

Student Life

The independent newspaper of Washington University in St. Louis since 1878

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LET THE OLIN GAMES BEGIN
(Scene, pg 3)



BLACK REP: CROWNS
The Black Rep's latest show explores the history, significance and symbolism of hats in the black church. (Sports, pg 5)



STILL UNDEFEATED
Women's soccer dominates to win two matches, remains perfect (Sports, pg 9)

GLOW UP

Annual Balloon Glow returns to Forest Park



PHOTOS BY ISABELLA NEUBAUER | STUDENT LIFE

Balloons ignite for the 46th Annual Balloon Glow event in Forest Park Friday, Sept. 14. The balloons were ignited and displayed Friday and the annual balloon race took place Saturday, along with various other festivities. Both events drew large crowds from around St. Louis and beyond.

READ MORE IN SCENE ON PAGE 4 ►

WU joins University Climate Change Coalition

CURRAN NEENAN
CONTRIBUTING REPORTER

Washington University is joining the University Climate Change Coalition (UC3), a network of 17 North American universities with a shared mission to combat climate change.

While joining involves no financial commitment, UC3 members pledge to pool their resources and share best practices so as to accelerate climate action. The UC3 is closely affiliated with the Climate Leadership Network, a larger cooperative with hundreds of participating universities, of which Washington University is not a member.

"The core commitment is that each of the institutions is committing to be a catalyst for additional climate action within their regions," Assistant Vice Chancellor of Sustainability Phil Valko said.

Members of student group Green Action are optimistic about the University's participation in UC3.

"We've heard the chancellor say a lot of words before about wanting to make Wash. U. a leader on climate...so this is nice that there's

SEE UC3, PAGE 6

Campus leaders reflect on anniversary of Stockley verdict

NOAH SLAUGHTER
CONTRIBUTING REPORTER

In 2011 Jason Stockley, a white St. Louis police officer, fatally shot Anthony Lamar Smith, a 24-year-old African-American man. Stockley was acquitted one year ago Sept. 15., a decision sparked protests throughout the city in the following days. In the year since the verdict, Washington University has taken several steps to support students, staff and faculty and to promote diversity and inclusion.

After the verdict was announced, many members of the Wash. U. community took part in protests around the city. That same day, the University held a panel discussion and the Center for Diversity and Inclusion (CDI) hosted an event exclusively for students.

"It was an opportunity for the community here to gather, be in community with each other, voice their frustrations and, at the same time, think about what our role is as a university in affecting race relations in the city of St. Louis," Associate Vice Chancellor for Student Affairs and Dean of the Center for Diversity and Inclusion Emelyn dela Pena said.

One year later, Vice Provost Adrienne Davis sees the Stockley verdict as one part of a larger arc that includes the Ferguson protests, the NAACP boycott of Missouri, the University of Missouri protests and the incident in July when Clayton police accused a group of incoming black first-year students of not paying for their meals at IHOP.

"Missouri has always been the center and the heart of what our nation could be in terms of racial equity," Davis said. "We see the worst and we see the best possibilities here—the Stockley verdict was really hard and challenging,

but I don't think it was harder than Ferguson. I don't think it was harder than the NAACP boycott. It was just hard."

Most of the new CDI initiatives were not precipitated directly by the Stockley case and are parts of an ongoing effort by the University, according to dela Pena.

"I think this campus has, for a long time, been attentive to how we make the campus more racially diverse, how we think about the climate on the campus once we have diverse groups of students here," dela Pena said. "I think that after the Stockley verdict really helped us to think about how we become more intentional about the work that we're doing."

This summer, the University hired Nicole Hudson to serve as assistant vice chancellor for the new Academy for Diversity and Inclusion. Hudson was previously the deputy mayor for racial equity and priority initiatives for St. Louis City and also previously served as the communications director for the Ferguson Commission.

The Academy for Diversity and Inclusion has been charged with improving the culture across all schools and campuses at the University and focusing specifically on diversity, inclusion and equity for staff.

"What I have observed and what made me interested in taking on the challenge of building the Academy is that there is a sincere commitment to figure out what it takes to be better," Hudson said. "In situations where folks have pushed back on the University about various issues, the response from the administration—while some might not have always found it perfect—has, in my eyes, been genuine in the attempt to say, 'We hear you. We recognize that there's a challenge here, and we

are committed to figuring it out.'"

The Academy for Diversity and Inclusion was the first action taken from recommendations by the Commission on Diversity and Inclusion, which spent August 2015 through October 2017 researching issues on campus before releasing 19 reports.

"We really see the Academy as being an advocate for staff diversity, working closely with human resources, and also we see it as the primary driver, along with the CDI, to help change culture and climate," Davis said.

Additionally, last spring, the College of Arts and Sciences offered a new three-credit intergroup dialogue course, which will be available again in spring 2019. Over the past year, university graduate students also formed an advisory council to work with the CDI.

On top of these efforts, the CDI is in the middle of its campus climate assessment, which began last semester. The assessment—which occurs every two years—uses focus groups instead of surveys.

"Rather than waiting to analyze this large data set to be able to think about how we make changes [and] how we make improvements, we're able to do it almost in real time because we're having these conversations with students," dela Pena said.

Both dela Pena and Davis urge students who want to engage with issues of race and diversity on campus to join student organizations, take classes in these subject areas and get involved with the CDI.

"I want us to be able to struggle through difficult conversations together in a way that keeps us committed to our relationships

with each other through difficulty, through disagreement, through ideological differences," dela Pena said. "If we can do that with compassion, with some grace, with an eye toward the humanity of people, I think that will go a really long way."

Hudson hopes the University can continue to improve efforts for diversity, inclusion and equity, despite setbacks like the Stockley verdict.

"It's a balancing act to constantly recognize the immediate pains, the immediate injustice, the immediate real-life implications for people today and to keep in perspective that it doesn't mean that we should give up. It doesn't mean nothing's changing," Hudson said. "It means we have to remember that this is a long, long road that will only shift if we continue to push forward."



JORDAN CHOW | STUDENT LIFE

This protest and others like it followed the acquittal of former St. Louis police officer Jason Stockley one year ago.

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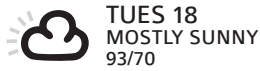
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EVENT CALENDAR

MONDAY 17

Lecture: “Building Social Work in China”

Brown Hall, Brown Lounge, noon

Shaying Chen, professor and director of the Center for Social Work Study at the School of Social Sciences at Tsinghua University in Beijing, will speak. The event is free and open to the public, boxed lunches will be available.

Artist, author and former scientist Enrique Martinez Celaya presents Prensley Island Press Visiting Artist Lecture

Steinberg Hall Aud., 6:30 p.m.

Part of the Sam Fox School’s fall Public Lecture Series. Each lecture will be preceded by a reception at 6 p.m. See details online.

Technofutures: Science Fiction Film and Modernist Design Film Series—L’Inhumaine (1924)

Tivoli Theatre, 6350 Delmar Blvd., 7 p.m.

Films selected by Diane Wei Lewis, assistant professor of Film and Media Studies. Free and open to the public. See details online.

TUESDAY 18

Constitution and Citizenship Day Panel on the Supreme Court and Constitutional Law

Anheuser-Busch Hall, Bryan Cave Courtroom 310, noon

Attend a panel on the Supreme Court and Constitutional Law entitled “2018-19 SCOTUS Review/Preview” composed of five professors with Professor Karen Tokarz as the moderator. Lunch will be provided following.

Campus MovieFest

Danforth University Center North Lobby, noon

The world’s largest student film festival, Campus MovieFest, will be coming to Washington University’s campus. This will be the launch party for Campus Movie Fest filmmaking week. Equipment will be provided for students interested in making a short five-minute film to enter the contest.

WEDNESDAY 19

Seminar: “Implementation Science and Health Disparities: Issues of Scientific Integrity and Social Justice”

Medical Campus, Taylor Ave. Bldg., The Doll & Hill Teaching Room 2131, noon

Ana Baumann Walker, Ph.D. and Research Associate Professor at Washington University will speak. Part of the Epidemiology and Clinical Outcomes Research Seminar Series.

College of Arts and Sciences introduces focus groups to reduce student stress

GRACE STOHR
CONTRIBUTING REPORTER

Dean of the College of Arts and Sciences Jen Smith is running focus groups on the various sources behind student stress.

Smith decided to form the focus groups after results of a survey indicated that stress and anxiety had risen among the undergraduate study body.

These groups, which will consist of undergraduate sophomores, juniors, and seniors, will help the administration find ways to reduce unnecessary academic stress.

“Between 2013 to 2017, we went from our students feeling average amounts of stress to being not only being overall more stressed, but more stressed than students at peer institutions,” Smith said.

Though Smith and other Arts and Sciences faculty began speaking with students last spring, the faculty heard a such a wide variety of answers that they made plans to conduct larger focus groups in the fall.

“We were hearing so many different things that we didn’t feel like after meeting and talking with these students we had a sense of what policies we had that—if we changed them—would help all students,” Smith said.

Smith is planning to use the information that she receives from the focus

groups to create a survey that will go to the entire undergraduate student body.

“We’re hoping the focus groups will give us some ideas to test with the student body as a whole and then go from there to get the faculty to make some changes.” Smith said “How we structure moving forward depends on the information we get back.”

Psychology professor Tim Bono, who specializes in positive psychology and college student development, believes that the College of Arts and Sciences administration is taking steps in the right direction.

“I think the University is doing a good job collecting data on student stress and working closely with the student health center to make sure that students are aware of resources and people that they can talk to,” Bono said.

Jordan Worthington, assistant director of Mental Health Outreach and Programming at the Habif Health and Wellness Center, also believes the University is working productively to reduce student stress.

“We all need to continue having conversations about the roots of stress on campus and what we can do to make college a less stressful experience,” Worthington said. “Hopefully in ways that students feel like they have the tools to mitigate stress in a healthy way.”

In her surveys, Smith noticed differences in stress between different demographic groups, a topic she wants to research more in the future.

“We’ve talked about recruiting groups of a single identity. That’s not what we’re doing for this round because we’re trying to gather more general information.” Smith said, “We probably will work to convene identity-based focus groups to explore how different students are experiencing stress based on those components of their identity.”

Similar to Smith, Bono thinks that it is important that the University works to specifically help minority students.

“There’s a lot of research showing that stress levels are rising across the board, but they can be especially pronounced for students who are members of marginalized identities; so, students of color, LGBTQIA* students, first generation students [and] low-income students,” Bono said.

