

The Daily Tar Heel

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FINDING A HEALTHY PACE



DTH/HALLE SINNOTT

Mariana Lucena, a UNC cross country alumna, overcame anorexia nervosa in high school. She is now a Ph.D. student at the UNC Eshelman School of Pharmacy and will graduate in 2015.

Some athletes face a higher risk of developing eating disorder symptoms

By Danielle Herman
Senior Writer

When Lauren Metzger ran cross country, she said the signs were always there.

"You'd see the same person in a boot each season, and you kind of knew," said Metzger, who's now a researcher for the UNC Center of Excellence for Eating Disorders.

Millions of Americans struggle with eating disorders or disordered eating, and some college athletes are at a slightly higher risk for developing symptoms.

The factors behind the development of an eating disorder vary, but beyond athletic pressures, causes include genetics, a desire for control, the practice of taking healthy to the extreme and the cultural pressure to conform to a thin ideal.

According to a study cited by the National Eating Disorders Association, more than one-third of Division I NCAA female athletes reported behaviors and attitudes that could put them at risk for anorexia nervosa.

For any person, this is a serious health issue, and for athletes, it can also critically impact their performances and increase their likelihood of injuries.

Metzger ran cross country at Kenyon College, and she said she saw other runners lose drastic amounts of weight or spend each season in an aircraft to treat stress fractures.

Athletes competing in sports that emphasize size, endurance, weight requirements and appearance are more likely to develop disordered eating or an eating disorder. These sports include cross country, cheerleading, dance, wrestling and gymnastics, among others.

Mary Ellen Bingham, head nutritionist for UNC Sports Medicine, said there isn't one team at UNC that is at the highest risk. She said disordered eating behaviors can exist on any team.

"I don't see it as the athletic

department has a worse problem than the university," she said. "Eating disorders are something people struggle with across the university community."

Bingham said the nutrition staff at UNC promotes a fueling approach — eating so players can compete effectively and healthily — rather than a diet approach, to student athletes.

When athletes do have problems, UNC has resources, including nutritionists, therapists and the UNC Hospitals, to deal with a range of issues, depending on the severity.

The diagnosis of an eating disorder is on a continuum of disordered eating. To be diagnosed with an eating disorder, the patient must meet the exact criteria outlined in the American Psychiatric Association's classifications of mental disorders.

Disordered eating, which is more common than a diagnosed eating disorder, can include unnecessary elimination of a certain food group or not getting enough of a certain nutrient due to restrictive patterns.

For some, the problem can be alleviated with proper information, but for others, it can take longer.

"Everything is so case by case," Bingham said.

'I want to be like her'

Mariana Lucena isn't one to back down under any circumstance. Her strong will pushed her to win the 3,200-meter state championship in high school. It brought her to UNC from Florida to run cross country and track in 2009. It helped her become the first varsity athlete ever to be in pharmacy school.

But before Lucena, now a Ph.D. student at the UNC Eshelman School of Pharmacy, accomplished any of those challenges — before she even started to run — she beat her biggest struggle of all: anorexia nervosa.

Lucena said when she ran cross country, she knew there were members on the team who had struggled with eating properly, so she shared

her story to try to help them.

"The problem with eating disorders is that as much as somebody else tells you what they've been through or that you have to eat, they're never going to start recovering unless they realize, 'Yes, I have a problem, and I want to help myself,'" she said.

Lucena said as a distance runner, she saw many women and men in the sport who needed help.

"Unfortunately, it is a very prevalent problem, and sometimes it's the same teammates enforcing a certain diet or exercise regimen with a standard weight or body to fulfill. Other times, it's actual coaches enforcing this pressuring environment," she said. "It's very easy to think, 'That girl is so fast and skinny ... I want to be like her,' and fall into a vicious cycle trying to achieve this state."

Lucena's eating disorder began the summer before eighth grade when she started exercising for hours each day to get fitter for basketball. As people commented on how fit she looked, she continued to exercise more and started to eat less.

Her battle included a 10-day stint in the hospital after her pediatrician told her she needed to gain weight.

"I was so hardheaded that my goal was to keep controlling myself no matter what anybody else said."

Contributing factors

Metzger completed a meta-analysis in 2008 that looked at 78 studies conducted on elite and collegiate athletes to determine if there was a correlation between sports and disordered eating behaviors.

In her research, Metzger found that for women participating in aesthetic sports — sports that heavily emphasize appearance, such as gymnastics, dance and figure skating — athletes were at a slightly higher risk for disordered eating. Both male and female endurance athletes were also at a slightly increased risk for developing disordered eating behaviors compared to non-athletes.

Eating disorders, as well as disordered eating, negatively affect athletes' performances. Besides lack of energy, athletes are at risk for fractures, stress fractures and anemia, Metzger said. Female athletes are affected by the female athlete triad: loss of menstrual cycle, poor bone health and low energy availability.

"It's definitely going to catch up to an athlete sooner than later," Metzger said.

Genetics also plays a role in the development of disorders.

"Potentially for anorexia, anywhere from 20 to 50 percent of someone's risk might be from genetics," Metzger said.

Even with better information about proper nutrition, athletes with a family history should

be cautious, Metzger said.

Combined with the environment of an endurance or aesthetic sport, they might be at a higher risk.

Competing to stay healthy

Ida Valentine, a senior and former member of UNC's dance team, said she has never felt any pressure to

SEE EATING DISORDERS, PAGE 4

How an eating disorder affects the body

DTH/DANIEL LOCKWOOD

SOURCE: NATIONAL ASSOCIATION OF EATING DISORDERS

State Fair affected by new NC gun law

Some are asking whether fairgoers can have concealed carry firearms.

By Paul Kushner
Staff Writer

The N.C. State Fair promises deep fried Oreos, 1,100 pound pigs, a performance by Vanilla Ice — and potentially, concealed carry firearms.

Grass Roots North Carolina, an organization devoted to expanding the rights of gun owners across the state, has claimed that concealed carry permit holders should be allowed to bring guns onto the fairgrounds this year under two

statutes passed by the General Assembly in 2013.

The provisions are part of a law that also allows people with concealed carry permits to bring firearms onto public university campuses in the state, including UNC, provided that they keep the guns in locked cars.

This year's fair will begin Oct. 16 at the N.C. State Fairgrounds in Raleigh and run until Oct. 26.

Paul Valone, president of Grass Roots, said the group is contemplating legal action against the fair.

"This dispute will not end until the Department of Agriculture obeys the law," Valone said.

Gov. Pat McCrory signed the concealed carry bill into law after

legislators passed it in 2013. But Ryan Tronovitch, a spokesman for McCrory, said in an email that the governor opposes the presence of guns at the fair.

Brian Long, press director of the fair, said the fair has a long-standing policy against weapons of all kinds and that will not change this year.

"We've discussed this with legislators, who said the changes in the law were not intended to allow weapons at the State Fair," Long said. "Because the new law is unclear, we are erring on the side of public safety and common sense. Our no-weapons policy has been around for a long, long time. It has worked

SEE GUNS, PAGE 4

Charges dropped in athlete-agent case

Jennifer Wiley Thompson faces no charges after talking to Ken Wainstein.

By Jenny Surane
Editor-in-Chief



Jennifer Wiley Thompson, former academic tutor, had her charges dropped by Orange County District Attorney Jim Woodall on Wednesday.

For Jennifer Wiley Thompson, participating in Kenneth Wainstein's independent investigation into the athletic and academic scandal at UNC was a ticket out of four criminal charges.

Orange County District Attorney Jim Woodall dropped four charges of athlete-agent inducement against the former UNC tutor Wednesday.

"I think it's completely over for her," said Elliot Abrams, Thompson's

attorney. "Everything points to the fact that she did not commit any crime. She received nothing whatsoever, and we're confident that (Wainstein's) report will show that and the dismissals themselves show that."

Thompson was first indicted one year ago for her relationship with athlete Greg Little. According to the 2013 indictment, Thompson

SEE THOMPSON, PAGE 4

“Toughness is in the soul and spirit, not in muscles.”

ALEX KARRAS

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Go home, moose, you're drunk

From staff and wire reports

Everything's just cooler in Sweden. Or so we thought. Turns out that the supposedly drunken moose wreaking havoc with their tipsy antlers throughout the Scandinavian nation were wrongfully accused, according to Swedish Radio Science News. Local lore paints pictures of moose getting smashed by eating fermented apples that had fallen to the ground. Drunken moose antics have included getting their antlers tangled in swing sets and stuck in trees. But the antlered beasts — which generally weigh between 450 and 1,200 pounds — aren't exactly lightweights, scientists say. They're actually too large to get drunk off of fermented apples alone. If we had to guess, we'd say they probably prefer a nice Canadian whiskey.

NOTED. A Florida couple was caught having sex on top of an electrical box at a retirement home.

