season-best 168 yards.

The success of Abdullah and Hyde is also a test for the 150 mile-per-hour Fireball. "You've got to do too much," said the huskers from asking Armstrong to do too much. He only gets to throw it 11 times, finishing with 135 yards passing and two TDs.

"It was huge. I think it always is when we establish the run, and on the defensive side of the ball playing the run. I think that's where it begins, on the line of scrimmage. It sure opens everything else up," Nebraska coach Bo Pelini said. "The success that Ameer had, and obviously for him to put up that kind of yardage we were playing well up front... is a real positive for us."

Northwestern (218.4 yards and Minnesota (215.8) remain in the top 25 of rushing offense despite losses last week. Those run-heavy teams will likely have trouble keeping up their gaudy run numbers the deeper they get into Big Ten play.

Especially when they have to face Michigan State (4-1, 1-0).

Iowa (4-2, 1-1) entered last week's game against the Buckeyes, who are 12th nationally at 280.7 yards a game behind a standout line.

"Right now the strength of our program is that of fensive line," Ohio State coach Urban Meyer said. "They're exactly what we're looking for."

Nebraska (4-1, 0-1) opened Big Ten play with senior quarterback Taylor Martinez on the bench with an injured toe. With Tommy Armstrong Jr. making just his second start, Ameer Abdullah came through with the best game of his career. Abdullah had 225 yards rushing and two touchdowns in a 39-19 win over Illinois (3-2, 0-1) and shared co-offensive player of the week honors with Hyde.

The success of Abdullah and Hyde is also a test for the 150 mile-per-hour Fireball. "You've got to do too much," said the huskers from asking Armstrong to do too much. He only gets to throw it 11 times, finishing with 135 yards passing and two TDs.

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"Put it on them briefly so they read it, clearly so they will appreciate it, pictureously so they will remember it and, above all, accurately so you will guard them against mistakes."

- Joseph Pulitzer

Iowa City, Iowa — for 23 yards in a 26-14 loss.

Michigan State is now far and away the nation’s best rushing defense at a minuscule 51.2 yards per game.

Coach Mark Dantonio credits his team’s experience and depth on the back end as the reason for a No. 4 ranking in the AP Poll.

The Spartans host Indiana (3-2, 1-0) on Saturday.

"First of all, as a coaching staff we’ve been together for a long time," Dantonio said of his team’s success stopping the run. Defensive coordinator Pat "Narduzzi does a great job calling our defense when there’s a big game out there. He can fix it midstream."

The Buckeyes and Hawkeyes, who each have the week off before fac- ing each other in the Horseshoe on Oct. 19, are each allowing less than 90 rushing yards per game. No. 18 Michigan (5-0-1) is right behind them in ninth with 90.9 yards heading into Saturday’s game at Penn State (3-2-0, 1-0).

Even so, those teams will still likely have to defend a heavy dose of running plays.

"It’s been a big part of the league this year, and it’s been a big part of this league for a long time," Andersen said. "This year it seems to be a very talented crew that’s running the ball, from top to bottom."

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Coach Mark Dantonio credits his team’s experi- ence and depth on the back end as the reason for a No. 4 ranking in the AP Poll.

The Spartans host Indiana (3-2, 1-0) on Saturday.

"First of all, as a coaching staff we’ve been together for a long time," Dantonio said of his team’s success stopping the run. Defensive coordinator Pat "Narduzzi does a great job calling our defense when there’s a big game out there. He can fix it midstream."

The Buckeyes and Hawkeyes, who each have the week off before fac- ing each other in the Horseshoe on Oct. 19, are each allowing less than 90 rushing yards per game. No. 18 Michigan (5-0-1) is right behind them in ninth with 90.9 yards heading into Saturday’s game at Penn State (3-2-0, 1-0).

Even so, those teams will still likely have to defend a heavy dose of running plays.

"It’s been a big part of the league this year, and it’s been a big part of this league for a long time," Andersen said. "This year it seems to be a very talented crew that’s running the ball, from top to bottom."