For Smith, the goal of the new focus groups is to create open lines of communication between the administration, faculty and students that will help the faculty find ways to combat academic stress.

“I want the faculty to better understand what is stressing students so that we can respond better.” Smith said.

WU appears in database of offshore banking statements

KATHLEEN WHITE
NEWS EDITOR

Washington University appeared in the “Paradise Papers,” a document containing millions of leaked financial documents regarding offshore investments of politicians, high profile officials and private institutions.

The papers are a leak of 13.4 million financial documents. The leaked documents were compiled by the International Consortium of Investigative Journalists into an online database; Washington University appears under two entries as ‘The Washington University’ and ‘Washington University.’

The University is one of more than a hundred other American universities that appear in the “Paradise Papers.” According to Washington University Investment Company’s Chief Investment Officer Scott Wilson, it is typical for non-profits to invest in offshore companies when trying to grow their assets.

“Nonprofits generally use offshore entities to invest in things they use as leverage like hedge funds and private entity vehicles,” Wilson said. “And the IRS has looked at this and blessed it as a strategy because those entities aren’t allowed to use our borrowing strategy in their course of business. So all nonprofit entities typically invest in offshore vehicles when they use leverage.”

According to The New York Times, an increasing number of universities have turned to offshore investments in order to increase their endowments through the use of blocker corporations.

“The reason [universities] do it is because that’s the most efficient tax structure. I think all universities are trying to grow

their endowments as quickly as they can—the offshore vehicles are just one tax strategy,” Wilson said. “So the majority of big endowments would have hundreds of vehicles offshore because it’s the most efficient strategy. There are general tax obligations for whatever jurisdiction they’re made; it doesn’t release entities from paying those taxes.”

In the online database, the University was connected to three corporations: WPPEXB, L.P., Dover Street and Genesis Limited.

According to Vice Chancellor for Finance and Chief Financial Officer Amy Kweskin, Genesis Limited was an offshore captive insurance company started in the 1980s.

“This was a vehicle that was created to help provide liability insurance for things like general liability and auto liability, those kinds of things. It was a vehicle that the University used for many years to be able to provide a broad range of insurance coverages,” Kweskin said. “And part of the reason it was domiciled in Bermuda was because of the treatment, the insurance law and again the tax laws in Bermuda were favorable for this type of vehicle to be done.”

Kweskin believes that sometimes the University may have to do something offshore because it is the most cost-effective option.

“We have a fiduciary obligation to provide the most effective, efficient and broadest coverage possible. So this vehicle that was created many years ago at the time those folks created it, it was the way to get that cost effective, efficient, broad coverage. I think there’s an obligation of the financial leaders of the University to always be looking at what makes the most sense for

the University in order to be affordable and think about things that can save us money and save costs but, yet, get us what we need.”

The University is no longer invested in Genesis Limited and is instead part of a risk retention group that purchases insurance through a Vermont-based vehicle.

“Markets changed over time that made it more effective and cost-efficient to use a captive-type vehicle on shore, back in the United States. In 2004, we created an insurance program, a similar program. It’s called Pinnacle and it’s a risk retention group, an RRG. RRG’s are basically the same idea as the captive insurance company. However, it is now domiciled in Vermont,” Kweskin said. “Genesis Limited was actually finally shut down completely in December of 2015.”

According to Wilson, the other two firms—Dover Street and WPPEXB, L.P.—were legacy funds that the University is no longer invested in, either.

“Every time we make an investment, we look at what the most tax advantage strategy is and a lot of those involve offshore vehicles. A huge portion of our portfolio is invested overseas where they wouldn’t even have an offshore vehicle so we’d be invested offshore because that’s the only way to invest in Africa or parts of Asia,” Wilson said.

Vice Chancellor for Public Affairs Jill Friedman believes offshore investments are important for the University.

“These kinds of investments are important for maintaining a solid diversification of our portfolio,” Friedman wrote in a statement to Student Life. “In fact, there is no way for us to invest in Europe or Asia that isn’t offshore.”

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SCENE

THE OLIN GAMES

It's happening again. People are deciding to live in the Olin Library as a game of survival, this time competitively. Why are we doing this? For the glory, for the story, for the pride of winning, for no reason. It's an extension

of a history of Student Life writers living in Olin for no reason. Maybe it's inspired by the people who brag about living in Olin Library, maybe it's inspired by spending so much time in Olin that you feel like you live

there. In the past, this has been a solo journey filled with inner turmoil and loneliness. I know this from personal experience. This time it will be different, though. This time it will be war. This will be the Hunger Games

in Olin. Tributes (volunteering Student Life senior staff members) will compete to see who can survive (the stay in Olin Library) the longest. President Snow (Sam Seekings, Editor-In-Chief) will sabotage

the game during the week to steadily decrease the pool of participants. Silver parachutes will be delivered each day (you can vote on facebook on who should receive them) containing items the tributes need (want).

Here's the rules:

1. You have to sleep in Olin
2. You can't go home
3. You can't go to someone else's home
4. If you leave a place, everything you brought with you has to go with you
5. You can't accept gifts and you can't give people things
6. If more than one person is left on Friday, the game extends

If you break these rules you die (I mean, not really, but to me, yes). The cannons will fire, the obituary will be written, and the games will go on.

DORIAN DEBOSE



District: William Greenleaf Eliot Residential College
Age: This stallion is 57 in horse years (19)
Height: close enough to 6' to round up comfortably
Skills: Sleeping while sitting up. Sleeping while laying down. Pretty good falsetto.
Stake in the game: I have convinced myself this is easy and that any hiccups I run into spawn not from the difficulty of the challenge, but from my sheer incompetence.
Predictions: We enter this here competition to defeat our enemies. But we will exit this competition with...friends
Preparation: On Mondays and Wednesdays, I'm on campus from 8:30 a.m. to 9:30 p.m. I've been camping once.
Biggest fear: Spiders and decapitation. Related to this? Spiders.
Strategies: I have enough meal points not to starve. If that fails me, I will nibble through an issue of StudLife. If all else fails, I will start a campfire and force an evacuation.
Top Three Items Packed: Blanket, toothbrush, Rohan.

ELENA QUINONES



District: Park Mudd Residential College
Age: Depends who's asking
Height: It fluctuates between 5'3" and 5'4"
Skills: I can sleep in any environment at any time.
Stake in the game: Is it the pursuit of glory? Perhaps. My journey to becoming a more spontaneous person? Also possible. Just the fact that I have serious FOMO and really did not want to miss out on this adventure? That feels real.
Predictions: Rohan will last longer than he's saying. He secretly loves this.
Preparation: Not to brag, but I'm a packing wizard.
Biggest fear: Waking up for the day and being surrounded by people using the library for normal purposes.
Strategies: Making Olin Library feel so home-y that I never want to leave.
Top Three Items Packed: Jar of applesauce, blanket I stole from the Amtrak and Saltine crackers. I thought about bringing my lava lamp for a solid minute, but it would've taken up too much valuable space (sad).

ELLA CHOCHREK



District: Village East
Age: Old enough to be very very done with Washington University but too young to get into a bar.
Height: Shorter than my friends realize
Skills: Ability to entertain oneself
Stake in the game: Effectually zero. I'll quit when I feel like it (aka if my new limited-edition sneakers come in the mail).
Predictions: I will do no work all week. Like, literally nothing. I have no ability to do work outside of my room. Also, I have a horrible time sleeping in my comfy full-sized Tempurpedic bed. Three hours of sleep a night will have to do. Oh, and I think Elena will win.
Preparation: I took a shower right before going back. And I packed the way I would for a three or four day long family vacation.
Biggest fear: Getting my things stolen while I sleep.
Strategies: Doing all my textbook readings over the weekend to prevent having to carry books around. Bringing as little as possible because I'm weak and don't want to crush myself under the weight of my backpack.
Top Three Items Packed: Moisturizer, laptop, laptop charger.

JOSH ZUCKER



District: The Lofts
Age: 2 X 2 X 5
Height: Short enough to comfortably sleep in those chairs
Skills: Who's to say
Stake in the game: Not gonna lie, I've been thinking about this as a week-long sleepover—I know, I'm 12—so I'm not sure what my stake in this is other than to have fun and suffer for the sake of the paper, but what else is new?
Predictions: I personally think that I could make it through the week living at Olin, but I'm not sure about winning the thing. I will say that Yom Kippur occurs this coming week and I'm not sure how well fasting and Olin are going to go together.
Preparation: Over the past week I've been compiling a packing list and finally put everything together yesterday. Looking at Katy's section, I'm feeling underprepared, but it's too late now.
Biggest fear: Werewolves, but in this case, probably exhaustion.
Strategies: My secret weapon is a loaf of bread and a jar of peanut butter as I do not have the meal points to live on campus for a week. I also have a history of spending what I'm a doctor would consider irresponsible amounts of time in Olin and that experience will help me.
Top Three Items Packed: A green throw, my bread and peanut butter, a flannel.

KATY HUTSON



District: Forsyth Blvd.
Age: feelin' 22 (but actually 20)
Height: The same height as Cara Delevigne
Skills: Making beds out of couches, lifeguarding, CPR and first aid certified
Stake in the game: I'm a competitive person and I like a challenge. When I watched shows like "Survivor" I always thought to myself, "Oh, I could do that."
Predictions: I don't think I'll win. This is a really inconvenient week for me to live in Olin Library and I have to go to the dentist. As competitive as I am, I also value my work and education.
Preparation: I've done this before. I trained long and hard last March for this moment, and learned some hard lessons. I spent a copious amount of my time Saturday doing a practice pack, and I'm feeling good about this. I slept on the couch Friday and Saturday to get used to sleeping in that position.
Biggest fear: Back problems. It's a lot of stuff to carry around, man.
Strategies: Trust no one.
Top Three Items Packed: Full-sized blanket that hooks onto my bag, sleeping mask, dill pickle sunflower seeds.

ROHAN GUPTA



District: Leland Ave.
Age: 21
Height: Comfortably average
Skills: Lounging, multitasking, procrastinating
Stake in the game: Effectively zero. I mostly joined because I was part of the initial discussions and wanted to encourage the idea, then didn't know how to say no to actually being a part of it.
Predictions: I have told everyone repeatedly that I will be the first one out, so if you're betting on someone to do that, I'm your guy.
Preparation: None.
Biggest fear: Actually taking part in this?
Strategies: Say I'm going somewhere other than home and go home
Top Three Items Packed: Laptop, phone, notebook. These are items I usually bring to school and will not help me win this competition.

