

COLLEGE YEARS FADE. HOUNDSTOOTH IS FOREVER. WELCOME TO ALABAMA.

A SUPE STORE

instagram thecrimsonwhite

twitter @TheCrimsonWhite



cw.ua.edu

P.O. Box 870170 Tuscaloosa, AL 35487 Newsroom: 348-6144 Fax: 348-8036 Advertising: 348-7845

EDITORIAL

print managing editor Peyton Shepard

digital managing editor Kelly Ward

features editor Alvx Chandler visuals editor Melanie Viering

opinions editor Leigh Terry

chief copy editor Alexis Faire news editor Elizabeth Elkin

culture editor Matthew Wilson

sports editor Tyler Waldrep photo editor Layton Dudley

multimedia editor Patrick Maddox

community manager Dominique Taylor social media editor Collin Burwinkel

lead designer Kylie Cowden

ADVERTISING

advertising manager

Emanuel Adelson (205) 223-5578

territory managei

Dee Griffin (334) 349-2473 territorymanage

special projects manager

creative services manager

Mille Eiborg (205) 614-1457 cwcreativeman

The Crimson White is the community newspaper of The University of Alabama. The Crimson White is an editorially free newspaper produced by students. The University of Alabama cannot influence editorial decisions and editorial opinions are those of the editorial board and do not represent the official opinions of the University. Advertising offices of The Crimson White are in room 1014, Student Media Building, 414 Campus Drive East. The advertising mailing address is P.O. Box 870170, Tuscaloosa, Al. 35487. The Crimson White (USPS 138020) is published two times weekly when classes are in session during Fall and Spring Semester except for the Monday after Spring Break and the Monday after Thanksgiving, and once a week when school is in session for the summer. Marked calendar provided. The Crimson White is provided for free up to three issues. Any other papers are \$1.00. The subscription rate for The Crimson White is \$125 per year. Checks should be made payable to The University of Alabama and sent to: The Crimson White Subscription Department, P.O. Box 870170, Tuscaloosa, AL 35487. The Crimson White is entered as periodical postage at Tuscaloosa, AL 35401. POSTMASTER: Send address changes to The Crimson White, P.O. Box 870170, Tuscaloosa, Al. 35487, All material contained herein. except advertising or where indicated otherwise, is Copyright © 2015 by The Crimson White and protected under the "Work Made for Hire" and "Periodical Publication" categories of the U.S. copyright laws. Material herein may not be reprinted without the expressed, written permission of The Crimson White.

CONTENTS



Effects of studying abroad

International students at The University of Alabama discuss the positives and negatives of studying abroad. Students recall their experiences at the University and how they handle being away from home.

Cats make the best valentines

People view Valentine's Day as the holiday to celebrate and spend time with loved ones – including your cat.



CULTURE

An animated experience at Disney

The Disney College Program offers college students the opportunity to receive college credit while also working at "The Most Magical Place on Earth."

UA gymnastics beats West Virginia

After returning from a defeat against Auburn, the Alabama Crimson Tide gymnastics team breaks career-high records in a meet against West Virginia on Feb. 14.



ON TWITTER

Sarah Patterson @UACoachSarah Coach Bryants words of wisdom "Losing doesn't make me want2 quit. It makes me want 2 fight that much harder! @BamaGymnastics WILL get it done 10:22pm 12 Feb 2016

Retin Obasohan @Oballsohard I can't make this stuff up man... God is too good... First time in 20 years?! I love my squad!! #BuckleUp #SDG

5:37pm 13 Feb 2016

Avery Johnson @CoachAvery6 Way to Gooooooo with a 10.00 on floor Lauren Beers!!!! #execution @UACoach-Dana @BamaGymnastics

4:35pm 14 Feb 2016



The iconic white dome of Bryce is almost as recognizable to some as the top of Denny Chimes, even in 2016.

The domes belonged to Alabama Insane Hospital, the first of its kind to be completed in the state of Alabama in 1863. When patients first arrived in 1865, it was surrounded by acres of green farmland and people praised it for its then architecture. Patients were greeted by the same huge white dome that they are today.

Dr. Thomas Kirkbride, an activist since the 1830s, created the idea of the building becoming a part of the treatment, providing amenities and a good living situation for its patients. The hospital, eventually renamed Bryce Hospital, promised its patients running water, gas lighting and 70-degree air conditioning which was revolutionary for that time, as explained by Brad Cook, the current University of Alabama project manager in construction administration.

The Alabama Insane Hospital was founded on the belief that treating patients with dignity and respect, rather than like prisoners, was the ideal way to treat mental illness. Dr. Peter Bryce, the first superintendent of the hospital when it first opened, popularized the previously unheard of moral treatment theory.

"He revolutionized the industry," Cook said. "He treated the mentally handicapped like people. He was kind of cutting edge for that movement."

It wasn't always that way though. While the state of Alabama served as the pinnacle of mental health treatment for years, it eventually fell into disarray by the mid-20th century. With conditions the Montgomery Advertiser compared to Nazi concentration camps in the 1970s, Bryce Hospital fell from its glory, and abysmal conditions remained for some time. Over the following years, Bryce worked and was able to regain the top conditions it once boasted by reevaluating their original treatment plan.



In 2010 the University of Alabama purchased Old Bryce, built in 1863, after forming a relationship over the years. CW / Amy Sullivan

The 326 acres of the original Alabama Insane Hospital were adjacent to the University, and both were two miles from the city of Tuscaloosa at the time built. Naturally, The University of Alabama and Bryce Hospital have been intertwined since the hospital's opening, even with various patients of Bryce acknowledging the relationship, too. In the patient-run newspaper, The Meteor, similarities and differences between the institutions and their practices were pointed out and recorded.

"From the very first time the foundation of Bryce Hospital main

building was laid, there has been a connection between The University of Alabama and what was then called Alabama Insane Hospital," said Steve Davis, current Department of Mental Health Historian Steve Davis.

Davis said that the hospital superintendents and the University presidents shared a long history, and that when the Civil War ended, Bryce offered to let the University use parts of the vacant east wing of the hospital as classrooms. Then-University President Josiah Gorgas, along with his wife Amelia, actually

CONTINUED ON PAGE 6

ASBESTOS LITIGATION

If you began working in a

TEXTILE MILL

COTTON MILL
TIRE PLANT
PAPER MILL
STEEL MILL

or any other industrial setting before 1980: You may have a claim against the asbestos manufacturers.

Call now for your free evaluation.