Both the man and the woman were charged with indecent exposure and disturbing the peace. Doesn't anyone park at the drive-in anymore, or have country songs been lying to me?

QUOTED. "The less seasoning you use, the more it tastes like human flesh!"

— James Thomlinson, a London chef who used accounts of cannibalism to create "human burgers" that aim to mimic the taste of human flesh. But knowledgeable taste testers are hard to find. Can we get Hannibal Lecter in here to confirm?

COMMUNITY CALENDAR

TODAY

Late Night with Roy: Join Coach Roy Williams for the annual kickoff to the basketball season. This year's Late Night features the theme "A Night with the Stars." Former North Carolina guard Bobby Frasor, who was on the 2009 NCAA championship team, will host the event.

Time: 7:30 p.m. to 10 p.m.

Location: Smith Center

UNC Jazz Combos with Dave

Pietro: Experience another installment of the "Jazz for a Friday Afternoon" series with the UNC combos, who are joined by alto saxophone player Dave Pietro, the Jamey Aebersold Visiting Jazz Artist. Pietro has performed with artists such as Rosemary Clooney and Ray Charles. The event is free and open to the public.

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FROM THE ARCHIVES



DTH FILE PHOTO

This photograph was taken Oct. 3, 2007. Elinor Benami, then a sophomore, tries out her new Lenovo tablet laptop as a part of the Tablet PC Research Group. 2007 was the first year tablet PCs were used by the Carolina Computing Initiative.

POLICE LOG

Someone drove while impaired at the intersection of Franklin and Henderson streets at 2:24 a.m. Wednesday, according to Chapel Hill police reports.

Someone disturbed the peace at 211 N. Graham St. at 8:39 p.m. Wednesday, according to Chapel Hill police reports.

There was a dispute over a rental agreement, reports state.

Someone reported a suspicious condition at 1053 N.C. 54 at 10:46 p.m. Wednesday, according to Chapel Hill police reports. A mother was concerned about her daughter's well-being, reports state.

Someone urinated in public at 133 E. Franklin St. at 11:33 p.m. Wednesday, according to Chapel Hill police reports.

Someone was cited for simple possession of marijuana, possession of drug paraphernalia and driving while impaired at East Franklin Street and Plant Road at 2:57 a.m. Thursday, according to Chapel Hill police reports.

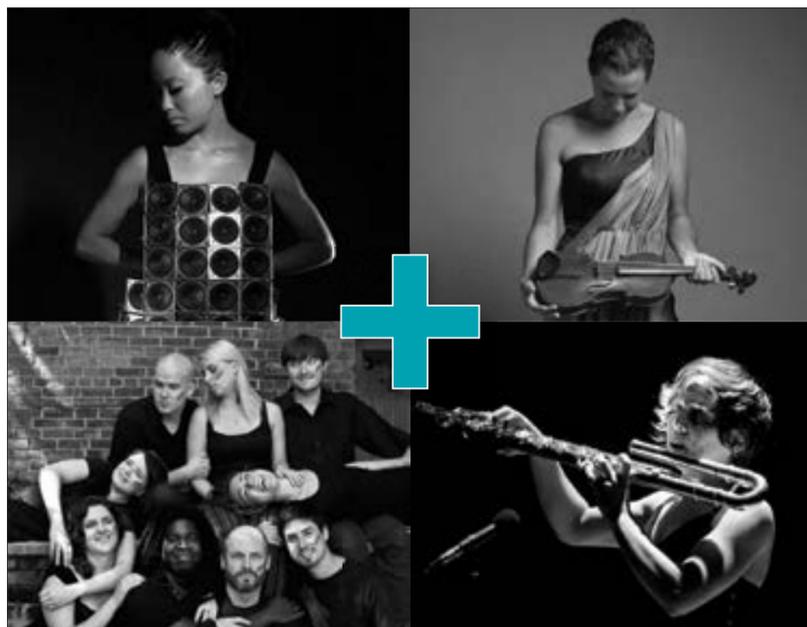
The person was also speeding, reports state.

Someone drove while impaired at 750 S. Merritt Mill Road at 2:36 a.m. Wednesday, according to Carrboro police reports.

The person was driving left of center, reports state.

Someone reported assault with a deadly weapon and communicating a threat at 102 Davie Road at 5:47 p.m. Wednesday, according to Carrboro police reports.

Two neighbors were in a dispute involving mail being delivered to the wrong mailbox, reports state.

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CONTROLLERS, CARDS AND CONSOLES



DTH/EVAN SEMONES

(From left) Jimmy Messmer, Weilin Zou and Tyler Crews, members of Chapel Hill Melee, play the video game Super Smash Bros. on Tuesday.

UNC is home to a dedicated community of gamers

By Paige Hopkins
Staff Writer

Gathering in front of bright dorm room television screens and over elaborate board games, UNC gamers have built a community of those who love to play.

Chapel Hill Melee is a student organization that meets a few times per week to play Super Smash Bros. Melee, a video game released in 2001. It's played on Nintendo's GameCube console.

The game has no online component, and some students say that in recent years, it's created an underground community of people who just can't get enough.

Tyler Crews, a fifth-year senior biology major, said group members have created a close-knit community because they have to meet each other in order to play together.

"Smash Bros. is a very unique game in the fact that it doesn't have any online play compared to other recent video games that are really popular nowadays," he said. "So it's amazing that you get people from all around the state to come and play with you."

Crews said the speed of the game and its characters make it enjoyable.

"I love Smash Bros. because it's one of the

fastest-paced games you can play. It's so intricate — there are huge amounts of options for everything you do in the game," Crews said.

Every May, Chapel Hill is also home to Dixiecon, the longest-running tournament of the board game Diplomacy on the East Coast. David Hood, Dixiecon program director and a UNC alumnus, said the game — which is based on pre-World War I Europe — is all about negotiation.

"What you're doing is negotiating between each other to try to take over half of Europe, so you're making alliances, you're attacking each other, you're breaking alliances," Hood said. Hood said there was once a large population of UNC students with an interest in Diplomacy, which is why Dixiecon takes place at UNC.

Although fewer students now participate, Diplomacy enthusiasts from all around the world still attend the tournament.

Hood said one of the best parts of Diplomacy is its focus on skill over chance.

"There's no luck in the game, so it's unlike a lot of board games people play where they just roll a bunch of dice," Hood said.

"In this game, it's all about your ability not only to move your pieces around — sort of like, maybe, chess players' strategy — it's

also a negotiation-of-people game."

Other UNC students still meet regularly to play board games around campus.

Since his sophomore year, senior Michael Bojanski has hosted monthly game nights, calling the gathering "Board Games with Bojanski."

He said playing games — from Apples to Apples to The Settlers of Catan — is a great way to connect with people. Anywhere from 20 to 30 people typically participate.

"For me, board games are a way to both meet new people and to keep developing friendships," he said. "It's cool because you have something to do, so it's hands-on, but at the same time, you can take it slow and hang out and talk — and at the end of it you have this shared experience."

Bojanski said he encourages everyone to try out games around campus.

"I think board games have a negative stereotype of being nerdy, but I think once you get past the fact that you have to learn some rules up front, you can have a lot of fun and be really competitive," he said. "I think it's an activity that more people should try out."

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Emergency funds given to displaced

Chapel Hill approved funding for families who lost Section 8 vouchers.

By Caroline Hudson
Senior Writer

Nearly 90 Orange County families were put at risk for losing their homes in the past year, but a group of housing organizations is helping them find their footing again.

At a Chapel Hill Town Council meeting Monday, the council approved a \$10,000 emergency fund for families displaced because their complex has stopped accepting Section 8 housing vouchers.

Section 8 vouchers are a federally funded subsidy that help low-income families afford private housing. The Orange County Affordable Housing Coalition — which includes organizations such as EmPOWERment Inc., Justice United and the Chapel Hill-Carrboro NAACP — plans to use the money to start a new program that offers rental and utility assistance to those displaced families.

By helping families with expenses, such as utility bills and security deposits, the coalition hopes to make each family's transition to a new home smoother.

Tish Galu, chairwoman of the board at Justice United, a community organization that addresses social justice issues, said many of the families could not afford to pay a deposit on a new apartment because their former landlords had not returned money from a previous security deposit.

"They would not be able to get other housing," she said. "We realized we had to look at a way to help fund the deposit."

The coalition is trying to assess which families qualify for the emergency fund and how much money they would need. At Monday's meeting, the council amended the coalition's resolution to guarantee the funding would be grant money, meaning it doesn't have to be paid back to the town.

The council also expressed interest in expanding the qualifications for the fund by referring the issue to its housing department.

Galu said the coalition and the town would discuss whether to include families who qualify for Section 8 vouchers but are still on the waiting list. She said the waiting list has more than 800 applicants.

In the past year, local apartment management companies GSC Apartment Homes and Aspen Square Management stopped accepting the vouchers.