Balloon glow pops the bubble, provides sense of community

JOSIE ROBINSON
STAFF WRITER

Balloon Glow. The first time I heard that title was when it was emailed to me by my resident advisor, and even then, the explanation had been sparse. It read:

Come join me and your WUSAs on Friday, Sept. 14
More info to come

Despite its vagueness, I thought to myself, “Well, color me intrigued, what might this be?” Like any true detective, I turned to my lord and savior, Google, to satiate some of my curiosity. According to the website, it’s “the oldest and most well-attended free hot-air balloon event in the world”.

Now, I went to a hot air balloon festival once in Ohio. I won’t lie and say that it made my top ten list of “Most Life-Changing Moments”. If my memory serves me correctly, it was a lot of standing around in a field. There weren’t that

many people there and the ones that were seemed more interested in the beer stands sprinkled around. So, perhaps it was this anticlimactic image that made me a bit biased against the whole event. I mean, how different would it be?

If irony were a person, they’d be pointing their finger right in my face and saying, “You really thought.”

Following what started as a leisurely stroll to the event (until I got my finger stuck in the cap of my water bottle like the intellectual I am), the scene immediately shattered whatever preconceived idea I had in my head. For starters, I’m pretty sure I saw more people here than in my entire town. It’d make for a killer game of “Where’s Waldo.” I could also hear lively music blaring from a nearby stage across the way.

My floor and I found ourselves right by the balloons, of which there were dozens. Those massive and colorful things were quite captivating up close. However, as I was admiring all of those

gas-filled nylon giants, something happened that popped the bubble of my stupor.

All of a sudden a loud horn screeched and (as if the 90-degree weather wasn’t enough) I get got a face full of hot air and bright lights. Simultaneously, all of the racers pulled their levers and ignited their balloon’s flame, casting a glow on the surrounding area. Despite the sweat that now poured down my face, it was an absolutely beautiful sight, not to mention it made for some professional-level photos. The rest of my time spent there involved simply conversing with some friends and observing the scene around me.

It wasn’t all perfect, but that’s more based off of my personality. Going back into the humongous crowd, I eventually became overwhelmed by it. I didn’t move from my spot in fear of getting swept away (which isn’t hard when you’re 5’2”), never to be seen again. The lines for anything were too long to even attempt with my

attention span. And again: It was hot. So a small group of us trekked back to the dorms at around eight, just barely catching the circulator as it passed by.

Despite leaving early, it was a nice way to spend my evening and I’m glad I went. When I asked one of my WUSAs, Ahmed Hanafy, to summarize his experience, he said, “Balloon Glow overall was a really awesome experience. Walking to Forest Park with my WUSA floor and learning more about them and their experiences was really fun and interesting. Also, seeing families from St. Louis reminded me of the real world outside of college and reminded me about our place in the community.”

I’m not going to tell anyone that they have to go spend five hours at this festival to really get the experience. But I do think it’s a great event for Washington University students to get off campus for a bit and enjoy the community outside of the bubble.



ISABELLA NEUBAUER | STUDENT LIFE

Participants light their balloon at the 46th Annual Balloon Glow event in Forest Park Sept. 14. Although the balloons didn’t take flight until the following day, onlookers nonetheless flocked to the park to witness the spectacular visuals.

A personal journey through the ups and downs of fasting

JONAH GOLDBERG
STAFF WRITER

For anyone who hasn’t come to a free Hillel/Chabad dinner and experienced the crazy world of Judaism, this week we are celebrating our High Holidays. These are Rosh Hashanah, the Jewish new year (5779), and Yom Kippur, a day of forgiveness and atonement for any sins of the past year. While Rosh Hashanah is marked by a distinct dish—apples and honey, for a sweet new year—Yom Kippur is notable for requiring a fast, meant to be a symbol of literally purifying ourselves of sin (although when I was younger I just looked forward to the huge dinners before and after my adult relatives fasted).

This year, the time between Rosh Hashanah and Yom Kippur also sits as the edge of the transition to my new life as a college student. So, along with a 24-hour fast this coming Wednesday for the religious observance, I decided to give up everything except water from Monday to Friday last week. This time, I wanted to focus on experimentation and reflection, in hopes of starting the new year as the happiest and healthiest version of myself.

Before going any further, I want to clarify that these are my reasons for undergoing a five-day fast and a journal of my experience. Neither I nor Student Life condones fasting as a method to remedy any health problems; in fact, it can easily lead to sickness, or contribute to an eating disorder if done improperly. I took a personal journey after doing my own research and weighing the risks for myself, and, as you’ll see, my week wasn’t all weight loss and enlightenment.

My motivation was three-fold: Fasting would provide health benefits, challenge my

self-control and strengthen my relationship with my body.

Modern humans predate agriculture by almost 240,000 years. As I see it, this means that our bodies haven’t had anywhere near enough evolutionary time to catch up to our diet, both the actual foodstuffs and the having three meals per day.

A small body of research is starting to back this theory, suggesting that periodic fasting strengthens your immune system, cleanses your body of toxins and even slows down aging and neurodegeneration. These benefits only increase with time, and it’s in these longer fasts that secondary effects can also pop up; the lifestyle bloggers and health nuts who have taken up this challenge before me all report some combination of mental clarity, clearer skin, and slowed-down time. As I’d been literally feeling the mental fog of exhaustion since starting school, and I’d always wanted time-control powers, it was time to clean out my system.

I’d also been meaning to address my (lack of) self-control and communication with my body. Not having an abundance of snacks in my house like I did this summer has led these last three weeks to be some of the healthiest in my life, but being unable to say no to the constant pizza and soda I’m being offered, as well as my recent discovery of the frozen yogurt machine in Paws & Go, are threatening to overpower that. I needed to prove to myself that I could resist these temptations. I also tend to only listen to my body’s signals, whether I’m hungry, full, sick or anxious, when it’s absolutely necessary, which probably isn’t the best physically or mentally. By monitoring my feelings throughout the week, I hoped

to improve our relationship and ensure that we were cooperating on my health throughout the next four years.

With all this in mind, I set a series of ground rules:

1. Do not consume anything besides water until Friday night.

With that, I finished my Sunday night with some dark chocolate and got ready for a long week.

Monday

10 a.m.: Consciously knowing I won’t be eating doesn’t affect my hunger level. Even as I take a sandwich out of my fridge to deliver to a friend, I don’t bat an eye.

1 p.m.: On a normal day, I would have eaten by now. During my next three classes, I’m still not particularly hungry, but my eyes start to linger on others’ food.

4 p.m.: The first side effect appears: I’m feeling way too cold for this weather. It’s as if my body doesn’t want to waste resources keeping my limbs warm. When I move outside and sit under the 85-degree sun, it feels just right.

5:30 p.m.: Not only is my “Secret Lives of Plants” lecture largely about food, but my professor literally passes around apple slices to explain a chemical reaction (thank you, Dr. Rick Vierstra). As the clock strikes dinner, my hunger is audible.

8 p.m.: I’ve been working for an hour and a half straight without realizing. Not having to think about or stand in line for lunch and dinner freed up a lot of time and mental energy.

10:17 p.m.: My friend walks into our common room and asks if anyone wants a cupcake. When no

one does, he says, “I’ll just put it in the free food pile,” a collection of snacks I now realize has been right behind me. I’m way too relieved when the food finally disappears an hour later.

Tuesday

8 a.m.: Despite having a stressful dream that involves eating (of course), I wake up calmly and comfortably...an hour and a half before my alarm. Like the productive go-getter that I am, I go back to sleep.

10 a.m.: My second wake up is even more refreshed, almost joyful. The feeling only starts to dampen when I tire myself out biking to class.

11 a.m.: Dr. Vierstra decides once again to pass out food, this time a bowl of pistachios for the class to share and later, a celery stalk. Halfway through the period, I also start experiencing an annoying headache, which drinking more water does little to alleviate. I browse Reddit in class for the first time this semester, which I attribute more to the headache than anything else.

2 p.m.: I must have flipped some mental switch; even when studying outside of Subway, my background hunger doesn’t increase and I don’t have a strong desire to eat. Again, not having to think about food allows me to focus longer and more intently on my work and reading.

10 p.m.: Between walking to and from Blueberry Hill and standing through the SALES show there, I’m on my feet for almost four hours. The effort seems to bring back my headache, and my legs can barely move on the way back, but I surprisingly don’t collapse from exhaustion.

Wednesday

1 a.m.: (same night) My body apparently doesn’t have the resources to put toward recovery right now. My legs feel as if they’re still walking, making showering more painful than relaxing, but I make it through and go to bed.

10 a.m.: I wake up strangely tired for having had eight hours of sleep, but I’m starting to feel like more of an “active participant” in the world. I notice a new detail in the poster I picked up last week, and I walk outside excited.

11 a.m.: I’m debating Ubering back from class. My biking pace has slowed to match my typical running pace, and, while I never grow so tired that I need to stop, I have to consciously push myself to move.

12 p.m.: Today I face the hardest obstacle of the week, the event that almost stopped me from fasting in the first place: lunch at Whittemore House. Apparently, only a block away from Bear’s Den and the Danforth University Center stands a five-star restaurant, selfishly kept to only faculty and alumni. Having been invited for my submission to the Common Reading Program contest, I have to watch, drooling, as the waiter brings out the best-smelling trout and burgers on campus. Then dessert. On one level, however, I’m thankful I don’t partake in the food of the gods, as there’d be no way I can go back to ordering Half and Halfs after.

4 p.m.: Eight hours is evidently not enough sleep without food. At the same time, I notice as the day continues that the tiredness is more just a general sensation; I’m not actually closing my eyes as much as I normally do when I’m this drained.

8 p.m.: After a nap, I’m doing great. I have a long conversation with someone new

and feel like the most natural version of myself.

Thursday

11 a.m.: I still barely have the energy to walk or bike anywhere, and I start to worry about tonight’s dance callback. Additionally, eight hours of sleep was once again insufficient, making it hard to be proud of staying on top of my health.

12:40 p.m.: My mind is completely focused, zeroed in on one goal...of taking a nap. Even realizing I left my phone on a hammock outside isn’t strong enough motivation to pull me out of bed.

1:13 p.m.: I reach my breaking point. Whatever mental benefits and extra time I’m gaining are being negated by the tiredness and time spent napping, and having difficulty walking is not something I’m ready to handle. I break the fast with some almonds and yogurt; a couple hours later, I treat myself to the grill special at Bear’s Den as my first real meal since Sunday.