Iowa City, Iowa — for 23 yards in a 26-14 loss.
Lewis blanks Farley for first win of the year

McGlinn tops Breen-Phillips; Pyros dominate Lions; Ryan remains perfect against Howard

By MANNY DE JESUS
Sports Writer

In a game of tough, stifling defenses, Lewis shut out Farley's offense to win by a score of 6-0. The Chicks (1-3) wasted no time showing off their defensive abilities, intercepting a pass on Farley's (1-3) first drive of the game. However, the finest defense was able to hold up against Lewis's offense, forcing a turnover on downs at the goal line through strong pass defense led by senior cornerback Keische Corriston.

In the second half, Lewis put in freshman dual-threat quarterback Elaine Schmidt, and it proved to be a critical move as she eventually threw the game's deciding touchdown. Junior quarterback Caitlan Smith drove the ball down the field twice for Farley, and Smith almost threw a touchdown when sophomore quarterback Katherine Petrovich fumbled the ball. Senior captain and receiver Colleen Haller said she was proud of the Chicks' defensive prowess.

"Our defense played really well, but our offense really wasn't on today," Ladoski said. "(Lewis) threw a few passes that we should have picked, but overall it was our offense that needed to step up."

The Chicks look to get another win against Badin Sunday at Labar at 6 p.m., while the Finest hope to recover against Lyons at the same time and place.

Contact Manny De Jesus at mdejesu@nd.edu

McGlinn 13
Breen-Phillips 6

By ALEX CARSON
Sports Writer

A late interception by freshman defensive back Emily Shira followed by a 35-yard rushing touchdown from senior captain Tara Crown sealed a second straight victory for McGlinn as they defeated Breen-Phillips 13-6 Monday night.

After trading punts to start the game, both teams were able to get on the board right before halftime. The Shamrocks (2-2) capped off a 30-yard drive when sophomore quarterback Katherine Petrovich scrambled in from less a yard out to put McGlinn in the lead, 7-6. Freshman quarterback Emily Affinito answered for Breen-Phillips (0-4), breaking free for a 62-yard touchdown rush to bring the Babes within a point at 7-6.

The defenses reigned supreme in the second half, with neither team running a play in the red zone. Crown said she was proud of McGlinn's defensive play.

"Our defense had more intensity than in the first couple of games," Crown said.

Crown then capped off the victory in the dying seconds with her 30-yard touchdown run.

Despite the loss, Breen-Phillips senior captain and linemanbacker Monica McNerney saw positives from the game.

"This was our best game of the season," McNerney said. "We put in some new plays on offense and (freshman receiver) Kaheke Martinson had a big game for us."

On the other side of the field, Crown said she was pleased following their second win.

"We finally got chemistry between the receivers and quarterback and we’re back where we were last year," Crown said.

McGlinn takes on Howard Sunday at 4:00 p.m. while Breen-Phillips will battle Welsh Family at 5:00 p.m. with both games at LaBar Fields.

Contact Alex Carson at acarson@nd.edu

Pasquerilla East 32
Lyons 0

By JOSE FERNANDEZ
Sports Writer

In a game that featured two teams with strong defenses, it was Pasquerilla East's offense that stole the show against Lyons in a 32-0 victory.

Right from the get-go, Pasquerilla East's offense dictated the momentum of the game as they scored on a long pass play on the third play of the game. By halftime, the Pyros had a 19-0 lead and did not allow the Lions to come back. Senior defensive line and captain Caroline Kase said she was impressed with her team’s defensive performance, but was quick to point out the great offensive improvements they have made.

"We have made huge strides offensively," Kase said. "Our running game definitely improved as well as our passing game; it was a complete performance offensively."

Pyros junior quarterback Macy Mulhall accounted for four passing touchdowns, a 25-yard reception in the fourth quarter. Mulhall said she couldn't have accumulated such numbers without her teammates.

"As a quarterback you don’t have to worry when you have such a great group of receivers making plays," Mulhall said. "Without a doubt our best offensive performance of the season."