The decision eliminated almost 20 percent of Section 8 housing options in the county.

Maggie West, program coordinator for Community Empowerment Fund, said the coalition went to the council because they did not want low-income families to lose out on housing because of upfront costs.

"It's a ad-hoc coalition that just kind of united around the challenge," she said. "Those opportunities are so rare."

Galu said she thinks the council's decisions are positive for the affordable housing situation.

"Our entire group is quite excited about the collaboration," she said. "It's a big deal."

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UNC plans for new residence hall to open in 2017

The super-suite dorm will replace Odum Village apartments.

By Sofia Edelman
Staff Writer

Students living on campus for the fall 2017 semester will have a new dorm to choose from when Odum Village closes.

Construction on the new residence hall will begin during summer 2015, according to an announcement at the Board of Trustees meeting Sept. 24.

Following a 1996 UNC fraternity house fire, all UNC system residence halls were required to be equipped with a working sprinkler system by 2012. Odum Village Community, however, was given until the fall of 2017 to comply with these rules.

Associate Director of Housing

Rick Bradley said the creation of an entirely new residence hall would be more fiscally responsible.

"The cost of adding sprinklers to 40-some independent buildings is not cost effective to 1960s style construction," Bradley said.

Anna Wu, assistant vice chancellor for facilities operations, planning and design, said the approximately \$32.5 million project will be paid for without University appropriations.

"The money comes from (the Department of Housing) reserves and the housing receipts — the room rate and the housing reserve funds," Wu said.

The new dorm, located on Ridge Road between SASB and Rams Head Dining Hall, will contain super-suite style rooms, similar to those on the top three floors of Morrison Residence Hall. The suites will have five private bedrooms and a shared living space. The dorm will house 275

students. Bradley hopes the new dorm will serve as a good replacement for the age group of Odum residents.

"When we started this process a number of years ago, the first thing we do is survey the students," Bradley said. "There was interest in apartment style, but the affordability of that made that not an option."

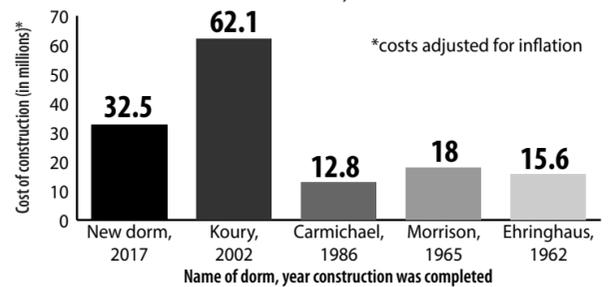
A new package center, twice as large as the center at Morrison Residence Hall, will be built in the new dorm, replacing the Morrison package center, he said.

Odum will no longer be used as a residence hall, but the land will be used for other purposes, like green space, a creek and storage space.

"This University's master plan is that a number of the pieces of land that Odum Village currently occupies will have others come and take over that space," Bradley said. "A portion on the hospital side will have hospital buildings most likely."

The costs of dorm creation and construction

The Board of Trustees announced a new dorm will be ready for students in the fall of 2017.



SOURCE: UNC FACILITIES SERVICES, RICK BRADLEY

DTH/JOSE VALLE

Freshman Mengmeng Fang said a new dorm on South Campus would create longer commutes for some students, but not for her.

"I want to major in business, so it would be closer to the business school," she said.

Wu said the dorm's design will

be environmentally conscious. In addition to the University policy of replanting trees lost to construction projects, she said there will be extra measures taken on the land around the dorm.

university@dailytarheel.com

'Idol' star turned politician Clay Aiken trails in NC district

Aiken and GOP opponent Rep. Renee Ellmers will debate on Monday.

By Sharon Nunn
Assistant State & National Editor

Former American Idol contestant Clay Aiken, an actor and multi-platinum artist, has been trying his hand at something new throughout 2014 — North Carolina politics.

And he's faced an uphill battle in a congressional contest where the odds are stacked against him.

Aiken, a Democrat, is running against Republican incumbent Rep. Renee Ellmers for the seat representing the state's 2nd Congressional District, a sprawling area that encompasses Asheboro, Fort Bragg, Pinehurst and parts of Cary.

The two candidates will debate

in Pinehurst on Monday, less than a month before Election Day, in what many analysts consider to be one of Aiken's last chances to convince voters he's the better candidate.

"When people see him, they're curious about him because he's a celebrity, but they're impressed with how smart he is," said Democratic analyst Gary Pearce.

Aiken and Ellmers, a two-term incumbent, are campaigning in a notoriously right-leaning district — and Aiken's claim to fame likely won't be enough to win him the seat.

"Right now, he's trailing," said Ferrel Guillory, UNC professor of journalism and director of the Program on Public Life. "He's got to make a good showing in the debate."

A poll released Tuesday by the right-leaning Civitas Institute found Ellmers in the lead, with 47 percent of the district saying they will vote for Ellmers, while 39 percent say

they'll vote for Aiken.

Ellmers is a very personable figure among voters in her district, said Kathryn Walker, chairwoman of UNC College Republicans.

"She's a mom, she comes from a working background, and I think she's really relatable," she said. "People in Congress have a stereotype of being out of touch, and I don't think that she is."

Ellmers gained national media attention for comments she made during a panel discussion in July about women lawmakers.

"We need our male colleagues to understand that if you can bring it down to a woman's level — and what everything that she is balancing in her life — that's the way to go," she said, according to the Washington Examiner.

In a statement to left-leaning blog ThinkProgress, Ellmers said her comments had been taken out of context.

"I am a woman and find it both offensive and sexist to take my words and redefine them to imply that women need to be addressed at a lower level," she said.

Walker said Ellmers is opposed to the Affordable Care Act, a position that will likely win her favor among many conservative voters.

Guillory said Aiken is an underdog because he is a gay man running in a conservative and rural part of North Carolina.

But Andy Ball, third vice chair of the N.C. Democratic Party, said Aiken offers the independent voice that Congress needs.

Blake Brennan, treasurer of UNC Young Democrats, said Aiken likely has an edge with young voters.

"He's much closer to our age than almost anyone in Congress," he said. "He's more in touch with social issues."

Ball, who previously worked with Aiken at a Raleigh YMCA, said the

Democratic challenger has long-standing ties in the state.

"He's proven that he has roots in the area and that he understands the working family," he said.

Ellmers has taken recent stands on veterans affairs and immigration, calling on the Senate to pass legislation to address the recent influx of migrant children to the U.S.

"I would hope that the voters vote for what she stands for," Walker said.

Guillory said it's clear from listening to Aiken that he is trying to convince voters he understands their issues, which is necessary, he said, because Aiken has to win over military, farming and suburban families.

"He's trying to convince voters that he's not some uninformed singer," Guillory said, "that he can relate his personal history to the down-home people of the 2nd District."

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EATING DISORDERS

FROM PAGE 1
lose weight because of dance.
“When you’re out there in front of however many people, you don’t want them to look at you and think, ‘Is she eating? Is she not eating?’” she said.
Junior Allie Carter said the dance team has positively impacted her health. In 2013, Carter was going through personal issues that caused her to unintentionally lose a lot of weight, so her coaches restricted her from participating at games.
“They were concerned that I wasn’t taking care of myself, that I needed to get back to a healthy place, so they helped me get back to a healthy place, and I’m so

much better now,” she said.
With the help of an on-campus nutritionist and the support of her coaches, Carter said she got back to a healthy weight.
“I think that people think that dancers in general — not just Carolina dancers — that they don’t eat, that they smoke to stay skinny, and they step on the scale every second of the day,” Valentine said. “I would just say I’ve never met a dancer like that.”
Olivia Lanier, a junior on UNC’s varsity cheerleading team, said there is a sense of competition on the team amongst members to look fit, but that the team atmosphere encourages staying fit in a healthy way, noting that

they hold each other accountable if there is speculation of unhealthy eating habits.
“I mean obviously we’re in uniforms, we show our stomachs at games,” she said. “My teammates and I are very competitive with each other, so we kind of use that competition to stay healthy.”
Derek Galvin, head coach of UNC’s gymnastics team, said in his experience, proper information makes a difference in preventing disordered eating behaviors in cases when there is no emotional motivation for it.
“I think gymnastics, because it’s a sport where the athletes are competing in leotards, and I think because of the influence of the media and popular culture about the ideal body type, it’s an additional stressor on the life of a gymnast,” he said.
Galvin said at UNC there have been gymnasts on the team who had dealt with disordered eating before starting college.
“The focus we try to have in gymnastics is that it doesn’t matter what you look like as an athlete, it’s really all about your fitness and the way you fuel your body,” he said.

