

THE CAVALIER DAILY

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RIX PRAKASH, AVA PROEHL & ALBERT TANG | THE CAVALIER DAILY



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NEWS

This week in-brief

CD News Staff

Morgan Hughes to hold Housing and Residence Life chair position without co-chair

Third-year College student Morgan Hughes will serve as the sole Housing and Residence Life chair for the upcoming 2023-24 school year after her previous co-chair, third-year College student Roshan Baddeliyanage, elected to leave the position and take a room on the Lawn for his fourth year.

An alternate student was offered the position after Baddeliyanage vacated it. The alternate rejected the offer, and the HRL team opened a second round of applications but ultimately did not select anyone to serve in the role.

For the 2023-24 year, the HRL leadership team will consist of five people, with Hughes as the chair and four vice-chairs. The vice-chairs were selected prior to Baddeliyanage's decision to step down as co-chair.

Holly Sims, fourth-year Batten student and outgoing HRL co-chair, opted not to share the number of second-round applications.

"[The position] takes a lot of understanding of multiple pieces of the program, so it can be tough to be able to speak about every single moving piece," Sims said. "Morgan does a great job of that, and we just felt that the other applicants when we had opened it up just weren't quite ready to take on all of that responsibility."

Hughes and Baddeliyanage were selected as HRL co-chairs for the upcoming 2023-24 school year in February by the current team led by current co-chairs — Holly Sims and fourth-year College student Karissa Ng.

Honor Committee votes to let students delay cases until multi-sanction system ratified

In the Honor Committee's first meeting following the elections of new representatives — including third-year College student Hamza Aziz as chair — members voted to let accused students pause their case until the multi-sanction system is formally ratified.

Following the passage of March's historic student referendum, the new multi-sanction Honor system will officially go into effect July 1. Previously, the only sanction under the single-sanction system was a two-semester leave of absence — the newly passed system will include, but is not limited to, amends, education, leave of absence or suspension.

Cases that are reported prior to July 1 would have continued to be processed under the single-sanction law, creating a possible discrepancy in outcomes, according to Aziz.

Rachel Liesegang, vice chair for the undergraduate community and third-year College student, supported allowing students to pause cases until July 1, citing increased case efficiency.

"Any reports going forward, likely the investigation or the full process, would not finish up before the end of the semester," Liesegang said. "I think it would be difficult to be dealing simultaneously with cases under the old system as well as cases under the new system."

All 16 Committee members present then voted unanimously to give students the option to pause their cases.

The Committee also presented the bylaw revision timeline, with a goal to finalize new bylaws by mid-June.

Aziz said he wants to change bylaws in a more informal, conversational format, rather than focusing directly on the language of the bylaws.

[The goal is a] discussion format where we kind of raise points, we debate, then everything is recorded, but we're not actually sitting here together and writing sentences of language for bylaws," Aziz said. "I don't think that would be the most efficient use of our time."

United Campus Workers of Virginia rally to demand prompt pay

Dozens of graduate students marched from the Lawn to Madison Hall Friday protesting their alleged late or incomplete payments from the University. Leaders of the University chapter of the United Campus Workers of Virginia then met inside Madison Hall with Ian Baucom, executive vice president and provost, where they demanded further University response.

As the protestors gathered in the rain outside of New Cabell Hall and marched through the inclement weather to Madison Hall, they chanted "cut the checks," among other union and protest chants. The group, primarily composed of graduate students, was also joined by several undergraduates and faculty members.

Protestors carried signs reading slogans such as "no grad workers means no UVa." and "looking for a living wage." After gathering at Madison Hall and delivering speeches, several of the protestors went inside to speak with Baucom. According to members of the delegation, Baucom was open to hearing from the group but did not commit to any tangible changes in staffing or financial management.

In March, the University chapter of UCW-Va. chapter sent a letter to University leaders, alleging that many graduate students' paychecks had been delayed. The administration responded by claiming that Student Financial Services had not found any continued disruption in wages. Administration also created a task force to communicate with the union and student representatives, as they had requested.

Laura Ornée, UCW-VA UVa. chapter chair and graduate student, said in an interview after the protest that better infrastructure needs to be in place to avoid a repeat of the issue, and the University's task force has failed to address areas which the organization feel are necessary to ensure wage security.

4.7

4.9

4.10



ALEYNA BUYUKAKSAKAL | THE CAVALIER DAILY

After gathering at Madison Hall and delivering speeches, several of the protestors went inside to speak with Baucom.

U.Va. seeks solutions following increase in gun violence

University Chief of Police Timothy Longo is implementing increased patrols and police hiring, says longer-term action is needed

Caroline Hagood and Eleanor Jenkins | Staff Writers

In light of five gun-related homicides in Charlottesville since 2022 and an increase in violence around Grounds, students and community members have expressed concerns over solutions to improve safety and prevent further violence. Timothy Longo, associate vice president for safety and security and University chief of police, said that while long-term initiatives are still being worked out, short-term solutions for gun-violence include increased patrols and security cameras.

Although he has faith in the short-term benefits of his proposals, Longo stressed the need for a deeper understanding of root causes and wider community change such as public investments and after-school programs. Longo said that initial findings suggest most homicides occur because of individual interpersonal conflicts, but he hopes to conduct deeper analysis into why gun-related homicides are becoming more frequent in Charlottesville.

“We put a Band-Aid on a sucking chest wound, we deal with the immediate issue,” Longo said. “We make the bleeding stop, we put some proactive prophylactic measures in place to prevent it from happening in the future, but at the end of the day, we don’t take the time to understand the why.”

One initiative that Longo says will focus specifically on addressing the issue of rising gun violence rates is the Community Safety Working Group, created by the President’s Council on U.Va. Partnerships — a collaborative board of University officials, experts and wider community members seeking to build stronger connections between the University surrounding areas.

According to University spokesperson Bethanie Glover, the new working group’s main goals are to understand the problem of gun violence in Charlottesville and develop actionable long-term and short-term solutions.

“The working group will identify gun violence reduction solutions beyond the immediate safety improvements that were shared in the March virtual town hall,” Glover said. “The group will also leverage existing resources and services to recommend activities that will have the greatest potential impact on reducing gun violence and enhancing community safety in the areas of mental and behavioral health, youth programming and agency coordination.”



ISABEL HAMILTON | THE CAVALIER DAILY

Although Longo has faith in the short term benefits of his proposals, he stressed the need for a deeper understanding of root causes and wider community change

Members of the working group will be selected by University President Jim Ryan. Glover said that members will be chosen from the University, the City of Charlottesville, Albemarle County, nonprofit organizations and other community-based groups.

One of the long-term solutions Longo says the University is working towards is passing a bill in the General Assembly that would make it state law to criminalize violations of a University policy that prevents firearms on Grounds. There is already a law that prohibits possession of a firearm in all state buildings except those in public colleges and universities. Because it is not qualified as a criminal offense, police cannot obtain search warrants for gun possession on-Grounds, as University policy is not criminally enforceable.

In the meantime, Longo said the University is cooperating with Charlottesville and Albemarle county police departments to pool resources and create a more constant and visible police presence. According to Longo, the University is increasing patrols for police and ambassadors both on Grounds and off-Grounds in the areas down West Main Street, into the downtown mall and around the University Medical Center.

Ambassadors are third-party contractors hired by the Univer-

sity to monitor areas on and off Grounds. The ambassador program was started in 2015 in hopes of providing intermediaries between law enforcement and the public and expanding safety resources. Although ambassadors are not official police officers and do not have the power to arrest or investigate crime, Longo said that they serve as witnesses and increase visibility in areas where the finite resources of the police department cannot patrol.

“My experience is that most criminals don’t want to be caught,” Longo said. “When you increase presence and visibility, it can have a deterrent effect on people’s behavior.”

According to Longo, however, the recent shooting on Elliewood Avenue — which resulted in the death of a University contractor — occurred despite the presence of ambassadors and police officers. While he thinks ambassador and police presence can deter violence, Longo acknowledged that increased patrols alone will not necessarily prevent future shootings.

Some students in recent years have reported feeling less safe due to increased police presence, according to a May 2022 survey done by students in Sociology Prof. Rose Buckelew’s sociology course Race and Ethnic Relations. The study surveyed over 1,100 University students and found

that 50 percent of Black women, 44 percent of Black men and 44 percent of Latinx men said that an increase in UPD officers would make them feel less safe on and around Grounds.

Second-year College student Jade Pettaway was part of Buckelew’s class and helped compile and analyze the study’s findings. Pettaway said that Black women in particular often feel unsafe around University Police due to historic and ongoing racialized police aggression.

“Historically, white women have been able to use policing as a shield,” Pettaway said. “I think that what’s leading to Black women feeling unsafe, we’ve never had that privilege in society [where] police were there for us.”

According to Longo, police have to continually rethink their strategies to be conscious of how they impact individual rights and public trust. Longo said he could not provide specific instances of adjusted policies since he had been chief of UPD.

One of the main student groups currently working with the University Police to alleviate some of these concerns is Student Council. Andrea Gao, Student Council director of University Relations and third-year Commerce student, said that Student Council’s Police Review Board plans to begin conversations with the University this semester to

advocate for students’ concerns regarding UPD. The Board was established by the previous administration and will be carried out by the newly elected Council.

“Student Council’s Police Review Board has historically worked toward facilitating greater collaboration, communication and transparency between the student body, UPD and other safety and security officials at the University,” Gao said.

