

Jumbos see program-best performance in recent regatta

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tuftsdaily.com

Fletcher School hosts talk with Kurdistan regional representative to US

by **Arin Kerstein**
News Editor and Features Editor

Approximately 80 people attended a presentation on Kurdistan by Bayan Sami Abdul Rahman, the Kurdistan Regional Government's representative to the United States, in the ASEAN Auditorium Tuesday evening.

The talk, "Kurdistan: The New Player in the Middle East?," was hosted by the Fares Center for Eastern Mediterranean Studies within The Fletcher School of Law and Diplomacy.

The event began with an introduction by Richard Shultz, a professor of international relations and the director of the International Security Studies Program. Shultz spoke about Abdul Rahman's work as a journalist and her experience in diplomacy as a former Kurdish representative to the United Kingdom. Rahman's father, he said, was also involved in the Kurdish Freedom Movement.



MEGANSMITH VIA WIKIMEDIA COMMONS
Bayan Sami Abdul Rahman, the Kurdistan Regional Government's representative to the United States, spoke in the ASEAN Auditorium Tuesday evening.

"Our speaker today has terrific and important Kurdish roots," he said. During the talk, Abdul Rahman spoke

at length about the difficulties that Kurdistan faced in the past under Saddam Hussein's dictatorial rule and

the ways in which the United States has helped Kurdistan over the years.

She referenced Operation Provide Comfort — a military operation executed by the United States, United Kingdom and other Gulf War allies to defend and aid Kurds after the Persian Gulf War in 1991 — which former Fletcher dean and NATO commander John Glavin led.

Abdul Rahman also expressed gratitude towards the United States for its role in removing Hussein from power in 2003.

"We thank the United States for helping us ... The liberation in 2003 changed everything for us," she said. "With all of the troubles that we have in Iraq and Kurdistan, it makes all the difference that Saddam is removed."

Following Hussein's removal, Kurdistan experienced a golden decade of economic growth, which coincided with Kurdistan's development as an oil capital, she said. This growth has

see **KURDISTAN**, page 2

TUPD records reduction in noise complaints

by **Isha Fahad**
Assistant News Editor

There has been a decrease in the total number of neighborhood noise complaints received by Tufts University Police Department (TUPD) since students received an email from Student Affairs on Sept. 25.

In the email to the community, Director of Public and Environmental Safety Kevin Maguire and Dean of Student Affairs Mary Pat McMahon reminded students of the importance of being respectful in the Medford and Somerville neighborhoods and observing local laws and ordinances.

"This semester there have been numerous community complaints about disruptive behavior by Tufts students," the email read. "In response to the number of recent noise complaints, our host city police departments and the Tufts University Police will be enhancing efforts to proactively quell neighborhood noise and disturbances."

According to Maguire, TUPD has received a total of nine neighborhood noise complaints during the past three weekends, a decrease from the 22 noise complaints TUPD received in the first

three weekends of September.

"[McMahon and I] feel that this joint communication, as well as the echoing of that messaging by student leaders relative to being good neighbors, was well received by students living in the neighborhoods immediately adjacent to campus," Maguire told the Daily in an email. "[We were] pointing out the need to be good, responsible citizens and highlighting the impact that disruption of residential neighborhoods can have on families and residents."

Judicial Affairs Officer Mickey Toogood said that most noise violations occur during the first three to six weeks of the year, when everyone is celebrating the start of their academic year.

"It is warmer, and both the windows of students and their neighbors are open," he said. "Later on, when the classes get serious and the mid-terms begin, the number of noisy parties usually drops."

Toogood explained that, every year, the university issues several fines for noise complaints in this early period of the academic year, which help limit the number of noise violations later on in the year. He said that there is a \$300 fine for first-time off-campus noise violations, and in rare instances when a sec-

ond noise violation occurs in the same year, the fine doubles to \$600. After the first fine, people make an effort not to repeat being noisy, he said.

"Unlike Somerville and Medford, who charge per resident, the violation fines imposed by the university are issued per residence/house," Toogood said. "We charge a \$300 collective fine to the entire house as opposed to each resident."

He explained that there was recently a case in which three residents living in the same house were each fined \$300 by the Somerville Police Department.

"In my meetings with students, I do my best to explain to them why they are being fined," Toogood said. "No one is happy to be fined, and I think it is good to warn students about consequence of their violations beforehand and for them to understand why we have that policy."

Tufts Community Union (TCU) President Brian Tesser agreed that neighborhood noise levels usually go up on weekends when off-campus houses have activities, which decrease as the temperature outside drops.

"Now that the weather is colder and windows are closing down, the number of noise complaints have gone down," Tesser, a senior, said.

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Mostly Cloudy
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NEWS

Kurdistan representative to US speaks at Fletcher event

KURDISTAN

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made Kurdistan an important force in the Middle East region.

"Kurdistan is the new player in the Middle East," she said. "Politically and economically, we are there to be reckoned with."

During a question and answer session that followed Tuesday's event, Abdul Rahman addressed various topics, including Kurdistan's potential independence, the Kurdish fight against ISIS and water access in Kurdistan and the Middle East.

