

## ‘They see no way out’



DTH/SARAH SHAW

Allen O'Barr is the Counseling and Psychological Services (CAPS) director and a UNC psychiatrist. CAPS provides students with brief individual therapy.

## UNC responds to mental illness with limited resources

By Carolyn Coons  
and Carolyn Ebeling  
Staff Writers

Battling anxiety and depression, former UNC student R. struggled daily to get to class and contemplated suicide last fall.

R., who has asked that her full name not be disclosed for privacy reasons, is one of many students who seek assistance from Counseling and Psychological Services (CAPS) with suicidal ideations. She is part of an even larger group of UNC students who seek therapy for a range of mental health concerns.

“There are occasions that a person’s suicidal ideations will be ramped up because of academic stress,” said Dr. Allen O’Barr, CAPS director and UNC psychiatrist. “When they come in, they see no way out but failing out or killing themselves.”

Students like R. find themselves supported and at odds with CAPS as it strives to balance limited resources with growing need.

CAPS provides students with brief individual therapy, and O’Barr said there is no limit on the number of short-term sessions students can receive. He said students’ therapy is usually resolved within four to six sessions.

However, junior Johanna Ferebee, who is a photographer for The Daily Tar Heel, said her CAPS therapist told her there was a six session limit during her sophomore year. She said she felt like the service was impersonal.

“(CAPS) should be the first organization to make you feel like you’re not alone, and I

found that my experience with CAPS made me feel more alone and more rejected than ever,” Ferebee said.

### A resource gap

Due to limited funding and space, CAPS cannot offer long-term therapy, O’Barr said.

“Every therapist who works with me wants to do long-term psychotherapy with their patients,” he said. “You really get to know someone over time. We just don’t have the funding to do that.”

There are 16 therapists providing brief therapy at CAPS and four psychiatrists who strictly prescribe medication. There is approximately one therapist for every 1,800 students, O’Barr said. If CAPS were to provide long-term therapy, he said there would need to be one therapist for every 50 students.

“I can’t even begin to tell you how tight it is,” O’Barr said. “It is almost impossible to provide long-term psychotherapy to this size population.”

A recent survey conducted by the Association for University and College Counseling Center Directors reported the average ratio of paid mental health professionals to students for a midsize university is one for every 1,864 students.

CAPS is funded in part by student health fees and session charges, O’Barr said.

The first meeting a student has to discuss medication is free, but students are charged \$85 for each additional visit, which can be

reimbursed by student insurance.

O’Barr said CAPS connects students to 251 therapists in the community who can provide long-term therapy for ongoing disorders such as depression and anxiety. Students are matched with a therapist who specializes in their needs and accepts their insurance.

When Ferebee went to CAPS, she said her therapist told her that her case was too severe to handle at CAPS and sent her to a community therapist.

“I walked out in the spring with a ripped up piece of paper with a number on it,” she said.

“It just feels like they don’t give a shit.”

### Working with CAPS

Senior Emily Wiggins said she went to meditation therapy at CAPS for a few weeks to manage her anxiety.

“The combination of speaking one-on-one with a therapist and learning how to train my mind to be still ... was so beneficial for me,” she said.

“After counseling and meditation, my grades improved tremendously, and I wanted to make friends and challenge myself to totally take advantage of my time in college.”

Last semester, R. said she regularly saw a therapist referred to her by CAPS to address anxiety. But eventually her anxiety turned into depression, which led to suicidal ideations.

R. approached CAPS about her suicidal

SEE **MENTAL HEALTH**, PAGE 5

## Students seek counseling off campus

1 in 4 students seen at UNC is referred elsewhere for therapy.

By Hayley Fowler  
Senior Writer

Most college students don’t know what a deductible is, or which questions to ask a psychologist when making an appointment for the first time.

They don’t know how much money constitutes a reasonable fee for a therapy session or which bus line goes where.

But that’s what they have to find out when they have a mental health issue that extends beyond the resources available at UNC’s Counseling and Psychological Services.

Dr. Allan O’Barr, director of CAPS, said about 25 percent of students who come to CAPS are referred to the community.

He said CAPS limited students to eight sessions until two years ago. CAPS now operates on a brief therapy model, meaning they encourage students with serious psychological issues to seek help outside of the University — but O’Barr said there isn’t a set number of sessions for students before they are referred out into the community.

“The counseling and wellness center is fantastic, but they have very limited resources,” said Dr. Ruth Bard Rampel, a Chapel Hill psychologist on CAPS’ list of community providers.

### Referring students into the community

Senior Lara Taylor, 31, said she has used CAPS since the start of the school year. Now, her CAPS therapist is helping her transition into the community.

She said she went to CAPS because she was undergoing difficult changes in her life — she transferred to UNC from Forsyth Technical Community College after her sophomore year and divorced her husband about a year later. Taylor commuted from Winston-Salem to Chapel Hill until she moved to Chapel Hill last summer, separating her from her children.

Therapists at CAPS diagnosed her with anxiety and associative depression and sent her to a psychiatrist on campus for medication, she said.

Taylor said she only has two sessions left with her therapist at CAPS, but her therapist has given her the names of two community clinicians.

“She told me that she thinks they’ll be a good fit for my personality and the therapy I like,” she said. “I’m set up to have a smooth transition.”

SEE **REFERRALS**, PAGE 5

### A CLOSER LOOK AT MENTAL HEALTH ON CAMPUS

25 percent

The ratio of students referred off-campus for help

16

Number of therapists providing brief therapy sessions at CAPS

\$85

The price without insurance for therapy after the first session

89

Psychological withdrawals from UNC last semester

1:1,800

Therapist to student ratio at CAPS

## Dental student dies in motorcycle accident

### Friends remember Sergio Acero for his hospitality and optimism.

By Jane Wester  
Staff Writer

Always ready with a smile, a kind word or a custom-made birthday cake, Sergio Acero had already mastered the art of friendship and was well on his way to mastering dentistry.

Acero, 27, was in a motorcycle accident on Estes Drive Extension near Seawell School Road at about

6:35 a.m. Saturday and later died from his injuries. The Chapel Hill police investigation is ongoing.

He was a third-year dental student at the UNC School of Dentistry.

Kiara Brown met Acero when they started dental school together in 2011.

“Sergio was one of the most generous, giving, friendliest people that I’ve ever met,” she said.

“He was always pleasant to be around, very hospitable, just somebody that you always wanted to have in your circle of friends.”

His friends said Acero’s hospitality was one of his greatest gifts.

“He would host ‘Scandal’ watch parties at his house and Super Bowl



**Sergio Acero** was a third-year UNC dental student. He died after a motorcycle accident on Saturday.

parties,” Brown said. “His house was like home to everybody that knew him.”

Both Acero’s roommate Ray Anderson and Brown said they would remember Acero’s tradition of throwing birthday parties for all

his friends, complete with creative custom-made cakes.

“The night that he died, he was hosting a birthday party for another classmate,” Anderson said.

“He went above and beyond to make sure that classmate had a great birthday. That was his only concern.”

Classmate Brian Fernandes cherished Acero’s optimism.

“He’d always be positive,” he said. “He’d always be a smiling face that you could turn to. Whenever I ran into him, I was excited to talk to him.”

Acero’s generosity extended to his professional pursuits.

Brown said Acero’s calm attitude would have made him an ideal dentist.

“He loved all his patients very dearly,” Brown said. “He took good care of them. He would play music for them when they came in, just to kind of relax them because everybody hates going to the dentist.”

Dental student Rivkah Kol said Acero’s family has yet to publicize plans for a memorial.

Kol attended an informal memorial at the site of the accident Sunday.

“They brought flowers, and there were some pieces of the bike still there, and so they kind of put it all together,” she said. “But it was an informal thing that his friends did.”

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Dog owners in deep doo-doo

From staff and wire reports

Sorry — actually, not sorry — to all those imbeciles who thought they could get away with not picking up their dogs’ poop at public parks, leaving a mess for landscapers and unsuspecting folks trying to enjoy a picnic. They could soon be facing steep fines in thanks to a new, widespread initiative to DNA test dog poop.

In places like Naples, Italy, and in communities in 43 states across the nation, pet owners must register their dogs to have cheek swabs or blood samples taken. DNA collections are then compared to found poop.

Yeah sure, picking up dogs’ poop is disgusting, but just do it. Also, how does it work out that the saying is “man’s best friend” when dogs are the ones who have humans wrapped around their pretty little paws, anyway?

**NOTED.** Internet memes are all fun and games until one files a lawsuit.  
Meagan Simmons, a Florida woman, got a taste of fleeting fame after her mugshot following a 2010 DUI arrest became known as the “attractive convict meme.” Now she’s suing a website for displaying her mugshot in ads without permission.

**QUOTED.** “In recent weeks I have not been hungry at all. I’m hoping it’s the final stage before I can subsist on air and light alone.”  
— Valeria Lukyanova, a Ukrainian model who is one of several women to recently want to become a real-life Barbie. Can we just ban these dolls already?