Beyond conversations with student leaders, Pettaway said she hopes that the dialogues and policy solutions the University considers focus on prioritizing the groups most affected by University Police, not just those who have held positions of privilege.

“I think that there could be more initiatives to make it so Black women are feeling heard at the University... [we need to] have that open dialogue so students can really voice their concerns, and so University Police understand the actual harm they’re doing by increasing police presence at U.Va.” Pettaway said.

Increased police and ambassador presence off-Grounds and on the Corner took effect March 31 and is expected to continue expanding in the coming year.

Students face stressful subletting market as summer nears

University students begin to search for tenants to sublet as they finalize summer plans

Priya Kommu and Haley Barrett | Staff Writers

As summer approaches, many University students look to sublet their living spaces as they leave Charlottesville, while a smaller group searches to find summer housing in the area. With a lopsided market given the volume of empty apartments versus a relatively low demand for subletting, students find themselves navigating an informal system and advocating for themselves to work out deals that benefit both parties.

Subletting is the legal transfer of a lease from an existing tenant to a subtenant. Large numbers of students who leave Charlottesville for the summer look to sublet their living spaces in order to make money back on rent, since most leases run through July or August.

The relatively small group of students who stay in Charlottesville over the summer for internships, jobs and summer classes find themselves sorting between an often overwhelming variety of subleasing options at discounted rates. Although some complexes provide more official forums — such as University Apartment's sublease offerings — most students turn to platforms like GroupMe or Facebook to connect with potential subletters.

Third-year College student Cassie Lipton said she has found this process stressful in her search for a place to stay this summer while she holds a local job. One student who initially offered Lipton a discounted sublease at Grandmarc on the Corner suddenly stopped responding to communication, leaving Lipton searching for other options.

"I think at the end of the year, there's just a scramble because tons of people are trying to sublet and I think there are probably more of them than there are people working to sublet from someone," Lipton said. "So in that sense, the market is in my favor, but there's so many options and a lot of people that I don't know."

Lipton had already paid the \$100 "takeover" application fee before she was forced to terminate her deal due to the tenant's unresponsiveness. Grandmarc does not have an official subletting policy, but instead a "takeover" policy with an official application that a potential tenant must fill out. Once the application is submitted, the new tenant must be approved before the current tenant is able to get out of their lease.

Similarly, The Standard — another popular housing option due to its proximity to the Cor-

ner and Grounds, and location on West Main St. — uses a "reletting" process where a tenant fully signs their lease over to another individual. Unlike the process at Grandmarc, however, there is no application or fee to relet at the Standard.

Caillie Smith, an employee at the Standard and third-year College student, said that the reletting process is very popular among residents and estimated that around 30 to 40 residents take advantage of the option during the summer.

"We definitely got a lot of interest in the last two summers and, this summer included, we've had a lot of people calling in asking about potential relets," Smith said.

Despite the interest from prospective subletters, second-year College student Millie Pandya said she faced obstacles in her search to find a subletter for her apartment this summer, even saying she would avoid the entire process in the future if possible. She advised other individuals looking to sublease to offer tours and discounts on prices that make their property attractive.

"You have to really emphasize the selling points of your room or your apartment, whatever it is, and try to stand out from the crowd which can be difficult when the price ranges that people are looking for can be anywhere from \$500 to \$1,000," Pandya said.

Both Pandya and Lipton said prospective subletters also needed to be aware of additional fees, such as parking passes, furniture and electricity, that may not be included in the first version of the agreement.

Pandya will include electricity in her agreement, and due to overlaps in occupation, she will be paying for the entire rent during May for her summer sublease, even though her renter will move in at the end of the month. She said these compromises are an often necessary part of finding an interested renter in an oversaturated and informal market.

"While I'm not getting 100 percent of everything paid for, I think I got a pretty good deal and my leaser was very nice," Pandya said. "So that's what makes it difficult, is that you have to negotiate."

While the University offers on-Grounds housing for students over the summer, most options are reserved for those formally taking summer classes. As she finalizes her summer housing

plans, Lipton said her experience looking for off-Grounds options has reinforced her decision to live on-Grounds all four years.

"I think part of the problem is like the U.Va. housing market in general — it's just kind of an absolute hellscape," Lipton said. "[On-Grounds housing] is just so much easier to navigate than it is to navigate the Charlottesville housing market."

Lipton speculated that a University-run website or a forum with school emails attached might hold people more accountable. Given the current environment, however, she recommended that those looking to sublet begin the process early — February or March — and recognize the unpredictability of offers.

After her first sublease fell through, Lipton said she has two more options and feels fairly confident in her ability to secure summer housing.

"At least since I started trying to work on it early, I have the time to recover and find something else after that fell through," Lipton said.



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Grandmarc does not have an official subletting policy, but instead a "takeover" policy with an official application that a potential tenant must fill out.

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Days on the Lawn welcomes newly admitted Class of 2027

The University's second in-person DOTL following the pandemic offers four specialized days of programming

Diem Trinh | Staff Writer

Newly admitted students to the Class of 2027 can explore the sunny corners of Grounds this month by participating in Days on the Lawn, which allows admitted students to experience life at the University. This DOTL will feature school-specific events across four days, as opposed to last year's programming with six days open to all students.

DOTL began April 1 with an invitation for students who were admitted to the School of Engineering and Applied Sciences Activities. Prospective students of the School of Architecture, School of Nursing, Kinesiology Program, College Science Scholars and Echols Scholars were welcomed April 10, while all newly-admitted students have the option to attend the April 22 events. Programming across all days includes events such as open houses, tours of Grounds and resource fairs.

Kelli Barnette, associate dean of admission for guest services and community development, said the Virginia Ambassadors and Office of Admission made the change to host a smaller number of school-specific days to "meet the needs of admit-

ted students and ease the burden on smaller schools." Barnette said that she had already received positive feedback from the Engineering Open House.

"The number of Days on the Lawn dates maximizes our use of resources at each event and allows us to offer programs that are specific to students' academic interests," Barnette said.

Additionally two April 17 events — "Spring Fling" and "Spring Blast" — offer students an opportunity to learn about the experiences of Black and African American students and resources for Hispanic and Latinx students, respectively.

To accommodate for fewer days of DOTL, admissions has offered other in-person admitted student events and virtual programming, according to Barnette.

This DOTL features the second year of in-person events following cancellations in 2020 and 2021 due to the COVID-19 pandemic. Olivia Wilkinson, co-chair of DOTL and third-year College student, said the series of events are aimed to bring back the in-person experience and connection lost during virtual

events offered during the pandemic.

"I want admitted students to have the best possible experience and have them and their families feel incredibly welcomed," Wilkinson said. "We are so fortunate to have amazing volunteers and team leaders who are involved in Days on the Lawn and they're always so kind and excited to share their experiences with the admitted students."

Other current volunteers who experienced in-person DOTL programming reported similarly engaging experiences. Emilia Cuevas, co-chair of DOTL and fourth-year Education student, said she participated in DOTL as a high school student in 2019 and the event had "convinced [her] to come to UVA."

"I remember being able to feel the love that everyone had for UVA and how excited everyone was to be there," Cuevas said. "I could really feel that the UVA students that were on Grounds were really grateful and excited to be there."

Some current students who were unable to attend in-person programming said they were especially motivated to provide a welcom-

ing environment for the incoming Class of 2027. As an out-of-state applicant, Zachary Hallock-Diaz, DOTL volunteer and third-year College student, said he did not know many students from his area that go to the University. Additionally, his first year on-Grounds was spent in lockdown due to the pandemic and he could not fully experience life at the University.

"I wanted to make sure that these admitted students can hear a lot about the UVA experience, and really get to know a little bit more about the University when they come in," Hallock said. "And it's also a great opportunity for especially out-of-state students to meet some other people who are a part of their incoming class, who they might be friends with once they arrive here."

Clemens Knebel, volunteer for DOTL and second-year College student, said because of the pandemic, he was also not able to participate in DOTL but sees the event as crucial to helping admitted students choose their destination.

"Every time I came to Grounds, it was just me and my dad walking

around by ourselves," Knebel said. "So I think that [DOTL is] really important for people to get input so that they can make the best decision about what they want."

Incoming College student Sarah Dunn said that only having one date for Days on the Lawn was not too inconvenient since she lives in-state and can drive to UVA. for the day. Dunn has already committed to the University but said she is excited to explore the University beyond what she's seen from admissions tours.

"I definitely want to see the buildings and whatnot where I would be taking actual classes because that's probably the one thing I haven't really gotten a chance to see," Dunn said.

The next DOTL event will be held April 17 and the final day is April 22.



HENRY MOUNTCASTLE | THE CAVALIER DAILY

The next DOTL event will be held April 17 and the final day is April 22



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SPORTS

Ranking the most gut-wrenching losses in March Madness

It's never easy, but the Furman loss can remind us about some similar outings in March that resonate today.

William Smythe | Staff Writer

As Virginia sports fans at large, we're incredibly spoiled. Not many schools can boast 32 national championships — including one in a major-market sport that gave us some much-needed argument points against the Dukes and North Carolinas of the world. I think I was just so relieved that I didn't have to use the "But we have more regular-season titles in the last six years!" speech that I mastered. Virginia's basketball highs may outweigh the lows after the 2019 National Championship, but we've seen our fair share of heartbreak. Some hurt more than others, though, so here are my five most upsetting March Madness losses.