"We are heading towards independence, and I say that with more confidence than I would have said it 10 years ago," Abdul Rahman said. "I have a son and I am confident that he will one day have a Kurdish passport."

She added that she did not know when Kurdistan would gain independence, but said that she would like it to happen peacefully.

"We would like independence to happen through dialogue and through negotiation and peace — we are not planning a war of independence," Abdul Rahman said. "All Kurds want independence, it's a Kurdish dream and it's what everybody strives for...but politically, everybody is realistic."

Abdul Rahman told the Daily before the event that it is in the best interest of the United States to support Kurdistan as it continues to develop as a key player in the Middle East.

"Already we've proven ourselves to be a reliable partner to the United States," she said. "No single coalition soldier was injured or killed anywhere in Kurdistan. That illustrates the friendship that we have [with] the United States and [with] other coalition countries that helped to liberate Iraq."

Abdul Rahman pointed to a joint mission completed by Kurdish troops and U.S. special forces in Hawija in mid-October, during which 69 Iraqi hostages were rescued from Islamic State fighters and lost intelligence about the terror group was recovered, as an example of close cooperation between the government bodies. Secretary of Defense

Ashton Carter stated in his speech last week to Congress that he expects similar operations in Iraq in the future, she said.

She also thanked the U.S. government for its intervention in Kurdistan in 2014, saying that this enabled the Kurdish Peshmerga forces to fight against ISIS.

"America's support changed everything for us," she said. "Up to that point, we felt that we were alone. We didn't expect Baghdad would help us because they never have ... And since then, we have...a close cooperation with the United States with the coalition militarily. The Peshmerga are the tip of the spear against ISIS."

Abdul Rahman noted, however, that while the U.S. has provided Kurdistan with weapons and training in the fight against ISIS, there are problems concerning the types of weapons that are transferred and their means of delivery. Discussion continues about what types of weapons are necessary for the Peshmerga to adequately combat ISIS, she said.

Current policy states that all U.S. arm transfers to the Kurds must first pass through the Iraqi central government, which has historically resulted in weapon delivery delays, she said. An immense amount of U.S. pressure has been required to ensure that the weapons get delivered in a timely fashion.

"The moment [U.S.] pressure is off of Baghdad, I wouldn't be surprised if we went back to delays," Abdul Rahman said. "We want to have some kind of a more permanent solution, and the permanent solution is to have the weapons delivered directly to Kurdistan."

In addition to the difficulties Kurdistan faces in its fight against ISIS, the region also has a humanitarian crisis — around 1.8 million refugees and displaced people have entered Kurdistan from places such as Syria in the last couple years. Abdul Rahman said about 80,000 people were entering Kurdistan each day at the peak of the migrant influx in 2014, and that the current scale of the crisis is beyond regional control.

"We thank the United States for being

the biggest humanitarian contributor to the U.N. mission in Iraq, but unfortunately, it's just not enough," she said.

While the 30 percent increase in population since 2014 has had a huge impact on the Kurdish economy and community, the people of Kurdistan have responded compassionately, she added.

"The people of Kurdistan have welcomed them with open arms because most Kurdish people have been refugees or displaced at least once in their lifetime," Abdul Rahman said.

Abdul Rahman said she strives in her role to strengthen American support for Kurdistan by making the humanitarian and military issues more widely understood. She works with consultants, lobbyists, think-tanks, media outlets and government officials to shed light on military and humanitarian issues. She said Kurdish Americans are often influential in bringing these issues to U.S. government officials.

"[When they lobby,] their representatives listen," she stated. "In the short time that I have been in the United States, I have already seen how that can have such a positive effect."

Abdul Rahman explained that cultural exchanges can be key to helping the countries better understand one another. Deepening the relationship between Kurdish and American academic institutions could also be beneficial to Kurdish institutions, she said.

"We're a new democracy — new to governance, new to government," she said. "We need to strengthen our institutions, so having relationships with any of these American organizations would really help us."

Abdul Rahman hopes that the United States' relationship with Kurdistan can eventually develop into a full-fledged friendship.

"I do want to broaden all that so that Kurdistan's relationship [with] the United States is broadened out to [include] trade and investment, to [include] cultural exchanges with universities and our education establishments, and it should be a fully-rounded relationship," she said.

Sarah Zheng contributed reporting to this article.

Fines, weather cut back noise complaints

NOISE

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complaints and advising them of significant campus events and activities that could potentially impact the surrounding communities, as well as assisting with off-campus issues upon request or during exigent circumstances.

"My office has met with members of the Somerville and Medford community, and our police department is in communication with the Medford Police Department and the Somerville Police Department," he said.

Maguire said that TUPD is hopeful that numbers of noise complaints will continue to decline and that Tufts students will continue to keep in mind that noise complaints can adversely impact the quality of life for all neighbors.

"We are thankful that the complaint numbers are heading downward and commend students for their efforts," he said.



NICHOLAS PFOSI / TUFTS DAILY ARCHIVE

TUPD breaks up the Around the World party at Sophia Gordon Hall on the night of May 9, 2014.

Counseling and Mental Health Services seeks to improve student experience

by Arin Kerstein
Features Editor

Especially during stressful midterm weeks, many students rely on Counseling and Mental Health Services (CMHS) to provide assistance. In order to improve students' experiences, CMHS has been working with student groups to gather feedback about the quality of its treatment services.