When I next look in the mirror, I take a moment to thank my body for not complaining about hunger after the first day. As I had hoped, my body and mind fought together in this challenge until the tiredness was too much for us both. We were on the same page, and I vow to keep things that way.

Will I ever try a long fast again? Probably, although not for several months at least, and I’d have to cap it at two days, to get in some quick benefits and then get out before my legs die.

For everyone else fasting this Wednesday, stay in touch with your body. It is your ally on this day, not an obstacle, and you’ll have to forgive it for any complaints as you transition to a new year. And please don’t forget to sleep.

Student Life

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CADENZA

The Black Repertory: 'Crowns' deserves its diadem

SABRINA SPENCE
CONTRIBUTING WRITER

The Black Rep's production of Regina Taylor's "Crowns" dazzles from start to finish as the company's 42nd season opener. The set is truly unique and unmistakably conveys the major symbol of the play—why? It takes place on a giant wooden hat. Atop this hat, the audience watches a young girl from New York navigate her faith as she is sent to live with her Southern grandmother after the death of her brother. There, she is exposed to the quintessential Southern black church and one of its important cultural

characteristics—the church hat.

Wearing hats is a large part of black religious culture and is the central focus of the show as Yolanda, our main character, searches to find her own hat. Through conversations with four church ladies, including her grandmother, and another character known only as "the Man," we learn more about the history of hats in the black community and their role in the development of each of the character's lives, creating an intimacy reminiscent of sitting in the pews in a church.

The music heightens this inescapable feeling of

Sunday mornings, some of which church-goers will recognize, as well as another other element of the set—massive hanging stained glass windows. While the set was simple, it made for a beautiful addition to the storyline.

Looking at the costumes, each church lady has her own color—either red, yellow, blue, purple or white, while "the Man's" costume evolves throughout the show to fit the scene and his evolving role. Yolanda kept a youthful look dressed in black overalls, combat boots, social justice pins and a flannel, revealing a stark contrast between the traditional

women of the church and the youth coming up behind them.

While it may seem that "Crowns" is a musical that only black church-goers or black people raised in the church would enjoy, that is not the case. On a Friday night, one Wash. U. student (myself) was surrounded by black people and older white people enjoying the show equally. It is not a show that requires a black Christian perspective. "Crowns" is a show that requires a human perspective. It requires you to be open to contemplation and to work to understand who you are and how you came to be that person.



COURTESY OF THE BLACK REP

"Crowns" makes you re-travel the road you took that led you to sit in that chair, in that theater, on that night to watch that specific production. And it does it all through hats.

As students at an institution where "diversity, inclusion and equality" are so important, we should all be looking for experiences

that challenge us and make us see the world differently. Make the Black Rep one of those experiences.

"Crowns" is running through Sept. 23rd and tickets are \$15; so, you still have a chance to go see it. The Black Rep's season will continue in January, picking up with "Canfield Drive," a play centered around Ferguson and the Michael Brown shooting.



The sound of punk to come: 5 songs that show us where heavy music is headed

ETHAN JAYNES
STAFF WRITER

continual success and innovation as trailblazers in both heavy music and beyond.

Deafheaven Canary Yellow

It's practically impossible to discuss the current state of heavy music without talking about Deafheaven. The San Francisco-based black metal quintet ushered in a new era for metalheads and indie rockers alike with 2011's groundbreaking LP "Sunbather," an album that wove together hazy shoegaze, black metal and triumphant post-rock in what many deemed to be an instant classic. It currently stands as Metacritic's 7th-highest rated album of all time, full stop. Many bands followed in their path, fusing reverb-soaked guitars with the insistent pummeling of black metal blast beats. Their next LP, "New Bermuda," despite consisting of solely 10-minute black metal tracks, charted 63rd on the Billboard Top 100. "Canary Yellow," a single from their newest record "Ordinary Corrupt Human Love," is a manifestation of Deafheaven's

Wormrot Hollow Roots

Wormrot, a Jakarta-based grindcore outfit, burst onto the heavy music scene with their stunning 2016 LP "Voices." In addition to being one of the only Southeast Asian bands to gain a large international following in an extreme genre of music (or really any genre for that matter), Wormrot turned heads with their surprisingly melodic blend of grindcore, powerviolence and crust punk. Nowhere is this more evident than on their stellar "Voices" cut, "Hollow Roots." Without ever slowing down the tempo, Wormrot shoehorns legitimately strong and catchy songwriting into the otherwise blisteringly abrasive genre of music popularized by Napalm Death in the late 1980s. In this way, they aren't too different from Deafheaven. Although Wormrot stands on the shoulders of other recent, boundary-pushing

grindcore acts like Full of Hell, Nails and Gridlink, their brand of heavy music is indicative of a synthesis of styles that's becoming more and more pervasive in contemporary heavy and experimental music.

Power Trip Executioner's Tax

Power Trip is a thrash metal band out of Dallas. Thrash, for the longest time, has been mostly delegated to the archives of heavy music history, as its forbearers—namely Metallica, Slayer and Megadeth—are long past their heyday. Power Trip, however, is representative of a new wave of bands exhuming thrash from its grave, a movement that has aptly been dubbed "thrash revival." Taking influence from East Coast hardcore punk, crossover thrash and old-school thrash metal, these bands are uniting punk kids and metalheads with a sound and energy that incorporates the best elements of these genres. Along with bands like Iron Reagan, Vektor and St. Louis' own Black Fast, Power Trip is

making cut-off denim, cheap beer and good, old-fashioned mosh pits cool again.

Amenra Plus Pres de Toi

Amenra is a Belgian, atmospheric, sludge-metal group that has firmly established itself as one of the most consistent and revered bands in the slower side of contemporary heavy music. They found their niche by taking the heavy, long-form crescendos of bands like Neurosis and Cult of Luna and injecting them with one of the most passionate, agonizing vocal performances in modern music. Their songs rumble along slowly and then crash down like tidal waves, destroying everything in their path. The backdrop during their live performance is a writhing, shifting wall of gray; and when the music hits, the crowd sways and pulses in way unlike anything I've ever witnessed. Lead singer Colin H. van Eeckhout is known to engage in self-flagellation and piercing onstage during particularly powerful moments in their music.

These immense, emotionally-shattering moments in their music are interspersed with subdued interludes of ambient indie rock that borrows much from slow-core bands like Low. "Plus Pres de Toi," from their latest LP "MASS VI," is a testament to their energy, dynamics and songwriting chops.

The Body Nothing Stirs

The Body holds a truly special place in my heart as one of the greatest heavy-music acts to grace the contemporary music scene. The experimental sludge metal band out of Providence, R.I. has been pushing boundaries in heavy music for nearly two decades. While their modus operandi is crushing riffs, hellish sonic landscapes and blood-curdling lead vocals courtesy of Chip King, they're equally as well-known for their extensive collaborative work and stylistic ventures into industrial, power electronics, grindcore, choral music (they frequently work with a Connecticut-based

women's choir), dance and even dancehall. While their sound can take some time to get used to, their fan base, especially among musicians themselves, is devoted and widespread. "Nothing Stirs" is the lead single of off their newest album "I Have Fought Against It, But I Can't Any Longer," and features guest vocals from Lingua Ignota aka Kristin Hayter, another incredible artist who blends noise music with classically trained operatic vocals. The Body's complete disregard for traditional heavy music tropes is fully apparent here—sequenced drums trod methodically over a ghoulish soundscape, and the linear structure of the song climaxes with Hayter's excruciating scream of "march on, march on" over tense strings. The Body excels at distilling the sickening dread and energy of the most extreme heavy acts into a form completely apart. Because of this, they routinely function as torchbearers for innovation in heavy music, and hopefully continue to do so well into the future.

PRANAYA'S PICKS

NOW SHOWING:

99 HOMES

Ben Rickert (Brad Pitt): "You know what I hate about f---ing banking? It reduces people to numbers." —"The Big Short"

Ten years and three days ago, Lehman Brothers collapsed. People around the world woke up the next day to the start of the one of the largest global financial meltdowns in history. In the United States, millions of Americans lost their homes, their jobs, their sense of security and their faith.

"99 Homes," a thriller-drama directed by Ramin Bahrani, focuses on one of those Americans.

Dennis Nash (Andrew Garfield), a construction worker, lives with his mother, Lynn (Laura Dern), a hairstylist, and his son, Connor (Noah Lomax), in their family home. He is a couple

months behind on his mortgage, but he is hopeful and committed.

When he is not working or looking for work, he is either in court or calling lawyers, fighting to keep his home. He promises his son and his mother that nothing will happen. The next day, a real estate representative, Rick Carver (Michael Shannon) and two cops show up to the Nash household. In minutes, Dennis and his family are evicted.

To survive and buy back his home, Dennis starts to work for Rick.

In his modern take on the legend of Faust, Bahrani crafts a nuanced and necessary film. There are no easy heroes or villains. All characters are deeply flawed and redemptive humans who are simply adapting to circumstances

forced upon them. As Rick reminds Dennis, "America doesn't bail out the losers. America was built by bailing out winners. By rigging a nation of the winners, for the winners, by the winners."

We may not always agree with Dennis and Rick, but we always empathize with them. This empathy elevates "99 Homes" to a great film.

We have seen the 2008 financial crisis in theaters before, but never from such a micro-perspective. Bahrani and his crew film the financial crisis from the ground-level. They force the audience to experience Dennis' helplessness. The editing is harsh and disorienting, with the filmography hand-held and the visuals unadorned. "99 Homes" finds drama

in incredibly personal and difficult realities.

Without sacrificing this realism, Bahrani demonstrates profound artistry. Even in harrowing moments, he creates poetic shots rich with symbolism. During the eviction, he frames Dennis behind bars, in a lull in the action he finds Dennis' partial reflection in glass doors and at the end of the film he leaves the audience with a graceful and quiet final shot. These moments do not call attention to themselves; they are stunning because of their simplicity, timeliness and strong thematic resonance.

Under less careful hands, "99 Homes" could have easily become proselytizing awards bait. Occasionally, the dialogue veers dangerously in that direction, but Bahrani and his team save

it with steady direction and excellent acting. The two leads, Andrew Garfield and Michael Shannon, execute difficult roles brilliantly.

Dennis Nash is completely torn as a man forced to choose between his values and his finances. Anything less than superb acting would have hobbled the film substantially. Andrew Garfield delivers his career best with "99 Homes." He commits fully to his performance and proves that he deserves more engaging and complicated roles.

Ultimately, even Garfield's best cannot match Michael Shannon's genius performance. Shannon absolutely kills it in every single scene. He delivers scathing monologues with inspired fervor and imbues the

slightest gesture with the most nihilistic menace. He deserved an Oscar just for the strength of his final line and expression.