1. No. 1 Virginia vs. No. 10 Syracuse, Elite Eight, 2016

The top-seeded Cavaliers looked poised to coast to their third Final Four in program history, having handled the likes of Iowa State and Butler before matching up with an ACC foe in the Elite Eight. Surprisingly enough, and harder to digest, Syracuse snuck into the tournament as a 10 seed and held a 19-13 record. Virginia, on the other hand, finished the season fourth in the AP Poll and second in the ACC.

The Cavaliers were up by as much as 15 in the second half against the Orange and carried a 14-point lead into halftime. Before this fateful Elite Eight outing, Coach Tony Bennett's teams were 68-0 when leading by double-digits at the break. Thanks to the heroics of Syracuse guard Malachi Richardson, though, the record failed to stay perfect.

The 15-point lead still keeps me up at night. An offensively-dominant Virginia team — complemented by the nation's second-leading scoring defense — couldn't waltz into the Final Four with a massive lead in the last ten minutes? Well, Richardson's 21 second-half points didn't help the Cavaliers' case. I will never forgive Syracuse for what they did, yet perhaps Virginia's current five-game win streak over the Orange counts as revenge.

2. No. 1 Virginia vs. No. 16 UMBC, Round of 64, 2018

All I could feel was shock as I slowly realized that we would be the first one seed to fall to a 16. This was a Virginia team that raced through the ACC with a 31-2 record, slayed Duke after a dagger three-pointer from then-sophomore Ty Jerome and looked poised to avenge some prior

tournament losses. Even if no one predicted the Cavaliers to attain that No. 1 overall seed in March — having gone unranked in the preseason AP Poll — expectations were higher than ever after Virginia knocked off No. 12 North Carolina in the ACC Championship.

Nonetheless, we had to swallow the fact that Virginia would lose in a big way to the small school in Baltimore, Md. before the game even hit the 9:33 mark in the second half.

I remember ditching the living room to distract myself by watching Netflix upstairs, waiting for my dad to come upstairs to tell me that we had made a Syracuse-like run. Like so many others, I tried to escape reality with UMBC.

I've come to terms with this one better than Syracuse on account of the Retrievers' ludicrous three-point percentage — 50 percent on 24 attempts — which basically means very, very few teams were beating them that night. However, this one still stings.

3. No. 4 Virginia vs. No. 13 Furman, Round of 64, 2023

This is the loss that prompted me to write this piece. I'm sure that many other Cavalier fans didn't think that we could possibly drop two-straight tournament games to a 13 seed — thanks to Ohio the year before — yet reality hit us in the face once again. A loss would have meant three first-round exits in the last four tournament appearances, a horrible stain for a program that had reached the pinnacle of college basketball. Furman didn't even shoot the ball like UMBC, even if they made 10 three pointers to our two, and their top scorer fouled out in the last 10 minutes of the second half.

Moreover, the Cavaliers spoiled yet another big lead in the second half — having gone up by as much as 50-38 in the second half after a three-pointer from freshman Isaac McKneely. Naturally, the Paladins crawled back into the game yet looked to be staring defeat in the face, until The Pass.

Graduate student guard Kihei Clark will forever be remembered for his two passes — one which sent Virginia to the Final Four in 2019, and the other which occurred just before the clock wound down against Furman. Clark's blunder against the Paladins following a double-team on the baseline will not be forgotten any time soon. However, he is still a legend in Charlottesville, a feisty defender and consummate point guard

who should be revered for his dedication to this program.

The last 20 seconds of this game, however, just about made me lose my mind. A two-point lead suddenly evaporated after a three-pointer from JP Pegues — who had missed his last 15 three-point attempts — caught nothing but net.

There's a lot to digest in this one.

4. No. 1 Virginia vs. No. 4 Michigan State, Sweet 16, 2014

Michigan State was a four seed playing in one of the toughest conferences in basketball — the Big Ten — yet Virginia just had that "it" factor in 2013-14. This was a team that throttled no. 4 Syracuse by 19, beat No. 7 Duke in the ACC Championship and looked the part of the next Virginia Final Four team. When reflecting on the 61-59 loss to the Spartans at Madison Square Garden, the personnel Bennett possessed makes the "what could've been" case that much more haunting.

A backcourt of two future NBA

players — Malcolm Brogdon and Joe Harris — aligned perfectly with a well-rounded frontcourt of Mike Tobey and Akil Mitchell, while Virginia fan favorite London Perrantes showed remarkable poise as a starting freshman point guard. In addition, future ACC Defensive Player of the Year — Darion Atkins — came off of the bench, alongside athletic phenom Justin Anderson and another current NBAer in Anthony Gill. Depth was not a problem for this team — one of my favorites of the Bennett era.

The nail-biting aspect of the Michigan State game — combined with the talent that year — makes it an easy call here at No. 4. It's just unfortunate that Virginia had to play one of the best four seeds known to man.

5. No. 2 Virginia vs. No. 7 Michigan State, Round of 32, 2015

The Spartans were public enemy No. 1 in 2014 and 2015. What luck for Virginia that they had to face off with — once again — an underseeded

Tom Izzo team that made the Elite Eight a year prior. This was another Bennett team with such incredible potential, having only lost four games and having returned the bulk of their starpower. Also, a kid with Malachi Richardson-type energy put the nail in the coffin in the Round of 32.

Travis Trice couldn't miss against the Cavaliers. This guy was the first example of "Man, he's incredibly annoying" that we saw with Richardson and Purdue's Carsen Edwards later on. A 23-point effort and a four of eight three-point clip — doubling Virginia's number of three-point makes as a team — was the nail in the coffin for an offensively challenged Cavaliers squad.

Virginia doubled down on disappointment against Michigan State, advancing no farther than the Sweet 16 after finishing with a combined 60-11 record over two years. Thanks, Sparty.

Nonetheless, I still love you, Virginia basketball.

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Celebrating an unsung hero of Virginia basketball

Student manager Anna Williamson reflects on her four years at Virginia and how her role has shaped both herself and the program

Max Jensen | Staff Writer

Behind every successful college basketball program is a hardworking group of people — some athletes, some employees — that make the ultimate goal of winning a national championship possible. Most of the praise goes to the most visible of those participants. In Virginia's case, all signs point to Coach Tony Bennett and players like Kyle Guy or De'Andre Hunter. However, there is also a lot of work behind the scenes that contributes to the quality of basketball that Cavalier fans have become accustomed to.

Enter Anna Williamson, men's basketball student manager and fourth-year College student, who just wrapped up her fourth season with the program. Williamson has fostered a love for the game of basketball since she was young, and has put in countless hours to help Virginia basketball succeed on the court. Recently, Williamson was awarded Student Manager of the Year by Grow the Game, a non-profit organization that provides student managers with resources and opportunities to kickstart their careers. Williamson discussed the achievement, along with her overall experience across the past

four years in an interview with The Cavalier Daily.

"I didn't really expect anything, any of the success in this past month," Williamson said. "I wasn't looking for it. I just showed up and did my job every day."

The job of a student manager is a rigorous one and requires putting in long hours. Williamson's responsibilities include showing up to practices an hour early to ensure the court was ready to go, the Gatorade mixed and the players in a good mood. Through this preparation, she still found time to have fun.

"Sometimes we'll have fun with it, mix [Gatorade] colors and make random mixes," Williamson said. "To keep the players on their toes."

Game days were even more intense, often lasting upwards of eight hours, and with Williamson's responsibilities, she was almost always busy. Balancing this time commitment with her schoolwork was far from an issue for Williamson, who has gotten used to the time crunch over the last four years.

"The nice thing is I really didn't know anything different," Williamson

said. "So it wasn't necessarily a challenge to fall into the schedule."

However, those around Williamson — both within the basketball program and on the outside — have been supportive of her commitment to the program. Everyone around her recognizes her importance in helping the program operate smoothly and therefore is able to be accommodating on both sides.

"Professors are generous and flexible, and communication is used," Williamson said. "If the first few minutes of practice were missed for class, that was not a [big] deal."

While the position is crucial to the everyday activities of a basketball program and the other members of Virginia speak highly of the student managers, Williamson knows when it's time for others in the program to take the spotlight.

"I would try and go unnoticed, in a good way," Williamson said. "To be able to step back and let them work out was the goal every day."

Williamson has many fond memories of her time with the program — including junior guard Reece Beekman's buzzer-beater in the 2021 ACC

Tournament, Jay Huff's 10-block performance in a 2020 win against Duke and learning how to make tea with Tomas Woldetensae. Huff was a player that Williamson particularly connected with.

"Jay was always a good friend," Williamson said. "He checked in on the first day to make sure I liked UVa. all right."

Williamson also makes sure to stay in touch with players even after their departure and noted how her home city of Raleigh, N.C. was taking care of former Cavalier Casey Morsell.

"She's someone who's selfless," graduate student forward Jayden Gardner said. "She has a big heart and she cares for everybody. She has a willingness to sacrifice her time to just be with us and serve us. She's on top of everything."

Williamson also places great importance on the five pillars that Bennett has implemented as a part of the basketball program, particularly his focus on unity. While excellence on the court certainly matters, she has learned from Bennett that it is more important to come together as a team.

"I've learned way more [from Ben-

nett] about life than basketball," Williamson said. "He's a very gracious guy. He forgets mistakes quickly, which I admire."