Marilyn Downs, director of outreach for CMHS, explained that CMHS aims to address the mental health needs of the whole Medford/Somerville campus student community.

"[Our goal is] to provide direct clinical care, to consult with people on campus when they're concerned about a student, to advise them or make sure that that student gets the services they need, whether that's with us or elsewhere," she said.

Downs noted that about 20 percent of students seek assistance at CMHS each year. Initial appointments are usually scheduled within a week of an initial phone call, she said.

"That's a somewhat high utilization rate for a campus mental health clinic," she said. "We feel positively about that because we think it signals that we are doing our job."

With the high number of requests, however, sophomore Eric Snyder said that it is often difficult to schedule appointments because CMHS is so busy. He mentioned that though he usually meets weekly with a clinician, he had to skip a week of therapy because CMHS had no availability during any times in which he did not have classes.

"I really don't blame people for [seeking treatment], it's just...I really need this weekly thing that I can hopefully get down," he said. "It's just frustrating because I have to be...so proactive about getting a good spot. I don't want to have to be fighting other people just to get therapy."

According to Downs, there is no fixed-session limit, and the number of sessions provided for a student is determined based on the individual student's need, how much assistance the student wants and the particular details of the student's circumstances, such as the student's access to off-campus treatment resources.

"We often try to emphasize that we don't have a set session limit because we do want people to know we try to meet their needs in the best way we can," she said. "At the same time, we know that if we don't end care with some people, there won't be room for somebody else who is knocking on the door."

She explained that CMHS conducts treatment in this way in order to ensure that there is never a waitlist to receive treatment.

"We're actually a well-staffed counseling center for the size of the university," Downs said. "But we can't see everybody on-going. We don't have that [capability], and that's a frustration sometimes."

However, senior Paige Roberts, a representative of Ears for Peers, an anonymous student-run support hotline, had a different opinion. She explained that she does not believe the number of counselors available allows CMHS to adequately meet the mental health needs of students.

"It's really hard for people to get appointments — the schedule is always changing," she said. "Because the coun-

selors are so busy, they don't always follow-up with people who need to kind of be forced into going to counseling, or need a reminder, or people who are just going to let it go when they think it's not their top priority and it really should be, and they need someone else to tell them that."

Working closely with CMHS, Ears for Peers strives to provide supplemental assistance for students who need someone to listen. All its call-takers, who are on call every day between 7 p.m. and 7 a.m., are trained by CMHS clinicians every semester, Roberts said.

Mahlet Meshesha (LA '15), author of the Mental Health and Counseling article in the most recent Disorientation Guide, explained that she understands that accommodating every student seeking assistance is difficult, but she believes that CMHS's time-limited treatment ultimately deters students from seeking the help they need.

"I think students are less likely to follow through with getting care because of the many barriers of seeking treatment off-campus, like finding time for traveling to and from appointments," she said.

She also noted that figuring out how to finance off-campus treatment can be a barrier for students. One difficult aspect of arranging off-campus counseling is managing insurance. Even if students can afford the copays associated with off-campus counseling, many students remain on their parents' insurance, which can be an issue for students worried about communicating mental health issues with their parents, she said.

Meshesha also believes many students are unaware of the time-limited nature of on-campus treatment until they reach the end of their sessions.

According to Downs, however, all students are told at the onset of their treatment that there is a limit to the type of services CMHS can provide. She mentioned that this conversation is different for each student.

"[A student] might know fairly quickly that there are some difficult things to talk about, [and that] it's going to be a little bit hard to make a relationship with somebody and open up about things and then make the transition [to another treatment provider], and so together, we might decide that maybe making that transition sooner will actually feel better for you," she said.

Downs noted that CMHS clinicians complete safety assessment forms for every patient during treatment, and that the clinician's degree of concern about a patient may alter the process of transitioning a student off-campus.

"If we're worried about a student, we're going to be careful and slower about how we do that referral because we want to make sure students' needs are met," she said. "People have a range of what they are able to manage at any given time. So if somebody is really needing more from us right now, we might see them for a while

until they get stabilized and sort of work on that transition slowly."

Downs also said that clinicians always follow up with students if they cancel or do not show up for an appointment, as well as after referring students off-campus.

Snyder noted that his current clinician did not mention that treatment is time-limited during any of his sessions, but that he is aware that he may be directed off-campus in the future.

Downs noted that CMHS collaborates regularly with Tufts student groups that work to address issues related to mental health on campus, including Tufts Health Advocates (THA), Active Minds and Ears for Peers.

THA Mental Health Co-Chairs and seniors Sophie Ehrlich and Emma Brenner-Bryant explained that the two serve as liaisons between the student body and CMHS administration to advocate for student needs surrounding mental health. Last fall, THA led focus groups to survey students' feelings about the treatment provided at CMHS. Each of the three focus groups contained eight to 10 students, they said.

Through the groups, THA found that some clinicians seemed to be more proactive than others about bringing up the topic of transitioning off-campus. Brenner-Bryant also noted that this seemed to depend on the student's relationship with the individual counselor.