A shorthanded Lyons team struggled to move the ball against the Pyros’ stingy defense that totaled two interceptions, including a pick-six. Senior captain and receiver Christina Bramanti applauded her team’s effort, but said she recognized that there are some areas that need work.

"Defensively we are where we need to be," Bramanti said. "We just need to work on finishing plays whenever we can."

Both these teams will play Sunday at Labar fields, as Pasquerilla East will face Cavanagh and Lyons will face off against Farley.

Contact Jose Fernandez at jfernand@nd.edu

Ryan 31, Howard 6

By CHRISTINA KOCHANSKI
Sports Writer

Ryan defeated Howard 31-6 in a Monday night battle under the lights. Howard (3-2) was the first team to score on the Wildcats this season. Senior captain and quarterback Claire Robinson ran the ball into the end zone in the third quarter to end Ryan’s (4-0) shutout streak.

Senior receiver Maddie Swan scored three of Ryan’s five touchdowns. All three receptions came in the red zone from freshman quarterback Clare Robinson. Senior captain and offensive lineman Andrea Carlson said she believes her team’s offense still has room for improvement.

“We need to work on converting extra points, definitely," Carlson said. "We only got one extra point and that’s going to be really important if a game comes down to the line."

Despite Howard’s defeat, Robinson said the game revealed the strength of the Ducks’ defense.

“We definitely didn’t play to our potential but I think we showed that we can adjust well to the strengths of the other team’s offense," said Robinson. "[Junior defensive back] Claire Kozlowski had a key interception for us."

Ryan looks to continue its winning streak through the regular season and into the playoffs, Carlson said.

“Two years ago we were undefeated in the regular season and lost in the first game of playoffs," Carlson said. "We’re hoping to stay undefeated in the season and actually win in the playoffs this year."

Both teams face their next opponents at 4 p.m. Sunday, when the Wildcats take on Pangborn and the Ducks match up against McGlinn.

Contact Christine Kochanski at cekochans@nd.edu
lost its second game against Valparaiso, it used the game as valuable experience for the rest of the weekend.

In their third game, the team took Marquette to universe point, eventually losing on the last point. Notre Dame X was unable to secure a win in their fourth game against Indiana Y, but came out hard in its last game against Ball State, bringing a second game of the day to universe point and winning 8-7. The win secured the team a spot in the championship bracket for Sunday.

On Sunday, Notre Dame X worked together well, but were unable to secure a win against Case Western or Valparaiso. Fink and sophomore Brianna Bocker led the team handling, and Herrero, junior Kristen Collins and sophomore Emily Dowling ran the field when it came to cutting. The team had great defense by rookies Caitlin McCreary, Mary Kate Anderson and Erin Cobb. Seniors Maureen Brown and Mary Kate Scavo, as well as rookies Mary Hermann and Kimber Nelson, all had great layout D’s.

The Notre Dame Y team, lead by senior captain Molly Carmona, opened the weekend against Illinois Y. The game ended in a loss, but the team gained experience and the players were able to create a chemistry that would be useful throughout the weekend. Notre Dame Y was unable to secure a win in its first four games, losing later to Case Western, Towson and Dayton. However, they came out strong in their last game, working together well to earn their first win against Hope College with a score of 6-2. On Sunday, the team played Ball State, gaining an early lead but losing momentum in the second half and suffering a 9-7 loss. In its closing game against experienced Michigan State team, Notre Dame Y was able to see how much they had improved over the weekend. Rookies and returners meshed to take the game to universe point. The last point went to State, but the team was very proud of all of its players. Carmona, graduate student Kelly Gilmore, and sophomore Heather Fredrickson led the team with beautiful throws, and senior Elaine Rose and sophomore Mara Jurkovic had stellar in-cuts and deep looks.

Rookie Julia Butterfield played great on both offense and defense, and rookies Katie Martin and Marissa Ray showed great improvement throughout the weekend.

Both teams were extremely happy with their performances and look forward to more great tournaments.
Luke DeTempe contributed with 70s. Overall, counting five scores, the Irish fired a 378, which was good for a four-shot victory over Purdue and seven shots over Wisconsin.