"99 Homes" made just \$1.9 million at the box office. It was critically successful but publicly forgotten. That's a real shame. Few films can completely alter how you understand the world. "99 Homes" is one of those films.

A decade after the collapse of Lehman Brothers, Bahrani's film remains urgent. It is a reminder of inherent flaws in American capitalist culture and a plea to combat those very flaws. I watched "99 Homes" first three years ago, yet its final shot—both heartbreaking and hopeful—still haunts me.

—Pranaya Pahwa, Film Editor

Washington University falls to 19th in US News rankings

JAYLA BUTLER
CONTRIBUTING REPORTER

Washington University dropped one spot to 19 in the 2019 US News & World Report rankings of the best national universities, released Sept. 10.

The University shares the rank with University of California-Los Angeles. Globally, the University places 32.

In the 2018 rankings, the University moved up from 19 to 18, tying with the University of Notre Dame. In 2016, the University was also ranked 19 after falling four spots.

To determine the rankings, U.S. News & World Report collects data from over 1,800 institutions nationwide and assigns each school points based on 16 measures of academic

quality and then ranks them accordingly. As a result, many of the schools often end up with ties or very close scores.

According to Provost Holden Thorp, schools can appear far apart in the rankings when in reality, they're very similar in quality.

"The level of granularity can be misleading—whether you're [ranked] 19 or 18 is statistically meaningless," Thorp said.

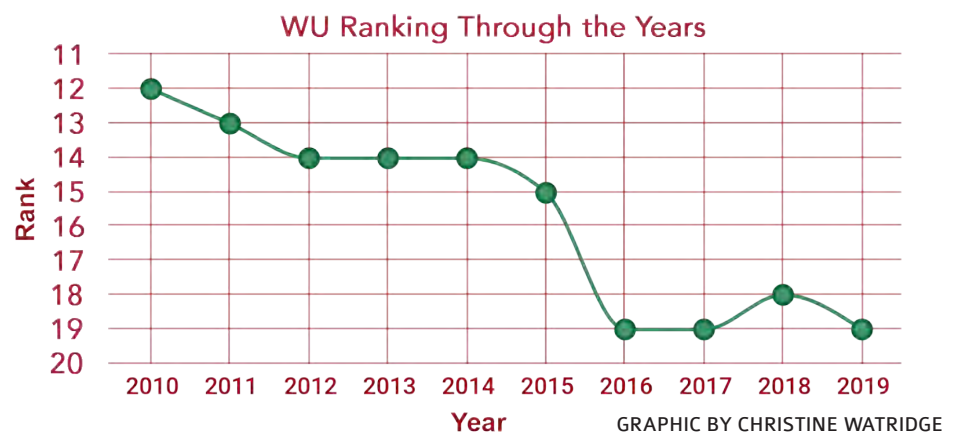
When unveiling the 2019 rankings, U.S. News & World Report announced a few changes to their ranking methodology, namely an increase in its emphasis on how well each school supports low-income students through graduation. While the University has made efforts in recent years to increase socioeconomic diversity and support for

low-income students, any changes made can take years to show any effect in the rankings.

Freshman Ethan Copeland said that he thinks the University is currently in a growth period and that may reflect possible changes in rankings.

"I can only assume that the school is on the up and up," Copeland said. "The more they build things and the more they improve the school, I'm not really concerned about the point drop because I think, overall, it's on an upward trend."

In any given year, the University often goes through a period of analyzing the data and the formula that generated this year's specific ranking. While the University is continually looking for ways in which they can improve, College



of Arts & Sciences Dean Jennifer Smith maintains that rankings are not the sole reason for any of the University's operations.

"Our absolute ultimate goal is to provide a quality education for our students," Smith said. "We never want to put too much emphasis on something solely for the purpose of a ranking that [wouldn't] contribute

directly to the quality of the educational experience."

Freshman Maeve Hindenburg said that as a current student, the drop in rankings wasn't a huge concern for her.

"Since we're already here, I don't think it affects me that much. I like the school a lot and just dropping one point isn't that big of a deal," Hindenburg said.

Overall, Thorp said that he believes the rankings paint the University in an accurate light and that despite any slight movements up or down, Washington University is still highly ranked.

"If schools are way up on this list, then they're excellent schools—and we're an excellent school," Thorp said.

Thorp publishes book on perceptions, models of American higher education

TED MOSKAL
CONTRIBUTING REPORTER

Provost and Executive Vice Chancellor for Washington University Holden Thorp and University of North Carolina professor Buck Goldstein co-wrote a new book on higher education.

The book, called "Our Higher Calling: Rebuilding the Partnership between America and Its Colleges and Universities," explores the relationship between the American public and its universities that—according to Goldstein—began in 1636 when Harvard University received a charter and a tax exemption from the colony

of Massachusetts.

Thorp hopes that this book will help the faculty of the University understand how higher education is funded and help administrators and policymakers understand how higher education works at the classroom level.

"Our Higher Calling" follows Thorp and Goldstein's 2010 book, "Engines of Innovation: The Entrepreneurial University," which advocated for more entrepreneurship programs in American universities. The idea for "Our Higher Calling" originated from Thorp and Goldstein's desire to correct a common misinterpretation of its

predecessor.

"We were shocked that so many people came up to us and said, 'We love ["Engines of Innovation."] We couldn't agree more; we need to run universities like corporations,'" Goldstein said. "So, the initial impetus was to explain that universities were not corporations and they couldn't be run like corporations, even if they borrow some important principles from business that would be useful."

During their research process, Thorp and Goldstein came across the work of Jonathan Cole, a professor of sociology at Columbia

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STUDLIFE.COM

UC3 from page 1

actually some action behind his words," junior and Green Action co-president Eric Judson said.

"What we're looking forward to, along with this action, is we have a new chancellor coming," sophomore Green Action Treasurer Eddie Ives said. "We're looking forward to it because we've had not that much success until now, which is a big step."

The move comes a year after the University hosted a region-wide sustainability summit. In accordance with the newly formed OneStl initiative, the University pledged to cut their carbon emissions to 72 percent of 2005 levels by 2025 and 20 percent of those 2005 levels by 2050.

These targets were in addition to an existing goal of the

University to cut emissions to 1990 levels by 2020.

"Every couple of years we sit down and analyze where we're at...and we just went through that process about a year ago, and we came out of it saying we're going to have some work to do but we think we can make it," Valko said.

Emissions data collected by the Office of Sustainability show that the University is lagging behind the trend line it set for itself. The University cut emissions by 27 percent from 2014 to 2017; it initially predicted that emissions would be cut in half by 2017.

"This is to be more transparent and to include the Wash. U. community and maybe even encourage the greater St. Louis community to be more sustainable and to reduce their

carbon emissions because Wash. U. is a leader of sustainability in the area," Office of Sustainability student associate freshman Herman Braggs said.

These investments are the result of an estimated \$27.5 million in investments by the University, which they predict will pay for itself in 7.4 years.

"I know that the general environmental awareness has generally been stronger on the coasts. That leads to greater buy-in; it leads to greater technical knowledge. So that can lead to acceleration of implementation. We're in the Midwest. We're in a really coal-heavy state," Valko said. "There's a lot of reasons why doing sustainability work is legitimately more challenging, and despite that, we have this to show."

New Chancellor Welcome Reception

**Tuesday, September 25th
3-5 PM, Athletic Complex**

Join Chancellor Mark Wrighton and Vice Chancellor for Student Affairs, Lori S. White, as they welcome and introduce WashU students to Chancellor Designate, Andrew Martin.

All WashU students welcome! Free food!



Upcoming Events: September 17-21

17 M	18 T	19 W	20 T	21 F
<p>9 AM-3 PM: Meridian Medical Technologies "Pfizer Career Fair", Off-campus Location</p> <p>5 PM: ClearView Healthcare Partners Information Session: "Unique opportunity for professional growth and client impact in the life sciences", DUC, Room 234 (Presentation Room)</p> <p>5 PM: Chicago Trading Company Information Session: "Women in Trading: Your career at the intersection of finance and technology", DUC, Room 276</p> <p>Fall Road Show application deadline! Apply by today for fall break road shows!</p>	<p>12 PM: Med School Multiple Mini Interview (MMI) Lab, DUC, Room 234 (Presentation Room)</p> <p>4 PM: Pre-Law Information Session for First Year Students "Learn what you should be doing now if law school might be in your plans", Mallinckrodt Center, Gargoyle (Lower Level)</p> <div style="background-color: #e0e0e0; padding: 5px;"> <p>Career Center Quick Question Drop In Hours:</p> <p>All Students: Mon - Fri, 10 am - 5 pm, Career Center, DUC 110, No appointment needed</p> <p>Architecture Students: Every other Saturday, 9:30 am - noon, Steinberg Hall, Room 005, 15 minute appointments for portfolio review</p> <p>Art Students: Wednesdays, noon - 1 pm, Steinberg Hall, Room 005, 10 minute appointments</p> <p>Engineering Students: Mon - Thurs, 1:30 - 4 pm, Lopata Hall, Room 303, No appointment needed</p> <p>Graduate Students: Fridays, 10 am - noon, Career Center, DUC 110, No appointment needed</p> </div>	<p>9 AM: HireLive's St. Louis City Job Fair, Off-campus Location</p> <p>12 PM: Med School Mock Interview Lab, DUC, Room 234</p> <p>2:30 PM: 2018 TAPIA Conference, Off-campus Location</p> <p>3 PM: University of Illinois - Chicago Grad School Information Session, Off-Campus at the Illinois Pre-Pharmacy Fair</p> <p>4 PM: Search Acceleration Team, Danforth Campus (for Graduate students & Post Docs) DUC, Room 111 (Career Center)</p>	<p>12 PM: Washington University College Advising Corps "Lunch & Learn - Working for College Advising Corps", DUC, Room 248</p> <p>3 PM: Job Search Series: Decipher the Job Ad & Tailor Your Application (for Graduate students & Post Docs) Farrell Learning and Teaching Center (FLTC), Room 303</p> <p>4 PM: Senior Pre-law Information Session for those applying to law school this fall, Danforth University Center, Room 233</p> <p>5 PM: Reinsurance Group of America (RGA) Information Session "Learn about our investment internship", Bauer Hall, Classroom 230</p> <p>6 PM: Flow Traders US LLC Information Session: "Interested in a career in trading? Learn more and prove you have what it takes at the Flow Traders Trading Challenge & Info Session", DUC, Room 234 (Presentation Room)</p>	<p>8 AM: Nonprofit Connect's Shadow Day, "Shadow Day matches college students interested in the sector with local nonprofit professionals for a day of learning and networking", Off-campus Location</p> <p>12 PM: Mock Coding Interview Lab "practice coding and mock tech interviewing skills with a peer and share feedback to optimize your performance", Danforth University Center, Room 248</p> <p>1 PM: Work Group: Government, Politics, and Public Policy Internships and Jobs, DUC, Room 233</p>