The admiration is mutual. When the Cavaliers clinched the ACC regular season title in the season finale against Louisville, Bennett gave Williamson the honor of cutting down the final strands of the net.

"It was the best," Bennett said. "I joked that I didn't think she ever took that net off. I think she might have slept with that thing on."

Following graduation this spring, Williamson is staying in the Charlottesville area but pivoting her focus to a new passion — coffee. She will be opening up Revival Coffee + Kitchen, which will be located along Ivy Road, in October or November.

"I look forward to serving the guys in a new way," Williamson said. "And being right down the road from [John Paul Jones Arena], I'll still be able to catch the games."

Williamson's presence on the court will be missed, but the Virginia program can rest assured she will be supporting the team from the stands.

Virginia athletics bolsters Cav Futures partnership

Cav Futures looks to support and educate student-athletes and the community at-large

Harry Farley | Staff Writer

Virginia Athletics and Cav Futures have announced a partnership that recognizes Cav Futures as the official NIL collective of Virginia sports. The deal was negotiated by Virginia's multimedia rights holder Playfly Sports and the agreement comes through an association with Virginia Sports Properties.

Name, Image and Likeness has quickly become an integral part of college athletics since the NCAA approved the policy in the summer of 2021, giving athletes compensation for their NIL. Cav Futures is an NIL collective that supports Virginia student athletes in NIL deals. These collectives serve as third parties between student athletes and companies — Cav Futures helps student athletes attract deals, negotiate compensation and grow in the community as it pertains to NIL.

Doug Dunkel, Ron Carey and Matt Link are the three founding members of Cav Futures. All three were former Virginia football players, and saw a need for Virginia to keep pace with schools around the country as NIL rapidly expands. The Advisory Board for Cav Futures features former Virginia athletic stars — including the likes of Ralph Sampson, Matt Schaub, Dana Boyle and most

recently Kyle Guy. Former Associate Director for the Virginia Athletics Foundation Lo Davis joined Cav Futures as Executive Director to help oversee their vision.

"We're playing catch up now," Davis said. "[The creators] found the need to create a collective so that we could do this in a way that fit Virginia."

The announcement comes at a time when recruiting, the transfer portal and the success of athletic programs as a whole are increasingly dominated by schools' abilities to provide NIL opportunities. This partnership specifically gives Cav Futures access to Virginia's brand and marketing assets, which will increase branding, education and opportunities for student athletes here at the University.

"Is it better to make 200 bucks in NIL dollars by tweeting out something?" Davis said. "Or is it better to put you in the room with the right network of people, so that when you come out of school, you have a job paying six figures? And so that's been our approach and mentality, we're building on that."

Cav Futures joins a list of over 100 official NIL collectives that are uni-

versity-sponsored in the NCAA.

Athletic Director Carla Williams has praised the announcement and partnership with Cav Futures.

"Cav Futures' values are consistent with our values and their holistic approach to serving student athletes has already been extremely beneficial," Williams said. "Cav Futures have already worked with over 65 Virginia student athletes in some form."

In her words, Virginia Athletics is keen on providing short and long-term opportunities for student athletes. The addition of Cav Futures will give student athletes more concrete opportunities to be compensated for work as well as be educated on how to leverage their NIL value.

"[Cav Futures] strengthens that effort but [also] allows for substantial growth and impact," Williams said.

The partnership gives Virginia a so-called stamp of approval in the NIL space, while also providing student athletes a centralized group of people at Cav Futures trying to help them capitalize on their NIL. Meanwhile, Cav Futures will receive much more traffic from Virginia student athletes with the partnership and help student athletes secure brand deals and other forms of compensation. Cav Futures

does not sign players as official Cav Futures representative athletes but instead does deals on a singular basis.

"What we've found, though, is that as student athletes who are getting opportunities are getting contracts, they're sending them over to us to review," Davis said. "And that's great."

Davis believes Cav Futures has the opportunity to play an important role in Virginia Athletics and the journeys of Virginia student athletes going forward, emphasizing the importance and value that every Virginia student athlete has.

"Everyone who comes here and dons the V-sabres, they have value ... it's up to us to figure out what that value is," Davis said in an interview with The Cavalier Daily. "So how can we take care of not only that top 1 percent [of athletes] but the other 99 percent?"

Cav Futures emphasizes on their website that while they give Virginia student athletes short-term NIL opportunities, they also are focused on educating and working with student athletes on their brand as a person.

In addition to giving student athletes help and support with NIL, Cav Futures also allows students to directly support Virginia student athletes

and contribute directly to their NIL efforts with a subscription service called Cav Club. Fans can subscribe to different tiers that grant them access to student athlete-oriented updates, content and live events.

"This sponsorship with UVa. will market [Cav Futures] to the masses... it will allow students and donors and fans to interact more closely with the fans," Davis said.

Beyond athletic success for both players and teams in Charlottesville, Cav Futures and Virginia are focused on NIL's positive impact on the community through social activism with student athletes.

"We feel like if we can bring student athletes into the room with the right people, there's going to be value there for them, but also there's going to be value for the Charlottesville and Virginia community as well," Davis said.

Additionally, this partnership with Cav Futures does not force or restrict Virginia student athletes from engaging in NIL opportunities with other collectives or groups. However, with Cav Futures as the official face of NIL for Virginia athletics, student athletes now have a Virginia-specific group in their corner.

HUMOR

Epidemic of U.Va. Alumni Asking For Extensions

Recently, there has been an epidemic sweeping through Northern Virginia — the extension epidemic. No, I'm not talking about hair extensions. I'm talking about assignment extensions. You know, the ones you beg your professor for at midnight via email because you waited until the last minute to write a 12-page paper you had a whole month to do. Sending these emails or talking to your professor can feel like doing chemistry blindfolded, not knowing if your actions will do absolutely nothing or cause the whole thing to blow up in your face. Though it's usually the latter, it ultimately depends on the professor.

Most professors will deny your request to submit your discussion post a day later because you accidentally got stuck in space after winning what you thought was a trip to a Bruno Mars concert. Those same professors will then wait a week before grading said discussion post and grade it as incomplete because it was 0.11 seconds late.

So much for spending what felt like light years shoving wires into a potato until you were finally able to connect to the University's wifi and access the Oxford English Dictionary.

The rare professors — you know, the ones that actually have a soul and know what it's like to be human — will allow you to submit your work whenever, no matter if it's because you got COVID-19 or because you just recently re-watched *Twilight* and are still coping with the fact that Jacob imprinted on a literal child. Though this may sound nice, these professors seem to have misdirected actions. Rather than caring for their students' mental health, these professors are setting their students up for failure. Recent studies from an unknown and allegedly unreliable source have found that, because of COVID-19, professors have become more accommodating and open to giving extensions. However, it has also come to the public's attention that U.Va. alumni seem to believe that

extensions apply to all parts of life, not just baseless college assignments.

This epidemic first seemed to come to light last year when Darden Business School graduate Gordon Delfort texted the IRS on their call number and told them that he would need an extension on his taxes. His reason — he was going to tour Europe for a couple of months and would not be able to file his taxes until he got back. Upon leaving the airport after his flight home, Delfort was arrested by the IRS for tax evasion. While in custody, Delfort asked for his association dean only to be shocked when told that she had quit her job at U.Va. to work for the IRS. Delfort was then given an attorney and released a statement claiming that he “knew the IRS was a joke” as soon as he “saw his text message turn green” and that he would be “suing the IRS for emotional distress” and would like all his “tax money back” so that he could “cope with another vacation.”

Though having, what seemed to

him a strong case, Delfort missed his court date, inevitably leading the judge to declare him guilty. Most recently, Delfort has come out with a statement claiming that “he slept in,” and should “at least be allowed two unexcused absences before they grade his case.” Few sympathize with Delfort's situation, but many are inclined to ask, “Doesn't college teach you all this tax and legal stuff that are essential for you to be a citizen?” The answer, unanimously, seems to be no.

Further concern has arisen after University biology major Eva Lution sued her doctor for making her baby come before its due date. Lution released this statement — “I told her that I had a pregnancy photoshoot coming up so I wouldn't be able to deliver the baby on time and needed an extension. However, the doctor kept telling me that she couldn't change the due date and that it wasn't up to her. I let her lack of accommodation slide, but the baby turned out to be due even

earlier than she said it was! That has to be illegal or something. I thought doctors swore an oath to do no harm and follow their syllabus?”

Many other alumni have also been reported asking for extensions on their quickly expiring milk, their crippling student loan payments, their breakups — at least until after Christmas so they don't have to explain anything to their family — and even extensions on moving out of their parents' house.

Little is being done to fight this rapidly devolving situation at the moment as the authorities in the NOVA area are also recent graduates from the University and have asked for an extension on solving the issue. Will they even find a solution? I'll get back to you on that.