there’s probably most research looking at wrestling.”
Metzger said their methods to drop weight do not likely classify as eating disorders, as they are not done continuously. She said there are likely more wrestlers engaging in disordered eating than in full-blown eating disorders.
UNC’s head wrestling coach C.D. Mock said he thinks there is a misunderstanding about eating disorders and wrestling.
Mock said wrestlers only have to lose weight until they reach the weight they need, and then they stop.
“I don’t call that an eating disorder. Maybe a psychiatrist might, I don’t know,” Mock said. “I think an eating disorder is something that, in my experience, you lose control in some respect.”
The sport has become more aware about the potentially dangerous effects of rapid weight loss, Mock said.
He said to lose weight the right way, wrestlers slowly decrease the amount of food they intake while still getting all the necessary nutrients and increasing the intensity of their workouts. Food is viewed as fuel rather than something to enjoy. The wrong way to lose weight would be to starve, Mock said.
At the beginning of every season, wrestlers undergo certification, which measures body fat percentage, weight and includes a hydration test. The results determine how much weight the wrestler can lose each week

to get to the weight required for his weight class.
“So once I make my weight class, then I don’t have to worry about losing weight anymore. There’s usually a weekly weigh in, so I have to make my weight at each tournament, but I won’t necessarily be losing more weight,” said junior wrestler Matt Williams.
“It’s not for everyone. You shouldn’t just try to lose 10 pounds in a week,” he said.
“But if you do it right — we have nutritionists, we have diet plans — you can’t lose more than 1.5 percent of your body weight each week.”
Williams is aware of the health concerns people have about wrestling, but he said if done the right way, he doesn’t feel like what he’s doing is unhealthy.
“It’s really interesting because I’ve talked to a lot of my friends, and they’ll ask questions like, ‘Oh, do you guys, like, not eat, not drink for like a week? And don’t you guys, like, cut off your leg?’ But it’s really not that bad once you’re used to it because I never feel — I feel bad, I feel tired, I feel grumpy — but I never feel like I’m unhealthy, which I think is a lot of people’s concern,” Williams said.
“I enjoy it. I would’ve quit freshman year if it was like, ‘College wrestling, you have to not eat.’”

organization dedicated to training people about the psychological complexities of eating disorders and how best to support people with them — said without professional help, it can be difficult for someone to recover.
About one-third of women who had anorexia nervosa or bulimia nervosa relapse after a full recovery.
“People don’t understand that so much of eating disorders is mental so when you get somebody triggered, those behaviors can step in in a way that’s incredibly difficult to reverse without professional treatment,” she said.
After she finally accepted she had a disease, Lucena said she started crying and telling her parents that she wanted help and to gain weight.
“Because I was basically in my deathbed at that point,” she said.
Because of her battle, Lucena had missed out on a lot of opportunities to be involved in middle school, so she asked her parents if she run cross country in high school, and she eventually ran well enough to run for UNC.
Lucena never relapsed despite the increased pressure at the collegiate level.
“Being able to survive an eating disorder makes you so mentally tough,” she said.
“You never want to give up. If you survive that obstacle, anything that is put on your plate is not going to be as tough as what you just overcame.”

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Weight loss in wrestling

Wrestlers have to lose a certain amount of weight to meet their weight class, and there are varying views on the healthiness of this behavior.
“Wrestling is interesting,” Metzger said. “Within the studies looking at males,

GUNS

FROM PAGE 1
well, and we believe it should remain in place,” Long said.
Valone said Grass Roots believes that guns at the fair are necessary for protection.
“Specifically, large groups of people are at risk for a number of factors, including terrorism,

active shooters and other large scale violence,” he said.
Valone said there have been several instances of violence at state fairs across the U.S. He said if fairgoers were allowed to bring guns these types of events could be curtailed.
But Long said guns are a safety concern rather than a tool to increase public safety.

“The mix of kids, guns, rides and large crowds at the State Fair is a bad idea. One of our concerns is the accidental discharge of a firearm,” he said. “Things fall out of people’s pockets and jackets: cell phones, wallets, jewelry, keys. It’s conceivable to think a handgun could fall out, too, especially

if someone is on a ride.”
Long said other sports and entertainment venues in the state do not allow weapons, including Kenan Stadium, the Smith Center, Charlotte Motor Speedway and Walnut Creek Amphitheater — and he said the fair should be no different.

THOMPSON

FROM PAGE 1
said Little should work with athlete agent Terry Watson, an NCAA violation. Watson was eventually charged with 13 counts of athlete-agent inducement and one count of felony obstruction of justice.
Thompson and Watson were one of five people indicted in fall 2013. In total, Woodall charged the five with 25 violations of the North Carolina

Uniform Athletes Agents Act.
“We support the role of the district attorney in taking steps and measures to deter misconduct in the agent industry,” said Steve Kirschner, a spokesman for the Department of Athletics.
“Over the past several years, Carolina has enacted a number of initiatives to further educate our students and their families about the agent process. We hope these guidelines help everyone

operate in a manner consistent with NCAA rules and federal laws.”
Wainstein and Woodall did not return messages requesting comment.
Thompson isn’t the first to have her charges dropped after participating in Wainstein’s investigation.
Woodall dropped charges of obtaining property under false pretenses against former chairman of the African and Afro-American

Studies Department Julius Nyang’oro after Nyang’oro spoke to Wainstein.
“I have a lot of confidence in Ken Wainstein and his partner,” Abrams said. “I think they’re really doing a thorough look at what happened, and they’re very honorable guys, and I think that the investigation will probably allow UNC to move past all this.”

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Mold drives out Avery residents

By Rebecca Brickner
Staff Writer

The new semester was off to a good start for residents in one Avery Residence Hall suite until mold started taking over.
Sophomore Liz Hinic was excited to live in Avery, which was constructed in 1958, because of its large rooms and its proximity to classes.
“I just didn’t ... predict that they would be putting us in an unsafe environment,” she said.
Sophomore Sasha Gombar said she remembers mold growing on an air conditioning unit in the suite and worried it was contaminating the air.
Hinic said several maintenance requests were put in, but did not receive a response.
“It started to get insanely humid in the room,” she said. “My shag rug felt moist. You could feel the water all around you. ... When I got into bed, my sheets felt wet.”
Hinic also noted a pair of her suitemate’s boots had been in good condition before they spontaneously molded.
“When she told the FixMyRoom guy that, he said ‘oh, well, if you leave boots in the closet sometimes they just mold.’”
The moldy smell got so strong that some of the suitemates began to complain of

headaches and sinus problems. Hinic, who has asthma, found it difficult to breathe.
When maintenance came to investigate the situation, they found mold and elevated levels of humidity. The residents were given dehumidifiers.
Hinic said the dehumidifiers seemed to help until one of her suitemates, Alison Krug, who is an assistant copy editor at The Daily Tar Heel, had to go to Urgent Care for breathing trouble.
The community director of the Parker Community, Arienne Milkles, and the Department of Environment, Health and Safety got involved when it became apparent the problem was having a negative impact on the residents’ health.
“We received an email about 5:30 p.m. last Friday evening from the community director saying that we had temporary rooms available and that we could begin moving in at 8 that night,” Gombar said.
Six girls moved to temporary housing, but the problem is far from over.
“One of the rooms had been being used by the lacrosse team to store equipment, and it smelled awful,” Hinic said. “Another of the rooms had people still living in it.”
Four of the residents are permanently moving out of their Avery suite.
Rick Bradley, associate director of Housing and Residential Education, said the mold has been cleaned, and follow-up tests showed decreased levels of humidity.
“Unfortunately, this issue of mold does pop up around campus in some of the older buildings,” he said. “Environmental Health Services advises housing on how to proceed, but generally a cleaning resolves the issue.”

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Residents talk police gear

The Chapel Hill Police Department will hold a question and answer session to respond to questions about its military equipment Saturday at 2 p.m. at the Chapel Hill Public Library. The Carrboro Police Department will hold a similar session Monday at 7 p.m. at Town Hall. Staff writer Maggie Monsrud asked Orange County residents, "What questions do you have for the police department about its military surplus equipment?"

Concern about excessive force



Daniel Pinelli, senior political science and French major from Asheville.

Daniel Pinelli said he was concerned about the militarization of the police and the potential for police to use excessive force. "When I see instances of not just people like Michael Brown, but of also people before and after him, just being senselessly shot down by police, that concerns me," he said, referencing the young, black man shot and killed by police in Ferguson, Mo., in August. "I think the primary reason I'm concerned with that is because I do not think that is any way to run the United States."

Not the biggest issue



Rachel Daniel, senior political science and journalism major from Goldston.

Rachel Daniel said the militarization of police forces and the potential for excessive force is something that should be monitored, but she doesn't think it will be a problem in Chapel Hill. She said it is not an issue she considers a priority, because there are more pressing issues to discuss. "The top of my concern right now is Syria and the situation in the Middle East," she said.

'Are they crazy?'