1-888-432-6020

Asbestos Claims, LLC, Jubal L. Hamil Attorney at Law, ARPC7.2.(e) "No representation is made that the quality of the legal services to be performed is greater than the quality of legal services performed by other lawyers."

Littering

Place all waste materials in trash receptacles, to ensure they do not make their way into our local bodies of water.





For questions, concerns, or to report potential stormwater violations, contact the Office of Environmental Safety at 348-5905





CW / Marguerite Powers

COLUMN | CHRISTIANITY

Christians: You are not promised worldly success



By Matt Staff Columnist

Six months leading up to several 45-minute interviews, I knew what I wanted. After a few moments, my tongue-tied language left me without one of a handful of jobs for which I had toiled and prepped. I was frustrated.

"God must have something better in store for you" was a common phrase tossed around, often followed by "there must be an even better job for you waiting in the spring." If God has something better in store for me. it must mean an even better job.

It seems like the thought is becoming less the exception than the rule, finding its way into casual conversations where our material benefit is more a guaranteed part of the abundance of life Jesus brings. A friend recently told me of a sermon he listened to on the financial benefits of being a Christian. Jesus died on the cross so that you get ... financial security? Death, resurrection and a three-hour Intro to Personal Finances class might be interchangeable at that point.

But we're treading through dangerous waters. Wedged somewhere in between our American ideals of capitalism and our Bible Belt heritage, some, as Christians, have slowly misinterpreted the promises of God to mean promises for earthly measures.

God does have our best interests at heart. Paul tells the Romans that "all things work together for the good of those who love him," (8:32), and Jeremiah details to the Israelites suffering through years of captivity a promise for "plans to prosper you, not to harm you, and plans to give you a hope and a future" (29:11). It's nearly impossible to grow up in the church and not see verses like these plastered over the walls of your Sunday School classroom.

But, evident in the rise of the "prosperity gospel," we've taken promises for prosperity, pulled them from context and translated them to mean material success, social influence and financial security. If God truly plans to prosper me, it must be through my definition of prosperity.

Yet, both the "prosperity gospel," and the subtle miscalculations of Scripture couldn't be further from the truth. It's the poor who are blessed in Jesus' Sermon on the Mount (Matthew 5), and it's the Lord in whom we are to delight (Psalms 37).

In Paul's letter to the Romans, he states our good is ensured, continues on, citing not financial benefit or social power, but the prophet Isaiah, in saying "we are regarded as sheep

to be slaughtered." That doesn't sound like any kind of worldly success to me. He continues, stating Jesus' love makes us even "more than conquerors" (Romans 8). The Scriptures are flooded with these kind of juxtapositions – where one line promises hurt, suffering and pain, and the next promises abundance of life in the midst of impossible circumstances.

God absolutely has something greater in mind for his people - a relationship with his son. Material blessings, social influence, power all things that aren't inherently bad are not promised to Christians. We've been tempted to conclude that worldly success is a prerequisite for the promises of peace in Christ Jesus.

I might never achieve any kind of worldly success, be financially stable, have any social influence or anything else I label as good. No, that wouldn't be a contradiction to what Jesus has promised his followers. If Paul, who was beaten, shipwrecked, snake-bitten and without money, teaches us anything, it's that the rich abundance of following Jesus isn't in worldly definitions of success.

So Christians, you aren't promised material wealth or worldly recognition. You are, however, promised a relationship worth far more.

Matthew Gillham is a senior majoring in economics. His column COLUMN | VALENTINE'S DAY

I'm not lonely. I have a cat.



By Erin Mosley Staff Columnist

Last night. I needed to clear my head, so I decided to take a late evening stroll through downtown Tuscaloosa. Who am I kidding? I was bar-hopping. Nevertheless, the Alabama night was brisk and clear. As I walked the streets of downtown. I could sense something in the air. Cigarette smoke? Maybe the dump behind De Palmas? Neither of those seemed to be it.

Unable to place my finger on it, I continued to my next destination.

It seemed that everywhere I went, men and women paired off in twos, clad in suits and high heels, laughed and gazed the way they do in pictures. They were merry people, perhaps some were in fact married. "Odd," I thought and shrugged it off. I continued to wander and wonder.

Suddenly, it struck me the way I could only assume Cupid strikes the rest of the population. Valentine's Day, I remember. Of course. The stench in the air wasn't smoke - it was Hallmark romance and See's Candies. They were drunk with love - I with my infused vodka.

Feb. 14, on this national day of love, while all of Tuscaloosa brunches with their loved ones, I am Face-Timing mine – my cat, Pippin.

Pippin is a great guy. Or I suppose he would be a great guy if he were human. He's handsome - a brawny ginger with hazel eyes, and a total dream boat. Somewhat on the short side, Pippin stands just at 9 ½ inches tall. What he lacks in height however, he makes up for in his magnetic and charming personality.

He laughs at all of my jokes, and sometimes we stay up late at night discussing the upcoming election, whether or not tuna is better than salmon and if the effects of catnip are stronger if ingested or smoked. It's for medical purposes, he tells me. He says, at this point, it would just be nice if catnip were legalized in all fifty states and that he'll vote for whoever can make it happen. I've told him that there are more important issues like healthcare and immigration, but he seems content with the 'nip and six-hour naps in the middle of the day. I guess we all have our flaws.

The best part about Pippin is his honesty. He's never played the games that other guys have. The games he does play typically involve a ball of yarn. not my heart. If he doesn't want to come when I call, he just stares and then nonchalantly says, "No, I don't feel like it." It's a rather icy response, but better than excuses and constant rescheduling. Some of us have valentines and some of us have cats. And sometimes, cats are better.

Happy Valentine's Day.

Erin Mosley is a junior majoring in studio art and German. Her column runs biweekly.

EDITORIAL BOARD

Sean Landry editor-in-chief Peyton Shepard print managing editor Kelly Ward digital managing editor

Alvx Chandler features editor Melanie Viering visuals editor Alexis Faire chief copy editor

Leigh Terry opinions editor

WE WELCOME YOUR OPINIONS

name, year, major and daytime phone number. Phone numbers are for verification and will not be published. The Crimson Crimson White Media Group.

Send submissions to letters@cw.ua.edu. White reserves the right to edit all guest Submissions must include the author's columns and letters to the editor. The opinions contained on this page do not represent the editorial position of The Last Week's Poll: Have you or anyone you know struggled with mental illness?