COMMUNITY CALENDAR

**TODAY**  
**Yoga in the Galleries:** Unwind from your Monday by enjoying a yoga session in one of the Ackland Art Museum’s beautiful galleries. Beginners are welcome. Yoga mats are provided, and comfortable clothing is suggested. Free for Ackland members; \$5 for everyone else.  
**Time:** Noon - 1 p.m.  
**Location:** Ackland Art Museum

**TUESDAY**  
**Classic Carolina Tour:** Those curious about the landmarks and traditions of the University can learn more about them in a walking tour.  
**Time:** 3 p.m. - 4 p.m.  
**Location:** UNC Visitors’ Center

**UNC men’s basketball vs. Notre Dame:** Cheer on the Tar Heels as they take on the Fighting Irish in the last home game of the season. If you weren’t selected to in the student lottery to receive tickets, available seats will be filled by students at the start of the game. Students may enter the stand-by line no earlier than one and a half hours before tip-off.  
**Time:** 7 p.m. - 9 p.m.  
**Location:** Dean Smith Center

**2015 MCAT Changes:** Are you a current freshman or sophomore wanting to go to medical school but still don’t quite understand the new changes to the MCAT entrance exam? Stop by this information session put on by University Career Services to learn how these changes could impact you and what you can do to better prepare for them.  
**Time:** 4 p.m. - 5 p.m.  
**Location:** Hanes Hall Room 239

**Love Alone (Play):** After a routine medical procedure goes horribly wrong, tragedy will connect and transform the lives of both the patient’s family and the doctor. Both must navigate the difficult areas of loss, anger and humor in order to reach healing. Tickets range from \$15 to \$55. The show will run every day until March 16.  
**Time:** 7:30 p.m. - 9:30 p.m.  
**Location:** Paul Green Theatre

*To make a calendar submission, email calendar@dailytarheel.com. Please include the date of the event in the subject line, and attach a photo if you wish. Events will be published in the newspaper on either the day or the day before they take place.*

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FUN IN THE SUN



DTH/MATT RENN

E lana Wong, a junior psychology major and resident adviser, plays sand volleyball outside of Connor Residence Hall Saturday.

“Volleyball with friends and co-workers is a great study break, especially on such a beautiful day,” she said.

POLICE LOG

- Someone committed breaking and entering at a residence at 329 S. Estes Drive at 9:35 a.m. Thursday, according to Chapel Hill police reports.  
The person entered an apartment after being evicted, reports state.
- Someone stole a scooter at 103 Essex Drive at 11:35 a.m. Thursday, according to Chapel Hill police reports.  
The scooter was valued at \$1,000, reports state.
- Someone disturbed the peace and trespassed at 1500 E. Franklin St. at 2:50 p.m. Thursday, according to Chapel Hill police reports.  
The person created a disturbance over medication at Walgreens, reports state.
- Someone reported loud music at 2 Clark Court between 11:30 p.m. and 11:34 p.m. Thursday, according to Chapel Hill police reports.  
There was loud music and talking at a residence, reports state.
- Someone committed armed robbery at 206 W. Franklin St. at 1 a.m. Friday, according to Chapel Hill police reports.  
The person pointed a gun at the victim outside of Fitzgerald’s Pub and took her cell phone and \$50 in cash, reports state.
- Someone committed possession of marijuana with intent to sell or distribute at 200 N. Greensboro St. at 12 p.m. Thursday, according to Carrboro police reports.  
Police officers discovered several small bags of a green vegetable substance in the person’s backpack that they believed to be marijuana, as well as a metal grinder used to consume the material, reports state.
- Someone reported an animal running at large at 209 Barnes St. at 1:52 p.m. Thursday, according to Carrboro police reports.

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# Triangle considered for Google Fiber

**The new technology could impact health care and software development.**

**By Zoe Schaver**  
Staff Writer

Carrboro and Chapel Hill might soon be among the few U.S. cities with access to some of the highest-speed Internet in the country — technology that could change the face of health services and software development in the area.

Last month, Google announced it might bring fiber-optic networking to 34 cities for internet and television service as part of its Google Fiber project.

“If we get to be one of these regions, we’ll be able to see the future of the Internet first,” said Ted Zoller, the director of the Center for Entrepreneurial Studies at UNC’s Kenan-Flagler Business School.

Zoller said Google is currently the

only company in the country able to provide Internet service 100 times faster than broadband companies like Comcast, something he said could greatly benefit research at UNC.

He said this would vastly improve data processing, providing the opportunity to create more complex software and even to advance healthcare services in the region.

“You can get almost supercomputing functionality,” Zoller said. “We could actually solve huge human health problems, make next generation drugs, solve inefficient clinical processes.”

Carrboro Mayor Lydia Lavelle said the towns will know in a few months if they are officially selected to receive Google Fiber’s technology and infrastructure.

“It’s an exciting opportunity, but we’re taking it slowly because we want to make sure what they’re bringing to us is right for our community,” she said.

She said the towns will need to determine whether they have the

capacity to support the new infrastructure. The mayors and staff of the towns will meet with Google staff, who will perform a city study to examine factors necessary for construction of the new fiber-optic networks.

Chapel Hill Mayor Mark Kleinschmidt said the towns hope to incorporate Google Fiber into their existing infrastructure.

“Chapel Hill has fiber in the ground that we installed when we upgraded our stop lights, so we’re hoping that’s going to be something that can facilitate this,” he said.

The town will then have to produce a fiber-ready checklist including information related to legal permits, planning and construction, due to Google by May 1.

Kleinschmidt said low-income residents will be able to easily access the fiber-optic network.

“Chapel Hill and Carrboro are leaders on advocating for service that bridges the digital divide,” he said. “We’re vigilant in advocating for everyone to have access to infor-

mation infrastructure.”

In the three cities where Google Fiber is already up and running, like Kansas City, Mo., its lower-speed service is free to residents, provided they pay a \$300 charge for construction. The construction charge is payable as a lump sum or in installments.

The cost of high-speed service — \$70 per month — is comparable to or lower than high-speed plans currently provided by broadband companies in the area, Kleinschmidt said.

Brian Russell is the chairman of Orange Networking, an organization that seeks to provide equal access to the Internet for all. He said town officials should be careful in allowing a private telecommunications company to use public infrastructure.

“If the town of Chapel Hill wanted to require that any (telecommunications company) using public fiber infrastructure must provide an affordable service to those who can’t pay for a market rate service, the town would have no legal recourse to do so,” he said in an email. “There

is a long history in North Carolina of (telecommunications companies) making promises they do not keep.”

Zoller, who is a senior fellow at the Kauffman Foundation in Kansas City, said Google Fiber’s presence there drew dozens of new developers and entrepreneurs, culminating in the creation of an entrepreneurial hub called Kansas City Startup Village.

“We could become a very cool place to build software and media products,” he said.

Chris Kielt, chief information officer at UNC, said a switch to Google Fiber would supplement an existing movement in North Carolina to be on the cutting edge of technology.

“You have an extraordinary concentration of great communities here — the Triangle is an area of innovation,” he said. “We have an extraordinary amount of technology and entrepreneurial activity going on here. Plus we have extraordinary universities that are doing great research.”

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## PARTYING FOR PAWS



DTH/ANI GARRIGO

Paw-Di Gras is the first Mardi Gras themed fundraising event by the Paws4Ever organization, a Mebane adoption agency that rescues dogs.

## Paw-Di Gras raised money for a Mebane animal shelter

**By Bailey Mathias**  
Staff Writer

While revelers in New Orleans will celebrate Mardi Gras on Bourbon Street this week, animal lovers in Chapel Hill celebrated Paw-Di Gras on North Fordham Boulevard Friday.

Masks, dancing, music and a passion for all animals with paws were present at the Paw-Di Gras event to benefit the Mebane animal shelter, Paws4ever.

Paws4ever is a guaranteed-adoption animal shelter for cats and dogs that helps its animals through training.

The organization hosted Paw-Di

Gras — a masquerade dinner, auction and dance Friday evening at the University Inn Ballroom with music provided by Raleigh band Liquid Pleasure.

Dozens of attendees could bid on a variety of items ranging from a Top of the Hill gift card to gift baskets or even a fall week at Figure Eight Island. The Paws4ever raffle included King and Queen Paw-Di Gras masks.

Local artists created masks to help raise money for the cause. Many of the artists participated because their families share a love of animals.

“My child adopted several rescue Boxers,” FRANK gallery artist Barbi Dalton said.

Dalton said she designed four or five masks for the event. She said she thought the timely Mardis Gras theme was clever.

This is the first time Paws4ever has hosted a Mardi Gras themed event, but the group has hosted a walk for animal protection in the past.

Paws4ever promises to take care of an animal if one day an adoptive family can no longer care for their adopted pet.