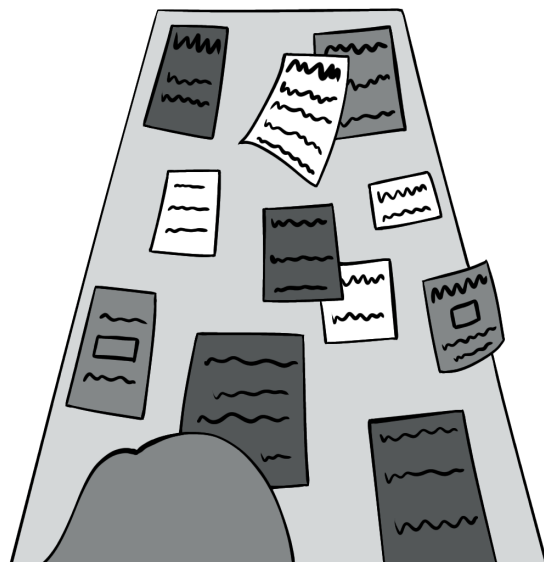
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CARTOON

Curse of the College Student Circadian Rhythm

Kaileigh Proctor | Cartoon Editor

SINCE I'M PAYING TO BE HERE,
I SHOULD TAKE ADVANTAGE OF
OPPORTUNITIES LIKE...




 HUH?
WHO WOULD BE
AWAKE FOR THAT?

FREE
CAREER
ADVISING
SATURDAY
4/15 9A.M.

OPINION

LEAD EDITORIAL

Artificial intelligence is only a problem if we fail to act

The University should be a global leader by finding ways to successfully integrate AI into higher education

During the brainstorming stage for this editorial, the Editorial Board thought that we might use artificial intelligence to write the first paragraph of this editorial — just to see what would happen. The result? It wrote a paragraph shockingly similar to what the Editorial Board would have written. Needless to say, we all had existential crises. What this exercise proved, however, is that generative AI can be a useful tool for learning. Instead of fearing or ignoring this new wave of advancements, the University should embrace AI-based technology to move education forward and stay ahead of any problems that it may cause.

Generative artificial intelligence is technology that can be used to create original content in response to inputs from users. Since its arrival in the mid-20th century, AI has become increasingly gifted, mastering standardized tests, essays and math problems with ease — it can also produce arguments and even create art. As a result, AI is now at the center of a lively debate among administrators, students and

professors to discern what role, if any, AI should play in learning. Leaders in education are not just talking — they are acting. For example, the International Baccalaureate program is allowing the use of ChatGPT in essays, whereas Washington University has included the use of AI under the definition of plagiarism.

For better or for worse, AI is here. The University should utilize it to ensure that students are learning the most relevant skills in the most applicable way. Though there are certainly hiccups in the technology, AI has shown us that many of the skills a liberal arts education is intended to enhance — parsing difficult texts, for example, or crafting clear and concise arguments — are now accessible to anyone with broadband access and an email address. Expanding education through AI-based technology will require the University to adapt to a changing technological landscape — this could look like utilizing generated essays to test argument-building skills or curating personalized study guides

based on students' previous work. Many institutions within the academic space have already begun using AI to enhance student learning — Notion has adopted generative AI to summarize notes while Khan Academy now has an AI assistant for students and teachers.

Professors can also benefit from implementing AI. The tool can be used to create examples and lecture slides that are tailored to the unique needs of students — easing the burden of lesson planning for professors and making class more effective for students. University administrators could use it to organize applications, create personalized advising outlines or track students' improvement over time. AI has a virtually limitless array of useful applications. As the world progresses, so must education — or we run the risk of learning in an obsolete manner.

The Editorial Board also recognizes that as much capacity as AI has to enhance our learning as students, it has similar potential to undermine the academic integrity embedded in our

Community of Trust. The University's newly founded Generative AI in Teaching and Learning Task Force is a step in the right direction as it will allow initial input from the community surrounding AI's potential use in teaching and learning. Once input is gathered, the Committee should strive to create AI guidelines so that both students and faculty can navigate the technology without confusion.

To this end, it would be wise for the University to subsidize the cost of AI for all students by partnering with ChatGPT or a similar program — tailoring the tool to fit the University's needs. A partnership of this sort would alleviate the inequity AI programs create by hiding behind paywalls and also allow the University to regulate how AI is being used on Grounds. The University has historically allowed current students access to otherwise expensive subscriptions like The New York Times or The Washington Post. Disseminating access to AI technology should be treated in a similar manner. Ultimately, platforms that can signifi-

cantly enhance the education students receive at the University should never be a tax bracket luxury.

If you think that this editorial is terrible, an AI platform wrote it. If you think it is well-written, the Editorial Board wrote it. Regardless, AI has become an irrefutable factor in education. If the University acted proactively, it would not only prevent problems concerning honesty and productivity, but it could also curate a more fulfilling education for University students. While the Editorial Board is intimidated by AI's journalism skills, we hold hope for University leaders to successfully integrate AI into our community — after all, we surely cannot run from it.

The Cavalier Daily Editorial Board is composed of the Executive Editor, the Editor-in-Chief, the two Opinion Editors, their Senior Associates and an Opinion Columnist. The board can be reached at eb@cavalierdaily.com.

THE CAVALIER DAILY

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It's time to end the public health crisis that is gun violence

Gun violence is not just a political issue — it is a public health concern

In 2020 alone 45,222 Americans lost their lives to a public health crisis plaguing this nation. No, they did not lose their lives to COVID-19. They died from gun-related injuries. Sadly, with each successive year, the percentage of deaths resulting from gun violence has only continued to increase. In fact, in 2022, gun violence was the leading cause of death for children in America, surpassing the number of deaths caused by vehicular accidents. What makes this fact even more unfortunate is that these deaths are all entirely preventable. Gun control is largely framed as a political issue. However, we must recognize gun violence — and the rise in mass shootings — as a pressing public health crisis in need of immediate government funding and attention. Our legislators must commit to addressing gun violence as the disease it is and work to end this public health crisis.

Research suggests we are better off treating this phenomenon as a public health epidemic than as a policing problem to lower gun violence rates. Treating gun violence as a public health crisis would mean diverting more funds toward solution based-research and investing in social determinants

of health. Social determinants of good health include access to affordable housing and food, economic stability, access to health-care and comprehensive education. Public health problems are closely linked to social determinants of health because poor social determinants such as poverty, food insecurity and a lack of educational opportunities can predict lower

in 2017, one estimate found there were only 30 gun policy researchers in the United States. It was not until 2020 that the Dickey Amendment was repealed.

Research is an important component of understanding any disease, and it is helpful for debunking commonly held misconceptions including the misconception that owning a gun makes us

the mental health crisis. While it is not the case that mental health is the driving factor behind mass violence — like Republicans might claim it is — most gun injuries in America are suicides. Research suggests that states with the highest suicide rates are also the states with the highest gun ownership and less restrictions on gun purchases. Increasing access to mental

a gun against someone's right to life. Each congressperson who continues to oppose gun control and funding that improves social determinants of health has American blood on their hands.

If we know that a devastating health outcome which affects millions a year is entirely preventable, why would we not do everything in our power to stop it? We as University students have all felt the life-changing effects of gun violence on Grounds. As current undergraduate researchers and future scholars, we know that research on public health crises saves lives. While we mourn the lives lost to gun violence, we should continue to honor their lives by advocating for greater gun control restrictions and calling attention to this preventable public health epidemic.

For 25 years, top health organizations have not had the necessary government funds for gun violence injury-related research.”

health outcomes and increase the likelihood of encountering gun violence.

For 25 years, top health organizations have not had the necessary government funds for gun violence injury-related research. This extensive gap in research was due to the 1996 Dickey Amendment, which banned the allocation of government funding for gun control advocacy at the insistence of the National Rational Association. This funding freeze also affected the hiring of doctoral students to pursue gun violence research, and

safer. Research actually suggests that owning a gun significantly increases the chances someone in your household will die of a gun injury. While the end of the Dickey Amendment means more research will be conducted on gun safety, there are more challenges ahead. It will take years for gun violence research to catch up to the amount of studies and funding available for research on other leading causes of death.

In addition, we can not address gun violence as a public health epidemic without also addressing

health treatment in addition to passing common sense gun regulation is the only way to significantly decrease the number of lives lost to gun violence.

While Republican leaders work to ban books, race and gender curriculum, access to free school lunches, access to abortion, sex education and drag shows, people are dying from unregulated guns in this country. We must stop entertaining conservative, libertarian and centrist arguments about personal freedoms when we are weighing someone's right to own

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The opinions expressed in this column are not necessarily those of The Cavalier Daily. Columns represent the views of the authors alone.

Decrease the general education requirements

The University's plethora of general academic requirements stifle students' passion, productivity and agency in their learning pursuits

Coming into college, I was excited at the opportunity to choose classes that catered to my academic interests. Reality struck, however, when discovering the University's significant number of general education requirements for the College of Arts and Sciences. The number of these general requirements hinder students from being able to take classes that they find interesting which stifle productivity and lessen motivation. Although these requirements intend to reshape students' outlooks on learning and broaden perspectives, they generally fail to accomplish this. For the betterment of all students and their time in academia, the University should lessen general education requirements.

Since the 2020-21 academic year, the College of Arts and Sciences has been requiring either the Engagements Pathway or the Disciplines Plus Pathway for almost all newly admitted students. Engagements courses offer students the chance to explore specific topics through an academic lens, while the Disciplines require students to pick from a variety of classes among seven different categories of study. Beginning in the next academic year, the Engagements Pathway will be the only pathway to fulfill general education re-

quirements for the College. This path still requires completion of courses in all the various Disciplines — along with the completion of the Engagements and Literacies components — totaling at least forty-two required credits for completing the general education requirements. Students are essentially

General education material does not always accomplish its goals for all students, nor is the course content used often in the real world.”

forced to take classes in subject areas that they may not need in the future nor enjoy in the present.