Jessie Cameron, Chapel Hill Transit bus driver from Hillsborough.

Jessie Cameron said he is concerned about the militarization of police and sees the potential for excessive force. "They're doing it without justification," he said. Cameron argued police do not need the military gear they're outfitted with. "I would like to ask them one question: 'Are they crazy?'" he said. Cameron does not speak for Chapel Hill Transit. "We don't need that here. We're not in Iraq."

Use force only when necessary



Kayla Ramsey, sophomore nursing major from Jacksonville, N.C.

Kayla Ramsey said police should only use force when it's absolutely necessary, but she's not concerned about the potential militarization of Chapel Hill police. "I just feel like everyone here is pretty much safe," she said, arguing that in areas with higher crime rates police should be able to have the equipment they need to protect residents. She said she would ask police what military equipment they carry and when they use it.

Yates incident raises questions



Melissa Carter, fitness instructor from Chapel Hill.

Melissa Carter said she is concerned about the militarization of police and the potential for police to use excessive force. "If it can happen in a small town like that in Missouri, it can happen anywhere," she said. "We did have the incident over at Yates Automotive a few years ago when Occupy Wall Street was in there. They sent a SWAT team over from the local precinct, and it was kind of scary."

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The best is yet to come for Jessie Scarpa

The high school goal-scoring machine is back from an ACL tear

By **Brendan Marks**
Assistant Sports Editor

She fell. It's only a few minutes past kickoff in humid Brandon, Fla., but there she is, face down on the field. Her springy blonde ponytail still tightly braided, she rolls onto her side and clutches her left knee, clumps of grass sticking to her already-sweaty neck. The rest of her teammates are dead silent; so is her mom, watching from the sidelines. Nobody says anything, uncertain of what exactly happened or how. The only sound is a chuckle. Not a full-on laugh by any means, but more of a faint, nervous giggle. Straight from the mouth of Jessie Scarpa. For the 2013 Florida Gatorade Player of the Year, that moment— curled up on the field, desperately grasping at her newly-torn ACL— would come to define the next year of her life. The trick? Making sure it only cost her a year.

Small shoes, big dreams

Jessie Scarpa, now a freshman on the North Carolina women's soccer team, touched a soccer ball for the first time when she was three. But at first, she wasn't sure soccer was for her. "When I was younger, I wouldn't want to try anything new," she said. "Before the game I was crying because I didn't want to play, but obviously my parents forced me to play, and right when I stepped on the field, I loved it." Growing up and playing alongside her sisters Kacy, two years her senior, and Sandy, a year younger than her, Jessie's passion for soccer grew quickly. Even as a kid, her desire to train, to get better, to learn, consumed her. "Out of the three of us, she definitely had a knack for soccer," Kacy said. "She's always had such a passion for it and just anytime she could, she had a soccer ball with her." Right, left, right right left. For hours Jessie would play in her yard alone, juggling as the hot Florida sun beat down. All that practice, especially as a child, was done with one goal in mind.

Jessie wanted to play for the United States women's national soccer team. As she got older, Jessie's career took a normal trajectory. She played for recreational teams, eventually moving up to travel and school clubs. Her first year playing in high school, Jessie finished with 18 goals and 6 assists. But again, as it had earlier in life, her desire to be great drove her to the next level. In 2012, Jessie — then a sophomore— upped her game even further. Behind her 24 goals and 12 assists, she led George Jenkins High School to the state championship game, only to lose in the title matchup. It would be the last time she played with Kacy, who moved on to Florida State as a four-time first team All-State player. But Jessie still wasn't good enough.

Breaking out

By her junior year, Jessie had finally arrived in the way everyone had been waiting for. The middle Scarpa sister, with 48 goals and 27 assists, almost single-handedly carried George Jenkins High School back to the state championship game, only to fall short in consecutive years. As she poured in the goals, the scholarships followed. Another game-winner, another hat trick, another prestigious collegiate offer: Stanford, nearby Florida State and finally UNC. Coach Anson Dorrance knew who he wanted the first time he watched her. "I think her strength coach had come to a team camp that I ran with a younger team back in the day, and so this is a guy I trusted and he kept encouraging me to watch this kid play, and I went over there and she wasn't on the field," Dorrance said. "There's was actually another girl on her team who I kind of liked a bit, but he said 'No no no, stick around until Jessie gets into the game, I think you'll be really impressed.'" "So all of a sudden Jessie does go into the game, and I'm intrigued because I'm seeing a lot of these wonderful pieces in her game, and then a good friend of mine, Jim Blankenship, started telling me about her versatility and



DTH/KATIA MARTINEZ

An ACL tear has limited freshman midfielder Jessie Scarpa's time on the field for UNC in her first year. "I kind of forgot what soccer was like for a bit," she said. "But I don't feel like I've missed a beat."

the fact that he could play her absolutely anywhere. This is a guy I trusted, and so I kept coming back to watch her play." His persistence paid off. When Scarpa visited UNC in the spring of 2013, she knew right away. "Just getting here to the campus really sold me, I mean I fell in love with it right away and I just knew it was the right place for me to be," she said. "We were driving home, and I knew I was going to commit there." But how soon she'd be there — that's something she never could have imagined.

Standing strong, but on one leg

After that game in Brandon before her last year of high school, an MRI confirmed what

Jessie already knew: Her ACL was torn, ending her senior season before it ever began. George Jenkins High School would not be winning the state championship, and if they did, they would have to do it without their star midfielder. She had options. Stay and finish the school year, looking on from the sidelines, or leave and get a head start on the rest of her career. She made the only choice that made sense for her end dream, the one she'd had since she was a little girl juggling alone in the yard. "Full-team, that's the goal," Jessie said. And so she left, graduating in the winter and enrolling at UNC in the spring of 2014 to rehab. For the next six months, Scarpa woke up

SEE SCARPA, PAGE 9

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UNC Men's Project set to start

By Colleen Moir
Staff Writer

Today is the final day for UNC students to apply for an opportunity to open a dialogue about what it means to be a man, preventing violence and fostering gender equality on campus.

The UNC Men's Project's main goal is to provide a safe space for men to discuss issues of masculinity and what it means to be a man, and then translates these thoughts into violence prevention and gender equality. This is done through a semester-long program with meetings each week.

The group started at the beginning of 2014 and has since put one group of men through its 12-week program during the spring 2014 semester. Bob Pleasants, assistant director of the Learning Center and a member of the project's advisory board this semester, helped found the project.

"It's been a long-brewing

idea for a long time," Pleasants said. "A lot of people, including myself, have wanted a program for men to talk about masculinity and help men think about what their role can be in violence prevention."

The project was initially paid for by a grant of about \$25,000 from the Verizon Foundation, and the project received another grant for an unspecified amount this year. The money has allowed the group to bring in guest speakers and facilitators for the group's meetings, as well as hire a graduate student to coordinate the program.

Will McInerney, the program assistant for the project, said the spoken word group Sacrificial Poets played a very important role in the project during the spring semester.

"We aim to infuse creative expression and storytelling as a tenet of our approach to better understanding the spectrum of healthy masculinities and how that can positively influence effective violence prevention,"

McInerney said in an email.

Pleasants said he is expecting about the same number of men to go through the project this semester.

"When we began the program, we weren't really sure what we'd get," said Pleasants. "We thought we'd get a small handful, but we actually had about 35 applications. As far as men who were a good fit for the program, we ended up with 24 men who were participants in the program this spring. It exceeded our expectations."

Anondo Banerjee, a senior who participated in the project last year, said he found the program to be beneficial.

"Everyone has a stereotype of masculinity, and I don't think anyone fits into that stereotype of masculinity, and most people don't want to talk about how they don't fit into that stereotype, so having a safe space to talk about that was really nice," Banerjee said. "Also, they're great guys."

university@dailytarheel.com

County proposes food council

By Meg Garner
Staff Writer

As a county that prides itself on eating locally grown produce and foods, Orange County agreed this week to join the growing trend of municipalities with food councils.

After a successful interest meeting this week, Orange County residents are gearing up for the creation of a local food policy council. In a recent survey, the Johns Hopkins Center for a Livable Future found there were 200 active food policy councils in the United States.

"We were able to provide an overview of what a food council or food policy is like," said Molly De Marco, project director at the Center for Health Promotion and Disease Prevention at UNC. "We were able to get a lot of questions answered and

also get some good feedback on what they think issues in our community are and also what our assets are here in Orange County."

De Marco, who helped organize the meeting, said food councils serve many purposes, from advising elected officials on food policy decisions to hosting nutrition discussions for county residents.

Forty of the 84 people who attended the meeting signed on to participate in a task force that will decide the direction of the council. The task force must decide if the food council will function as a nonprofit or an advisory board.

Sarah Blacklin, N.C. Choices project coordinator for the N.C. Cooperative Extension, said the group's next phase is to get the task force up and running.