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Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Sickly complexion
- 7 Eugene of "American Pie" movies
- 11 Grand Canyon hrs.
- 14 Current unit
- 15 Finnish telecom giant
- 16 Something to slip on?
- 17 Fabricated "Murphy Brown" star?
- 19 Omega-3 source
- 20 Ongoing
- 21 It can get you down
- 23 Fabricated "Help!" star?
- 26 Scents
- 27 Coalition creators
- 28 Olympians using boards
- 30 Often-injured knee ligament, for short
- 31 Illinois River city
- 33 Clergy ... and four answers in this puzzle?
- 41 Fragrant blooms
- 42 MLB scoreboard letters
- 43 Metallic sounds
- 45 Like some relations
- 49 Language student's challenge
- 50 Fabricated "Girls" star?
- 52 Knocks their socks off
- 54 Soccer star Messi
- 55 Whichever
- 56 Fabricated "La La Land" star?
- 61 Urban center?
- 62 "Your game"
- 63 Paradise
- 64 Old union member: Abbr.
- 65 Sicilian volcano
- 66 Studio dweller

DOWN

- 1 -Man
- 2 Q&A session on Reddit
- 3 Clinic worker: Abbr.
- 4 Eastern Mediterranean region
- 5 Expert in futures?
- 6 Mix again
- 7 Frequent Mastroianni co-star
- 8 Ticker tape, briefly?
- 9 Goes (for)
- 10 Grammy-winning satirical artist
- 11 Magnet for a narcissist
- 12 Searches high and low
- 13 Winter temp range
- 15 Campbell of "House of Cards"
- 18 Storage spots
- 22 Noble objective
- 23 Checkers move
- 24 Whenever
- 25 City whose state's postal code is half its name
- 28 "Shoulda thought of that!"
- 29 Slight reaction?
- 31 One-striper: Abbr.
- 32 "The X-Files" subjects
- 34 Thinks ahead
- 35 Something to slip on
- 36 Large deer
- 37 Allied gp. since 1948
- 38 "Are you out of?"
- 39 Drunken noodles cuisine
- 40 Nautical wheel
- 43 Duplicates
- 44 Billy McBride on "Goliath," e.g.
- 45 Smooch in a lift
- 46 Prove successful
- 47 Carol beginning
- 48 Rat out
- 49 Clinic supply
- 50 Writer Mario Vargas
- 51 A, to Merkel
- 53 liquor
- 57 "Round virgin ..."
- 58 Pub initials
- 59 Diarist Anaïs
- 60 Noir pistol

By Lewis Rothlein 9/17/18

THURSDAY'S PUZZLE SOLVED

A	D	L	I	B	S	B	U	L	B	R	A	D		
B	O	O	T	E	E	A	G	E	E	E	M	U		
B	O	O	S	T	E	R	S	H	O	T	S	A	C	
O	Z	S	A	M	I	S	C	R	U	S	H			
T	I	E	S	G	I	F	T	H	O	R	S	E		
T	E	L	E	X	E	S	O	R	A	N	G	E	S	
S	Y	R	I	A										
S	A	S												
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N	O	R	T	H	S	T	A	R			A	M	O	I
A	L	I	T	O										
T	O	P												
A	G	E												
S	Y	D												

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SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

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

Level

1

2

3

4

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

SOLUTION TO THURSDAY'S PUZZLE:

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

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FORUM

STAFF EDITORIAL

Bikes, scooters and cars, oh my!

The arrival of Limebike, a dockless bike and scooter ridesharing system, has resulted in dozens of bikes and scooters around the Danforth Campus, with many students taking short trips on the low-priced rentals.

These modes of transportation are a helpful and more affordable way for students to get around campus and the greater St. Louis community. For students without cars, these bikes and scooters make

tasks such as buying groceries, getting to appointments and running other errands quicker than traveling on foot and more affordable than getting an Uber or Lyft. Similarly, they are a good choice for students who only need a bike once in a while, instead of renting or buying a bike.

Given the restricted number of student cars on campus due to the East End construction, Limebike provides a welcome way to ease some of the strain for students, especially

first-years, to find convenient transportation. While Washington University does offer a way to rent cars through Enterprise CarShare, the limited number of available cars and docking locations makes these newly introduced bikes and scooters more appealing in comparison, especially for quick or spontaneous trips.

Further, in light of the heightened crime near campus at present and the Washington University Police Department's advice

that students avoid walking alone, these dockless bikes and scooters may help make students feel safer when traveling off campus. Realistically, students cannot always use the buddy system, especially those who live off campus and make trips to and from their homes multiple times a per day. Having a way to get home on your own schedule that cannot be stolen like a personal bike can help students travel solo faster while feeling safer along the way.

There are many benefits

of having these options on campus. That said, please be courteous to others when riding or parking the rental bikes and scooters. Do not leave them in the middle of pathways and sidewalks that would disrupt pedestrians or traffic. Inappropriately-parked bikes and scooters have caused headaches and complaints in other cities with dockless ride shares, and in some cases, have resulted in a ban on the vehicles altogether. Conversely, do not sequester a bike or scooter

away when parking it: A perk of the rental system is how easy it is for others to find a ride and start traveling with little hassle. Hiding a bike or scooter away only makes it harder for fellow riders and for the employees who have to wrangle the machines up for charging.

These bikes and scooters can keep us moving quickly, safely and affordably, but in order for everyone to enjoy them, it is vital that we use the vehicles with respect for the rest of the campus community.

If you blame Ariana Grande, you're part of the problem

KYA VAUGHN
STAFF WRITER

The unfortunate and untimely death of rapper Mac Miller shook the world when news spread that he had passed from an apparent drug overdose. Even I—someone who wouldn't identify as a huge fan, although I did enjoy his music—found myself reflecting on the music he had made and the impact he had left on his fans and the world. People mourned the loss of such an artist, and many took it upon themselves to bring their grievances to the everlasting world of social media.

Snapchat made an entire story page to honor the late rapper, and timelines were plastered with pictures, lyrics and "R.I.P.s." Some, however, chose not to grieve in this standard, traditional way. Many disgruntled fans were looking for answers, or at the very least something—or rather, someone—to place

the blame for the death of Mac Miller. Many found this scapegoat in the rapper's ex-girlfriend, Ariana Grande.

Grande dated Miller for a little under two years before the relationship ended in May 2018. In the four-month interim of the end of the relationship, Grande became engaged to comedian Pete Davidson, and fans of Miller were not happy. Many wrote the singer hate mail, blaming her for being the cause of his death; so much so that she had to deactivate comments on her Instagram posts. Yes, she was indeed the one to end the relationship, but this not a "blame game"-worthy situation. The concept of drug addiction here spans beyond the relationship. Mac Miller struggled with the disease of addiction for years, which was documented in media sources as early as 2013. It's safe to say these habits didn't end once he began dating Ariana Grande. It is possible that the end of the relationship caused some problems for Miller, but to

put the blame of his death onto her is only perpetuating a system that breeds toxic relationships.

As a significant other, one can only do so much. In that role, the most she could have done for him was support him in getting help, and support him as he did get help. But at the end of the day, getting help was still a decision that only he could have made. In blaming Ariana ending the relationship to be the cause of Miller's death is only to insinuate that her staying with him would somehow fix the situation, and this couldn't be further from the truth. As the old saying goes: "You can lead the horse to the water, but you can't make him drink." The decision to get help—although undeniably a difficult one to make—was his and his alone. No one could do that for him.

Ariana staying with Mac Miller through his addiction probably did bring him a level of comfort, but what people fail to realize is

this: She was just as much a person in this situation as he. She was not exempt from feelings, and her decision to leave the relationship should not be viewed as a callous act. There is a certain emotional aspect that follows closely with addiction. The abuse of drugs negatively affects not only the user, but those around them. A relationship such as this one was bound to suffer with the burden of these emotions, and to take a toll on one, if not both parties eventually. It's hard to watch someone you care about struggle when the most you can do is stand idle and watch it all unfold; it's a different type of heartbreak.

No one entirely knows why the relationship ended, but if addiction had anything to do with it, no one is at fault. For Ariana to have stayed with Mac Miller out of guilt or perhaps fear of what ended up happening, is a relationship that is nonetheless toxic. For those out there who claim that her actions

were wrong, they should look at the matter for what it is. It isn't easy to leave a relationship, but a person must do what's right for them, and in Ariana's case, that was leaving.

Ariana and Mac Miller are just an example, perhaps, of a much larger issue: people blaming women. We all have heard the stories (or experienced the realities) of rape victims being blamed. Blamed for their dress or actions, but in situations of men raping women, it seems that in some way or another the woman is at fault. Let's not forget—how could we?—the Brock Turner case, in which the male guilty of rape was given a light sentence as to not tarnish his good reputation. These actions are nothing less than a perpetuation of rape culture, just as blaming Ariana Grande is a perpetuation of guilt-tripping women into staying in toxic relationships.

Women are almost expected to disregard their own feelings in order to save

something that may not even be worth saving. People turned a blind eye to domestic violence for years; if a man were to hit his wife, law enforcement could not get involved, seeing that the situation of abuse was a "private matter between a man and his wife." The woman was expected to stay, no matter what pain it may have caused her; and in attacking Ariana Grande for leaving, we're pushing forward a mentality that activists have long been trying to fight against.

Instead of blaming Ariana, people should redirect this energy into bringing more awareness to ending drug abuse and to spark conversation around toxic relationships. Blaming women is not the answer, but finding adequate help and support systems just might be.

SAMHSA's National Helpline: 1-800-662-HELPL (4357)

National Suicide Prevention Lifeline: 1-800-273-8255

OP-ED SUBMISSION

We need you, Wash. U.

KAITLYN HERNDON
CLASS OF 2020

I called the Office Residential Life three days ago to ask them about their safety improvements. They asked me who my daughter was. I had to explain that, "No, it's me. I'm the student. And I'm scared."

I didn't want to start the fall semester writing an op-ed addressing student safety, but I also didn't expect to hear about two armed robberies and a shooting in my neighborhood within the first three weeks of school.