Despite the title of the Engagements Pathway, the general requirements associated with this program leave newly admitted students disengaged with their education which can negatively impact students' mental health and productivity. Research indicates a strong link between passion and productivity — placing students in learning environments where they struggle to find passion makes it difficult for them to have the motivation to get work done or actively participate.

There are also a variety of mental health benefits to engaging in what one likes. A 2015 study found that engagement with things we find fun is associated with a more positive mood and less reported stress. Being motivated to engage in their studies helps students to better learn and retain information,

and if the University seeks to foster a community of “engagement,” as the pathway title implies, it must first create a curriculum that inspires students to engage in the first place.

Proponents of abundant cross-disciplinary requirements argue its importance in providing students the breadth of knowledge that is characteristic of a liberal arts education despite the stress the requirements may induce. Perhaps they push students to step outside of their comfort zone and promote a more diverse learning environment. Something to consider, however, is that Echols Scholars in the College are given

flexibility to explore their individual interests and are exempt from general education requirements outside their intended major. If general education requirements are so integral to a college education, why would an honor cohort be exempt from them entirely?

Additionally, when applying to a

major, there are usually several prerequisites, corequisites or preferences of courses certain departments would like to see completed. Completing these classes takes time, and doing them on top of fulfilling general education requirements can be a handful for students. Limiting the number of requirements would provide the best of both worlds — students would still have the opportunity to branch out with some requirements while still having time to take care of the several other courses required to apply to their majors. Perhaps the University could make only four out of the seven Disciplines categories

required of students, allowing them to choose which topics appeal most to them. This maintains the aspect of general education requirements that seeks to broaden students' horizons, while simultaneously giving them more agency in their academic pursuits.

General education material does not always accomplish its goals for all students, nor is the course content used often in the real world. If not all students will make use of these extraneous general education courses in their future endeavors, why require us to endure so many of them? College should be a place where students can freely explore their desired interests. The University should lessen the burden of required curricula to ensure that our institution is one that cultivates students' passions — not stifles their interest in learning.

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LIFE

Work hard, play hard and rest harder

How hustle culture impacts college students and why it's worth resisting

Alex Pawlica | Life Columnist

Last spring, one of my professors conducted a quick sleep survey during lecture in LPPL 2100: The Resilient Student.

"Raise your hand if you slept last night," he said.

Practically all hands went up.

"Keep your hands up if you slept more than five hours."

About a third of the class lowered their hands.

"Keep your hands up if you slept more than six hours."

More than half of the class had now lowered their hands.

"Keep your hands up if you slept more than seven hours."

Maybe ten percent of us still had our hands up.

This exercise spelled out something that I had suspected — so many students do not get adequate sleep. At a school where the work-hard-play-hard

streak runs deep, it didn't take much effort to imagine why no one seemed to be catching enough sleep.

Not long before then, I would've been right there with my classmates. Before coming to college, I was obsessed with filling up my schedule and acing my classes, to the point where I often neglected sleep. But the exhaustion caught up with me. I was fatigued, groggy and upset. I realized that my priorities were out of order. These days, I'm working on changing that — I've made it a goal to resist the hustle culture.

For the unfamiliar, hustle culture refers to a set of beliefs that prize productivity and devotion to work. The ways in which hustle culture dominates the corporate world are well-reported — think saturated LinkedIn newsfeeds and slogans like "rise and grind." However, the ripples of hustle

culture are felt far and wide by students.

At the University, hustle culture manifests itself in a variety of ways, most notably in the "work hard, play hard" ethos. Students at the University are notoriously ambitious and busy. They fill up their schedules with schoolwork, clubs, societies, volunteering, internships and more. Over the weekend, parties and social events abound, but also has the possibility to negatively affect the amount of quality sleep students get. None of those things are inherently bad — but the idea that busier is better can be disastrous.

It's hard not to get caught up in the hustle culture mentality, though. When I hear that my roommate is applying for 18 internships or that my friends just became president of a club, it's easy to feel like I'm not doing



LEXIE GAGNON | THE CAVALIER DAILY

enough.

Surrounded by hustle culture, it can often feel like time spent "unproductively" is time wasted — I used to feel a pang of guilt when I would sleep in or pursue hobbies that weren't on my resumé. I've had to practice affirming myself when I do something that I know is good but "unproductive". With time, I've grown more happy with these decisions, increasingly confident that they're in line with what I value.

Even as someone opposed to hustle culture, I must admit that I still get caught up in it from time to time. There are weeks where I've blocked out nearly every single minute of my free time — I've found myself staying longer at work, burning the midnight oil to finish a paper and making plans that take up most of my weekend.

Those weeks always end the same. I'm exhausted, unhappy and all-around drained. The truth that I've been learning is this — a routine built around productivity for its own sake will inevitably lead to burnout. Hustle culture, with all its emphasis on productivity, makes no room for rest. It demands constant busyness at the expense of balance.

Ironically enough, this lack of room for rest makes hustle culture self-defeating in the long run. If I'm constantly filling up my hours with productivity, I'll grow burnt out and unable to continue to be truly productive. All those nighters I always hear people go on about? I don't envy them. If I've been up for more than a normal day's worth, chances are I'm barely functioning.

To stay on top of everything, I'm embracing the lessons I've learned during my years at the University, which means having to make trade-offs and learn my limitations. I've tried differ-

ent course loads, switched jobs, and joined and left clubs, but through it all, I've figured out what I actually have time for and what I find brings me joy.

Recently, however, I've tried to do more than just manage my time. I'm taking steps to resist the hustle culture. A huge part of that work has been a change in mindset. I remind myself that what I believe gives my time value is not necessarily productivity. A change in mindset precedes a change in practice. Things like a consistent bedtime and a schedule that prioritizes time for recreation are staples of my day-to-day life.

Resisting the hustle culture isn't easy, though. It often means making extremely difficult choices about how you use your time — but carefully and humbly deliberating is in itself a form of resistance against a culture that asks you to do everything all the time. I've found that simply slowing down and admitting when I'm too busy is the crucial first step in changing my routines.

All of that isn't to say that staying busy is a bad thing. I personally have a lot on my plate — I have a full course load, a part-time job and a handful of other regular commitments. I think that resisting the hustle culture is a matter of reframing priorities. I won't give up on productivity entirely, but I won't let it get in the way of my well-being. To put it simply, my end goal is work-life balance, and not just work.

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A journey of fasting and faith at U.Va.

Students reflect on what Ramadan means to them and how they celebrate on Grounds

Srilakshmi Medarametla and Cecy Juárez | Features Writer and Life Editor

Ramadan, the ninth month of the lunar calendar, is a time of fasting, prayer and reflection for the Muslim community. At the University, practicing Muslim students have carved out their own space to celebrate the holiday and forge a community that supports one another.

Ramadan includes fasting from eating until sunset, but also challenges people to refrain from cursing, listening to music and other typical recreational activities during the month the holiday spans. Jessiah Lucien, Muslim United event coordinator and fourth-year Commerce student, described how Ramadan helps him recenter his values and challenge himself to be a more virtuous person.

“Ramadan is always like this amazing thing for me, even though it’s a struggle — sometimes it’s a beautiful struggle that I always look forward to,” Lucien said.

Fourth-year College student Akaela Feng said that Ramadan encourages her to take a break from everyday stimuli — it is not just for fasting of the stomach, but fasting of the eyes, ears and throat as well, in order to gain a deeper sense of spirituality.

“It’s a month of spiritual cleans-

ing,” Feng said. “Fasting, it’s not really a physical thing. Fasting is meant to curb your desires, not just from food, but from things like cursing, lying and talking behind people’s backs ... Fasting from food is a physical reminder to abstain from these other things as well.”

The University does offer some accommodations for students practicing Ramadan, including free meals offered by U.Va. Dine available for suhoor and iftar. This is in addition to community iftars made possible by CIOs such as the Muslim Student Association and Muslims United as well as the Multicultural Student Center based in Newcomb Hall.

Fourth-year College student Keltoum Laghjibi said she appreciates how the University has grown to provide more accommodations since her first year. Laghjibi described how the creation of the Interfaith Student Center and regularly scheduled iftars around Grounds have been conducive to her observance of Islam and Ramadan.

“Since I’m a fourth-year, I’ve seen how, my first year, we had a really small prayer space and over time, it has expanded to the Interfaith Center that we have now, and

I frequent that space very often,” Laghjibi said.

For a recent convert like Feng, she said that the community-run iftars offer her an opportunity to engage with other Muslims and feel more connected to the community. While some Muslim students have grown up practicing the faith and are more experienced in celebrating Ramadan, converts such as Feng have the opportunity to learn and grow through programming held at the University.

“For me, it’s an opportunity to meet a lot of new Muslims,” Feng said. “I haven’t had a ton of experience with iftars. So it’s really nice to kind of experience that in different forms.”

While some students are satisfied with the kinds of food accommodations available, they also expressed how it is important for them to be acknowledged more at the University. As students need to break their fast and set aside time to pray, Laghjibi said she would like for professors to be more cognizant of practicing students’ needs.

“Sometimes it’s difficult, because some students feel like it’s a burden to constantly ask their professors for exemptions from quizzes that might be happening during

iftar time,” Laghjibi said. “Or they feel like they’re gonna miss something relevant in class.”

Laghjibi says she wishes professors would instead take more initiative to help students stay on top of their coursework while still observing Ramadan — even an email, she said, would go a long way.