Including a third place finish two weeks ago at the first Great Lakes Regional, Notre Dame’s club team fell just short of the win on the Great Lakes Regional, Notre Dame two weeks ago at the first tournament, but the Irish showed the world what they are about.

victory over Purdue and seven scores, the Irish fired a 378, Luke deTrempe contributed 38 to the score, the two Irish teams were matched up against each other, and the Irish came out on top.

clubs have had another successful season, which has seen an influx of young talent and growth in the size of the club.

Men’s ultimate frisbee Notre Dame Ultimate held Whitesmoke XVIII this weekend at JF. Irish fields. Whitesmoke has been around as long as the sport itself and is a chance for new players to experience ultimate in the tournament setting early on in the fall. Notre Dame home tournament typically boasts beautiful, early-autumn weather, but this year, players were subjected to rain, wind, and cold.

Despite the tough conditions, all 12 of the men’s teams showed up and played competitively on both Saturday and Sunday. The Notre Dame men’s team had enough players to split into three teams — X, Y, and Z — each with a mix of returning players and rookies. Nine of Notre Dame’s teams from around the Midwest came to South Bend to participate in the early-season tournament.

Notre Dame X, seeded fifth in their pool, started Saturday pool play off with a strong 13-7 victory over Kalamazoo College, the No. 3 seed. Junior Jason Wassel and senior Jordan Lange provided strong leadership both on and off the field. The team carried its momentum through a second-round bye into its matchup against Michigan State’s B team, winning 13-8 with encouraging performances from freshmen Joe Nolan and Andrew DeSantis. Their third game resulted in a 13-6 loss to No. 2 seed Marquette, who would go on to win the tournament on Sunday. ND X split their last two games of pool play on Saturday afternoon and Sunday morning, finishing third in its pool with a 3-2 record and breaking even for the first time this season.

Notre Dame X, started off Saturday morning 13-8 with encouraging performances from freshmen Joe Nolan and Andrew DeSantis. Their third game resulted in a 13-6 loss to No. 2 seed Marquette, who would go on to win the tournament on Sunday. ND X split their last two games of pool play on Saturday afternoon and Sunday morning, finishing third in its pool with a 3-2 record and breaking even for the first time this season.

Notre Dame X, X and Y teams, which include returning players and rookies alike, had another successful season, which has seen an influx of young talent and growth in the size of the clubs.

Men’s hockey Notre Dame played two tight games against Calvin College in Grand Rapids, Mich. The Irish dropped the game on Friday, 4-1, despite a 1-0 lead after two periods. The Irish had a 1-2 lead going into the third period, but lost the lead less than a minute into the period. Minutes later, Calvin scored again, to take a 4-3 lead. The teams traded goals, and with 12 seconds left, senior forward Parker Teufel charged home a rebound to tie the game at five. Over time saw no goals, so a shootout occurred. Sophomore goalie Nick Starck came up big on the shootout, allowing only one goal on four attempts. The Irish got goals from sophomore G. Tellez and freshman Adam Madina to win the game. The men’s club hockey team heads to Wisconsin next weekend for two games, before returning home to host USC.

Women’s ultimate frisbee The Irish hosted their home tournament, Whitesmoke, this past weekend at the JF. Irish fields. The Irish hosted their home tournament, Whitesmoke, this past weekend at the JF. Irish fields. The Irish were evenly split to provide lots of playing time for returners and rookies alike.

Notre Dame X, led by senior captains Kelby King, Liza Herrera, opened the weekend against Kenyon College. The Irish came out strong, securing a lead in the first half that they would not let go. The game ended with an 11-6 Notre Dame win. Although the team far below normal race rates, as they were intended more for fun. Four boats fell between the two sides than to truly simulate a race. Both Irish boats (the Varsity and the JV) beat the two Spartan boats in all three pieces.

The novice team sent out two boats as well. They raced against four pieces, with two Spartan boats in one piece. The Novice 8 won all pieces with a substantial lead, compared to the two Spartan boats.