“We commit to our animals for the rest of their lives,” Paws4ever Executive Director Laura Griest said.

Griest said the shelter rescues animals from other shelters that have been there the longest and

need Paws4ever the most.

The shelter and sanctuary is located in Mebane on 50 acres dedicated to a learning center for training dogs and an adoption center.

The sanctuary gives animals proper exercise and teaches them how to react to a household environment in the home space at the organization.

The sanctuary also helps its animals become adapted to household situations that can be upsetting to animals, like a vacuum running.

“This makes their transition less stressful and allows them to be exposed to the home environment,” Griest said.

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## NC reviews teacher pay

**Almost 50 percent of voters support salary increases for teachers.**

**By John Thomas**  
Staff Writer

N.C. voters are warming up to the idea of merit-based teacher pay, while people who work in education are more skeptical.

Nearly 50 percent of N.C. voters support salary increases for teachers based on performance, according to a poll released last week by BestSchoolsNC, a newly-formed organization to promote better education in North Carolina.

According to the same poll, 41 percent support across-the-board salary increases.

Teacher pay has become a contentious issue in the state, and discussion about the issue was renewed when Gov. Pat McCrory announced last month a two-year plan to raise pay for teachers with less than 10 years of experience.

“There’s a consensus that most voters in North Carolina believe that teachers should be paid more,” said Tammy Covil, executive director of BestSchoolsNC. “But at the same time, there’s also an expectation of performance.”

North Carolina ranked 46th in teacher pay in 2013.

Mark Jewell, vice president of the N.C. Association of Educators, said an across-the-board salary increase encourages administrators to treat teachers fairly, which is not the case with merit-based pay.

He said teachers who take on extra responsibilities and leadership positions should be rewarded for their hard work through promotions, not salary increases.

Jeffrey Nash, spokesman for Chapel Hill-Carrboro City Schools, said he does not support salary increases based on merit because it promotes unhealthy competition among teachers.

“I don’t know of any educators who think merit pay actually works,” he said. “We’re trying to make sure that our teachers are collaborative rather than competing against one another for bonuses.”

The poll also showed that 60 percent of North Carolina voters support McCrory’s plan to raise beginning teacher pay.

Jewell said he believes the plan is a good start, but thinks it will treat tenured teachers unfairly.

“What the governor basically said to teachers who are veteran teachers in North Carolina is, ‘We’ll get back to you experienced teachers later,’” he said.

McCrory said last month that there would be more education reform when the state legislature reconvenes in May.

But Nash said North Carolina is losing well-qualified teachers who can get jobs in other states where pay is higher.

Jewell said the state should allocate more resources toward improving the public education system.

“North Carolina has always had world-class public education,” he said. “We have to have the very best and brightest and that’s going to take money and resources.”

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## Student ‘hackers’ spend day creating apps

**More than 250 students from across the Southeast participated in the event.**

**By Danny Nett**  
Staff Writer

From the time registration opened at 11 a.m. Saturday, laptop screens were casting shadows on every corner of Sitterson Hall’s bottom floor.

Starting at 1:30 p.m. Saturday and ending 1:30 p.m. Sunday, the computer science building was abuzz with technical jargon while organizers in purple HackNC shirts floated between the teams of student programmers. The 24-hour event marked the Triangle’s largest ever hackathon, representing UNC, Duke University, N.C. State University and several other southeastern colleges.

“There are a lot of these events that are popping up all over the place, and we thought it would be really cool if there were one definitive hackathon for the Triangle,” said lead organizer and applied science major David Spanos.

“The purple shirts are a combination of N.C. State’s red and Duke and UNC’s blue.”

Spanos said although UNC has had three or four hackathons, HackNC is the largest by far, with 121 participants and several sponsors like Innovate@Carolina, Google and BitPay, a company that contributed \$10,000 of HackNC’s total \$18,000.

He said teams of students are given 24 hours to create and program their ideas, which are then judged by organizers and sponsors to determine who receives cash prizes and giveaways. The winning team developed “Gotcha,” an Android application that alerts the user when you have lost your phone and provides better battery information.

“Hacking is really kind of a jargon term for programming applications really quickly,” said Matt Leming, an organizer of the event.

“People have produced a lot of cool stuff, like the ‘Like’ button on Facebook was produced at a hackathon, and there’s some really creative stuff going on out there.”

Virginia Tech seniors Mohammed Davoodi and Darius Emrani, who attended the event, said they were designing a program to work as a Yellow Pages for people transferring bitcoin, a type of digital currency. They said current addresses for bitcoin are long and confusing, so they were trying to build a way to look up



DTH/JOHANNA FEREBEE

UNC students Amelia Riely (left) and Joao Ritter show their application that helps students find available parking on campus at the HackNC in Sitterson Hall.

people and pay them directly.

“This is the perfect atmosphere to sit down and just be focused and get work done,” Davoodi said. “There are just so many distractions at home. I need incentive to sit down and do something.”

Other teams took their ideas in different directions, using the designated time for developing more social applications.

Computer science master’s students Zach Cross, Mike Rooney and Nick Bartlett decided to participate in HackNC because they had not

been to UNC’s previous hackathons and thought it would be a good experience before graduating. They designed an application that would take students’ locations and alert them to nearby events on campus.

“If there’s an event in the building to the left of you, you’d never know it,” Bartlett said.

“The idea is that by giving your location from your phone, we can find events near you, and maybe based on your interests, recommend events.”

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**Brendan Nally**  
One Big Bar Crawl

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# How I rushed ‘The Frat’

So a friend recommended this new local spot to me, called “The Frat.” She said it was different from most places you would find around Chapel Hill, but insisted that I’d have a good time. I had never heard of such a place before, and so this past weekend, I decided to give it a try.

As I walked down Medium Fraternity Court looking for this mystery dive, I began to hear Drake’s hit “Started From the Bottom,” and I knew that I had to be at the right place.

I strolled up to the front and was greeted by two gentleman, who asked, “Are you rushing?”

At first I was confused. I wasn’t planning to rush through my Saturday night, but then it hit me! These guys must really care about studying, so much so that they rush through their social time just to get back to the books. I eagerly said “yes” and walked through the front door.

I began to observe the scene and make notes. The place was massive and the floors needed a serious cleaning. The walls were decorated with framed photos and everyone seemed to be having fun.

I was most intrigued by the so-called regulars in attendance. The men were loud and clumsy with patchy facial hair — one in particular smelled like my grandmother’s basement.

They dressed alike, too, each wearing a similar ensemble including a pastel polo, backward cap, boat shoes and salmon colored shorts.

Never before in my life had I seen so much pale hairy man-thigh in one room. Who even likes pale hairy man-thigh?

I then took note of the ladies. Over all they seemed to be slightly younger than most women you would find at bars. I stopped to speak briefly to one girl waiting in line for the bathroom. She introduced herself as Mary Ann Margaret and our conversation quickly ignited:

“How many calories are in a shot of Mango Burnetts?”

“Um, I’m not sure. It can’t be that many,”

“Yeah you’re probably right. Is Burnetts a carb? I’m trying not to eat carbs.”

“No, I’m pretty sure it isn’t.”

We soon parted ways, and I decided now would be a good time to sample some of the drink specials. Unfortunately, I couldn’t seem to find any bartenders and from the looks of it, most customers were taking cups and helping themselves. Must be a self-serve bar!

There were two primary options for drinks on the menu: unidentified keg beer and a fruitily blue mixed drink served out of a plastic storage container. It was quite unorthodox, but I was excited to try.

The mixture tasted somewhat like Pepto-Bismol mixed with lime juice, sugar and chlorine. Not what I initially expected, but it had me coming back for more.

I ventured around the establishment a bit more, played beer pong with some guy named Chad and soon enough it was 1:30 a.m. As Wagon Wheel began to play for the fourth time that night, I decided it was getting to be late and figured I should head home to study a bit before hitting the hay.

I really enjoyed my first time “rushing,” and can guarantee you, it won’t be my last!

**3/4: ATHLETIC APATHY**  
Meredith Shutt on living with an apathy of sports at UNC.

EDITORIAL CARTOON By Mark Viser, mviser@email.unc.edu



EDITORIAL

# Permitting progress

## Reforms will revitalize a critical housing market.

Chapel Hill is widely considered a well-developed and innovative town, but for those in its housing industry, the task of renovating or developing residences should not be an arduous one due to obtaining proper permits.

The town’s department of planning should be commended for the work it has done to fix this issue.

Fortunately, town officials continue improving the housing development system, while locals in the housing market work with them to refurbish the process of obtaining permits.

Last spring, a group of town employees began working on streamlining and changing the development review and permitting process.

The group’s recommendations were piloted and have since been incorporated into the system, eventually to come to fruition in coming months.

The launch of a combined zoning compliance and building permit application will increase overall efficiency within the permitting processes.