“Just making sure that professors know that some students are observing Ramadan and to be more mindful of the change in their schedules and maybe sending out an email to students saying ‘if you are fasting during Ramadan, you don’t have to worry about certain things and things will be available to you’ that you’d otherwise be kind of hungry, in class,” Laghjibi said.

In a similar vein, Feng said she would like to see the University community acknowledge them as much as they acknowledge other religious holidays. In her experience, she says she has not experienced much visibility.

“Professors will always say ‘Merry Christmas’ to students, but Ramadan is not acknowledged — pretty much at all,” Feng said. “There’s obviously a few professors that will say that ... and Eid, which is the holiday at the end of Ramadan — I have not had that acknowledged either.”

Lucien pointed out, though, that these drawbacks are not necessarily out of a place of discrimination or malice, but simply a lack of overall visibility for the Muslim community on Grounds, which is something that can be addressed through more conversation.

“I think [it’s] the lack of support, sometimes it’s just the fact that people don’t know,” Lucien said.

Through Muslims United, Lucien and the club have made efforts to cultivate a more inclusive and visible community on Grounds and help Muslim students feel more connected to their faith. Through community events, Muslims United aims to bring students together during the month of Ramadan and beyond.

Overall, Laghjibi said she feels the University has made strides in promoting a more inclusive and welcoming environment on Grounds for Muslim students. With community iftars and support from Muslims United, Laghjibi said she feels supported in her faith.

“I have always felt welcome,” Laghjibi said. “More so from my own community, and I know that we get a lot of support from U.Va., and I appreciate that.”

Take It Away is a sandwich lover’s dream

Serving more than just wonderful food, Take It Away makes enjoying a sandwich both delicious and comforting

Elizabeth Parsons | Senior Associate Editor

Take It Away, a long-standing Corner staple which opened in 1992, is home to a warm collection of smiling faces, customizable sandwiches, delectable house dressing and a beautiful variety of chips and drinks. Sandwiches are one of my favorite foods — they remind me of being at home in Virginia Beach, sitting on the beach and eating my favorite Taste Unlimited sandwich. When I first started at the University, I was in desperate need of a sandwich that compared to the ones I know and love at home. Take It Away has gone above and beyond to satisfy this need in my life with an unmatched turkey sandwich and an unbeatable atmosphere that makes me feel welcomed every time I order.

I first discovered the Elliewood location at the beginning of the fall semester while picking up course packets from the print shop next to Heartwood Books. I was immediately

struck by the number of people eating at the tables outside of the shop. Not only did the sandwiches look mouth-watering, but everyone in the shop and outside simply seemed like they were enjoying themselves. I immediately knew I had to give it a try.

Ordering at the store is quick, and my experience was brightened by the friendly employees. While customers can choose from an impressive preset list of sandwiches on their menu, like the Elliewood Club or the Wertland Italian, I chose to build my own sandwich to have greater flexibility and creativity with the options provided. I started with turkey, which costs a base price of \$6.75, and the final price is determined by the number of additions you make to the sandwich. I also add cheddar cheese, roasted tomatoes, cucumbers, pickles and house dressing — the house dressing is a must-try.

Typically overwhelmed by the

sheer number of chip flavor options ranging from Chesapeake Crab to Sour Cream and Onion, I have found a strong affinity for the Route 11 Dill Pickle Chips. Customers can also order ahead online to have their sandwich waiting for them when they arrive, which is especially helpful for busy students on the go.

The sandwich is delicious — their sourdough bread is crunchy on the outside and soft on the inside. The proportions are nicely balanced, with a filling amount of turkey that does not leave me feeling overpowered or stuffed, which is important to me. I skip romaine and instead let the roasted tomatoes, cucumbers and pickles shine. In my creation, the soft roasted tomatoes are complemented by the crisp and refreshing flavor of the cucumbers and the pickles, creating a sublime harmony of sandwich perfection.

The portion size of the sand-

wich is spot on, and I can eat the whole sandwich when I am especially hungry, but I can also save the other half for later. I also love dipping my sandwich into a side of house dressing to enjoy a tasty punch of mayonnaise, spice and mustard — a heavenly combination of flavor that can even be purchased by the jar in the restaurant.

Striking the balance between a refreshing yet satisfying sandwich is no easy feat, but Take It Away achieved this balance with precision — making it a sandwich that can be enjoyed both in the winter and on warmer days as it has the satisfaction of a food I crave on a cold day and the fresh and crisp flavors I seek on spring and summer days.

Take It Away not only provides superb sandwiches to individual customers, but it also offers zero waste catering of sandwich platters and boxed lunches that can be delivered

anywhere in Charlottesville. Enjoying a phenomenal sandwich while supporting a business of fantastic people on a noble mission to create a caring and inclusive community — I cannot imagine a better answer to my hunt for a favorite sandwich shop.

I look forward to continuing to enjoy my favorite turkey sandwich from one of the most upbeat and impactful establishments in Charlottesville, and I hope you will too.

ARTS & ENTERTAINMENT

CRAVE builds a creative community through fashion

The group's Spring 2023 show highlighted the imagination and individuality of its members

Amelia Preble | Staff Writer



KEN FABIA | THE CAVALIER DAILY

CRAVE — standing for Creative, Raw, and Very Edgy — combines design, performance and spirit to produce a fashion show each spring featuring student performances, production and choreography.

A tangible sense of eagerness filled the air at CRAVE's latest event. Models and executives made last minute preparations, students, alumni and family members reunited and each audience member sat with anticipation and excitement reserved for only one event — the annual spring fashion show.

CRAVE — which stands for Creative, Raw, and Very Edgy — combines cutting edge student design, dynamic modeling and philanthropy. The organization goes far beyond traditional showcases of fashion, committing to delivering on each element of the acronym at their annual spring shows, each of which tells a story through its central theme and precise, artistic choreography executed by its models.

The club offers a platform for the artistic expression of some of the University's most gifted and dedicated creative forces and above all, champions true originality and inventiveness. According to Davon Lewis, CRAVE co-president and fourth-year College student, the group explores the “edgy” element of their acronym through fashion.

“Our whole organization is about being different,” Lewis said. “I feel like fashion is one of those things you can do anything with.”

The group's commitment to quality is made clear by the extensive preparatory process. The executive board spends the fall semester planning the show, booking venues, auditioning models and arranging philanthropic events. By the time the spring semester begins, the rehearsal process is in full swing.

Beginning with rehearsals two times a week, the show develops over the course of the semester from basic walks and choreography to full scenes, stories and eventually a final show. In the week leading up to the show, models have daily rehearsals lasting late into the night.

Chantal Hernandez, CRAVE co-president and fourth-year Education student, says that a special bond is formed through these countless hours spent together.

“We become a family because we're with each other for four hours a week,” Hernandez said. “It's not just work. You get to have fun, you're here with your friends.”

Olivia Wimbish, director of philanthropy and fourth-year Education student, values CRAVE not only for the community it has offered her, but for the opportunities it has given her to grow as an individual and performer.

“I really appreciate CRAVE for giving me confidence to go out on stage and to do choreography and to model,” Wimbish said. “I feel like CRAVE has really helped me to come out of my shell.”

Hernandez and Lewis both take pride in the effort and commitment of the entire CRAVE community.

“I'm really proud of our models, as well as our exec team, because it takes a lot of work to prepare a show,” Lewis said. “Everyone's really doing their best... I know we're hard on them in practice but it's all love at the end of the day.”

In addition to their performances and photoshoots, CRAVE is a philanthropic organization. This semester, the group partnered with the Boys and Girls Club of Central Virginia, raising money for the charity and directly volunteering with them.

Each week, models went to the Boys and Girls Club to put on mock fashion shows and teach the kids about modeling and design. Wimbish said she values this aspect of the organization and the efforts made by members to engage.

“I'm proud that everyone has taken time out to be like ‘No, let me go have fun with the children,’” Wimbish said. “It really is fun.”

This semester's show — “The Evolution of Fashion” — took the audience on a journey through the long history of fashion, beginning with looks inspired by the extravagant wealth of the early 1900s and exploring several iconic eras, even touching on futuristic looks.

Each model that stepped onto the stage flaunted a distinct new look. The “Haute Couture” scene showed off embellished gowns and elaborate headpieces, while the “Athleisure” scene explored the classic, casual styles of the late 1990s and early 2000s. One of the show's final scenes, “Risqué,” featured models in all-black lingerie and leather.

Although clothing served as the basis for the show and the primary display of the theme, the show was truly powered by the energy and talent of the models. Every move was executed with intention and precision — the careful synchronization of the models made for a mesmerizing performance.

Models told subtle stories of competition or flirtation in their brief interactions walking down the runway. Each scene brought creative new twists — some models lit cigars or tossed cash, while one even performed a backflip over his scene partner.

The show did not pause for a

moment, extending far beyond just a showcase of fashion. Intermission featured a stunning performance from ReMiX A Capella, the University's only hip-hop and R&B a capella group.

Audience members became a part of the show by participating in walking competitions between scenes and engaging with the charismatic announcers that introduced each scene.

At its core, CRAVE is powered by a uniquely strong sense of community and belonging. The show often falls on Spring Fling or Black Alumni weekend, allowing prospective students, alumni and families to become a part of the experience and community. According to Hernandez, the connection CRAVE builds within the University's Black creative community is what makes it so special to audiences.