After a short break for lunch, the two sides reconvened to practice for a second time. This time, they held 10, one-minute pieces with the Irish varsity boats on piece. The two Spartan varsity boats. The novice boats did the same work-out with similar results.

It was a rather short practice, due in equal parts to the short pieces and the heavy rains that began shortly after the teams took to the water.

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Men’s soccer dominates Ferris

Special to The Observer

Men’s soccer
As the end of the regular season approaches, Notre Dame competed in one of its most important weekends of the year, splitting games against Ferris State in the NCAA tournament.

The Irish began the week-end taking on Grand Valley on Saturday, a tough test to both sides where the winners would be in a good position to earn a spot in the postseason. Notre Dame started strong, earning several spells of possession in dangerous areas, but was unable to carve out many clear chances. The topper, the Irish came in the first half when freshman Joe Grady rattled a free kick off the bar, after graduate student Kyle Smith was brought down on the edge of the box on the end of a darting run into the area. Grand Valley got back into the game in the second half, holding the ball in midfield, but making relatively little progress in the attack. In this, the Irish had the large part to strong performances by two midfielders turned defenders, senior Brian Carrion and sophomore Ben Rome. The teams entered halftime 0-0 with neither team really imposing themselves on the match. The second half started with more of the same, with both sides struggling to get out of midfield. Grand Valley were able to net a goal midway through the second half after the striker took the ball from defender Max Lachowecki has out-manoeuvred opponents out of control, and curling a shot into the far corner for his first of the season. Schreibeis continued his good form with a late goal when he beat the keeper with a low driven ball from range. Junior Michael Dorritie and freshman Connor Bliss split time in net, recording several important saves to preserve another clean sheet, and helping the Irish to a comfortable 5-0 win to cap off the weekend.

Club baseball
In the club’s first-ever game, Notre Dame’s bats came alive as they throttled Columbia 14-1 in a five-inning, mercy-rule game behind very strong pitching and great plate appearances.

In the second game of the doubleheader on Saturday, the Irish won 6-1, powered by a three-run moonshot from junior John Plantemoli, and a shut-down pitching performance (6 Ks, 1 ER) by sophomore Mike Cyrocki. Unfortunately, Sunday morning’s 8 a.m. game was rained out, so the Irish will have to wait until it’s conference schedule starts up in the spring to get back on the diamond.

Club golf
On Saturday, the Notre Dame arrived at Morningstar Golfers Club in Waukesha, Wis., for the second NCCGA Great Lakes Regional. The event was scheduled to be a 36-hole competition on Saturday and Sunday with approximately ten teams competing.

On Saturday however, strong rains hit the course, and golfers were only able to finish around three holes. As a result play for the day ended, and it became an 18-hole event with a restart on Sunday.

On Sunday, the Irish came out strong led by the performance of junior Dan Wiegandt, who finished as the tournament’s medalist with a 69. Junior Greg Bourbon added a 75, good for a top five finish. Senior Chris Dillon shot 77, graduate student Eddie Hjerpe shot 78, and freshmen Jordan Milo and midfielder Patrick Hodan and senior forward Leon Brown are dangerous off the bench. Junior defender Max Lachowecki has developed a taste for striking, and junior forward Vince Cicciarelli celebrated the first goal of his college career, which he scored against Indiana on Oct. 2, by scoring another goal Tuesday. I can’t tell you how far the Irish will go in the NCAA tournament, or whether they’ll move from third place in the ACC conference standings. But this much is for sure: if you’re not watching, you’re missing out.

Contact at Vicky Jacobson, vjacobs@nd.edu

The views expressed in this Sports Authority are those of the author and not necessarily those of The Observer.
said. “Having said that I thought they were always very dangerous. I felt we dominated the game and had better opportunities.”

The Irish dominated the first period of play and much of the game as they outshot the Terrapins 23-9. The Irish had a total of eight shots on goal in the first period, while the Terrapins only had one. Senior forward Harrison Ship and sophomore midfielder Patrick Hodan both tallied two shots on goal.

Despite the attempts at goal of the Irish, the teams ended the first period scoreless.