Cross disciplinary review teams will meet weekly to review applications and housing department staff are now cross trained, allowing varied questions to be answered on the spot.

Such measures meet Chapel Hill’s needs, revitalize the housing market and will not exhaust the time of developers.

EDITORIAL

# Don’t throw it out

## Standardized test scores should still be considered.

The ability of standardized test scores to be a reliable indicator of high school students’ collegiate success has been under question for many years. More than 800 universities have test-optional admissions policies. As North Carolina universities navigate this issue, UNC should continue to require some sort of standardized test for all undergraduate applicants.

College admission officers have stated that a combination of test scores and other criteria, such as community involvement, paints a clearer picture of an applicant’s potential success at a university than any single factor. UNC’s undergraduate admissions office has explicitly said that test scores may never make or break a prospective student’s application.

However, it is not fair to say that the ACT and SAT standardized tests are without merit in reflecting the ability of a prospective student. It’s naive to believe

that the test taking abilities that are measured by standardized test scores are not crucial skills for any successful college student.

Standardized tests scores are not and should not be the ends all be all of college applications. The largely criticized No Child Left Behind Act has spotlighted the many deficiencies of standardized tests. But so long as they help illustrate an applicant’s strengths and weaknesses in some way, standardized test scores should continue to be part of UNC’s required application.

EDITORIAL

# More the merrier

## General education requirements have a place.

UNC undergraduate students have the opportunity to take a wide variety of classes — something that has come under fire recently from the Pope Center for Higher Education.

The Pope Center criticized the breadth of the classes available to undergraduates in a report published in the fall, and recently, chairman Arch T. Allen addressed an open letter to alumni encouraging them to voice opinions about the current general education requirements.

While a variety of voices have and will continue to influence UNC and its path forward, it is important to note that the general education requirements put in place for undergraduates are there for a reason: to prepare students not only for future jobs but for the rest of their lives.

General education

requirements might seem broad and demanding at some points, but they are warranted and created with the best of intentions.

The variety of classes UNC students take enables them to be prepared for a wide range of careers. Students today face a job market that is extremely competitive and full of change.

In the past, graduates may have been able to narrowly focus their education on a specialized career. Today’s economy is a stark contrast. It is one that is constantly changing and constantly demanding more of employees.

Most UNC students will change their jobs and their careers multiple times over their lives. If UNC narrowed its undergraduate education, students would not be properly prepared to deal with this change.

In the Job Outlook 2012 survey conducted by the National Association of Colleges and Employers, more than two-thirds

of employers said they wanted colleges to teach students how to communicate effectively, both verbally and in writing. Other sought-after skills included critical thinking, complex problems and interpersonal skills. The wide range of courses at UNC helps ensure that students have these skills.

Furthermore, every single course that satisfies a general education requirement goes through a vigorous process for approval by UNC faculty. This is important as they are the people who know how students learn, what ways they learn best and what will enable them to succeed in the future.

Lastly, college should be a place where students have the opportunity to discover what they are passionate about and to take courses that challenge them. It would be a disservice to everyone involved, both inside and outside the University, if a political agenda impeded students from getting the education they deserve.

QUOTE OF THE DAY

“He would host ‘Scandal’ watch parties at his house and Super Bowl parties. His house was like home to everybody that knew him.”

Kiara Brown, on dental student Sergio Acero, who died Saturday

FEATURED ONLINE READER COMMENT

“Thank goodness! I’ve hated this commercial since it aired. Can we get some Charles Kuralt narration of his bicentennial speech?”

RG, on the rethinking of the ‘Minds on a Mission’ commercial

LETTERS TO THE EDITOR

## Meningitis can be a danger to residents

TO THE EDITOR:

Earlier this week, The Daily Tar Heel reported on a local high school student’s death by meningococcal disease.

It is always heartbreaking to hear about tragedies like this.

When facing premature deaths, it is often difficult to appropriately report on and console those most affected.

The article closed with a quote from Stacy Shelp, an Orange County Department of Health spokeswoman, writing off the tragedy as something with “not a lot of need for community concern.”

I am a personal survivor of spinal meningitis. While this high school student’s tragic death was different in the way that it was caused by bacteria affecting the blood stream rather than the meninges (the membrane protecting the spinal cord and brain), it does not mean that there is little need for community concern.

This bacterium is not easily transmitted, but it does kill 11 percent of those infected. This infection is often overlooked as the flu; however, after about 24 hours it has been known to be lethal.

A simple Google search of meningitis results in its symptoms and a band of survivors working towards advocacy.

Many survivors suffer from kidney and brain damage or even loss of limb at the hands of the disease.

This tragic loss of life should be respectfully utilized as an opportunity to advocate for the meningitis vaccine.

I am deeply saddened by East Chapel Hill High School’s loss, and I hope to see a better sense of awareness in the community and through the Daily Tar Heel.

Nicole Maltrotti ’17  
Undecided

## Some ideas for fresh food on campus

TO THE EDITOR:

In regards to the editorial, “The University is in need of fresh food options,” I wholeheartedly agree that access to fresh food would benefit the students of Chapel Hill.

Moreover, a grocery store or farmer’s market would make eating healthy much easier for those without continual access to dining halls.

But in the short term, something as simple as a fruits and vegetables stand could help students gain access to healthy options and also add variety for those who tire of the endless melon and pineapple mixes in the dining halls or whose only choice if they want something to-go is a

banana.

Another option would be to install a fruit and vegetable oriented shop in the Student Union.

It would not compete with Alpine Bagel for business, as they sell two different types of food, and they could actually accrue some of each other’s customers.

Implementing any long-term beneficial solutions to this problem will require more than just student participation.

The University itself must make a change in order for real progress to happen.

Jacob Arett ’17  
Psychology

## A good neighbor goes a long way

TO THE EDITOR:

No one wants an adversarial relationship with a neighbor.

Andrew Powell should encourage tenants who exceed occupancy limits to be considerate and respectful.

This will have far greater impact than attempting to repeal the law.

The town of Chapel Hill gets revenue from tax-paying homeowners.

The ordinance is in place to protect their interests. If change is needed to expand housing opportunities for students, create a proposal to re-zone specific neighborhoods for higher occupancy.

For four years, I have lived in a Chapel Hill neighborhood where homes sell for \$350,000 to \$1 million.

From 2010-12, a fraternity occupied the single-family home next door.

Despite numerous police visits for late night noise ordinance violations, vandalism to my property, and cars blocking my driveway access, town of Chapel Hill personnel took no action to verify the number of occupants or their relationship.

It took a mediation with the Office of Fraternity & Sorority Life and Community Involvement to motivate the fraternity to relocate.

The following year, six undergraduates moved in with four dogs.

Luckily, the guys were friendly, considerate neighbors.

Because I was never disturbed by late night festivities and had no issues with parking or vandalism, I had no desire to enforce the excessive occupancy ordinance.

Today, at least seven unrelated people live next door.

Because they are respectful neighbors, I’m not bothered by the violation.

My advice to students living in single-family housing is to follow the golden rule, “do unto others as you would have them do unto you.”

Monica McCarty  
Chapel Hill, N.C.

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 Street, Chapel Hill, N.C. 27514
- E-mail: 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 is made up of eight board members, the opinion editor and the editor.



## MENTAL HEALTH

FROM PAGE 1

thoughts and wanted to withdraw. She was able to that day.

“They didn’t give me any trouble with it,” R. said. “For me, what I needed was to leave. When I came in it was the day after I had this really low, suicidal moment.”

In the 2010-11 academic year, 98 students withdrew for psychological reasons. This number jumped to 180 and 168 for the 2011-12 and 2012-13 school years, respectively. Last semester, there were 89 psychological withdrawals.

CAPS can help academic stress by putting a student on an exam excuse list, taking an incomplete or withdrawal.

### Responding to students

Withdrawal is not always the first response to students with suicidal ideations.

Responding to a suicidal student involves different arms of campus, including housing, Campus Health, Department

of Public Safety and the Dean of Students Office.

“We create a plan on a case-by-case basis,” said Associate Director of Housing and Residential Education Rick Bradley. “It is certainly the health professionals who take the lead with that.”

Bradley said housing works with other departments if there is a suicidal student in a dorm.

“(For ideation), RAs have a full-time community director on call 24/7 and their initial call is to that person,” he said.

If there is an attempt, Bradley said DPS is contacted immediately and the student is transported to the ER.

Randy Young, spokesman for DPS, said almost half of the officers have gone through Crisis Intervention Training, a 40-hour, week-long course.

DPS’ main concern is the safety of the student, he said.

“We do not make determinations of mental and physical sickness,” he said. “We make a determination as to whether in the field the person is a danger to themselves or others.”

Young said DPS does not have standard policies to handle mental health emergencies.

“We approach everyone as different than the last,” he said. “This takes all shapes and forms, and we are constantly educating and re-educating our staff in how best to deal with the situation on the ground.”