This Week's Poll: Have you been to Bryce at night? cw.ua.edu/poll

Chivalry, the act should be for everyone



By Anna Scott Lovejoy Staff Columnist

This past Friday afternoon, my good friends and I drove on a two-lane back road en route to a large hunting camp in central Alabama. As we left Tuscaloosa behind, we entered the beautiful open lands rich in catfish farms, hunting grounds and conservative southern traditions. Naturally, my fictional idol Scarlett O'Hara popped into my mind, and I made a mental note to channel my inner southern belle during the weekend to come. While I am deeply thankful for a magnitude of necessary cultural, social and technological changes since the pre-Civil War era, some aspects of the life of the leading lady of "Gone With the Wind" make me green with envy. Of course, not greener than Scarlett's infamous curtain dress. Not only do I wish I got to wear the over-the-top, fabulous southern belle dresses when I attend summer barbecues at my neighbors' houses, I also find myself gawking over the prim and properlymannered ladies and the perfectly

chivalrous men

Now folks, I realize it is 2016. The fashions and strict gender role expectations of the 19th century American South are almost completely gone with the wind. Most of us can recognize that these are celebratory forms of modernization, but with Valentine's Day and a journey into the Deep South this past weekend, I find myself questioning exactly how much chivalry should be dead. As a young lady in the 21st century, I get to participate in outdoorsy hunting, fishing and adventurous activities, and I am grateful that I

The fashions and strict gender role expectations of the 19th century American South are almost completely gone with the wind.

am not expected to be dressed to the nines and acting a certain way every time a male is present. I hope to have a career in international business following my time as a student, and I plan on knowing, married or not married, that I have the skills and ability to create independent financial stability.

I could not agree more with Scarlett O'Hara when she declares, "I won't need you to rescue me. I can take care of myself, thank you," but I also see the beauty in men and women creating a world where both genders alike offer a helping hand to one another.

I then thought about the notion that, while I do have dreams to conquer the international business world, I do not want to be judged for also feeling as if I was put on this earth to one day take care of a family. I think a lot of modern women would be able to relate to wanting men to support their endeavors, respect their thoughts and recognize their strengths, but also enjoying it when men hold the door, help them carry heavy things and lend them a jacket if they're cold. Now I obviously do not speak for all modern women when I say that, and I do not wish to. I have merely stumbled across this interesting notion of exactly where the average modern man and average modern woman stand on the issue of chivalry being dead. I am interested in starting open-ended discussions with my friends, both guys and girls, about their opinions on the subject, and I encourage others to do so as well.

After contemplating my thoughts on gender roles and chivalry of the past and present, I have come to the conclusion that chivalry should not be dead. Chivalry should merely be adopted by both men and women in modern day. Both men and women ought to take on the responsibility of showing respect, valor and generosity, three words which are used to define "chivalry" on dictionary.com.

Chivalry should merely be adopted by both men and women in modern day.

Perhaps Scarlett O'Hara grabbed my envy not because she had a dainty appearance, but because she defied the weak expectations of women in her time with a strong head, determination and willingness to go against social norms. I am thankful for our society's progress, and hope not to go back in time, but to encourage boys and girls alike to channel the independent attitude of Scarlett O'Hara when she says to her on-and-off-again love, "I don't care what you expect or what they think," while also recognizing that we all ought to be chivalrous.

Anna Scott Lovejoy is a sophomore majoring in general business and biology. Her column runs biweekly.





CONTINUED FROM PAGE 3

lived with Peter Bryce and his wife Ellen at the hospital. Amelia Gayle Gorgas and Ellen Bryce became best friends, and so did their husbands, Davis said. J.T. Searcy, the second superintendent of the hospital, acted as the personal physician of Gorgas, in addition to the next president of the University. In fact, the University president's home would typically get its food from produce grown at Bryce, which owned many acres of farmland.

With all of these connections, it's no surprise that the University's psychology department was associated with the hospital, and Davis said most students completed their internships there. Dr. Ray Fowler, a UA psychology professor at the time, claimed the Wyatt v. Stickney case actualy started in his living room. The case, filed in 1970, led to a great deal of prog-ress after a 1999 settlement agreement was made to ensure that mental health standards were continually established at Bryce.

"Enormously significant historical events may have very modest beginnings," Paul Siegel wrote in his book "A Personal History of the Department of Psychology of the University of Alabama," written in 1995. "Sometimes they are 'accidentally' determined. Something like that happened in the psychology

department in the summer of 1970."

Today, the University officially bought the Old Bryce campus in 2010, something it's talked about doing since 1969, Davis said.

"I've got a letter from 1977," Davis said. "A newspaper article from 1977 that they used to bring out in management council and read and they'd say 'yeah, that was in the Tuscaloosa News last week,' and this was in 2007, and I'd say, 'no, this was in the Tuscaloosa News in 1977.'

Since then, the relationship has evolved over time.

When they first started, it was a very close relationship, but they were obviously completely separate," Davis said. "At this point in time, they're totally integrated."

The new Bryce campus was built with University funds and leadership and is currently on the University's campus. Davis said that the University pays for the maintenance and the hospital relies on the University for all of its auxiliary services.

The treatment of mental illness at Bryce Hospital has come full circle over the past 150 years. The white dome outlasted all the changes, but the same can't be said for other parts of the facility. Patients have recently been relocated. There used to be six wings of the facility, but now only two remain. A veil of dust covers every surface. Walls have been torn down,

paint is chipping and dirt piles are in every corner. Vandalism dominates what walls are left, and the building is a shadow of what it once was.

Still, the heartbeat of the old facility can be felt. Murals and motifs that were hand-painted so many years ago can be seen under the peeling paint. Within the piles of dirt are old Christmas decorations, torn and forgotten. In the amusement hall, where patients used to have proms and performances, there remains a single, framed painting of birds flying over the ocean.

"In a perfect world, I wish that the original Kirkbride building could have been kept, but never in my wildest imagination did I believe that the University would've been able to renovate as much as they have," Davis said. "So that has been a pleasant surprise.'

The University has made sure the legacy of Bryce stayed alive. They've restored the grounds to how they were in the 19th and 20th centuries. They've put new fences around the cemeteries, and some said that the evolution of the relationship between Bryce Hospital and the University reflects the evolution of mental health treatment as a whole.

"I know it's trite to say win-win," Davis said. "I know everybody uses that, but it really is."



CW / Amy Sullivan



MACULAR DEGENERATION?



- Diabetic Retinopathy
- Glaucoma
- Stargardt's Disease
- Stroke

Call George Eischens, O.D. (844) 825-2020

www.LowVisionAlabama.com



To complete your Master's Degree in...