"Figuring out how to get that to be more of a consistent supportive transition is something we're working towards," she said.

Brenner-Bryant explained that she hopes that CMHS can further develop resources for students who do not seek treatment at CMHS but rather want to start their treatment off campus.

Additionally, THA found that students generally expressed need for increased support during transitional phases. THA has shared specific student feedback with CMHS, who has been relatively receptive to their suggestions, Brenner-Bryant said.

"Something that the staff has been really great about doing has been starting to send out emails when something big happens in the world that might be affecting students' mental health, or during finals period — kind of making it more personalized," she said.

Based on feedback through the focus groups, Ehrlich and Brenner-Bryant are also working to push CMHS to increase proactive outreach to historically marginalized communities. They mentioned that CMHS has accordingly started a group for students of color to discuss their experiences attending a predominantly white institution.

Downs noted that diversity within the staff is a top priority for CMHS when hiring new clinicians.

"We have a fair amount of diversity on our staff across those areas in terms of areas of expertise — race/ethnicity, language ability, gender/sexual orientation," Downs said. "Could it be more diverse?"

Absolutely. And we know that. That's something we're always paying attention to and working on."

She added that CMHS has ties to all of the culture centers, along with liaisons with academic departments, athletics, Greek life, deans' offices, the study abroad office, the Academic Resource Center and accessibility services.

Ehrlich and Brenner-Bryant said these liaisons serve as a "great start," but that they are not sure how often the liaisons are utilized.

Even with liaisons in place, many students expressed that they felt "mismatched" with their clinicians, according to Ehrlich. Downs acknowledged that a clinician's identity may impact a student's experience with CMHS.

"Sometimes the identity of the clinician is a salient factor for students seeking services; sometimes it's not," Downs said. "That can be important, and of course, when we can do that, we do it, but we can't always do that. What we have to do is be a staff who are as competent and concerned as we can be about really understand students' experiences. Even if that experience is very different from our own."

Brenner-Bryant and Ehrlich hope to work with CMHS to increase transparency about clinician backgrounds.

"We've been working with staff to create biographies online so people can realize that they have a lot of control over the people they directly see, and that if they have a preference, that they can ask for it, and people will try to do their best to meet those requests," Brenner-Bryant said.

Meshesha noted that it would be helpful for students seeking assistance to be directly prompted whether or not they have preferences about a clinician's identity.

Based on suggestions from THA, CMHS tested the helpfulness of prompting students with this question over the summer, Ehrlich said. The THA co-chairs explained that their current work involves following up on the results of this pilot.

Downs explained that some schools conduct phone-screening appointments to triage students before they come in for their first appointment.

"We don't do that partly because we don't want to create a barrier, and we want to people to have their first clinical encounter to be as positive and personal as it can be," she said.

Junior Danielle Mulligan, president of Active Minds, hopes that students who feel mismatched with specific clinicians express their concerns so that they can find better matches to improve their counseling experiences.

"With any therapist anyone goes to anywhere, you're not necessarily going to find that the first time you go to a counselor that it's going to be the best fit," Mulligan said. "I think CMHS has a good array of counselors, and I think if they make it more clear that people can change counselors or pick their counselor, that would be a really helpful thing."

Meshesha recommends that students be proactive in seeking out the resources they need.

"My rule of thumb is first figuring out who you would like to talk to, what your preferences would be, and then thinking about the type of treatment you want to get if you know that, and then asking if [the clinician has] any availability, and then ask about insurance," she said.



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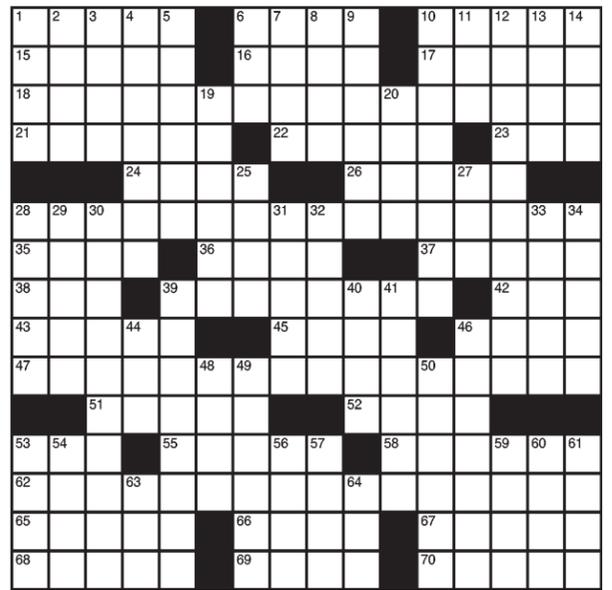
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- ACROSS**
- 1 They're bought and soled
 - 6 Educational foundation
 - 10 Lowest part
 - 15 Make like a tree, facetiously
 - 16 "Uh-huh"
 - 17 Butyl acetate, e.g.
 - 18 AAEGIMRR
 - 21 Balkan region
 - 22 Wild period
 - 23 Edible tuber
 - 24 ___ Plantation, site of the world's largest maze
 - 26 Sun Valley locale
 - 28 AACDEINNV
 - 35 Sea sound
 - 36 One of Suetonius' "Twelve Caesars"
 - 37 Actor Hawke
 - 38 Youngest March sister
 - 39 Sent away
 - 42 Make a selection
 - 43 "I've got this one"
 - 45 Wax on an envelope, say
 - 46 Robert of "The Sopranos"
 - 47 ADEHLNRTUY
 - 51 Structural opening?
 - 52 Angler's prize
 - 53 Lack of continuity
 - 55 Old painting sites
 - 58 More pinlike?
 - 62 ILST ... and each of three other puzzle clues
 - 65 Not hold one's peace
 - 66 Domain
 - 67 Of few words
 - 68 Game that may involve complicated shots
 - 69 Mediterranean feeder
 - 70 Three-layer treats