### In the legal spotlight

Lewis Bossing, senior staff attorney at the Bazelon Center for Mental Health Law, said mentally ill students have rights under the Americans with Disabilities Act and Rehabilitation Act.

“The technical definition of a disability is that you are significantly limited in a major life activity — this could be studying, concentrating, getting along with others, sleeping, working,” he said.

Bossing said mentally ill students can go to the disabilities office and identify themselves as a student with a disability in order to receive accommodations such as a

change in class schedule.

“If you have to have treatment at a certain time of day and take a different section of a certain class, then that might be an accommodation that is very reasonable in the sense that it doesn’t really cost anything,” he said.

Many times when university personnel notice a student is exhibiting atypical behavior that could signal a mental illness, Bossing said there might be a request that a student seeks treatment or take a leave of absence in order to do so.

In a recent essay in Yale University’s student newspaper, a student said she was asked to leave Yale after disclosing suicidal thoughts.

“The problem for us when students come to us is when they’re being asked to do something that they don’t want to do, like go on some sort of leave or sign some sort of behavior or treatment contract,” Bossing said.

A university can justify mandatory withdrawal if a student is a direct threat to themselves or

others, he added.

Dean of Students Jonathan Sauls said students are never asked to leave UNC for mental health reasons.

“Our institution takes a lot of pride in helping students wherever they are in whatever continuum,” he said.

Bossing said students are sometimes asked to share their treatment plan or information about it in ways they find invasive to their privacy,

which can be a violation of the ADA and section 504 of the Rehabilitation Act.

He said he feels universities still see students with mental health issues as liabilities.

“They have had to face more heat when someone gets hurt than they have to face heat when someone is discriminated against on the basis of disability,” he said.

university@dailytarheel.com

## REFERRALS

FROM PAGE 1

But N., a UNC senior who asked to remain anonymous for privacy reasons, said CAPS’ referral process was inconvenient for her.

N. said CAPS clinicians told her she was showing signs of post-traumatic stress disorder during her first visit in January 2012. After her second session with CAPS, a counselor referred her to different places in the community for long-term therapy.

But she said CAPS didn’t consider her insurance coverage, and she didn’t immediately pursue any treatment.

She returned to CAPS a year later, and a counselor there helped her narrow her options by finding a cognitive psychologist who held Saturday sessions and was located on a bus route.

But travel was time-consuming, and N. said she wasn’t ready to tell anyone she was seeing a psychologist. She never met with any clinician outside of the University.

“It’s a lot of stress for someone who doesn’t really want to add stress to their life,” she said.

Dr. Judi Oleski, a Chapel Hill psychologist who works primarily with college students, said college is the most transitional period of someone’s life — and with transition, comes a lot of stress.

Rampel said the process of finding a clinician is overwhelming, even for a seasoned adult, because many college students have no experience.

She said to ease the process, CAPS will sometimes write a script for students to follow on the phone with insurance companies or counseling offices.

Oleski said she has had a longstanding, positive relationship with CAPS.

But Rob Danzman, clinical director and founder of Fonthill Counseling in Chapel Hill, said CAPS doesn’t take advantage of some resources in the community.

“They just don’t seem interested ... which is unfortunate,” he said. “We can make their job a lot easier.”

Fonthill builds support teams for patients, made up of case managers, therapists and psychologists — from Fonthill and others in the community.

O’Barr said there are 251 community clinicians to which

CAPS refers students, but he couldn’t disclose the whole list. Danzman said Fonthill is on that list, but he has not seen any referrals from CAPS.

“We know there are thousands and thousands of students there, and statistically, a lot of them need help,” he said.

### The cost of treatment

T., a UNC student who also asked to remain anonymous, sought help at CAPS at the end of her freshman year after having trouble adjusting to college.

She said she had two sessions with a CAPS counselor before she was given five names of therapists in the community.

She said after a month of therapy in the community, she went back to CAPS for the psychiatrist, where she was formally diagnosed with a form of bipolar disorder.

She said she has had a positive experience working with her psychiatrist.

“When you have a mental illness, there’s the whole fear of losing control of yourself,” she said. “I still have control of myself and my health.”

She said she stayed in therapy for a year, but still sees her

psychiatrist when necessary.

T. said her insurance covers most of CAPS’ psychiatrist fees as well as the cost of therapy in the community.

Rampel said she accepts most insurance plans, but coverage varies among clinicians.

Some practices will lower the fee per session, based on patient’s income and whether they have insurance, to \$50.

Without insurance, the price is about \$150 a session.

“If you’re really going to someone who is good and is really helping you ... then it’s a service worthy of spending money on,” Rampel said.

Dr. Barbara Lowe-Greenlee, who runs her own practice in Chapel Hill and once worked at CAPS, said copays for people with insurance average \$20 to \$30 per session.

Greenlee said community practices allow students time to develop a trusting relationship with their therapist — time that CAPS can’t provide for each student.

“We want to put ourselves out of work with each client,” she said. “That’s the goal — to work ourselves out of a job.”

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GPSF presents UNC’s annual

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Tomorrow

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Student Union Great Hall (2<sup>nd</sup> floor)

Come see posters & oral presentations featuring research from all across campus!



# 'Origami Yoda' books shape up at Flyleaf

By Sarah Vassello  
Staff Writer

As the Star Wars jedi master Yoda once said, "Pass on what you have learned."

Now, children's author, illustrator and origami crafter Tom Angleberger is doing just that through his book series "Origami Yoda."

"Absolutely everybody can learn (how to fold) Yoda," he said. "If you think you can't, you need to come see me because I absolutely promise that I can teach you."

Chapel Hill locals will have the chance to do so today at Flyleaf Books when Angleberger promotes "Princess Labelmaker to the Rescue!," his sixth in the Origami Yoda series.

The book series is about a group of children who use origami Star Wars characters to help navigate the social and academic minefields of middle school, exploring everything from the "War against the FunTime Menace" to defeating the "Dark Standardized Testing Forces."

"It's just a book about kids who love Star Wars and origami and goofing around and all that stuff, and Origami Yoda has been helping them with various problems throughout the book," Angleberger said.

But Angleberger said that in "Princess Labelmaker to the Rescue!," Princess Leia takes the main stage, becoming the only hope for the kids. Due to the origami twist, Princess Leia becomes Princess Labelmaker, a character who sends secret messages throughout the school with her labelmaker.

Angleberger's process for his books includes writing the story, creating the origami character for the front cover, illustrating the book and writing instructions for the reader to create his or her own Star Wars origami character.

Although Angleberger is not a local author, Flyleaf Books jumped on the chance to host the Virginia native because of his passion for fun and his regard for the unexpected.

"I think with a lot of literary events, you expect them to be quiet and contemplative and

## LEARN TO FOLD YODA

**Time:** 4 p.m. to 5 p.m. today

**Location:** Flyleaf Books at 752 Martin Luther King Jr. Blvd.

**Info:** [bit.ly/1pR15qM](http://bit.ly/1pR15qM)

really more of a library-type setting," said Linnie Greene, marketing manager for Flyleaf. "With Tom Angleberger, it's really never like that."

Angleberger's devotion to the New York Times best-selling series not only has the approval of booksellers, but of Lucas Films, which partners with Abrams Books publishing company to promote the series to the larger Star Wars fan base, using the Star Wars website, fan forums and the Star Wars Insider Magazine.

"Lucas (Films) has been a big supporter of the series from the beginning," said Susan Van Metre, senior vice president and publisher for Abrams Books For Young Readers.

Despite the huge success of the series, Angleberger's goal remains simple: teach kids



COURTESY OF LAURA MIHALICK

Tom Angleberger, children's author, illustrator and origami crafter, will be at Flyleaf Books to promote "Princess Labelmaker to the Rescue!" the sixth book in the Origami Yoda series.

the techniques of origami in a way that's fun for everyone.

"It's been amazing. The kids — I call them the SuperFolders — as soon as they finish the books they start folding and they fold

Origami Yoda, but then they fold their own stuff. Then they want to take a picture of it and send it to me, so I have thousands and thousands of pictures of origami," he said. "I love hearing from these

kids and seeing the stuff they've done, starting with the same idea that I started with — just combining origami and Star Wars."

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**Display Classified Ads:** 3pm, two business days prior to publication

## Announcements

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## Child Care Wanted

AFTERSCHOOL, SUMMER BABYSITTER for 6 and 9 year-old girls in Chapel Hill. Some driving to activities. Afterschool May thru June 12; part-time or full-time thru early July. [annaliesedolph@gmail.com](mailto:annaliesedolph@gmail.com).

PART-TIME BABYSITTER NEEDED: We are looking for a babysitter to care for our 2 daughters on W/Th 9am-5:30pm. Weekend babysitting is also a possibility. [amy@wellnesshealthcoaching.com](mailto:amy@wellnesshealthcoaching.com).