Speaker's Edge - Professional Development - Mentor Program

NOW ACCEPTING APPLICATIONS FOR FALL 2016 SUMMER DEADLINE TO APPLY: APRIL 1 FALL DEADLINE TO APPLY: JULY 1

Contact Ashley Jones at ajones@bus.olemiss.edu/662-915-5483

THE OPPORTUNITY COST OF STUDYING ABROAD

By Lauren Lane | Contributing Writer

Kaitlyn Nott left her home in South Korea to have a college experience that would be different from her friends back home. She finished her years in the Korean school system, being ranked against every student in her class and having to spend five to six hours a day after school with a tutor to stay on top of her grades. Nott always knew she wanted to go to America for college and was ready to travel over 7,000 miles away.

I don't want to disappoint my parents or myself, and if I do mess up or my grades aren't right, then I feel like I'm losing control.

— Kaitlyn Nott

"In my opinion, the pressure to perform is a universal thing, but it's very prevalent in Asian countries," said Nott, a sophomore majoring in economics. "The Asian culture is just very focused on academics and good grades, and you feel that pressure from your family most. When you grow up in that environment, you feel that for yourself, too."

Once Nott enrolled in The University of Alabama, she realized that stress easily translates into every language. It would have

followed her no matter how far away she went.

A study published by the National Institute of Health researched depression in college students and the results showed international students were at greater risk for depression and even showed higher rates of it than their American counterparts. The study reported contributing factors such as feelings of isolation, lack of family support, financial pressures and the inability to be employed in America.

"It's a little better here because my mom can't bother me as much, but I've just had this pressure for so many years," Nott said. "I don't want to disappoint my parents or myself, and if I do mess up or my grades aren't right, then I feel like I'm losing control."

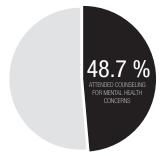
Nott has experienced some relief being away from Korea, but she still battles anxiety in Alabama. She said she enjoys how college in America is more than just academics. Even though she loves that it's about growth and "the experience," she discovered it difficult to keep up with the lifestyle.

"It's just about managing my time and not letting myself get anxious," Nott said.

The University's international students come from 78 different countries and make up 5 percent of the student population.

A Finnish study on international students conducted at the Central Ostrobothnia University of Applied Sciences suggested that people going out of their way to engage in conversation with an international student can make a difference in the students' lives. International students need to have a support system and to meet other students from their same culture to help them adjust. The

STUDENTS UNDER PRESSURE



Anxiety disorders are one of the most common mental health problems on college campuses. Forty million U.S. adults suffer from an anxiety disorder, and 75 percent of them experience their first episode of anxiety by age 22.









32.9% TAKEN MEDICATION FOR MENTAL HEALTH

10.3% HOSPITALIZED FOR MENTAL HEALTH CONCERNS

23.2% PURPOSEFULLY INJURED SELF WITHOUT SUICIDAL INTENT

30.3% SERIOUSLY CONSIDERED ATTEMPTING SUICIDE

8.8% MADE A SUICIDE ATTEMPT

A 2008 Associated Press and mtvU survey of college students found the following:

30%

of college students say they frequently or sometimes experience daily stress

34%

of college students have felt depressed in the last three months

13%

of college students have been diagnosed with a mental health disorder such as anxiety disorder or depression

Information courtesy of www.adaa.org and www.apa.org. CW / Mary Kate Holladay

Affordable High-Speed Internet

Available Where YOU Live!

800-283-1057

www.pbsinternet.com

study reported that building a social network of friends is the best tool to help international students succeed.

Pablo Ramos Ferrer, a sophomore majoring in chemistry and chemical engineering, never dreamed of attending school away from his hometown of Ibiza, Spain. He attended the same school since he was three years old and enjoyed the comforts of having a strong community behind him.

"It was really rough at the beginning mostly because of language," Ferrer said. "I didn't speak that much English. I barely talked to anybody. Coming here was just a big shock."

It took Ferrer a few months to adjust, but he said he enjoys having all the options of extracurricular involvement to keep him busy.

"You just have to get involved," Ferrer said. "I started first semester competing in a couple business competitions, and through that I ended up having an internship my second semester, and most of my friends I have right now I've met through that."

Ferrer is now president of the International Student Association and a University Steward. He tries to encourage other international students to branch out so that the anxiety of moving does not overwhelm them to the point of depression.

"I definitely have some friends that basically just go from dorm to class, class to dorm and that's their day," Ferrer said. "This is just too much for them. I mean it's even too much for me, but it's all how you deal with it. I feel like everyone here just does their own thing, and if you don't take the initiative and do something yourself, no one's going to come and give it to you."



By Will Baggett | Contributing Writer

All around are the sounds of theme music playing, roller coasters roaring and of course, toddlers screaming. But who are the people that make the park operate? The cast members.

The Disney College Program is hosted for college students from all types of majors to take the opportunity to work with Walt Disney. The program is offered in both the Orlando and Anaheim locations of the park.

"The hours can be long, but the other cast members are really great people and they love their job just as much so it makes the slow times go faster,"

said Brooke Gann, a junior majoring in management. "I love getting to see kids so excited about getting shirts, stuffed animals and other items that have to do their favorite characters, and that is what makes working at Disney so rewarding."

Other jobs for the DCP participants include work in park restaurants, rides and retail stores.

Rebekah Denard, a junior majoring in human development, explained her role as a cast member working at the attraction "Spaceship Earth" at Disney World's EPCOT.

"My training included every role that might possibly be involved at 'Spaceship Earth,' so yes, sometimes I work 'greeter,' "Denard said. "I also work the load consoles, so I'm in charge of the entire ride and make sure that everybody is safe."

Many people overlook the amount of work and hours that are required to be a part of this experience. Working in the park restaurants can add quite a bit to the workload of the job as the program rolls on. Ashley Scharf, a junior majoring in human development, recalled her training in the past few weeks preparing for her restaurant placement.

"I just finished training last week, so everything is still overwhelming and a little stressful, but I am starting to get the hand of it and I love the people I work with," Scharf said. "Right now I am in (BOH) back of house so I am in the kitchen helping make the food. In about a month I will be trained for (FOH) front of house so I am really excited about that."

Working as a cast member for the Disney College Program is ultimately a full-time job. Some cast members can work up to 50 hours a week some weeks, while other weeks may provide less of a haul.

Applying to the Disney College Program is no picnic either. The application is a rigorous and stressful three-part process.

It begins with an application, where you fill out personal information such as the school you attend, job experience you may already have and it also includes a portion where you prioritize the type of job you would like to have.

"In reality, they don't really look at that very much," Denard said. "More than anything, they are looking to see that you are willing to be flexible and fill whatever role they need you in."