By Victor Barocas

11/6/15

- DOWN**
- 1 Thick mass
 - 2 Rescuer, often
 - 3 Marine propulsion aids
 - 4 Heavyweight champ between Buster and Riddick
 - 5 ___ citizen
 - 6 Mate's affirmative
 - 7 Garden spots
 - 8 Like-minded group
 - 9 Islamic law
 - 10 Mourning
 - 11 "Take me ___ am"
 - 12 Wait for help, perhaps too long
 - 13 Genesis creator
 - 14 Home of Utah Valley University
 - 19 Lead ore
 - 20 Comedian Foxx
 - 25 First place?
 - 27 Porkpie, for one
 - 28 Advanced tests
 - 29 "What light through yonder window breaks?" speaker
 - 30 Other side of "We Can Work It Out"
 - 31 Like Jameson whiskey
 - 32 Long time ending?
 - 33 Heist, say
 - 34 Contest form
 - 39 "Magic Mike" feature

Thursday's Solution

P	O	S	H	S	H	A	M	P	E	R	S	E			
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11/6/15

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- 41 Paige of British musical theatre
- 44 Map feature with an elev.
- 46 Asthma sufferer's relief
- 48 Boring
- 49 Ale seller
- 50 No longer bothered by
- 53 Severe wound
- 54 Dinner for Spot
- 56 Little case
- 57 Window frame part
- 59 Weary
- 60 Canadian gas brand
- 61 GPS info
- 63 Is down with
- 64 Zipper opening

SUDOKU

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Difficulty Level: Making your own custom costume.

Thursday's Solution

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

JUMBLE

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

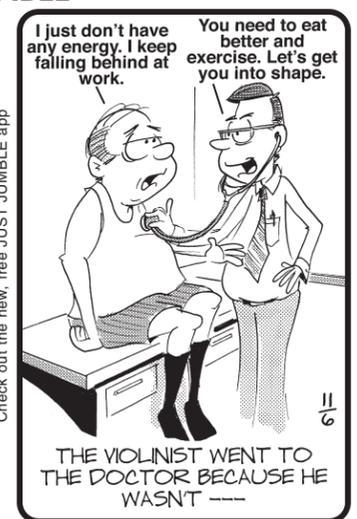
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 Yesterday's | Jumbles: HAVOC GRIEF RATHER THIRST
 Answer: The fancy new weather balloon was — HIGH-TECH

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ALBUM REVIEW ★★★★★

‘Amy’ soundtrack a moving elegy to late singer-songwriter

by Anjali Nair
Arts Editor

Though British songstress Amy Winehouse passed away four years ago now, she still has an unquestionable presence in the music world. Known as much for her debaucheries and dramatic private life as she was for her remarkable voice, Winehouse inspired many with her unique brand of '50s-inspired neo soul.

Recently, Winehouse has been in the news once again with the release of “Amy” (2015), a documentary detailing her life and death. The film includes clips of live performances, which are placed alongside interviews with Winehouse’s friends and family to create a tender depiction of her story beyond the media spotlight. Though the film was released over the summer, its soundtrack only came out Oct. 30. It includes rare live recordings of some classic Winehouse hits, like “Rehab” (2006) and “What Is It About Men” (2003), as well as demos and alternative versions. Interspersed between the tracks are compositions by Antonio Pinto, who scored the documentary. Thus, the soundtrack — created to highlight Winehouse’s powerful vocals — flows with ease.

After Pinto’s “Opening,” the first song is “Stronger Than Me” — Winehouse’s catchy, albeit heteronormative, plea for her man to be more traditionally masculine. While this version of the track is largely the same as the one from her 2003 album, “Frank,” some additional mastering brings out the edge in Winehouse’s voice, and splats of tuba along with panned guitar and organ accents work to create a compelling arrangement.

The live version of “What Is It About Men” starts out with Winehouse telling the audience at the North Sea Jazz Festival that the song is about her dad, and she eventually breaks into cackling laughter, which is more than a little heartbreaking to listen to now. With an impassioned performance by Winehouse and striking use of electric piano and light jazz

drums, the track is typical of a live Amy Winehouse concert, during which the singer veers off into elaborate vocal runs, gripping the listener. The instrumentation does not take a backseat in this performance, however; a hyper-jazzy electric piano solo builds into the bridge, intensifying alongside the vocals.