DRIVE KIDS TO SPORTS: Thursday afternoon driving my young teenage girl to sports practice. Possibility for other afternoons. \$15/hr 1 hour minimum guarantee. Excellent driving record and own car. Email: [northchapelhillmom@gmail.com](mailto:northchapelhillmom@gmail.com).

PART-TIME BABYSITTER for fun 2 year-old. M-Th. Pick up downtown Durham at school, watch during nap time. 12:30-2:30pm. Stay until 5:30pm or drop in at Southpoint. Pay negotiable. Reliable car, driver's license needed. [hope.alfaro@gmail.com](mailto:hope.alfaro@gmail.com).

SITTER, DRIVER NEEDED M/Tu pick ups 5pm drive to activities. Mondays 5-8pm. Tuesdays 5-6:30pm. \$15/hr. Must be reliable driver. Email to [familyemaildurham@gmail.com](mailto:familyemaildurham@gmail.com).

## Announcements

## Child Care Wanted

FULL-TIME BABYSITTER NEEDED: We are looking for a babysitter to care for our 5 month-old and our 5.5 year-old daughter who is in kindergarten until 2:30pm. [amylippmann@gmail.com](mailto:amylippmann@gmail.com).

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with resume.

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The Carolina Club is seeking a breakfast, lunch server. M-F 7:30am-2:30pm. Must be reliable, punctual, energetic, friendly. Apply in person. 919-962-1101.

CAROLINA STUDENT LEGAL SERVICES is seeking candidates for its legal assistant position to begin July 15, 2014. Duties include typing, filing, reception, book-keeping and legal research. Knowledge of Microsoft Office is a must. Knowledge of Macintosh computers and website development is helpful but not required. This is a full-time position, M-F, 8:30am-5pm, requiring a 11.5 month commitment starting on July 15, 2014 and ending on June 30, 2015. Perfect for May graduate who wants work experience before law school. Mail resume with cover letter as soon as possible but no later than March 16, 2014 to Dorothy Bernholz, Director, Carolina Student Legal Services, Inc., PO Box 1312, Chapel Hill, NC 27514. CSLS Inc. is an Equal Employment Opportunity employer.

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### If March 3rd is Your Birthday...

Prosperity comes with time-tested methods and creative collaboration this year. Domestic bliss occupies you until August, when service, work and health take the spotlight. Launch bold initiatives after 7/20. Young people inspire you to pursue fun and passion. This strengthens your heart.

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 7 -- There's no room for padding. Choose your words carefully. Meditation leads to a brilliant insight. Let your partner handle arrangements. Keep your surprise a secret. Step carefully and avoid a disappointment. Gather valuable information.

### Taurus (April 20-May 20)

Today is a 5 -- Don't try a new trick now. An amazing development requires steady feet. Someone makes sure you have what you need. Take time to let your mind wander. The pressure on you eases soon. Rest and relax.

### Gemini (May 21-June 20)

Today is a 5 -- Hear from an unusual point of view. Keep talking until you reach a compromise, or a pleasant surprise. Figure out what you want to accomplish first. Someone who seems dumb is actually brilliant. Listen openly.

### Cancer (June 21-July 22)

Today is a 5 -- You know exactly where your work will take you now. Upgrade your technology. Adventure beckons. Become fully involved. Follow through, then you can relax. A brilliant suggestion or idea could postpone chores. Your credit rating's going up.

### Leo (July 23-Aug. 22)

Today is a 6 -- Suddenly your thoughts come together. Consider relevant theories. Don't advertise your winnings. Find out how much you really have. Provide verbal leadership. Put all your ideas on the list.

### Virgo (Aug. 23-Sept. 22)

Today is a 6 -- Start with an intellectual connection. Listen to an expert you admire and learn a new angle or technique. Don't make assumptions. Put it to the test. Be careful not to break things. Provide well for family.

### Libra (Sept. 23-Oct. 22)

Today is a 6 -- You gain insight about a work issue, but don't know how to solve the problem yet. There's a possibility for error. Talk over what you're learning. Get advice from partners. Create an optimistic view. Use imagination.

### Scorpio (Oct. 23-Nov. 21)

Today is a 5 -- Controversy arises, draped in chaos. Confront authority. Get answers in private. A change in the game surprises. Try new tactics. Friends think you're brilliant. Consider sentiments when engaging in reorganization or new structures. A party ensues.

### Capricorn (Dec. 22-Jan. 19)

Today is a 5 -- Prepare to do the backstage research. Do what you promised. Everyone wants to be at your house. Ask them to help with dishes. Spend wisely. Take care with details. Relax without worry. It works out.

### Aquarius (Jan. 20-Feb. 18)

Today is a 7 -- Postpone social activities and extensive travel for a bit. Take care of business now. You're especially convincing, and a project needs your talents. Follow a hunch... the crazier the better. Later, results can beat expectations.

### Pisces (Feb. 19-March 20)

Today is a 7 -- You're good at solving puzzles. You may disagree with a critic. Power your way through tasks. Heed a partner's considerations. Go out on a limb. Don't get stopped by past failures. The response rewards.

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## Choose the Next Editor

## The Daily Tar Heel

THE DTH IS SEEKING FOUR STUDENTS to serve on the 11-member board that will convene to select the next editor of the paper.

These students will join the other members in reviewing the applications for editor, interviewing the applicants, and choosing the next editor on April 5th. Any UNC student not working on the DTH staff may apply. Applications are due March 21st.

Applicants must be available Thursday, April 3 from 6-7 p.m. and Saturday, April 5 from 10:00 a.m. to as late as 3:00 p.m. (meals are served).

**Apply at:**  
[dailytarheel.com/page/editor\\_selection](http://dailytarheel.com/page/editor_selection)

**APPLICATIONS DUE MAR. 21st**

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MEN'S LACROSSE: NOTRE DAME 11, UNC 10

# Slow second half dooms Tar Heels

## The Notre Dame lacrosse team dealt UNC its first loss.

By Aaron Dodson  
Assistant Sports Editor

Jimmy Bitter slithered in front of the cage and somehow, some way guided the ball into the net.

But the junior attackman's celebration lacked the spunk which followed his two goals earlier in the game.

It was because Bitter had watched the North Carolina

men's lacrosse team slowly lose the fire it took to Fetzter Field in the first half Saturday, as Notre Dame turned up the heat in the second half.

Bitter's diving score gave the Tar Heels hope — down just one goal with 3:51 left, despite leading by five at the start of the third quarter.

That optimism, however, quickly deteriorated to the tune of three plays the team will likely see replayed on film a lot this week — three straight turnovers in the waning minutes of the game that ushered No. 2 UNC (3-1, 0-1 ACC) to drop its first game of

the season in an 11-10 ACC-opening loss to the Fighting Irish (2-1, ACC 1-0).

"I just think we didn't execute towards the end of the game," Bitter said.

He corrected himself.

"In the second half of the game."

As the nation's top-ranked offense and defense, UNC came out as expected Saturday during an unrelenting first half that Bitter boiled down to the anticipation of the matchup, as UNC fell to Notre Dame 10-9 in triple overtime last season.

UNC was seemingly in search of steadfast redemption

to start the afternoon, forcing Notre Dame to switch goalies in just the first quarter en route to claiming a 7-3 advantage heading into halftime.

But UNC couldn't keep it up.

After a goal from junior attackman Joey Sankey at the start of the second half, Notre Dame scored five unanswered goals, eating the clock with long possessions and forcing UNC to foul out of frustration.

Notre Dame scored four goals on the afternoon on man-up opportunities — three of which came in the second half.

"They were getting their

opportunities because they had a ton of possessions," coach Joe Breschi said. "We put a lot of pressure on our defense ... to make plays."

On three of those plays down the stretch, that pressure was too much for UNC's defense, leading to three straight turnovers while leaving UNC's attack helpless without the ball.

"I think we were 15-for-20 clearing the ball, which really isn't acceptable, especially at North Carolina, especially being our first ACC game," senior defensive midfielder Ryan Creighton said.

If there was any ounce of hope left from Bitter's rallying goal after those three miscues, it came with 23 seconds left in the game when UNC got the ball to run one more play.

But just before the final horn sounded, Notre Dame goalkeeper Shane Doss snatched senior midfielder Pat Foster's desperation shot out of the air.

Bitter knew it shouldn't have come down to that.

"We lost kind of our edge a little bit," Bitter said. "They came out hungrier in the second half."

sports@dailytarheel.com

## MCADOO

FROM PAGE 8

planted his feet and allowed Virginia Tech's Jarell Eddie to plow over him en route to the rim for the charge call. A minute later he stripped Joey van Zegeren for the steal, and nine seconds after that slammed down a thunderous one-handed jam that nearly silenced a raucous Virginia Tech crowd.

His teammates celebrated wildly on the bench, while UNC fans across the country turned to Twitter.

"Ummm that was ATHLETIC JMM," former UNC forward and national champion Sean May tweeted.