The second step in this process is a web-based interview, which is essentially set up like a quiz.

"A couple of days later I was asked to do an online interview which was just a way that Disney gauges the personality of the applicants by having them rank different characteristics of themselves," Gann said.

Lastly, there's a phone interview. Scharf said she prepared and tried to brace herself for such an important phone call.

"In the phone interview you can be asked any question you could ever even think of so there isn't really a way to prepare," she said. "I looked at a bunch of people's blogs to see what questions they were asked during their interview and practiced what I would say. My interview lasted 16 minutes and was not near as stressful as I thought it was going to be."

After the gauntlet of web interviews, phone interviews and just waiting for a response, a lucky group of individuals are accepted into the program and set to begin their training when they arrive on site.

"I have only been here a month and I already love everything about this program," Scharf said. "It is very exhausting but definitely worth it. The people here are incredible. I love having friends from all over the world. I definitely recommend this program to anyone who is interested because you will learn so much about yourself and you get to help make magic and work for a mouse! It has definitely been a magical experience."



contact us to apply:



UA theatre department brings "Ghosts" to life

By Sam West I Assistant Culture Editor

The death of a lord throws an aristocratic family into turmoil. A mother is left without her husband, and a son returns home to learn his father wasn't the man he thought he knew.

This is the story of "Ghosts," a play by Henrik Ibsen that will be performed starting Feb. 22 at 7:30 p.m. in the Allen Bales Theatre. Though the story takes place in 19th century Norway, the cast and director are confident its themes of family drama will appeal to modern viewers.

"What's kind of amazing is that the playwright wrote this so, so long ago, but some of the themes of missed connections with your family still resonate today," said Zach Stolz, a junior majoring in theatre and dance who plays the son in "Ghosts." "I think the audiences are going to see themselves reflected in the play, whether they want to or not."

This is the second show this school year by Raines Carr, a master's student in directing. Last semester, he led the production of "Seduced," a story based on the life of Howard Hughes. Though "Ghosts" is a very different play, he said he was interested in it because he admired its writer and themes. To

the director, "Ghosts" is about how we deny ourselves who we really want to be because of our duty to family.

"There's the issue of, how do you become yourself, an individual, within a family unit?" Carr said. "We all struggle to attain that."

To effectively portray his role as Oswald, the family's oldest son, Stolz said he often tapped into feelings and friction from his own family life. The actor described this as an essential process, especially to make an older work understandable to modern audiences.

"If you're not relying on very real emotions and motivations, you're doing a disservice to the audience, and, more importantly, the story," Stolz said.

This week begins the final rehearsals before the show is performed before an audience. In the next few days, lights and technical work will be incorporated into the play. Stolz said the actors are beginning to get in sync.

"It's been really fun to watch everyone start to fly and take ownership of the play," Stolz said.

The director said he's seen bonds and chemistry grow amongst his cast members, none of whom really knew each other before the start of the play.

As a director, Carr said he tried to

be as open as possible. He described his role as guiding the actors in understanding the play, and making sure they performed to the best of their abilities.

"I like to be as open as possible, so the actor has the opportunity to discover the play for themselves," Carr said.

Stolz confirmed this process, describing Carr as an adaptive director concerned with the individual growth of each cast member.

"From the first day, he said he

wanted it to be 80 percent us and 20 percent him," Stolz said.

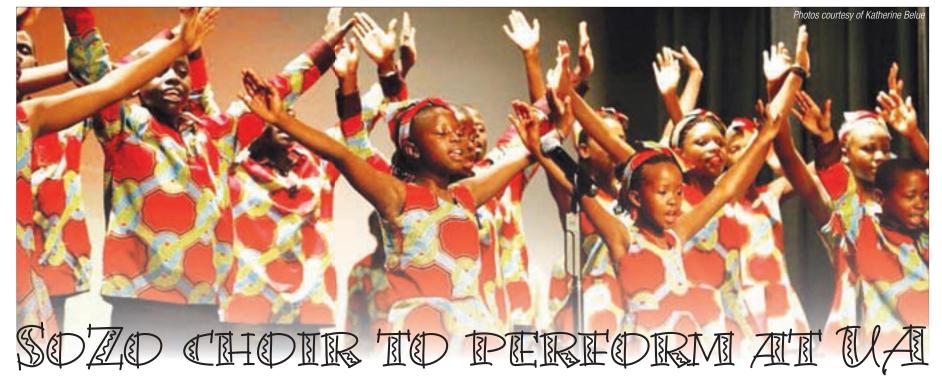
Carr's last show, "Seduced," ended with a surprise for audiences – gunfire. One character shot another using a real handgun loaded with blanks. The director wouldn't give specifics, but said there would be more unusual props in "Ghosts."

"There are some organic things that will happen, that you'll see, feel and hear," Carr said. "It's a play that will leave you very unsettled at the end."



"Ghosts" performances begin Feb. 22 at 7:30 p.m in the Allen Bales Theatre. CW / Marie Walker





By Katie Goodwin I Contributing Writer

Jingo is a 17-year-old orphan from one of the most poverty-stricken places in the world. He has every reason to be unhappy, but you couldn't tell from the way he acts. He loves to sing, dance and smile.

He and 16 other orphans from the SoZo home in Uganda are touring the United States in a children's choir. They'll be putting on a performance featuring singing, dancing and their testimonies.

"I was excited, not about coming to America to sing, but [to] be a part of the choir to sing to for Jesus," Jingo said.

The event will include praise and worship songs, as well as the Disney favorite "Hakuna Matata." Sarah Elrod, who was with the children through the entire rehearsal process and is now on tour with them, said the event will give viewers a taste of Ugandan culture.

"These kids have impacted my life more than I ever thought possible," Elrod said. "It has been so humbling, watching them grow these past three years. These kids love Jesus with everything in them, and it's so evident in the way they talk, pray, worship and behave."

The goal of the tour is to raise money to build the "Sozo Villiage." It'll be on 28 acres of property and include as many homes, a church, a medical clinic and a school.

The SoZo children home started in March 2010 with 17 children. They now house over 100 children.

2016 SPRING

According to the organization, 2.7 million children are left orphaned or abandoned in Uganda. Over half of the country's population is under the age of 15, making it the second youngest country in the world.

The name "SoZo" is a Greek word found in the New Testament meaning to save, both physically and in a spiritual aspect. One way they help these children's lives is through education. The choir started as an extension of music classes.

SoZo provides their children with their basic needs, and teaches them about the Christian faith. Many college students travel to Uganda to do mission work. Lauren Collins, a junior majoring in human development, said she experienced these children's unconditional love.