The Terrapins came into the second period with two shots at goal immediately within the first 10 minutes of the period. The Irish stepped up their attack game with Shipp and junior forward Vince Cicciarelli leading the pack.

Cicciarelli had the first of his four looks at goal in the 56th minute from the 18-yard box, but was taken down by the Maryland defenders.

In the 61st minute, Cicciarelli found a break with no Maryland defenders stepping up to block him and scored on an assist from junior midfielder Patrick Ettie in the 72nd minute.

The Irish could not tally another goal in the remaining 18 minutes, and the Irish and Terrapins entered the first overtime period.

The Irish came up scoreless in the first OT despite an attempt at goal by Shipp, who came down the right side and missed finding the back post by inches. The second overtime proved no different as the Notre Dame and Maryland offenses continued to fight for that one last goal to win the game.

Shipp said even though the team did not score in overtime to get the win, the team had a strong OT performance.

We had a successful overall game against Clemson last week, so we just wanted to stay aggressive, Ship said. “We out-shot [Maryland] in the game, so we knew we had the upper hand, but unfortunately I had a shot that went wide and [sophomore midfielder Connor] Klekota had a shot that hit almost the outside of the post, so hopefully next time in overtime those go in.”

Cicciarelli agreed that the team played very well in overtime but had some unlucky breaks.

“Our fitness really played a huge role there, and we were pushing it down their throats the whole game, but just couldn’t get one goal,” he said.

The Irish head into their next game against Virginia Tech on Friday at Thompson Field in Blacksburg, Va., at 7 p.m.
Irish guard Kayla McBride battles for the ball during Notre Dame’s 96-87 triple overtime victory over Connecticut on March 4.

**W BBall**

**CONTINUED FROM PAGE 10**

the team shares her competitive pride.

“I’ve had three Final Fours, and anything less than that this year would be a failure in my eyes, being the competitive person that I am,” McBride said. “I know my fellow classmates feel the same way.”

**Wade Watch and the ACC**

The ACC boasts consistent tournament contenders and talented players worthy of consideration for the Wade trophy, awarded each year to the best player in NCAA Division I.

The Women’s Basketball Coaches Association announced its preseason “Wade Watch List” and named more players from the ACC than from any other conference. Achonwa and McBride both made the list.

Overall, the Irish are excited for new challenges and a chance to add their talent to the best conference in women’s basketball, McGraw said.

“Coach has been harping on our conditioning, making sure we’re in the best shape because we’re still going to be doing our same principles, which is transition, get up and down the court … I don’t think our philosophy changed, but I definitely think the ACC is a lot faster.”

**Big-play Kayla**

McBride had a breakout season last year and came out strong during Notre Dame’s 10-day European tour in August. McBride posted 14 points and 5.3 rebounds per game in the international exhibitions.

Notre Dame had its first day of official preseason practice on Oct. 1, but McBride is already in the full swing of basketball, McGraw said.

“I’m expecting big, big things from Kayla,” McGraw said. “I think she is just in phenomenal shape. She’s lean; she’s strong. She looks fantastic. She actually is head and shoulders above the rest of the team right now. She’s playing such great basketball … I think she’s going to be the one we count on to do just about everything.”

Contact Samantha Zuba at szuba@nd.edu
DAilY
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HOROSCOPE | EUGENIA LAST

CELEBRITIES BORN ON THIS DAY: Angus T. Jones, 20; Matt Damon, 43; Sigourney Weaver, 64; Chevy Chase, 90.

Happy Birthday! Be sure to share this personal information. Emotional problems are likely to be a concern and will develop if you are not careful. You tend to be quite imaginative, and you will enjoy anything that promises a bit of fun. However, it would be wise to keep life simple, and you’ll minimize interference. Avoid impulsive or risky behavior. Honesty will help you avoid regrets. Your numbers are 5, 15, 24, 33, 42, 51.

ARIES (March 21 - April 19): Control personal spending. Cut your overhead whenever possible. Stress on the changes you can make that will increase your income. A romantic relationship may be tempting, but don’t get involved in a secret affair. Personal changes will lift your spirits.