"The formation of an actual

council, optimistically, could take minimum one year," Blacklin said. "But it could take a couple years or more depending on how quickly the formation of the task force happens."

Event organizers said they are positive about the community's reception to the potential council, and Orange County Commissioner Penny Rich said the group's emphasis on merging different residents is a sign of positive things to come.

"I think having people in all different sections of the food chain in the task force is really great — from the farmer to the seller to the consumer and then back into the solid waste cycle," Rich said.

"If we can identify those folks and get them all together, I think the task force will be very successful."

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Jack Livingston: Senior computer science and media production major Livingston is used to writing comedy scripts and is currently working on a full-length comedy movie. Tonight's production has offered him a change of pace. Livingston's play, about two former athletes, will be the first of his works to be performed. "Just to be able to see my work and be proud of it, I think that's the biggest thing for me," he said.

David Kagan: Senior English major Kagan said the WSS program helped lure him to UNC from the University of Illinois in an effort to enhance his screenwriting abilities. His play focuses on three friends and a steel mill in Vermont. Kagan said he's never had his work performed in a professional capacity before. "It's important to see how the actors respond to your words as opposed to just putting the story out there," he said.

Alexandria Agbaje: For senior English major Agbaje, opening night has been a long time coming. This play marks the writer's first major creative piece and first time seeing her work produced onstage. "I know that at this point I really like it, so that's what I'm happy about," she said. "It's another narrative and another medium to express myself, so I was like, 'Wow, this is a perfect combining aspect of the things that I love.'"

Elizabeth Hylton: Senior dramatic art and communication studies major Hylton is used to acting, but said her interest in screenwriting developed recently. She said her skills in writing and acting train her brain on- and offstage. "When you're writing a screenplay, you're asked to think about the characters in a certain way," she said. "For me, it's about knowing what you're working on and knowing it so well that it becomes truthful for me as an actor."

By Sarah McQuillan, staff writer

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HOROSCOPES

If October 2nd is Your Birthday...
Fun with friends highlights the year. Balance serving others and yourself. Make money until after Winter Solstice, when your focus shifts to communication projects. The Lunar Eclipse (10/8) provokes more change with partnerships, and then new income opportunities arise with the Solar Eclipse (10/23). Springtime efforts lead to personal reward. Provide for family. Radiate love.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19)
Today is a 9 -- Friends want you to come and play. Schedule meetings for the next few days, as social connection moves the ball forward. Take your ideas public. Think before blindly reacting to circumstances. Don't fall for a trick.

Taurus (April 20-May 20)
Today is a 9 -- Listen to your angels. Avoid risky business, and travel another day if you can. Keep sarcastic comments to yourself. Don't be talked into spending your savings. Take on more responsibility over the next few days.

Gemini (May 21-June 20)
Today is a 9 -- A fun trip tempts. It's too early to go... keep planning. Don't dig into savings, but do prepare a basic budget for the project. News affects your decisions today and tomorrow. Avoid an argument.

Cancer (June 21-July 22)
Today is a 9 -- Rejuvenate your relationship by taking care of chores and paperwork. Review your reserves over the next two days. New possibilities lead to new problems. Share your impressions and compromise on decisions over a nice walk.

Leo (July 23-Aug. 22)
Today is a 9 -- Today and tomorrow favor collaborations, but misunderstandings could slow things today. Prioritize practical actions over decision-making (better tomorrow). Offer your opinion only if asked. Negotiate for the long run. Speak clearly. Haste makes waste.

Virgo (Aug. 23-Sept. 22)
Today is a 9 -- Today and tomorrow get busy. It's off to work you go! Maintain frugality. Keep it objective and hold your comments regarding a controversy. Quiet productivity sidesteps time-sucking arguments. Handle urgencies, then rest and relax.

Libra (Sept. 23-Oct. 22)
Today is a 9 -- Give in to fun and games today and tomorrow. Play full out, without taking expensive risks. Don't use your new tricks for high stakes. Celebrate with friends and family. Explore the terrain with someone special.

Scorpio (Oct. 23-Nov. 21)
Today is a 8 -- Attention to plumbing and water systems at home can forestall a big mess. Focus on practical renovations. Clean, organize, and give away stuff you no longer need. Get nostalgic with old photos and memories.

Sagittarius (Nov. 22-Dec. 21)
Today is a 9 -- You can learn what you need in the next few days, as you're especially clever. Follow your curiosity. Avoid harsh words now. Share your feelings and resolve misunderstandings. Sign on the appropriate line.

Capricorn (Dec. 22-Jan. 19)
Today is a 9 -- Make sure to make enough to cover expenses today and tomorrow. Financial planning saves money (and avoids an argument). The piper needs to be paid, and soon. Keep in action, and bring home some bacon.

Aquarius (Jan. 20-Feb. 18)
Today is a 9 -- You're taking control. Don't forget an important job. Get into an innovative phase today and tomorrow. Revise publicly releases before sending. You're strong, and getting stronger. Complications could arise with travel and shipping. Track carefully.

Pisces (Feb. 19-March 20)
Today is a 8 -- Procrastination and distraction tempt. Traveling could get awkward. Finish up old business today and tomorrow. Close your eyes for a few minutes, and clear your head. Get retrospective. Ignore gossip and chatter. Meditate in seclusion.

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DTH PICKS OF THE WEEK

The DTH sports staff and one celebrity guest compete to pick the winners of the biggest ACC and national college football games each week.

Amazaaaaazing Grace, how sweet the sound! Sports editor Grace Raynor has now taken over, and we're pretty sure that's why she doesn't bother to eat dinner with her assistants anymore.

She knows she's taken the lead, and the success has clearly gone to her head. Last week she went 8-1 — missing only Missouri's upset of South Carolina — to bring her record to a stellar 24-9. She's the only picker with fewer than 10 missed predictions.

Well done, Goosie. Well done. *claps slowly*

Still, the threat of a coup is imminent, with Ron Dodson, Tall Guy Wilco and Patty-J looming at 23-10.

In what is one of the most competitive weeks of the year, the top of the leaderboard could look a lot different next week.

What probably won't change, though, is the bottom.

Brendan Marks has been surpassed by the guest picker and is sitting pretty at the bottom of the table with an 18-15 record after being the only picker to take UNC over Clemson last week.



Jacob Emert is this week's guest picker. He is a senior at Virginia Tech and covers the Hokies' football and baseball teams.

Ha. Ha. Ha. Poor kid.

This week's guest picker is Jacob Emert, a reporter for TechSideline.com. He and Carlos Collazo were the only two pickers to take the Hokies over the Tar Heels.

Record to date	Grace Raynor	Aaron Dodson	Daniel Wilco	Carlos Collazo	Pat James	Brendan Marks	Jacob Emert
24-9	24-9	23-10	23-10	20-13	23-10	18-15	21-12
Virginia Tech vs. UNC	UNC	UNC	UNC	Virginia Tech	UNC	UNC	Virginia Tech
Wake Forest vs. Florida State	Florida State	Florida State	Florida State	Florida State	Florida State	Florida State	Florida State
Miami vs. Georgia Tech	Miami	Miami	Georgia Tech	Miami	Miami	Miami	Miami
Pittsburgh vs. Virginia	Virginia	Pittsburgh	Virginia	Virginia	Pittsburgh	Virginia	Virginia
Texas A&M vs. Miss. State	Texas A&M	Texas A&M	Texas A&M	Miss. State	Miss. State	Texas A&M	Miss. State
Stanford vs. Notre Dame	Notre Dame	Notre Dame	Notre Dame	Stanford	Stanford	Notre Dame	Notre Dame
Nebraska vs. Michigan State	Michigan State	Michigan State	Nebraska	Michigan State	Michigan State	Nebraska	Michigan State
Alabama vs. Ole Miss	Alabama	Alabama	Alabama	Alabama	Alabama	Ole Miss	Alabama
LSU vs. Auburn	Auburn	LSU	LSU	Auburn	Auburn	Auburn	Auburn

THE LOWDOWN ON SATURDAY'S GAME

Virginia Tech at North Carolina
12:30 p.m.
Kenan Stadium
Broadcast: ESPN3

3-2, 0-1 ACC 2-2, 0-1 ACC

HEAD-TO-HEAD

UNC front seven vs. VT rush

UNC looked better against the run last week, but Tech rushed for 227 yards in the second half against Western Michigan. **EDGE: Push**

UNC secondary vs. VT pass

UNC is the second-worst passing defense in the FBS, but Tech QB Michael Brewer has thrown 10 picks already. **EDGE: Push**

VT front seven vs. UNC rush

Tech has held opponents to 105.6 rushing yards per game while UNC is managing just 3.79 yards per carry. **EDGE: Virginia Tech**

VT secondary vs. UNC pass

UNC is the 29th-best passing offense in the nation, and Tech's secondary allows more than 16 yards per catch. **EDGE: UNC**

The Bottom Line — Virginia Tech 39, UNC 35

COMPILED BY CARLOS COLLAZO

Football controls its own future

By Robbie Harms
Senior Writer

Here is the refrain T.J. Thorpe has been telling his fellow receivers: Control the things you can control.