“All around it's about coming together and celebrating Black UVa. and POC at UVa,” Hernandez said. “CRAVE means coming together, celebrating each other, focusing on each other's accomplishments, lifting each other up and just overall having a good vibe.”

In every aspect of its being — between design, philanthropy and the final performance — CRAVE is a triumph of student creatives.

The Big Slice hopes for their big break

Riding the high of releasing their first single, this student band recounts the glory days of playing at U.Va. and shares their hopes for the future

Grace Scott | Staff Writer

Gathered around a picnic table one sunny afternoon last week, the members of student band The Big Slice chatted all things music and memories. From reminiscing on their origins to spilling about their recent release, the band enthusiastically recapped their journey.

Noah Ginsburg, singer and fourth-year College student, Joseph Hester, drummer and fourth-year College student, Ryan Gunn, guitarist and third-year College student, and William Davis, bassist and second-year College student, all eagerly discussed their first single, “The Strangest Thing.”

“The feedback has been insane...it’s been so positive,” Ginsburg said. The song garnered over a thousand streams on the first day of its release.

With a quick tempo, a catchy chorus and a rocking guitar solo, the song captures all of the freedom, zest and exhilaration of the college experience. While the band formed at the University, the release of an original song was a dream that predated college for all members of The Big Slice.

While each band member has a unique background — involving everything from playing electric guitar with no amp to elementary school tal-

ent shows and obsessions with Bach — a passion for music at a young age was a common thread running through all their memories.

Their separate paths intertwined when the dog days of COVID-19 forced the boys to reconnect with their musical roots. As fraternity brothers in Sigma Alpha Mu — more commonly known around grounds as “Sammy” — Hester, Ginsburg and Gunn recognized their mutual love for music and started playing casually together during summer 2020.

One year later, the boys were ready to turn these fun hangouts into a full-fledged band. After choosing a name — based on a “terrible” IPA — all the group needed was a stage, and before they knew it, they were playing Midsommers 2021 — the unmissable weekend-long party for which Hoos from across the country crawl back to Charlottesville between summer class sessions.

With 400 people in the crowd, Hester on the same drum kit he played for his fourth grade talent show, Gunn on the electric guitar — this time, connected to an amp — and Ginsburg singing in front of a crowd for the first time, the boys took center stage.

Drumsticks tapping, guitars blaring, hands shaking and hearts pounding, The Big Slice was born.

Not long after this performance the band landed their first paid gig at Coupes, which was a true full circle moment.

“That was a big deal getting our first gig at Coupes because I remember going to Coupes as a first year watching the student bands play and being like, ‘Damn, I need to play here. I want to be like them,’” Ginsburg said.

After a year of similar shows, Davis stepped into the picture. According to Ginsburg, he has been pivotal to the band’s recent success.

“Will has been a huge add,” Ginsburg said. “He runs all the sound and helps with production of our music. And he’s also a really good bass player.”

Now, The Big Slice is living out their glory days as a popular student band at the University. While the band sometimes slips into their rock-n-roll roots, recalling some hilarious memories not fit for print, they mostly revel in their love for playing at the University.

“During summer 2021, our very last show was at Crozet,” Hester said. “There must have been maybe 6 people in the crowd, but we played at Crozet

again just a couple weeks ago and the student turnout was so good.”

“Good” doesn’t do the turnout justice — the line stretched down the street, according to Davis.

The Big Slice’s transformation from a couple of friends making noise to a legitimate band drawing legitimate crowds has all led to the release of their first single “The Strangest Thing.”

While the band usually writes songs on their own, constructing their parts individually, this song naturally emerged from a spontaneous jam session, Ginsburg said.

“I think that’s why this one is the best one...we just started playing and it just kind of came out,” Gunn said.

While the band did discuss the song’s influences — such as Alabama Shakes — they more so emphasized their desire to construct their own unique sound as a band.

Producing the track on their own rather than using the studio’s mix added to the song’s sense of authenticity, allowing them to more carefully shape their sound, Davis said.

“I don’t want to have to chase the sound of another band. I want our sound to be created originally,” Hester said.

After working so hard to generate this sound on “The Strangest Thing,” the band is full of gratitude for everyone who helped them reach this pivotal moment. Hester specifically shouted out his iconic drumming teacher, Robert Jospé, and all four members spoke of their fathers. From Mr. Gunn’s Sunday morning KSHE classics, to Mr. Hester’s love for AC/DC, Mr. Ginsburg’s perfect pitch as a professional trumpeter and Mr. Davis’ killer music taste, these young men appreciate the influence, support and love of their pops.

The band said that their family and friends loved the song, but the overwhelmingly positive reception of “The Strangest Thing” didn’t stop there.

“The fact that people actually really like it is amazing,” Ginsburg said. “It’s so rewarding... but ‘The Strangest Thing’ is only our first song. It’s our first try at it, and we’re gonna get better and better every time.”

Fans will get to see this for themselves soon enough — The Big Slice is dropping their next single in just a few weeks. They even plan on releasing a full EP this summer. While they keep busy in the studio, stream “The Strangest Thing” and follow @thebigsliceband on Instagram and TikTok.

Unpacking the RESTRICT Act and potential TikTok ban

Diving into what a TikTok prohibition may look like for students and the general populace

Mary Kurbanov | Staff Writer

Congress has recently found a way to put their bipartisan issues aside — banning TikTok. As one of the most used social media and entertainment platforms to date, with over one billion users scrolling through a highly personalized feed every day, the company’s ties to China and its grasp on American youth has caused lawmakers from all backgrounds to worry.

Just a few weeks ago, the CEO of TikTok — Shou Zi Chew — visited Capitol Hill, hoping to answer pressing questions about the platform and to stay involved in the United States market. Instead, he was greeted by a fairly intense grilling, with lawmakers convinced that American data is being leaked to the Chinese government and of young users’ mental health withering away.

An institutional restriction on TikTok has been in the works for a while, on both the national and state level. Just this past week, Florida barred state universities from allowing TikTok use on campus Wi-Fi or on school devices. The ban is aimed to protect university data, such as academic research and financial information.

It is difficult to determine if the

Florida university ban will set a pattern for other academic institutions, but it is safe to say that a concern over data privacy is on the rise.

Anthony Guevara, a widely followed TikTok creator and fourth-year College student, notes the hitchhikes of a potential University TikTok ban. Guevara sees the platform as a necessary marketing tool for the school.

“Anytime I make a video about U.Va., it always blows up,” Guevara said. “I’ve had questions about admissions, I’ve had questions about things like financial aid, the best places to eat on grounds and stuff like that. I’m doing free promo for them.”

As a Latinx student creative who has been able to serve himself and his community with TikTok, the ban is particularly nefarious in Guevara’s eyes. He sees the ban as removing financial support from those that need it most, citing his own experience with the app.

“On my old TikTok page, during my second year, I wasn’t making any money,” Guevara said. “Anything, like my food, my clothes...that was all from financial aid. I was living very, very humbly.”

However, after staying on the platform longer and gaining brand deals, Guevara was able to receive incredible opportunities that let him expand his reach.

“Going into a little bit of third-year and most of my fourth-year, I’ve been able to eat out because of TikTok,” Guevara said. “I’ve been able to pay for travel to meet up with other organizations to help them start a chapter of their Central American organization.”

Similarly, Asst. Media Studies Professor David Nemer said a TikTok ban would be eliminating empowerment for underrepresented voices, a common aspect of social media.

“Social media platforms are known to be homes for marginalized groups in certain ways,” Nemer said. “For example, we all know about Black Twitter. That’s where Black folks have found their community online, where they exchange tweets, where they engage in important debates, where they create their memes.”

Since this creation of uplifting, protected spaces is a feature of social media, the same can be said about TikTok giving minority voices a

chance to speak.

“On TikTok, it’s not different,” Nemer said. “There is Black TikTok. It’s also a very important platform for the LGBTQ+ community as well, where they find important information about healthcare, about their network of support. By taking that away, then you also take away these safe spaces that these minority groups have built online.”

Of course, there is more to the story. A 20th-century era “prohibition” of TikTok is only one half of the discussion. The RESTRICT Act is that other half, and serves as the heralded, proposed solution to TikTok’s data leakage predicament.

Introduced by Senator John Thune (R-S.D.) and Virginia’s own Senator Mark Warner (D-Va.), supporters of the RESTRICT Act hope to surveil social media consumers and punish users should they use apps coming from a “foreign adversary” like China, Venezuela and Russia.

However, the evasive, vague language pervading the act is troubling to Nemer, and does not seem to solve the problem of what should be asked of social media platforms.

“It’s a very broad act, and it sets a

dangerous precedent,” Nemer said. “It certainly requires more conversations about larger issues, like regulations about platforms. Why aren’t we going and tackling the issue around section 230 [of the Communications Decency Act], which is what protects Google and Facebook from being held liable for the content that’s shared on their platforms?”

Rather than actively crafting requirements for all social media platforms to protect their users, Nemer finds the act to be too targeted.

“I think we should be worried about surveillance,” Nemer said. “But if we were to be effective about it, we need to start regulating platforms in general, and not just focus on one platform and think that this will solve the whole problem.”

In the meantime, posters recently placed around Grounds by The Blue Ridge Center advertise “Should the US Ban TikTok,” in which Aynee Kokas, author and associate Media Studies professor, and Hudson Institute scholar Rebecca Heinrichs will discuss the recent legislation on April 18 at 6:30 PM in Monroe 130.

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