TAURUS (April 20 - May 20): Take one step at a time. Don’t let anyone rush you into a decision, especially if it has to do with medical or financial issues. Expand your interests at home by acquiring something that you can add to your enjoyment.

GEMINI (May 21 - June 20): Confusion due to unexpected changes at home or with a relationship will leave you feeling uncertain. Ask questions and get to the bottom of what has transpired so that you can move forward with confidence. Take care of your health and wellbeing.

CANCER (June 21 - July 22): Explore new avenues, offer ideas and see if you receive any interest from potential collaborators. You’ll learn a lot from the discussions you have with someone from a different background. Don’t feel the need to make a snap decision.

LEO (July 23 - Aug. 22): Expect to face opposition or demanding individuals. Protect your home, family and finances from anyone trying to convince you to do something extravagant. A misunderstanding or perceived meddling will cause upset. Find out the truth before taking action.

VIRGO (Aug. 23 - Sept. 22): Take a leadership position if you feel strongly about a concern that has arisen in your community. Protect your physical and emotional well-being by taking precautions when it comes to situations that might lead to injury or disease.

LIBRA (Sept. 23 - Oct. 22): You have more professional choices than you realize. Stretch your talents and attributes, and you will find ways to utilize your skills masterfully. Take the initiative to broaden your knowledge and to step into a situation that has a learning curve.

SCORPIO (Oct. 23 - Nov. 21): Talk through any personal matters that have been bothering you. Disclose or hold back information to a situation that seems to be developing. Travel and physical challenges may pose a problem. Love is highlighted.

SAGITTARIUS (Nov. 22 - Dec. 21): Difficulties with institutions or agencies will arise due to misinformation. The changes that occur will make you feel better about what is happening. Don’t jeopardize your chance to reach a deadline or finalize an important contract or position.

CAPRICORN (Dec. 22 - Jan. 19): Show your ambition and take over if it will help you get ahead. Offer an innovative idea that will encourage a partnership. Rebuild from what you’ve lost or gained. Take positive steps to familiarize yourself with new situations.

AQUARIUS (Jan. 20 - Feb. 18): Do your best, try your hardest, and follow your heart. Don’t let negativity take over or stand between you and your chances for success. Positive change begins with taking meaningful action. Be where the action is.

PISCES (Feb. 19 - March 20): Do not keep secrets or hide information from someone you do business with or whom you are connected emotionally. Someone from your past will be able to offer you something that had been missing. Honesty will determine your destiny.

Birthday Baby: You are secretive, mysterious and magnetic. You are courageous, intense and energetic.

DAILY CROSSWORD | WILL SHORTZ

Across
1 Latin word on a cornerstone
5 Saxon
10 Drafts may be served on it
13 Serves a draft, e.g.
15 Undocumented
16 Tag for ships and dillers
17 62-Across to a mathematician
19 Kih’s comparison
20 Like some inclement weather
21 Movei Y.P.I.
22 What nonparallel lines do eventually
25 62-Across to an astronomer
26 Elbow
28 Federal biomedical agency
29 Family mentor: Abbr.
30 Olive genus
32 Black

Down
1 iPad users’ purchases
2 Joy to the “World,” for one
3 German city noted for sausages
4 Monteverdi opera hero
5 Harm location in a stop
6 Candy water manufacturer
7 Stem and bristle
8 Cry to a brother
9 Already occupied, as a seat
10 Naysayer, now
11 Parts of all out
12 Determined to accompany
14 18, jaded ones
15 23, Nye stand, now
16 Plum of all out
17 Hone, as an engine
18 Prominent Nixon feature
19 Skin-care product ingredient
20 Prefix with con
21 Sexy woman in a Beatles song
22 Issued pill
23 The law has a long one
24 Band leader Kay
25 Extinct carnivore—familiarly

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Irish enter ACC unsure of identity

By SAMANTHA ZUBA
Sports Writer

“We are ND.”

It’s a common cheer at women’s basketball games, but the Irish will now have to decide what it means to be ND in the ACC.