"The kids are amazing," she said. "They truly taught me what it was like to have childlike faith. They are overwhelmingly joyful and they love the little things, like someone reading to them or playing basketball with them."

Despite the hardships they have faced, the SoZo children still have a great attitude.

"They are so positive and recognize how the Lord has blessed them," Collins said. "They truly give God the credit for everything, and they strive to glorify him. I learned a lot from the children and I know our God is going to use them in mighty ways."

Coming to the United States was certainly an adjustment for them, however.

Jingo recounted the story of a food he'd never seen before – lobster. He said he couldn't believe anyone would eat that.

On their journey, the children are meeting many new people. Sharon, 14, said this was her favorite part of the trip.

"The culture is different, and the people are nice," Sharon said. "Meeting new people is so great and becoming their friends is the best part."

Natasha, 9, said she loves to hang out with her friends, play with dolls and eat.

Sharon likes to play with the younger kids and find quiet places to read. The kids also dream of what they want to be when they grow up.

"They have big, beautiful dreams," Collins said. "Some want to be teachers, others want to be doctors or architects and some even want to be pastors."

The SoZo Choir will being coming to The University of Alabama on Feb. 21 at 7 p.m. at the Ferguson Center Theater. Tickets are \$5.



Feb 17th | 10am–1pm Ferguson Center

Enter to win a

UE BOOM 2

Save \$255 with zero down FEB 17TH - 21ST

Apply online today at —

CAMPUSWAYUA.COM



Open House

Feb 18th | 1-4 pm

Take a tour by March 11th & be entered to win a \$500 Spring Break Giveaway

CAMPUS WAY

CAMPUSWAYUA.COM 301 Helen Keller Blvd 205.554.1556



Prizes, deadlines & fees are subject to change. Limited time only. See office for details.





Both fairs are from 11 a.m. to 4 p.m. Professional dress is required.

Student Affairs

Bravin' it to Broadway: "The Countess of Storyville"

By Daniel Parra Mejia and Ellen Johnson | CW Staf

It isn't often that a theatrical production makes a stop in Alabama on its way to Broadway.

This week, UA Theatre and Dance will bring to life "The Countess of Storyville," a new show that is in the working stages of getting to Broadway.

"The Countess of Storyville," based on real events and people, chronicles the happenings of Storyville, the legal red light district of New Orleans in 1910. Margot Astrachan, the lead producer of the show who has been working to bring the production to Alabama, described the story as authentic.

"A lot of what you will see is based on events that actually happened and people who actually lived there," Astrachan said.

"A lot of it you couldn't make up anyway. It's wild."

Storyville was created in 1897 but was shut down within 20 years. During that time, jazz and ragtime were born. "Storyville" follows these events.

"It's really a story about a place and how it affected the people who lived there and how it came and went," Astrachan said. "The music is very New Orleans, and when you close your eyes, you know where you are and when you were there."

The Alabama production of this show follows after a series of workshops in New York and a lab at the Pasadena Playhouse. After this week's run of the show, the production team will work towards their ultimate goal: Broadway.

"It's a Broadway-sized show, so we are really going to see what we've got after next week," Astrachan said. "A normal course of events is that it would do another regional production and [then] go to Broadway. My fingers and toes are crossed."

Mary Catherine Waltman, a senior majoring in musical theatre, plays the role of Celine in the show.

"She's basi-

"She's basically a young woman who has come to Storyville in search of finding herself

and something for her to do," Waltman said. "She comes to New Orleans to make a future for herself. She finds love and acceptance and becomes a woman."

Waltman, who has had roles in UA productions of "Urinetown," "The Dining Room" and "42nd Street," has enjoyed the chance to develop a new character, one who has not been played by anyone else before.

"I think my favorite part of this show has been creating a character," Waltman said. "It's not a normal everyday thing when you get to portray a character no one else has done before. But it's also kind of scary because you don't have a point of reference."

Waltman was able to find aspects of feminism in this production.

"It's very relatable, and it's a great for women,"
Waltman said. "There are a lot of strong women in this show. It's a really good, positive thing that people need to see."

Photo courtesy of Jamie Schor

Daniel Velasquez, a senior majoring in musical theatre, plays the role of Perez, a soldier who falls in love with the Countess of Storyville. He has enjoyed the opportunity to work with both students and professionals on this production.

"They brought New York and Los Angeles actors with experience in Broadway to play the main roles, which is awesome for me as a student because I have learned a lot from them," Velasquez said. "It's a great experience for me because we have created a kind of friendship and a pairing way to work in the set."

"The Countess of Storyville" will run at the Marian Gallaway Theatre Tuesday through Friday. Tickets can be purchased online or at the box office in Rowand-Johnson Hall.

"What's important about it is that it's a story about a woman of color with great courage to stand up to white establishment under the toughest circumstances, in a time when women didn't do that to begin with," Astrachan said. "The fact that she eventually prevails is extraordinary. It's a beautiful, glamorous show, but it's really

of work."

about something. It's not a frivolous piece





Want to wake up in a new place?





By Terrin Waack | Assistant Sports Editor

Alabama gymnastics coach Dana Duckworth didn't hide her emotions during Sunday's meet. She was all over the place, hugging the gymnasts and waving at the fans to get louder. She was excited, and rightfully so, as No. 4 Alabama defeated No. 24 West Virginia, 197.375 to 195.250.

"I kind of acted a little crazy as a fan [Sunday]," she said.

After junior Aja Sims nailed her balance beam routine, scoring a 9.950, Duckworth started flashing both her hands and chanting "10" towards the crowd. She said the moment Sims stuck her landing, fans should have been out of their seat cheering.

After Alabama's next performance, the same thing happened. Junior Katie Bailey also earned herself a career-high 9.950.

"So yeah, I went a little nuts because I was like those beam routines are 9.950-caliber beam routines," Duckworth said.

Sims and Bailey weren't the only two gymnasts to receive high balance beam scores either. Junior Keely McNeer scored a 9.900 just before Sims, and sophomore Nickie Guerrero anchored with a career-high 9.925.

Sophomore Mackenzie Brannan started off with a 9.825, and then senior Lauren Beers was up. She was midway through her routine when she fell off the balance beam, marking the third time she's done so this season. She got back up and scored a 9.300.

Alabama finished with a balance beam score of 49.550, tying its own previous nation-leading score along with the fifth-best score in Alabama history.

"It's there, we've always had it the entire season, but this as well as every other event, it's always just about putting it together," Bailey said. "I think this meet we did a really good job, especially after a fall, of putting it back together and just remembering what we do in the gym every day."