Another compelling track is the downtempo alternative version of “Some Unholy War,” originally off “Back to Black” (2006). With a weightier, darker feel than the studio version, the song is given a fresh perspective. Slowed down, the chorus of back-up vocals almost has an eerie quality, and Winehouse’s voice is heavier with its both smooth and gritty timbre.

The live version of “Rehab” might be the most attractive track on the album for casual listeners. “Rehab” may have been a huge mainstream success and a bit overplayed back when it was released, but this should not take away from what a great song it is. The live version amps up the energy of the studio recording via the use of lively male backup singers, who sing along with Winehouse as she says “no, no, no” to rehab. The horns and percussion contribute to a truly spectacular performance.

The album closer is a version of Winehouse’s cover of The Zutons’ “Valerie” (2006), performed on BBC Radio. Another great version of a



RAMA VIA WIKIMEDIA COMMONS
Soundtrack to new Amy Winehouse documentary sheds new light on the late singer’s music.

Winehouse classic, the track features some funky guitar playing and a spirited bass line.

To fans of Amy Winehouse, the “Amy” soundtrack will serve as a post-humous celebration to geek out over. Though it is a little upsetting to listen to in light of her tragic death, the previously unheard versions of her songs are the closest things to new releases as possible. As an incredibly versatile performer, Winehouse made her talent known through elaborate reconstructions of already amazing songs. Listeners who are not familiar with Winehouse’s studio work will still find “Amy” a strong album that will surely inspire them to go back and explore her discography.

ALBUM REVIEW ★★★★★

‘So Familiar’ makes bluegrass bearable

by Josh Podolsky
Executive Arts Editor

Perhaps best known for starring in “The Jerk” (1979), “Cheaper by the Dozen” (2003) and “The Pink Panther” (2006), Steve Martin is much more famous for being a movie star than a musician. The accomplished comedy actor’s musical career, however, has been a long and impressive one. He has been putting out albums since his 1977 debut, “Let’s Get Small,” and has racked up multiple platinum releases since then.

For his two most recent projects, “Love Has Come for You” (2013) and the recently released “So Familiar” (2015), Martin has teamed up with Edie Brickell of Edie Brickell & New Bohemians fame. Edie Brickell & New

Bohemians’ “Shooting Rubberbands at the Stars” (1988) reached No. 4 on the Billboard 200 in the year of its release, but the group subsequently focused on producing music with less pop influence. Incidentally, Brickell met Paul Simon while playing on “Saturday Night Live” (1975 – present) in 1988, marrying the legendary folk singer four years later.

As for Brickell’s work with Martin, it is a pleasant hybrid of primarily bluegrass, with country and folk influences featuring prominently among other genres. It should be noted that this reviewer does not use the word “pleasant” lightly when describing bluegrass music; he lectures his father on the myriad reasons to dislike bluegrass every time his father uses the car radio to foist his misguided love of the genre onto him. Yet, if there were

ever a case to be made for the merits of this little-loved genre, “So Familiar” would be it.

Brickell and Martin won a Grammy for Best American Roots Song in 2013 for “Love Has Come for You.” Their album of the same name spent 18 weeks at the top of the Bluegrass Albums chart and reached No. 21 on the Billboard 200. It could be said, then, that neither musician is new to accolades or the spotlight.

Remarkably, “So Familiar” in no way reflects this reality. While the album cover looks like it could be the movie poster for a typical Martin rom-com (thus implying the excess of a Hollywood production), the album features rather understated perfor-

Rebecca Solomon and
Pooja Sivaraman

New York Style Delhi



The bout of drought

On the eve of this Halloween, I twisted my ankle. Despite what the “Minions” (2015) movie tells you, just because you dress like a minion for Halloween does not mean you can bounce off the walls unharmed. What was weirder, however, was my Halloween experience at the hospital the next day. First of all, there was NO ONE there. When I went to radiology to get an x-ray, all I found was a black telephone centered in a vacant and stagnant room. I picked it up to hear slow breathing and a raspy voice: “I’ll be right there.” From the yellow-lit hallways emerged a pale man who was slowly sliding his feet along the marble floor. He would wait five to six seconds before answering my questions and ran his eyes over me suspiciously. Am I trying to tell you that he was a zombie trying to kill me? Yes, that is exactly what I am saying. As I lay on the x-ray bed, I knew murder was coming. He forgot to give me a protective vest. When I reminded him, he responded, “Oh...yes... That.” “That” was quite literally my shield from any zombie-ray-voodoo that would have led to a much better Halloween story than this one. Point is, there are some serious flaws in the Halloween healthcare system, and zombies just really suck at doctor-patient relationships. They should just stick to the things they are good at: the clean up.

Hey NYSD, will you have dinner with me? One of my friends ditched me last week because she had to study for Italian so I have to resort to emailing advice columns.

thx,
maya

Rebecca: Here is the downside of email submissions; our friends can voice their disappointment with us. Sorry Maya, but Italian Poetry is not a commitment that one takes lightly! I recently learned about “uomo di pena,” literally “man of suffering,” and it is pretty heavy stuff. Sorry that by ditching our dinner plans I forced you into a meal without me, which clearly caused you to suffer. How could it not?! However, I also learned in poetry that, through suffering and continuing on, we grow, and so I guess I allowed you to grow. You are welcome?