But for coach Roy Williams, though the dunks were certainly boisterous and his forward's three steals were demonstrations of his fire, the play that stood out after the game couldn't be found on a box score.

It didn't result in any points for the Tar Heels, and in fact didn't even give UNC possession of the ball.

With 54.9 seconds remaining in the game, McAdoo sprinted the length of the court and dove into the Virginia Tech dancers with the hopes of claiming a loose ball. The call went to the Hokies, but for Williams the effort itself was enough for praise.

"I thought James Michael's activity in the second half was really huge there," Williams said.

"It's something to have two or three or four points at halftime and then come back and be that active defensively,"

Marcus Paige, who was hushed to a quiet nine points after tallying a career-high 35 against N.C. State Wednesday night, said that McAdoo's prowess alleviates some of the pressure on him and guard Leslie

McDonald to score from the perimeter.

And on Saturday especially, Paige was thankful for that.

"He's our second leading scorer," Paige said.

"He's one guy you pretty much know he's going to bring it with the effort every night."

"He's struggled offensively the last couple games before this one, but his effort is always there so that's one thing we can depend on."

But for McAdoo, as he finally began to unlace his basketball sneakers and peel off the bandage on his scuffed up knee, the mission on Saturday was a simple one.

"The biggest thing is just going out there and playing for 40 minutes," he said.

"We came here to handle our business."

And that he did.

sports@dailytarheel.com

## BASEBALL

FROM PAGE 8

up there, so I've slowed the game down."

After taking positive steps this summer and fall, Dunbar's case of mono limited the number of live at-bats he could get before the regular season. He showed little rust, surpassing his 2013 RBI total with eight RBIs in his first four games.

Lassiter, who drove in the go-ahead runs in Sunday's win with a two-RBI single, said Dunbar came to UNC this season as a different player.

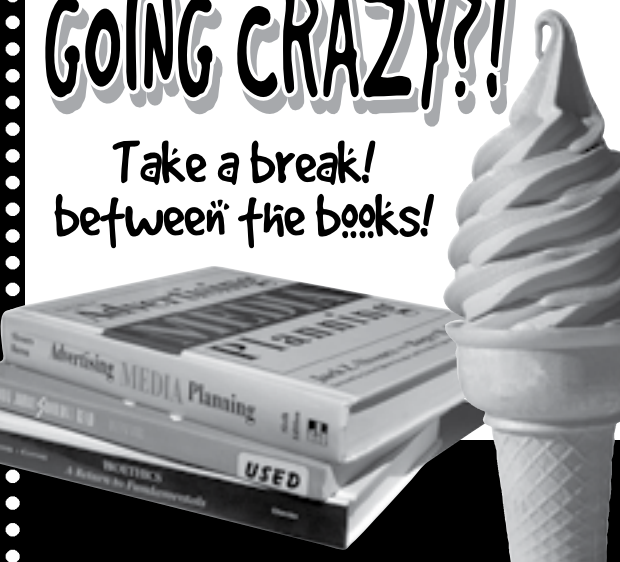
"He had a great summer in the Coastal Plain League," Lassiter said. "In the fall you could just tell his presence was just completely different this year."

Just like the fastball he belted for a grand slam, Dunbar emerging to lead UNC offensively is a bit unexpected, but with runs at a premium early this season, the Tar Heels will take it.

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In the Spanish program, students will be enrolled in both SPAN 101 and SPAN 102 and earn 6 credit hours.

An application is required. The program will be limited to 20 students.

**For more information and how to apply, go to**  
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## DUKE

FROM PAGE 8

where."

Gray, UNC's second-leading scorer, missed the only two shots she took in the first half.

In the second period, she hit three straight 3-pointers in a span of 2:18, highlighting a 20-0 North Carolina stretch

But the cascade soon ended for UNC and tilted toward the other end of the floor. With UNC mired in a 9:42 scoreless spell, Duke authored a 16-0 run and eventually cut its deficit to

one with 4:17 remaining.

The freshmen, to little surprise, restored order.

Gray picked off an inbound pass and sprung Washington for a layup to end Duke's 16-0 tear.

Mavunga added four points in the final four minutes, and DeShields extended UNC's lead to nine with 1:09 remaining on a shot-clock-beating jumper.

"We never really got down on ourselves whenever they started making their run because we knew we can stick together and we can overcome this," said

Mavunga, UNC's starting center in all but four of its games this year.

In word and deed, they shed their titles. With the regular season concluded, UNC, too, has shed unspectacular records in the conference and at home. UNC can beat anyone and stumble against anyone, Calder said.

"Right now, we think we're getting to gel and we're going to take off," he said.

If UNC does, it will turn to four players for liftoff, freshmen or not.

sports@dailytarheel.com

# games



## SUDOKU

THE SACRED OF PUZZLES By The Mephem Group

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Level: **1** 2 3 4

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

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

Solution to Friday's puzzle

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

# GET EXCITED

JUNIORS: Apply to be a 2015 senior class marshal today!

We are looking for dedicated individuals to be senior class marshals. Help make our last year at Carolina the most memorable. The application and more information can be found online at [2015.unc.edu](http://2015.unc.edu). Deadline to apply is Tuesday, March 18, at 11:59 p.m.



# Los Angeles Times Daily Crossword Puzzle

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### ACROSS

1 Rosary counters  
6 Fall faller  
10 Long hike  
14 Review of business books  
15 Girl in a J.D. Salinger short story  
16 Wound-up fire engine item  
17 Jim who sang "You Don't Mess Around With Jim"  
18 Prohibition-era saloon  
20 Budget accommodations  
22 Chafing dish heaters  
23 Basilica recesses  
25 Spanish "a"  
26 John Kerry's domain  
33 Flirt with  
34 Tops, as cupcakes  
35 Stephen of "The Crying Game"  
36 From the U.S.  
37 Dwindled  
39 "The Wizard of Oz" lion  
40 Little, in Lyons  
41 Fictional plantation  
42 In \_\_\_ fertilization  
43 Supermarket convenience  
47 Tolkien giant  
48 Le \_\_\_, France  
49 Rodeo rider, at times

### DOWN

1 Composer of fugues  
2 Multinational currency  
3 Big fusses  
4 Absolute ruler  
5 Increase the slope of  
6 Tenant  
7 Psychic's claim  
8 Iowa State home  
9 Showcased  
11 Chestnut horse  
12 Petro-Canada rival  
13 Janitor's janglers  
19 Adoptive parents of Superman  
21 '60s hallucinogen  
24 Popeye's favorite veggie  
26 Physical condition  
27 "It takes a licking ..." watch  
28 Wolfed down  
29 King beater  
30 Muse for a bard  
31 India's first prime minister  
32 Fortunetelling card  
37 Opposite of thrifty  
38 Horace's "\_\_\_ Poetica"  
39 "Ditto"  
41 Choir member  
42 DVD forerunner  
44 Take exception to  
45 Boxer "Marvelous" Marvin  
46 Adam's mate  
49 Roman moon goddess  
50 Perched on  
51 "Quit it!"  
52 Repetitive learning  
54 Actor Alda  
55 Kinfolk: Abbr.  
56 "Goodness gracious!"  
58 Single in a wallet





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# SportsMonday

## SCOREBOARD

**MEN'S TENNIS:** Ohio State 4, UNC 1  
**WOMEN'S TENNIS:** UNC 5, Wake Forest 2  
**WOMEN'S TENNIS:** Duke 5, UNC 2  
**GYMNASTICS:** Towson 193.1, UNC 193.05  
**WOMEN'S LACROSSE:** UNC 13, Penn 8

BASKETBALL: UNC 60, VIRGINIA TECH 56

## MCADOO DOES IT ALL

James Michael McAdoo's 15 points leads UNC to 11th straight win

By Grace Raynor  
 Assistant Sports Editor

BLACKSBURG, Va. — James Michael McAdoo sat in the visiting locker room at Virginia Tech, 200 miles away from his Chapel Hill home, the only North Carolina men's basketball player still fully dressed.

There next to Desmond Hubert and tightly surrounded by a circle of media members eagerly awaiting his thoughts, the 6-foot-9 junior forward calmly sat just moments after his team squeaked out a 60-56 victory against Virginia Tech for its 11th straight win.

Both of his knees were busted — covered — with bruises and scabs, some from Saturday, some unhealed from previous matchups.

A small cut also sliced through the back of his left arm, the blood already dried up.

But he didn't realize it.

"Oh God, I didn't know I had that," he laughed.

"But it's part of the game. I'm used to it."

And after his 15-point, three-rebound performance Saturday, that much was obvious.

Simply put, McAdoo was everywhere.

With 8:02 remaining and his team clinging onto a five-point lead deep into the second half, McAdoo



DTH/HALLE SINNOTT

Junior forward James Michael McAdoo had 15 points and three rebounds against Virginia Tech in UNC's 60-56 win on Saturday.