Earlier in the meet, Lauren Beers scored a 9.800 on the vault after stumbling off the landing platform. Then during her dismount on the uneven bars, she took a step forward, resulting in a 9.825.

"A true sign of a champion is being able to put that all behind you and move on," Duckworth said. "Then she went and got a 9.950 on floor."

Beers' floor exercise score broke down into a 10 and a 9.90.

Duckworth said Beers is still figuring things out this season and earning a 10 from one judge was needed for her confidence. What her coach and teammates think Beers really needs to do is relax.

"She's such a strong gymnast," Sims said. "When she just lets it be, that's when she does her best. We all knew that's all she had to do, just have fun. So floor was where she just let it all out."

Alabama scored a 49.325 on the floor exercise, a 49.225 on the uneven bars and a 49.275 on the vault where sophomore Kiana Winston set a career-best 9.900.

The Crimson Tide was able to pull together all four events. Its 197.375 was its fourth 197-plus score this season, one of which came from Friday's meet.

Although the final scores were similar, Sunday's outcome was the opposite of Friday's, when Alabama lost by 0.025 to Auburn, putting a halt to Alabama's 117-meet win streak.

"This team is a very different team from last year in which we're very good at moving to the next moment," Aja Sims said. "We say live in the moment and working, fighting for every second. No matter what happened on Friday, we were focusing on tonight and then how we make each other 0.025 better."

On Sunday, Alabama had a gymnast place first in each event.

Winston took first on the vault with a 9.900, tying West Virginia's Zaakira Muhammad. Brannan and junior Amanda Jetter, both with a 9.875, took the uneven bars. Sims and Bailey ended up first on the balance beam with their 9.950s. Beers' 9.950 on the floor exercise single-handedly stole first.

Beers was the only gymnast to compete all-around, scoring a 38.875.

This wasn't the first two-meet weekend either. Alabama had one at the start of its season with Missouri and, like this past weekend, Auburn.

"I don't know if we really love it, but it ended up that way," Duckworth said. "But you know, there was a plan, bigger than we realized, and it worked out wonderful to be able to come back and bounce right back."





Men's swimming aims for top-three finish

By Cody Estremera | Contributing Writer

The Alabama men's swimming team will travel to Missouri on Feb. 16 to participate in the upcoming SEC Championship while seeking to pick up where it left off after the team's last home meet.

"We've proven [ourselves] with everything we've done so far," said sophomore Luke Kaliszak. "I fully expect we are going to keep surprising people."

Last season the men finished fifth at the SEC Championships, but this year, the Crimson Tide is aiming to finish in the top three.

"We're up there, and people are running scared, now that people know we are coming for them," team captain Crews Wellford said.

The team has continually been rising in the points at the SEC Championship the last two years. In 2013, the team finished 10th. The next year they jumped up to fourth place. The biggest factor that sets this event apart from any other meet is the excitement that comes with competing on a bigger stage.

Whether this is a swimmer's first time competing for the conference championship or their last, remaining calm and collected is crucial for a successful week

"There's always some kind of nerves, but when I get up on the block I'm ready to go," Wellford said. "I feel like Peyton Manning almost, and this could be my last rodeo."

Coach Dennis Pursley said this year's senior class has remained focused. Sometimes Pursley watches seniors step off the gas a little as they prepare for graduation and life after swimming, but he said he hasn't seen that with this group.

"Our senior class has been exceptional," Pursley said. "Each one of them has stepped up their level of commitment and focus."

The Crimson Tide is looking to repeat in some events; Kaliszak, with the 200m freestyle relay; Connor Oslin with the 100m backstroke, and Alabama with the 400m relay, among other events.

"Our goal is to keep getting faster," Pursley said. "It won't be too far down the road before we are competing for championships."





2/15/16

POLLER

EMMITT

NEBO ZEE

I S A

NIC

N O G O A R E A O V E N M I T T

49 Actor Jannings

50 Tax deadline

51 Put an end to

53 "E" on a gas

gauge 55 Rock genre

59 Most fit for

57 Clever 58 Sledding slope

military duty

month

N A D 1 A

Saturday's Puzzle Solved

LVINANDHOBBE

A V I A N T A R A M E M E
R E V G E T C U T E T O M
O D E D Y A R N L A H T I

XYSTIX

HOMEPERM

I N A S E N S E

I D O

BARENECESSI

WRACK

SVUTASK

A I R G U N

AB\$URD

LASHED

MARKETPLA

Summer in Maine

Males and Females. Meet new friends! Travel! Teach your favorite activity!

Archery Gymnastics Arts Pottery RN's Canoe Costuming Tennis Enameling Waterski

June to August. Residential. Eniov our website. Apply online. Tripp Lake Camp 207-998-4347 www.tripplakecamp.com

BAHAMAS SPRING BREAK

All prices include: Round-trip luxury party cruise. Accommodations on the island at your choice of ten resorts.

\$189 for 5 Days





Today's Birthday (02/15/16). Win with your team this year. Take advantage of springtime abundance (after 3/8) to reconsider travels and research (after 3/23). After 9/9, take off for two educational years. Rising shared accounts (after 9/1) offer new personal financial opportunities (after 9/16). Work together for love. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) -- Today is a 7 -- Read, write and study over the next two days. Keep written records, as communication glitches may arise. Learn new tricks. Choose privacy over publicity. Concentration comes easier. Put your charm and affection into your work.

Taurus (April 20-May 20) -- Today is an 8 -- Compute expenses. Over the next two days, there's cash to be made. Ask for what was promised. Send invoices, and organize accounts. Learn from an elder. Travel beckons. Work it out with your partner.

Gemini (May 21-June 20) -- Today is an 8 -- Energy surges are predicted. You're more powerful and confident for the next two days, with the Moon in your sign. Get creative. Innovate at work. Come up with a new way to do something.

Cancer (June 21-July 22) -- Today is a 6 -- Finish a project in private today and tomorrow. Slow down and consider options before making plans and decisions. Avoid reckless investments. You're in charge, remember? Determine what you want. Get into a pensive phase

Leo (July 23-Aug. 22) -- Today is a 6 -- Social activities occupy you over the next few days. Group and community efforts go far. Networking opens new possibilities. Share your thoughts and dreams. Creative work pays well. Strengthen your infrastructure. Listen and learn

Virgo (Aug. 23-Sept. 22) -- Today is a 7 -- Focus on professional opportunities for the next few days. Forge ahead. Anticipate changes. Keep your wits about you. Prepare for inspection. Dress the part. Avoid someone else's ego battle. Reach for the prize.