Dear NYSD, As a senior girl who only hooked up with/dated guys in the grades above me, I find myself in a drought. How can I find a new source of boys and quench this thirst?

Rebecca: A lot of my senior friends are going through this. There are three options here, all of which are inspired by Woody Allen’s belief that “80 percent of life is showing up!” First, you could start looking at people in the grade below you, and I know many people that have done this and all of them are still single, but that might have to do more with them than the age of their partners. Your second option is to look at people in our grade because it is so easy to get stuck in a routine and think that there only 50 people in the grade. Newsflash, there are over 1,000 Jumbos per year, and there is no way you know all of them! Third, meet people outside of the Tufts bubble!

That’s all we have for this week, send us questions PLEASE!

Rebecca Solomon is a senior majoring in economics. She can be reached at rebecca.solomon@tufts.edu. Pooja Sivaraman is a senior majoring in economics. She can be reached at pooja.sivaraman@tufts.edu.

A & L

ARTS & LIVING

Steve Martin, Edie Brickell release sophomore collaboration

SO FAMILIAR

continued from page 5

mances from both Brickell and Martin. One might expect Martin to make use of his commendable vocal chops here, but instead he contents himself with plucking on his banjo, at which he is no slouch. Brickell takes the lead on vocals throughout the album, dynamically affecting her voice from breathy and sensual to heavy and sad to light and happy depending on the song's subject matter, which spans everything from love, loss, drinking and more.

The album's titular song, "So Familiar," is immediately endearing. With a banjo plucking its way down the instrument's range, a bouncy bass and a light percussion — almost as if it were just someone's hands dancing atop a table — "So Familiar" is upbeat without becoming saccharine. The song is repetitive but only enough to be true to its name (rather than lazy). Indeed, listeners will be familiar with the song's cadences by its end. This is the perfect song to put on for a road trip or in the background of a montage of the American countryside, so effortlessly does it conjure images of "down home" wholesomeness — which is to say, it conjures the most cliché-yet-heartwarming images.

There are, of course, weak points on the album. For example, "I'm By Your Side" includes the line, "You can look in the mirror and never see yourself," which is either disturbingly cliché or magically brilliant depending on the



ALLEN J. SCHABEN VIA MCT

Best known as an actor, Steve Martin has also had a storied music career. He displays his talent on the banjo in his latest album, "So Familiar."

listener's point of view. What's more, most of the songs run shorter than three minutes; these short tracks can sometimes feel only half-realized. As with "So Familiar," however, these songs also tend to use repetition for atmosphere,

so making them longer may just detract from their beauty.

None of the tracks is particularly adventurous, but all of them are so unwaveringly true to their genre that it hardly matters. More than any-

thing else, this is good, old-fashioned, homemade music. It may sound like a detox from the filtered squeezes, 808s and synthesizers of modern pop music, but that doesn't mean listeners won't enjoy it.

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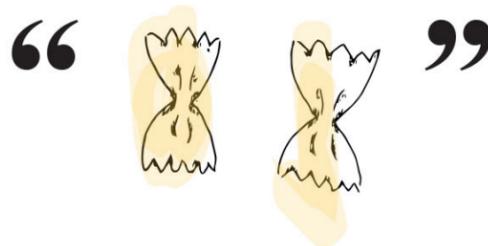
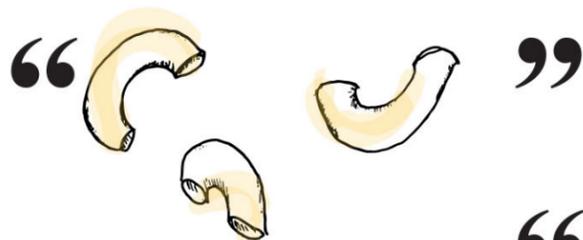
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ART BY / KAVYA BOORGU

SAILING

Tufts sees mixed results, missed cuts

by **Bradley Schussel**
Staff Writer

Armed with a new boathouse and a squad of determined Jumbos, the sailing team has competed in multiple competitions: the Moody Trophy, the New England Sloop Championship, the Truxton Umstead Trophy, the Oberg Trophy and, most recently, the Erwin Schell Trophy. The team saw mixed results in those regattas, placing 14th out of 18 teams, sixth out of eight, seventh out of 19, sixth out of 18 and ninth out of 18, respectively. The team placed in the top half of the standings in three out of the last five competitions.

The Jumbos' recent placements have been decent, but, in some cases, have not been quite good enough. The team missed the cut for further qualification on at least two separate occasions.

Senior tri-captain Caroline Atwood was disappointed in the team's placing at the Schell Trophy.

"In the Schell Trophy, which is a regatta across the country, we placed ninth out of 18," Atwood said. "That's a pretty disappointing score for me, because it means we did not qualify for the North American Atlantic Coast Championships. We have a really competitive conference here in New England, so our qualifier was probably more competitive than the regatta itself."

Despite the result, the captain had some praise for the team's B squad, which won its division on Sunday.