When it comes to off-campus safety, Washington University is not doing enough to protect its students. Less on-campus housing is available, and many students were forced into

expensive options up to 20 minutes away from the edge of Danforth Campus. Residential Life knows that 520 of Wash. U.'s students live in the school's off-campus housing options, and this is in addition to all the students living throughout the surrounding residential areas in privately-owned buildings.

If being unwillingly far from campus is not enough of a stressor, Wash. U. has decreased parking with its construction on the East End, entirely incapacitated the Overpass and has shockingly few resources available to students to get them home at night. The Metro Green Line quickly fills up; and if you miss the shuttle, you're stranded for another 20 to 30 minutes. The "Campus2Home" service does not stop unless you call

ahead, or lean into the road trying to get its attention. Wash. U.'s "Guaranteed Ride Home Policy" applies to four rides by a ride service that will be funded up to 80 percent in case of a proven emergency. But tell me where I can get a receipt for feeling unsafe four blocks over from my off-campus University-owned apartment?

Not providing students with a reliable means of transportation to and from campus increases the amount of time students are in transit, possibly alone.

In my call with Residential Life, they said that they are working on checking up on the lighting and the blue lights in the area, but the blue light system won't help students when they are accosted at gunpoint in dark areas.

It also hurts even more that

students living on and off-campus rarely hear anything about actual incidents when they first occur. Instead, up to 16 hours may pass before the school notifies students that they "should be cautious". I am referring to the first incident this semester, in which the notice came at 11:00 a.m. the next morning regarding an 8:40 p.m. assault and robbery the night before. In regard to the carjacking incident on Pershing Avenue last Sunday, no one in the Washington Avenue and Kingsbury neighborhoods ever heard about it.

One of Wash. U.'s few safety tip posters says, "Safety: You make it happen." I disagree. Students can make smart choices, but only Wash. U. can make the off-campus community safer.

Wash. U. needs to employ

a ride service like those at the University of Southern California or Assumption College that subsidize nighttime Uber rides for students. It needs to fix the Overpass as quickly as possible, vastly increase the lighting on streets like Washington Avenue, Kingsbury Boulevard, Waterman Boulevard and Pershing Avenue (to name just a few) and actually employ more Washington University Police Department officers to patrol the surrounding neighborhoods.

In the email that was most recently sent to students, WUPD said that it has six more officers patrolling three off-campus neighborhoods on their off-days. A temporary emergency response is not what is necessary here. Wash. U.'s Police Department needs to employ more officers to

cover even more ground. First, it was Washington Avenue. Now, it is Pershing Avenue. These are both streets highly-populated by Wash. U. students. Relying on a couple of off-duty officers per neighborhood to volunteer their time is simply not enough and disrespects the work that these individuals are doing.

Just because something happens outside the Danforth Campus does not mean it should not be a priority. As students, and as adults, we recognize our need to make good choices about getting home safely and the importance of looking out for one another. However, no one wants to constantly worry about danger in their own backyard.

Wash. U., your students are afraid to walk home at night. Please help us.

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YOUR VOICE: SUBMISSIONS

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SPORTS

Hall of Fame Invite brings men's tennis to Rhode Island grass courts

MATTHEW FRIEDMAN
CONTRIBUTING REPORTER

For some athletes, September sports mean football: tailgates and stadiums filled with cheering fans. For others, September sports mean the start of a grueling soccer season and practices in the still-humid St. Louis afternoons. Only for a select few athletes do September sports mean a trip to a Hall of Fame Invitational.

This weekend, four members of the Washington University men's tennis team traveled to Newport, R.I., for the third annual Hall of Fame Intercollegiate Tennis Association (ITA) Grass Court Invitational. The four athletes, seniors Konrad Kozlowski and Radha Vishnubhotla, junior Bernardo Neves and sophomore Benjamin van der Sman, competed against players from

Bowdoin College, Claremont-Mudd-Scripps (CMS) Colleges and Trinity University in a showdown of the nation's best Division III tennis players.

The Red and Green performed well throughout the weekend, collecting ten wins and just six losses over the three days of play. Used to playing on concrete courts and the occasional clay court, the players got the chance to play on grass courts for the first time. It was a "once-in-a-lifetime experience," Kozlowski said.

Mental preparation for the unfamiliar courts in the days leading up to the tournament—Kozlowski said last week that he was ready to be more aggressive and play more closely to the net—paved the way for early success. On Friday, he defeated Bowdoin's Evan Fortier handily, 6-1, 6-3, while Vishnubhotla, the only player with grass court

experience, also triumphed over a Bowdoin opponent, Alan Delman, 6-3, 7-5. Last May, Bowdoin eliminated the Bears from the NCAA playoffs, sweeping them 5-0 in the Division III quarterfinals, so this weekend's victories provided a sort of glorious revenge.

"It was definitely much more satisfying than beating someone from any other team, because we've played [Bowdoin] in the playoffs the past couple years and lost three straight matches," Kozlowski said.

Kozlowski and Vishnubhotla each only lost one match all weekend. On Saturday, Kozlowski and van der Sman fell 9-8 to CMS in a tight doubles match. Then, in an exhilarating group final on Sunday morning, Kozlowski beat Vishnubhotla, 7-5, 7-6.

"It was a really great match

with lots of back and forth," head coach Roger Follmer said.

The two younger players, Neves and van der Sman, dropped their singles matches on Friday in the top-ranked bracket, but fought hard throughout the weekend. Neves, who finished last season the sixth-ranked singles player in the Division III Central Region, partnered with Vishnubhotla on Friday in an 8-4 defeat of the Trinity duo of Wilson Hamilton and Cameron Krimbill, while van der Sman won in dominant straight sets, 6-1, 6-1, over Hamilton in a singles match on Saturday. On Sunday, both Neves and van der Sman captured straight set victories over Trinity.

"Ben had a bumpy start on Friday, trying a few too many ground strokes on the grass, but then really played better the

next two days," Follmer said. "All the guys finished playing really well and it was a really great experience."

There was more to the weekend than the tennis. The courts themselves are full of history. In 1881, they were home to the inaugural U.S. National Lawn Tennis Championship, which eventually became the U.S. Open. The tournament also allowed the players free access to the International Tennis Hall of Fame, which is conveniently located in idyllic downtown Newport. The team, including Follmer and assistant coach Mike Merbaum, stayed with a local family in their 5,600-square-foot mansion, which Kozlowski said was quite a change from the typical Washington University housing.

This year was the first time Division III teams had been invited to compete at the ITA

Grass Court Invitational. According to the Tennis Recruiting Network (TRN), the Bears have played at national tournaments in the past, though nothing as high-profile as this weekend's. In 2020, TRN reported earlier this month, the team will travel to Hawaii for matches against CMS and Trinity.

The tournament finished the summer season on a high note for the Bears, but the team does not have to wait long for more intense matches. Though the Division III season does not begin until February, the ITA Central Regional, one of the year's most important tournaments, is right around the corner. Wash. U. will host that tournament Sept. 28-30, giving the weary travelers two weeks to re-adjust to life away from the grass courts, seaside charm and 5,600-square-foot mansions at the Hall of Fame.

Pushed around early, football loses at No. 5 North Central, 32-19

MIGUEL CAMPOS
CONTRIBUTING REPORTER

After an early bye week, the Washington University football team was back in action Saturday at No. 5 North Central College, falling behind 22-0 in the first half and ultimately falling, 32-19.

Going toe-to-toe with one of Division III's best teams, Wash. U. was going to need the extra rest. North Central had already asserted itself in its opening game, trouncing Lake Forest College—which went 8-2 in 2017 and started 1-0 this year—by a score of 70-14.

Despite the anticipation and effort put in to stop North Central's exceptional running game, North Central still managed to gain 198 total rushing yards, led by freshman running back Ethan Greenfield, who averaged 6.4 yards per run for a total of 103 yards. Greenfield was simply a force that Wash. U. had a hard time containing and adjusting to. Alongside the help of the North Central offensive line, Greenfield was breaking tackles and finding holes in the defense left and right throughout the course of the game.

"I liked our game plan," head coach Larry Kindbom said. "I thought we played

them pretty well. Our biggest issue was we just didn't tackle well...We just were a little tentative."

Wash. U. struggled considerably in the first half, allowing 22 points and not getting a single score. North Central held the ball over 72 percent of the time, which led to three touchdowns and a 49-yard field goal. Again, the inability to tackle was a theme for Kindbom.

"Overall, I felt pretty good about it," Kindbom said. "I know that they're really, really good, but I didn't know where we stacked up. The only thing I knew is that we played hard...all the way through. I just didn't think we tackled well the first half."

Although it seemed that the onslaught by North Central would continue going into the second half, the Red and Green managed to make the game a lot closer than North Central would have liked. Getting as close as 12 points away from tying the game, one could see a change in the way the Bears were playing when they came back out of the locker room.

North Central had to really work to win the game, as its offensive domination came to a screeching halt for a majority of the second half. While the Bear defense locked down in the second half, the offense

gave a valiant effort to get back into the game, scoring 19 points over the course of the second half, impressive given North Central's defensive reputation. Kindbom said that the locker room adjustments leading to the competitive outcome were mostly psychological.

"I'm not even sure that we played any better in the second half than we did the first half—biggest difference was in the second half, we tackled," Kindbom said. "In fact, I think it's kind of neat that both our coordinators, [defensive coordinator Jeff] Fisher and [offensive coordinate Scott] Mueller, really were the ones that tried to inspire them, not by chewing them out, not by just patting them on the back and patronizing them, but basically telling them that we're actually playing pretty well, what we're not doing is finishing."

"I don't know if we played necessarily a lot better, but we were finishing, we were going somewhere, making the things happen that hadn't been happening before that... We get the onside kick and all of a sudden, who knows, we might pull this thing out."

After the one-yard rushing touchdown by junior quarterback Johnny Davidson early in the fourth quarter to make it a 12-point



Quarterback Johnny Davidson looks to connect with a receiver against University of Chicago. Wash. U. lost to North Central College Saturday after struggling early, and is now 1-1 this year

game—sophomore kicker Joe Rogan missed a point-after that would have made it 11—the Bears recovered that onside kick. However, the energy was quickly dissipated when North Central forced a three-and-out and followed that with a touchdown to seal the game. Davidson finished with 300 yards and a pair of passing touchdowns, while leading the Bears with 43 yards on the ground.

Overall, it wasn't a terrible showing for the Bears against one of the best the nation has to offer. Despite the loss, Kindbom is excited about what his team is likely to take away from a game like this.