SEE **MCADOO**, PAGE 7

WOMEN'S BASKETBALL: UNC 64, DUKE 60

## Freshmen lead UNC past Blue Devils

The Tar Heels beat Duke for the second time this season.

By Dylan Howlett  
 Staff Writer

Somewhere in the midst of North Carolina's 64-60 win against Duke, somewhere in the midst of Sunday afternoon's somersaulting regular-season finale at Carmichael Arena and in this women's basketball season, four Tar Heels shed their titles.

They are freshmen by distinction, but outsize contributors by trade. When No. 14 UNC most needs a block, a basket or a tourniquet, Diamond DeShields, Allisha Gray, Stephanie Mavunga and Jessica Washington play with the verve of upperclassmen.

Three days removed from its second straight loss, and facing a squandered 19-point second-half lead, UNC again turned to its freshman quartet.

Mavunga scored 12 points and hauled in 11 rebounds. Gray added 12 second-half points after a scoreless first half. DeShields, amid an uncharacteristically poor shooting day, found other ways to pitch in. And Washington, who came off the bench in the first half, jump-started UNC's listless offense.

Together they propelled No. 14 UNC (22-8, 10-6 ACC) to another win, vanquishing No. 7

Duke (25-5, 12-4 ACC) to sweep its first season series with the Blue Devils since 2007-08.

"We don't like to say they're freshmen," associate head coach Andrew Calder said.

"They're definitely not freshmen now. They did a lot of great things on the floor today."

An understatement, perhaps. The nucleus scored 49 of UNC's 64 points, and entering Sunday had accounted for 58 percent of the team's total points this season.

Mavunga, who now leads all ACC freshmen with 12 double-doubles, spearheaded UNC's defense with a dogged effort against Duke forward Elizabeth Williams. Williams scored a career-high 28 points with Mavunga guarding her in Duke's Feb. 10 loss to UNC. On Sunday, Williams scored 12 points on 5-of-18 shooting.

DeShields, meanwhile, couldn't find her shot. She resorted to more workmanlike methods. With 2:45 remaining and UNC up by 3, DeShields barreled down the lane from the top of the arc to snag a rebound. She found Gray for a 3-pointer from the corner, effectively putting the game to rest.

"I just made an effort to be better at other things this game because that's just what I needed to do," DeShields said. "My shots weren't falling, so I had to contribute else-

SEE **DUKE**, PAGE 7



DTH/ARAMIDE GBADAMOSI

Freshman guard Diamond DeShields had a team-high 18 points for North Carolina against Duke Sunday. DeShields scored 30 against Duke in February.



**DTH ONLINE:** Head to dailytarheel.com for more coverage on this past weekend in UNC sports, including additional stories on men's and women's basketball and more.

BASEBALL: UNC SWEPT UNF

## Dunbar blasts Tar Heels past Ospreys

The sophomore had two home runs and six RBIs in the series.

By Jonathan LaMantia  
 Senior Writer

Korey Dunbar stepped to the plate with two outs and the bases loaded Saturday and began his batter's box routine with North Carolina (7-3) trailing North Florida 1-0.



**Korey Dunbar** had a two-run home run against North Florida Friday and a grand slam against them Saturday.

Between each pitch, the sophomore catcher twirled his bat in his hand, pausing briefly to extend his bat toward the pitcher's mound, as if to dare North Florida (4-6) pitcher Evan Incinelli to throw the ninth pitch of his at-bat by him.

Dunbar dug his spikes into the batter's box, expecting a slider. He got a fastball

and sent it off the brick

facade of UNC's scoreboard in left-center field for a go-ahead grand slam that would be the difference in UNC's 5-1 win Saturday.

The grand slam, which followed Dunbar's go-ahead two-run homer in Friday's win, gave the Tar Heels' struggling offense a boost that it desperately needed to sweep the Ospreys in this weekend's three-game series.

"It feels great getting us going and starting to spark something," Dunbar said after Friday's game, which was his first start after missing the season's first six games with mononucleosis.

"Our guys are tough. We've all got a lot of grit on the team, so I think being back helps, but I still think they had it in them, and it's just a matter of time."

Dunbar wouldn't have to wait long to see his teammates pick him up. On Sunday, the Tar Heels' five-run two-out rally in the bottom of the sixth propelled the team to an 8-5 win. Dunbar, who went 0-for-3 Sunday with a walk, finished his first series behind the plate 3-for-10 with two home runs and six RBIs.

By Sunday he had crept up from No. 7 to No. 5 in the lineup, offering protection for the middle of UNC's lineup — Landon Lassiter, Skye Bolt and Michael Russell — who have opened the year a combined 17-for-93.

"It's the toughest part of this game is failing offensively, and then it just kind of builds," said coach Mike Fox, who won his 700th game at UNC Saturday. "You've got to have that kind of release valve that you can let some air out. The more you fail, and the more you go 0-for-3, the worse it gets. It's hard to deal with, hard to coach."

Dunbar's strong series comes after a freshman season that didn't go as well as he would've hoped in 2013.

Dunbar, who started just 14 of UNC's 71 games at catcher, hitting .159 with three RBIs last season, was named the West Virginia high school player of the year in 2012 by Perfect Game USA, a baseball scouting organization.

"Last year I was pressing a lot as a freshman, which you can say is pretty normal," Dunbar said. "This year I've just settled in and been myself and just got back to where I used to be. I'm just kind of relaxed and really calm

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## Leslie McDonald, seniors to bid Smith Center goodbye

The Tar Heels will play Notre Dame tonight for senior night.

By Brooke Pryor  
 Senior Writer

For redshirt senior Leslie McDonald, tonight represents an occasion five years in the making — one that at times, seemed like it might never happen.

There've been highs — 21 points against Duke in the midst of a nine-game win streak — and there've been lows in his career — an ACL tear, a year on the bench rehabbing it, an NCAA investigation.

But tonight against Notre Dame, McDonald will compete on the Smith Center court for the last time alongside fellow seniors James Manor, Denzel Robinson and Wade Moody.

"He's accomplished a heck of a lot,

and he's been in a lot of big games and made big plays for us," coach Roy Williams said Saturday. "It'll be emotional (tonight). There's no question."

In his five-year career, McDonald saw a little bit of everything.

He was most recently in the middle of an investigation stemming from involvement with a designer mouthguard company, but McDonald doesn't consider his nine-game hiatus to open the season the low point of his career.

No, that came in July 2011 when he tore his right ACL in a summer league game.

It was an injury that changed everything. McDonald was in the midst of what Williams called his best offseason yet. He spent the summer improving his shot and growing into a leader as an upperclassman.

But one misstep derailed a season of what might have been.

"You can say that my lowest low was when I got injured," said

McDonald following a 14-point performance at Virginia Tech Saturday. "It was a hard time for me because I've never dealt with an injury like that. It just did something to me."

The injury halted any momentum leading into the 2011-12 season, and McDonald was forced to watch UNC's Elite Eight run from the sidelines.

When he returned the following season, McDonald struggled to regain his confidence. He averaged only 7.2 points playing nearly 18 minutes per game. He launched 117 3-point shot attempts and made 42. He was a streaky shooter at best, triggering groans from the crowd when he hurled and missed shot after shot.

He spent the summer before his redshirt senior year embroiled in another type of adversity when he was implicated in the promotion of a designer mouth guard company.

Though much of his offseason plight was eclipsed by a P.J. Hairston-sized shadow, McDonald

spent the first nine games of the season dressed in a suit along side Hairston on the bench. It was a time he wasn't sure would ever end. While people made billboards and Twitter trending topics centered around the release of Hairston, McDonald sat quietly beside him, waiting to be unchained.

His offseason actions left him stripped of leadership privileges by Williams, and he was banished to the proverbial dog house with Hairston in the preseason.

McDonald returned to the floor with little fanfare. Fans and pundits still focused on Hairston's unresolved case, not McDonald's reentry to the lineup. It wasn't the return of the prodigal son by any means, but his reinstatement gave the Tar Heels much-needed depth in the backcourt and added another 3-point threat.

After knocking down four of nine 3-point attempts in his return against Texas, McDonald struggled

to find consistency behind the arc.

But against Duke on Feb. 20, it all clicked for the 23-year-old. He lit up the Blue Devils for a season-high 21 points on 9-of-12 shooting from the floor. McDonald utilized all areas of his game instead of simply relying on his 3-point shot.

With two games remaining in the regular season, McDonald is the team's third leading scorer, averaging 11 points per game.

It's been a long, bumpy road for McDonald, and tonight he'll get the chance to celebrate the culmination of five-years' work.

"He's been here a long time," sophomore Marcus Paige said. "He's been a witness to the full spectrum of Carolina basketball.

"I'm happy for him. It's going to be a fun day and hopefully the underclassmen can do our best to send him out of Chapel Hill with a win."

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