"Our B boat probably [had] the best regatta of its college sailing career and won the division," Atwood said. "That's huge for us, and we're really looking forward to working off of that momentum that [junior] Griffin [Rolander and sophomore] Emily [Shanley-Roberts] generated for us."

To round out the Schell Trophy, the A team finished with a score of 134. Junior Scott Barbano and senior Casey Gowrie served as the skippers for the competition, while Atwood, junior tri-captain Liz Fletcher and classmate Alex Tong switched off as the team's crew. The score was good for ninth place, just short of qualifying for the Atlantic Coast Championships.

Atwood, specifically, felt that her mindset has been better than ever in her last fall sailing at Tufts.

"I feel the best that I've ever felt in the boat, but my confidence is not translating into scores," she said. "That is frustrating. I'm looking forward to taking weeks off this winter and preparing for the spring, when we have nationals."

The sailing team also failed to qualify in the New England Sloop Championship. The Jumbos placed sixth out of eight teams in that regatta, meaning they will not compete for next month's ISCA Match



The Tufts sailing team races in the Peak Foliage regatta on Mendums Pond in Barrington on Oct. 26, 2013. COURTESY NICHOLAS PFOSI

Racing Championship.

According to Atwood, however, there is a bright side to the team's recent performances.

"Our starts have improved drastically throughout the season, and our B division, as well as our [first-years], have made significant gains in their racing as a whole," Atwood said. "That has really pushed the A team forward in their performance as well, which will help translate into regattas."

The sailing team can look forward to its final two regattas of the season later in November. Moving forward, the Jumbos will try to keep their heads up and sail their best matches of the season.

"Sailing is a funny thing," Atwood said. "You can prepare all you want, but when you get in the water you need to have the right mindset."

Nevertheless, the Jumbos will look to close out this fall season on a high note.

WOMEN'S CREW

Jumbos win three events for best finish in program history

by **Isabel Banta**
Contributing Writer

Tufts celebrated a record weekend at the Head of the Fish Regatta in Saratoga, N.Y. The event marked the end of their fall season, reflecting their hard work and improvement.

The women's open collegiate quad was the highlight of the event, as one Tufts team — comprised of sophomore Emma Conroy and seniors Leah Fortson, tri-captain Rachel Siegler and Claire Sleight — outraced their competitors with a swift time of 12:32:7.

"[The event was] almost eerie, since the closest boat behind them was almost a quarter mile down the line," Coach Brian Dawe said.

The quad race proved that Tufts was an able competitor, although the absence of Div. I schools such as UMass Amherst could have also contributed to the lead, according to Dawe.

"University of Massachusetts Amherst was our main competitor this year, but they were at another regatta [this weekend]," Dawe said. "It definitely would have been interesting to have UMass there just to gage our time against top competitors."

The absence of a top competitor did not diminish the magnitude of the Jumbo victory, however. Siegler, a standout of the weekend, also competed and raced into first place in the collegiate double — this time with classmate Laura Hoffman.

"No Tufts woman has won two races in

a while," Hoffman said. "It definitely was a highlight of the weekend."

The Head of the Fish was also the culmination of a fall season spent in sculling boats and building up technical expertise.

This emphasis on sculling during the fall presented a challenge for the first-year novice weight. Racing to an impressive fourth place finish behind Williams, WPI and Wesleyan, the first-year newcomers established themselves as a force to be reckoned with.

"[We] had spent a lot of time in small sculling boats, so moving to eight boat and working well as a team was very rewarding," first-year Tobey Solomon-Auger said.

This emphasis on teamwork also extended to smaller sculling boats. Solomon-Auger took home a gold medal alongside sophomore

Arielle Mann in the open lightweight double.

"In the doubles the girls pick their own partners for the fall," Dawe said. "[A large part] of rowing in my eyes is finding people who do similar things and have similar ideas. A good double requires two people that are really in tune, and in the case of Tobey [Solomon-Auger] and Arielle [Mann], the duo just worked really well together."

Jumbos, Dawe said, emphasize the harmony of the team over the individual. He compared the team to a ballet corps to describe the level of teamwork necessary for a successful boat.

"In ballet, if you have one ballerina trying to do something different, it's distracting, [and] crew is the same," Dawe said. "That's why we put an emphasis on perseverance and technical achievement. Everyone has to be working together to accomplish the same goal. Everyone has to have the same driving ambition to win for the movements to come together in a harmonious way. That's when it all falls into place."

Having completed the Head of the Fish, the Jumbos begin their winter off-season, before resuming their spring season in February.

"We ended the fall season on a good note, and a lot of our practices involved erging, weight lifting," Forston said. "The winter season will be more exciting and a way to continue our forward momentum."

Dawe hopes to further develop team camaraderie and place everyone on the medal stand this upcoming spring season.

Other NESCAC schools such as Williams, Wesleyan, Hamilton, Trinity and Bates will pose challenges come the spring, and Dawe views the winter season as a chance for Tufts to work hard, improve and perhaps enter the NCAA in the spring. The team sent one boat, which ultimately finished in sixth place, to the NCAA last year for the first time in eight years. The team aspires to meet or surpass this success this upcoming spring.



Members of the women's crew team suffer a breakdown during a practice on Oct. 23, 2013. COURTESY NICHOLAS PFOSI