One point of emphasis? How hard they practice against their cornerbacks and safeties.

"In practice, we as a receiving corps, we sometimes, when we're not feeling it, just go through the motions," said Thorpe, a receiver on the North Carolina football team. "And I feel like sometimes our DBs pay for it on Saturday."

Yes, they have: UNC's secondary has given up 120 points and more than 800 passing yards in its past two games, both double-digit losses.

So this week it was different. "What we tried to do," Thorpe said, "was just come out with the mentality that we were just going to beat them down and talk junk to them and try to make every play and touchdown."

It's all part of something bigger echoing through North Carolina football: Confine your concentration, complete your charge and your charge only.

"I can't control how (quarterback) Marquise (Williams) throws the ball

or what he sees. I can't block (Clemson defensive end) Vic Beasley and run a route," Thorpe said. "So focus on your assignment."

Starting Saturday, UNC (2-2, 0-1 ACC) plays Virginia Tech at 12:30 p.m. at Kenan Stadium, after an uninspired four-game start and before the season is lost for good.

Yes, a win against the Hokies could inspire the Tar Heels before they travel to play the No. 9 team in the land. A loss, no. Let's not go there. They're not thinking ahead.

"You still have to take each week at a time," Thorpe said. "One day, one practice."

They're thinking about other things.

They're thinking about how to plug a defense that's given up more yards per game (543) than all but five of the other 125 Football Bowl Subdivision teams this season.

"Mental mistakes," coach

Larry Fedora said.

They're thinking about how to exploit the Hokies' aggressive man-to-man coverage.

"Anytime we have a man-to-man style game, as a receiver, you're definitely happy about that, because it's me versus you," Thorpe said. "There's no help, no anything."

They're thinking about how to continue improving their defensive front seven, which allowed a season-low 92 rushing yards against Clemson last week.

"We had multiple guys getting to the football, we tackled much better, so there were some bright spots defensively up front," Fedora said.

They're thinking about the return of right guard Landon Turner, and what it could mean for an offense that has averaged an ACC-best 40.8 points per game through four.

"(Tuesday) we were doing one-on-ones, and (Turner's)

winning his battles, and even the defensive guys are saying, 'He's back. He's back.'" offensive line coach Chris Kapilovic said.

More importantly, they're thinking about their singular tasks, tunnel-visioning their way to a better performance.

"Your fate," Thorpe said, "is in your own hands."

They control it.

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SCARPA

FROM PAGE 6

before class every morning and went to physical therapy, refusing to skip a session. With practice going on at the same time in the morning, she rarely saw her teammates, if at all. Those first few weeks in Chapel Hill were more lonely than not.

But with her childhood ambition now within reach, she stuck it out and eventually her diligence paid off.

On Aug. 22, the middle Scarpa was rewarded with an experience months in the making: her first collegiate soccer game, a 1-0 home loss to Stanford. But it didn't matter that she only played 50 minutes, it didn't even matter that Dorrance played her — a goal-scoring machine in high school — at defense.

Scarpa was officially back. And while she has yet to register a goal for UNC, Dorrance hopes that sometime this year, sometime soon, everyone will get to see the same spark he sees in Jessie.

"I coached the US national team for eight years, I won the first women's world championship so I know all the qualities these kids have to have. I also know a potentially great player when I see one, and Jessie is that player," Dorrance said. "She could truly be an elite collegiate player with no question, but my dream for her and her dream for herself is beyond that. I think she has the potential to be an elite international player as well, somewhere."

"If she's ambitious, and she appears to be, and if she's hardworking, and she appears to be, and if she's coachable, and she appears to be, she's gonna make it."

All she has to do is stay healthy. And then, for Jessie Scarpa, the best is yet to come.

sports@dailytarheel.com

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Contact head trainer Doug Halverson at halverson@email.unc.edu with any questions.
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games

SUDOKU
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Level: 1 2 3 4

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

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Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9.

Solution to Thursday's puzzle

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

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Under the 'About' menu

Los Angeles Times Daily Crossword Puzzle

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ACROSS

- Wine order
- NFL linemen
- European capital
- Kind of comprehension
- Basket
- Land in un lago
- Duck royalty?
- It may be taken
- French 101 pronoun
- In the cooler
- Iowa city on I-35
- Highly skilled ones
- Heck of a pop?
- Symbol seen in viola music
- Parisian map line
- Oracle
- Edinburgh souvenir
- Army post merged with McGuire AFB and Naval Air Engineering Station Lakehurst
- Youngest goal scorer in MLS history
- Hops kiln
- Took top honors
- Exasperated cry
- Trader who doesn't take the market seriously?
- Some runners
- Betrayed, in a way
- Like most tupelo leaves
- His epitaph says "And the beat goes on"
- Part of a roof
- Classified

DOWN

- Mountain passes
- Angler's item
- The "Toreador Song," for one
- 19th-century trail terminus
- Utah luggage tag initials
- Pick
- Vegan menu item
- Garden divisions
- Spring resort
- Vital pair
- Town including part of Fire Island
- Pick
- Florist's inventory

ACROSS

- Not-one link
- Longtime Connecticut senator
- Offend
- One titled "Lord"
- Do lawn work
- River past Duisburg
- Uncommon bills
- Bashful companion?
- Green stone
- Sleeping sickness carriers

DOWN

- Seemed logical
- Place for a nest egg
- Gave up the ball
- "Time ___ the essence"
- Roadside business
- Creamy white
- Memory problem
- Czech Republic's second-largest city
- Wine opener?
- Carving tool
- Historic "Impaler"
- 62 Comics screams
- Carolina quarterback Newton
- 65 Letters before a view, maybe

Grid for crossword puzzle with letters filled in according to the clues.

The Daily Tar Heel

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Henry Gargan
Editor's Notes

Senior journalism and global studies major from Chapel Hill.
Email: opinion@dailytarheel.com

All the kvetches not fit to print

The position of opinion editor is a high and noble office. It comes with many weighty responsibilities, but none more important and glamorous than that of Kvetching board moderator.

We began the year with a mission to make the Kvetching board a generally less misogynistic and more sophisticated place to be grumpy. And many of the terrible submissions we receive — a surprisingly large number of which rely on the varied uses of the letter “D” — make the culling process fairly easy.

But some of the other kvetches that don't make the cut are just, well, not funny. Or they're incoherent. Or a little sad. We've decided some of these deserve their moment in the sun as well. After all, their authors were kind enough to think of us when they were at their lowest. What follows is an annotated list of some of this year's less creepy rejected kvetches.

“Jessica, will you go out with me?” This is not a kvetch. And while we applaud this suitor's creativity, we wish he or she had considered the sheer volume of Jessicas at this school and included a last name. As submitted, we didn't feel it was worth putting each of UNC's 318 Jessicas (we checked) through the wringer.

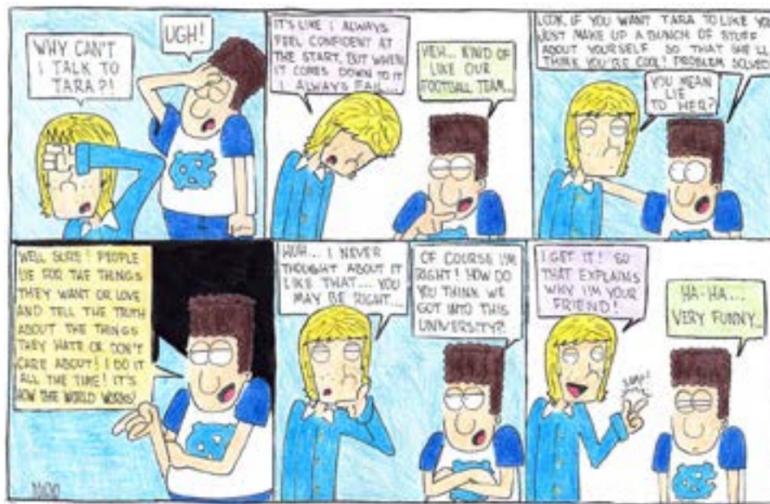
“To the balding IT guy who spiked up his residual hair, can't let go of the glory days can you?” Interestingly, this kvetch's author submits about one per week having to do with male pattern baldness. Most of them are just as mean as this one, and all of them reveal a poorly suppressed fear of time's ceaseless passage.

“To the girl I like: I'm really not stupid, I just got nervous and said something incomprehensible at the end of that conversation.” Also not a kvetch. We've all been there, and we wish you the best. But if you want to be better comprehended, the anonymity of the Kvetching board can't really help you out.