Notre Dame will form a new team identity as its first season in the ACC develops, Irish coach Muffet McGraw said.

“We’re still looking for our identity,” McGraw said. “I don’t think we’re exactly sure what our M.O. is going to be. What are our strengths? We know some of them individually, but as a team, what is really going to be the strength of this group?”

Four of last season’s starters will return for Notre Dame. Senior guard Ariel Braker, sophomore guard Jewell Loyd, senior guard Kayla McBride and senior forward Natalie Achonwa led the Irish to the Final Four of the NCAA tournament last season.

McGraw said Achonwa and McBride will provide leadership for a team whose senior class has advanced to the Final Four in three straight seasons.

“Natalie Achonwa is the leader of the team,” McGraw said. “I think she’s the most vocal and certainly has the experience to do that, and Kayla also has the experience and the maturity to lead. I think those two are really our leaders on the team.”

Final Four

Achonwa and McBride will try to lead the Irish back to where they’ve been before. If Notre Dame returns to the Final Four, its senior class will become the first ever to make it to the Final Four in four straight years.

Achonwa said she wants Notre Dame to push even further and win it all.

“We’ve been to three Final Fours,” Achonwa said. “You might as well come back with a ring, so I think our main thing is to make it to the national championship game again and to win it.”

McBride said she expects to return to the Final Four as

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Victory in a tie

Irish strike first, hold on for fourth tie of the year

By KIT LOUGHAN
Sports Writer

The No. 2 Irish battled ACC rival No. 5 Maryland down to the wire and pushed the game into a second overtime to finish the match as a 1-1 draw Tuesday at Alumni Stadium in South Bend, Ind.

In what was the first and last meeting of Notre Dame and Maryland as fellow members of the ACC, the Irish (6-0-4, 3-0-2) and the Terrapins (5-2-4, 4-0-1) left everything on the field in a fight between two aggressive offensives.

Irish coach Bobby Clark said playing against Maryland is always a great matchup, and despite the tie he felt the team had a strong performance.

“I think we were really good,” Clark said. “Maryland is always a tough game, and it’s a great opportunity for us to learn and develop as a team.”

Redfield makes his mark on special teams

By MIKE MONACO
Sports Editor

Max Redfield has never played quarterback, but he has had to adjust to being a defensive signal-caller.

The freshman safety from Mission Viejo, Calif., who came to Notre Dame as ESPN’s No. 23 player in the class of 2013 and a five-star prospect according to various recruiting services, has played mostly on special teams through five games for the Irish and tallied two tackles. Redfield currently starts on the kickoff, kick-return and punt-return units.

Irish coach Brian Kelly said Sunday that Redfield is progressing along and getting “closer and closer” to impacting the defense.

“There’s so many calls, so many things going on out there,” Kelly said in reference to the highly-touted rookie. “It’s a quarterback position when you’re out there at that safety position. It’s not just dropping into cover two.”

As a safety, Redfield agreed

“I feel like to a certain extent, it’s kind of like a quarterback of the defense,” Redfield said Tuesday. “They have to be very demonstrative with their calls to different positions, make sure they’re in the right spot and then obviously, yourself, you have to know the call and know your responsibilities for different situations as well.”

Redfield said he felt he was demonstrative in high school, but it’s harder to be the same way in college without a firm grasp of the defense and all the calls. As a 6-foot-1, 194-pound fluid athlete, Redfield said the most challenging transition to the collegiate level has not been physically playing.

“It’s more, probably, the communication,” he said. “You have to know what the linebackers

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Irish emerging as ACC, NCAA contenders

By VICKY JACOBSN
Sports Writer

Another night, another hard-fought draw for the No. 2 Irish.

The small but vocal crowd at Alumni Stadium witnessed what has become something of a trend for Notre Dame (6-0-4, 3-0-3 ACC). Once again, the Irish proved they could hang with a well-regarded top-10 side, this time playing No. 5 Maryland (5-2-3, 4-0-2) to a 1-1 stalemate. Once again, the Irish were left with the knowledge that the potential winning goal -- several of them, in fact -- were mere inches away from their target.

But that minor...