Libra (Sept. 23-Oct. 22) -- Today is a 6 -- Travels and studies keep you busy today and tomorrow. The news could affect your decisions. Follow your itinerary, and keep to the plan. Do complete work. Add illustrations. Avoid buying stuff you don't need.

Scorpio (Oct. 23-Nov. 21) -- Today is a 7 -- Compromise comes easier over the next two days. Work out budget issues, and decide on priorities together. Don't lose what you've got to get more. Scrutinize something nebulous. Research financial consequences before committing.

Sagittarius (Nov. 22-Dec. 21) -- Today is an 8 --Collaboration percolates over the next two days. Work together. Make changes as necessary. Find new commonalities. Who would have ever quessed? Patience with practical details serves you well. Make sure your partner feels appreciated.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- Handle work issues today and tomorrow. Take charge, and provide great service. Don't neglect your health to do it. Cut stress with a walk outside. A friend's expertise comes in handy.

Aquarius (Jan. 20-Feb. 18) -- Today is a 5 -- Take time for love today and tomorrow. Get together with family and friends. Relax and play together. Prioritize fun. Generate enough to cover expenses. Practice your game to increase your skill level. Follow your heart.

Pisces (Feb. 19-March 20) -- Today is a 6 -- Make home upgrades today and tomorrow. Delegate some elements to an expert. Put your own talents to best effect. Read up on best practices, and determine style and colors. Your family appreciates the results.



Buy One Get One FREE

Buy Any Large Wich at Rea. Menu Price & Receive one Wich of equal or lesser value for FREE.

Expires 2/29/16 Coupon Required.

Midtown Village &

University Blvd.

TODAY'SDIVERSIO

ACROSS

- 1 Diplomat Henry
 Lodge
 6 Former Ford
- division, briefly 10 "Kindly let us
- know," on invites 14 Like a noisy
- stadium
- 15 Length times width
- 16 Israeli airline 17 *The president's annual salary, e.g.
- 19 Lily that's Utah's
- state flower 20 Mary
- cosmetics
- 21 Agree silently 22 Avoid shipping out?
- 24 Electrically
- connected 26 Weds in secret
- 27 Kind of football kick
- 30 Prairie dog or squirrel 32 Brown photo tone
- 33 Long skirt
- 34 Carpe _ the day : seize
- 37 Hawaii's Mauna
- 38 Pool diving area ... and, literally, what the start of each answer to a
- starred clue can be 41 Dean's list fig.
- 42 How some audiobooks are recorded
- 44 Prayer ending
- 45 Autumn shade 47 Pencil mark
- remover 49 PC memos
- 50 Say yes (to) 52 Arabian
- Peninsula country 54 Thick fog metaphor
- 56 Prefix with east or west
- 57 Comedian Margaret
- 60 X-ray units 61 *Prince film
- featuring "When Doves Cry"
- "Understood"
- 65 Flanged fastener

- - 27 Capital of Norway

DISCOUNTS: 5% off for 4 issues; 10% off for 8 issues; 15% off for 16 issues

DEADLINES: Classified line ad deadline is the previous business day by 4:00 p.m

By Robert E. Lee Morris

66 It's measured in dearees 67 "Why don't we?"

68 "__-dokey!" 69 1971 Eric Clapton hit

DOWN

- 1 Wine barrel Operatic solo
- 3 Squarish, as some cars
- 4 Lummox
 5 __ and Tobago:
 West Indies nation
 6 "All in the Family"
- spin-off 7 Make a typo, say 8 "Cheers" actor
- Roger 9 Redeemed, as casino chips
- 10 English translation of the start of 10-Across
 *"Sweet dreams"
- 12 Unclear
- 13 Lands heavily
- 18 2000 Bush
- opponent 23 Pub potable 24 Nintendo game
- system 25 Window treatment

BETSEY BADSANTA @2016 Tribune Content Agency, LLC

- 28 Gas used in signs 29 *Scatterbrain
- 31 Team on the farm
- 33 Viral video, e.g. 35 Fencing sword 36 Fourth planet
- 39 Approach
- cautiously 40 Fait accompli
- 43 Puts on clothes
- 46 "Vaya __ Dios"
- 48 Commotion
 - 62 Regret 63 Genetic stuff

RATES: \$1.25 for the first 5 words, \$0.25 for every additional word, A border around your ad is an additional \$0.50 per ad





VISA



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



Women's tennis travels to Virginia for ITA





The Alabama women's tennis team will compete on the road against Virginia on Monday at 3 p.m. CW / Layton Dudley

ales • Management • Rentals

By Ben Boynton | Staff Reporter

The No. 18 University of Alabama women's tennis team faces a tough challenge Feb. 15, when it travels to Charlottesville, Virginia, to take on the No. 9 University of Virginia Cavaliers. The Crimson Tide is currently 2-3 after losing its last three matches, all against ranked teams, in the ITA National Women's Team Indoor Championship.

The matches may not have resulted in victories for Alabama, but the team still recieved some positives from their time in Madison, Wisconsin.

"We learned a lot," sophomore Bennett Dunn said. "We learned that we need to play better as a team and play more together."

The Crimson Tide faced then-No. 5 North Carolina, who finished a point shy of earning their third championship in four years at the tournament. Alabama also squared off against then-No. 10 Oklahoma State and then-No. 17 Texas Tech. Those are three challenging tennis teams that Alabama had to play in the span of three days, all on the road.

Coach Jenny Mainz believes that playing tough teams early on will help prepare the team for the grueling competition that SEC play will bring. She also said the experience

www.TheGatesAtCedarCrest.com 205-345-1440

was instructive.

"Going in, I thought it was a very competitive field," Mainz said. "We played three really good teams, and the biggest lesson we take out of it is that we can play with anyone in the country, but we have to believe it. We have to sink our teeth in early and be ready to compete from the first point. We did not do a great job of that."

The schedule doesn't let up for the Crimson Tide. After Viriginia, Alabama faces a home match against No. 25 Northwestern. Mainz wants the team to compete better early on in matches and believes the team has to avoid digging themselves into a hole to have success. She also believes the team has to play hard to come away with wins.

"We've got to compete better," Mainz said. "We have to be ready time in and time out to compete. We have to be ready to be run down every ball, to be resilient, to be mentally tough on the big points, to be stubborn and unwilling to give away any free points. I think if we do those things consistently, we're going to do fine. We're going to have a good season and be successful."

Alabama has its first opportunity to do so when it takes on No. 9 Virginia on Feb. 15 at 3 p.m. CT.