"We're on an upward grasp, and we've got to stay on that head upwards grasp; so, we just want to get better and better each game," Kindbom said. "I think we just need experience, and we just got to keep getting better at doing some of the things I told you about: finishing off some things, but there's no one area. It's not like our football team is devoid of something or lacks something. Now we're going to see the film; we're going to see a lot of mistakes."

Kindbom was ultimately proud of the mentality displayed by the Red and Green despite the early, deep deficit—but also acknowledged

that North Central's ranking isn't a reason to feel good about a loss.

"Our kids played hard, and they gave us a chance to win," Kindbom said. "It was like, 'OK, that's a Wash. U. football team.' That's where we want to be, and it's not like we're going against that soft of a team. I mean, [North Central is] a good football team. So, we're kind of pumped up about it, but at the same time, we came up here to win—we didn't go up here to lose."

The Bears are back home next Saturday for a 1 p.m. matchup with Carthage College at Francis Field.

Women's soccer continues hot start with two more home victories

HEMAN DUPLCHAN
STAFF REPORTER

This weekend, the Washington University women's soccer team continued their undefeated season with wins over Rhodes College and University of Wisconsin-Whitewater. The Bears began their weekend of play against the Rhodes University Lynx, a team coming into the match with a 2-1-1 record, hoping to upset the undefeated Bears. However, the Red and Green imposed themselves on the match early, opening the scoring in the 12th minute.

Senior midfielder Darcy Cunningham and junior forward Taylor Cohen combined wonderfully on a give and go and Cunningham slotted the ball away to put the Bears up 1-0. The Bears doubled their lead in the 24th minute when senior defender Hannah Menard scored a screamer from 40 yards out, her second

long range strike of the season.

The Bears were determined to take their 2-0 score into halftime. However, Rhode's Sydney Schindler cut Wash. U.'s lead in half with a beautiful strike from 30 yards out. This goal not only brought the Lynx to back within reach of the Bears heading into the second half, but it was also the first goal conceded by the Red and Green all season.

Throughout the second half, the Bears pushed to restore their two-goal advantage. Menard came very close to finding her second goal of the match in the 68th minute, firing a shot that careened back off the post, much to the relief of Rhodes goalkeeper Meghan Kiker. Minutes later, the Bears found their third goal. Senior midfielder Maggie Crist put a nice ball into the box, where Cunningham was on hand to finish, making the score 3-1. The Red and Green put the

final nail in the coffin in the 77th minute, as sophomore forward Ellie DeConinck tucked the ball away, thanks to a great cross from Menard. Once again, Wash. U. dominated for most of the match, outshooting Rhodes 22-4 overall.

The Red and Green were in action again Sunday, where they took on the University of Wisconsin-Whitewater. Whitewater, fresh off of a 1-0 victory against Depauw, came in as yet another team eager to end Wash. U.'s undefeated season. The Bears, however, had different ideas, as they provided another ruthless offensive performance, outshooting Whitewater by a resounding 39 shots to 1 for the match.

The Bears came out of the gate strong, as they looked to put Whitewater under heavy pressure early on. Cunningham almost opened the scoring in the third minute,

but her shot came back off the post. Wash. U. scored their first goal in the 22nd minute. Cunningham, continuing her impressive weekend of scoring, fired a shot into the corner off of a flicked on header from freshman midfielder Jess Shapiro.

The Bears continued to put pressure on Whitewater, forcing multiple saves from goalie Nina Yonan. Minutes later, freshman Erin Flynn came agonizingly close to doubling the Bears' lead, as her shot became the Bears' second of the afternoon to hit off of the post and stay out.

The Bears had a lot of chances in the first half; however, they could not quite find the crucial second goal, leaving a danger for Whitewater to level the scoring with one good opportunity. Once the second half began, however, the Bears wasted no time putting another goal away. In the 48th minute, Cohen took a

shot that fired off of the post. However, just when it seemed like Whitewater was going to escape, Crist followed the shot in and tapped in the rebound.

For the rest of the game, the Bears continued to ruthlessly attack the Whitewater defense, forcing mad scrambles to block shots and clear the ball from the away team's back line. The game would eventually end 2-0, allowing the Bears to extend their record

to 7-0 for the fourth time in school history. Sophomore goalkeeper Emma Greenfield and the Wash. U. also picked up their sixth clean sheet of the season, ranking among the top ten teams in the country for goals against average.

The Bears will put their undefeated season on the line again on Thursday, Sept. 20 at 8 p.m., as they match up against their Wydown rival, Fontbonne.



Senior Hannah Menard scores a goal from 40 yards out against Rhodes College. The Bears went on to win 4-1.

Volleyball downs defending national champion No. 3 CMS, 3-1

BENJAMIN SIMON
STAFF REPORTER

After a five match win streak, with only one that went into a fifth set, it was safe to say that the Washington University women's volleyball team was clicking heading into this weekend. During that span, the Bears outscored opponents 15-3, including two wins over ranked teams, No. 10 Illinois Wesleyan and No. 13 Carthage. Senior Ifeoma Ufondo fired a career high 21 kills against Illinois Wesleyan while junior Zoe Baxter posted 36 digs versus Nebraska Wesleyan as the Bears rolled to a 6-2 start. But with the East-West Challenge looming, their biggest test was still ahead.

Taking place in Claremont, Calif. this past weekend, the tournament

would pit Wash. U. against three ranked teams, including the defending national champions, Claremont Mudd Scripps. The Bears kept their win streak alive to start the weekend with a dominant performance over No. 15 California Lutheran University. They steamed through the first two sets, winning 25-10 and 25-21. After dropping the third set, the team rebounded by closing out the fourth set 25-12. A season-high 11 aces, including a career-high 5 from senior Lauren Martin, helped Wash. U. command the game.

With the victory, the Bears took a six game win streak into their match later that day against No. 13 Juniata College. Wash. U. could not come back from a tough first set loss, 25-22, and fell during the subsequent two sets to end their win streak. According to

head coach Vanessa Walby, Juniata's "well-rounded" approach gave the Bears some struggles, but mainly, an "off match" made it tough for them to gain any traction during the loss.

"There wasn't a team this past weekend in California that you could have an 'off' match against," Walby added.

With their next game against the host, Claremont Mudd Scripps, the No. 3 ranked team and the defending national champions, the Bears had to regroup quickly. "We have a tough schedule and we can't afford [to dwell] on the past," Walby said.

They've rebounded many times during Walby's tenure at the school. In 2016, a day after falling 3-0 to No. 22 Elmhurst, Wash. U. defeated then No. 1 Cal Lutheran. Last year, in the second game of the season,

they lost to unranked Cornell College 3-1 before sweeping No. 15 Hope in the following match. Saturday, it was time to bounce back once again.

After trading the first two sets with Claremont Mudd Scripps, Wash. U. used a 10-4 run to fuel a 25-18 victory in a decisive third set. That gave them the momentum they needed, defeating CMS in the fourth set to capture the win. Ufondo and senior Julianne Malek had 20 and 10 kills each, and sophomore Kirby Knapp assisted her teammates 38 times. Malek's seven blocks also helped Wash. U. defensively in the big victory.

It was a tale of two weekends for the Bears, but they'll head into their Thursday night matchup with Webster University ready to start a new win streak.



GRACE BRUTON | STUDENT LIFE
Senior Ifeoma Ufondo spikes the ball against Nebraska Wesleyan. Ufondo led the Bears in kills this weekend and led them to a victory against No. 3-ranked Claremont-Mudd-Scripps Colleges, improving Wash. U.'s overall season record to 8-3.

Men's soccer secures first win of the season, 2-0 in home opener

ANGELICA VASQUEZ
CONTRIBUTING REPORTER

Friday at Francis Field, the air was still, the fans were casually chatting with one another and the Washington University men's soccer team was eager to kick off its first home game. In particular, the Bears seemed casual and free-spirited, in spite of the 0-3 record that preceded the night. And they capitalized on that energy, defeating Wartburg College 2-0 over the next 90 minutes for their first victory of 2018.

When the first half began, the Bears immediately took over as they possessed the ball; on their first attack, they fired their first shot on

goal. Almost as if sensing what was to come, Wartburg pressed on the Bears, refusing to allow any more dangerous plays to occur. After much intense physical tussle, it seemed that Wash. U. would be forced back to their side on the field; however, everything changed around the 8th minute.

Freshman Aidan Ryan engaged on plenty of occasions with the Wartburg defense in the opening minutes, but this time, he successfully zipped past them, ran across the field and passed the ball to senior forward Ryan Sproule. The striker positioned himself close to the penalty area and without hesitation, fired a powerful kick, which

swerved perfectly into the far corner of the net. Already, the night was in favor of the home team.

Wash. U. maintained possession of the ball for the rest of the half, while Wartburg dedicated themselves to minimizing the chance of further goals. While the Bears were mostly successful at keeping Wartburg at bay, Wartburg occasionally worked into the area, but they lacked the finishing touch to place them on the scoreboard. Junior goalkeeper Connor Mathes, at one point, was needed to block a powerful shot that could have tied the game. Both sides constantly made changes to readjust, but it became apparent that

this night belonged to the Bears.

The majority of the second half also involved many scoring opportunities; however, the game was even more pressed toward the 60th minute. Wartburg, at that point, dedicated to thwarting the efforts of the Red and Green offense, gambled on the counterattack to surprise the Bears; however, Mathes once again intervened to keep a clean sheet.

The game then calmed down quite a bit, but the night was not quite over. Around the 80th minute, as the Bears struggled to advance forward, Ryan found an opening and sprinted all the way to

outside the penalty area to shoot and score his first goal of the season and of his career as a Bear. Shortly afterwards, the game ended and Wash. U. earned their first victory this fall on its home field.

"I think we came out with a lot of purpose and started very well," head coach Joe Clarke said.

However, he admitted that achieving the result was tough, as tonight's game was one with few shots and clear opportunities.

"I thought Wartburg was good...with their defensive structure that they had," Clarke said. "They did a good job and prevented us from being as good on the attack as we have been on

the other games."

Even though their previous three matches were all losses, the result correlated with the spirit and determination the Bears have demonstrated so far this season. While there is much room for improvement, this game could be the start of an improved outlook. Clarke and his players seemed pleased with the result; with the pressure of a losing streak alleviated, perhaps the Bears will find a way to balance defensive intensity with making sure the ball ends up inside the net.

The Bears face Fontbonne University in the Wydown Showdown Tuesday at 7 p.m.

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