“To everyone who gets to go out and party on Saturday night: Please stop telling me about how great it is, some of us have to study.” This is a legitimate gripe, but it's a self-indulgent one — and it's not particularly funny. It's the kind of thing that crosses my mind while I'm lying awake at 3 a.m. trying to telekinetically sabotage next door's subwoofer.

“To my Poor Senior Daughter, after getting up at The Crack of NOON ALL this Summer, welcome back to UNC and the Crack of Dawn. Have a Great Senior Year.” This is actually really cute, but it's not a kvetch. Still, I'm putting this on my list of sweet-but-embarrassing things to do to my future children. I'm hoping whoever has this job 30 years from now is a little more charitable.

EDITORIAL CARTOON By Ngozika Nwoko, Chapman and Hilligan, nwoko@live.unc.edu



EDITORIAL

Make the weak strong

Legislators should reinstate tax credits for the poor.

In 2011, an estimated 6,742 low- and middle-income residents of Orange County received a check from the state to help offset the cost of their local and state tax expenditures via North Carolina's Earned Income Tax Credit.

The payoffs were hardly extravagant — less than \$100 per individual on average — but they were vital for keeping many families out of poverty, correcting for North Carolina's regressive tax structure and maintaining consumer spending in a weak economy.

Owing to the failure of the General Assembly to renew the credit, this fiscal year, no family in North Carolina will receive these checks. North Carolina's legislature should be ashamed of its decision to gut one of the country's most successful anti-poverty initiatives.

Experts on both ends of the political spectrum have praised it as such. For the good of its nearly one million recipients and for the untold millions it benefits directly, North Carolina ought to reinstate the EITC.

The state EITC was originally enacted in 2007. According to a report by the Budget and Tax Center, a subdivision of the N.C. Tax Center, the credit provided a rebate to lower-income workers, who, proportionately, pay a far greater percentage of their income to state and local taxes than the wealthy do.

The federal EITC dates to 1975 and was most recently renewed in 2013. The Internal Revenue Service estimates that it keeps six million Americans, three million of whom are children, out of poverty each year. It is widely popular as a measure that incentivizes work and provides a helping hand to those in need. Most individuals who receive a credit over the course of their lifetime do so for short spurts, often of two years or less.

Of course, reinstating the credit would deprive North Carolina of needed revenue, potentially jeopardizing other recipients of state spending, like the UNC system.

Herein lies the insidious brilliance of the starve-the-beast model of governance the General Assembly provides. By slashing taxes for the highest earners, they have deprived the state of the money it needs to meet

its minimum obligations to all its citizens.

Instead of viewing the EITC as sacrificed revenue, North Carolinians should instead conceptualize it as an investment in the health of their economy; after all, low- and middle-income individuals are more likely to spend a check than pocket it, and their expenditures are therefore most likely to circulate through the broader economy.

Students, even those inclined to ignore tax policy as boring and esoteric, might consider how many of their fellow Tar Heels are among the 907,000 people who benefited directly from the EITC in 2011. Policymakers should pause and ponder how it came to pass that the poor in the state need to rely on the EITC at all and redouble their efforts to create a state where everyone has access to the education, employment and opportunity to live a prosperous life.

Finally, voters should recall that North Carolina's toast famously exhorts its citizens to let the weak grow strong and the strong grow great. By abandoning the EITC, North Carolina's leaders suggest a commitment to different priorities. This is a lesson worth recalling come November.

EDITORIAL

Protect the pedestrians

Chapel Hill isn't walkable until sidewalks are safer.

At 3:37 a.m. Monday, 23-year-old Joseph Russo was struck by a vehicle near U.S. 15-501 and East Lakeview Drive. The vehicle fled the scene, and Russo remains in critical but stable condition at Duke University Hospital.

Russo joins the 2,400 residents who are struck by vehicles in the state each year, according to the statewide pedestrian and bicycle safety campaign Watch for Me N.C.

While the town's recent progress with respect to bike lanes should not go unnoticed, the intersection of East Lakeview Drive and U.S. 15-501 has no sidewalks. In a town that promotes walkability, Chapel Hill should do everything it can to make its roads safe for those who choose not to travel by car.

Specifically, the town should construct pedestrian guardrails on particularly narrow parts

of sidewalks throughout town. For instance, the slender sidewalk on Franklin Street just west of Estes Drive — right across the street from Sunrise Biscuit Kitchen — is a favorite spot for runners and a perfect spot for the town to install a safety rail. Such a rail would protect pedestrians and provide ample room for cyclists not willing to brave the hill on the road.

For optimal safety, the U.S. Department of Transportation's Federal Highway Administration recommends sidewalks be at least five feet in width. To keep costs low for this project, the administration also recommends that towns combine smaller sidewalk projects into one larger one. Therefore, the town should identify the locations where the sidewalks are narrow and located near higher-speed roads.

Some cities designate a separate lane for cyclists and pedestrians, while others cap speed limits because data shows that pedestrians and cyclists hit at just 40

miles per hour have an 85 percent chance of dying.

As in many other car-dependent states, the vast majority of the N.C. Department of Transportation's budget is focused on car-centric investment. A study conducted by the Washington State Transportation Center found that tax dollars would be best spent identifying which streets need the most attention.

The towns of Chapel Hill and Carrboro should create a similar index to identify where these streets are and allocate resources accordingly. The stretch of South Greensboro Street leading into downtown Carrboro immediately comes to mind.

North Carolina is already one of the least safe states in the United States for walking and cycling. As North Carolina's urban population continues to grow, cities and towns must find ways to safely manage their roads.

QUOTE OF THE DAY

“When she told the FixMyRoom guy that he said ‘Oh, well, if you leave boots in the closet, sometimes they just mold.’”

Liz Hinic, on the mold problem in her Avery Residence Hall room

FEATURED ONLINE READER COMMENT

“Absolutely correct. The punishment is done. All rights as citizens should be restored, including voting.”

JWJ, on giving people with criminal records federal student financial aid

LETTERS TO THE EDITOR

Kvetching board™

DTH mischaracterized Student Congress law

TO THE EDITOR:

In Thursday's paper, there was an article “Student Congress banned for-profit groups from getting student fees.” This is categorically false.

In the questions presented to me, I clearly spelled out that the legislation passed on Tuesday had no effect on how Student Government or any of its subsidiaries allocate student fees. Instead, the legislation simply made it explicitly clear that the Student Safety and Security Committee must follow the part of the Student Code that details how Student Government allocates student fees.

Last semester SSSC attempted to give funds provided by student fees to an organization that was not an official university recognized student group. They attempted this act without quorum at their meeting. Both of these actions violated the Student Code. As Congress works to make sure students receive better management of their fees, The Daily Tar Heel should take care to see that students receive better news.

Kevan Schoonover
Rules and Judiciary
Committee Chairman
UNC Student Congress

Margins and markups are both necessary

TO THE EDITOR:

In any business, retail or manufacturing, margin is important. The recent article on TOPO's proposal to allow the distillery to sell its liquor on premises got a few things wrong.

If it costs TOPO \$16 to make a bottle of vodka, they would not sell it for \$15.38. That's how much the ABC stores pay for each bottle. Either it actually costs TOPO less than that to manufacture, or they are literally giving it away without making any margin on sales.

Retail business work on markup: they pay a wholesale price for goods, and sell them at an increased “retail” price. A \$15.38 bottle cost marked up to \$28.95 can be called an 88 percent markup, or a 53 percent margin.

Gustin sold jeans \$81 wholesale. Retailers sold them \$205, a 153 percent markup or 65 percent margin. Gustin successfully eliminated the retailers and now sell direct online. But if they tried to sell their jeans to retailers, none would bite because they know their consumers would find a better deal direct than they are able to offer.

Unless you want to drive to Kentucky every time you feel like picking up a bottle of bourbon, retailers — and their markups — are a necessity.

Scott Neidich
Graduate Student,
Nutrition
Class of 2016

Send your one-to-two sentence entries to opinion@dailytarheel.com, subject line ‘kvetch.’

SPEAK OUT

WRITING GUIDELINES

- Please type. Handwritten letters will not be accepted.
- Sign and date. No more than two people should sign letters.
- Students: Include your year, major and phone number.
- Faculty/staff: Include your department and phone number.
- Edit: The DTH edits for space, clarity, accuracy and vulgarity. Limit letters to 250 words.

SUBMISSION

- Drop off or mail to our office at 151 E. Rosemary St., Chapel Hill, NC 27514
- Email: opinion@dailytarheel.com

EDITOR'S NOTE: Columns, cartoons and letters do not necessarily represent the opinions of The Daily Tar Heel or its staff. Editorials reflect the opinions of The Daily Tar Heel editorial board, which comprises five board members, the opinion assistant editor and editor and the editor-in-chief.