

THE CAVALIER DAILY

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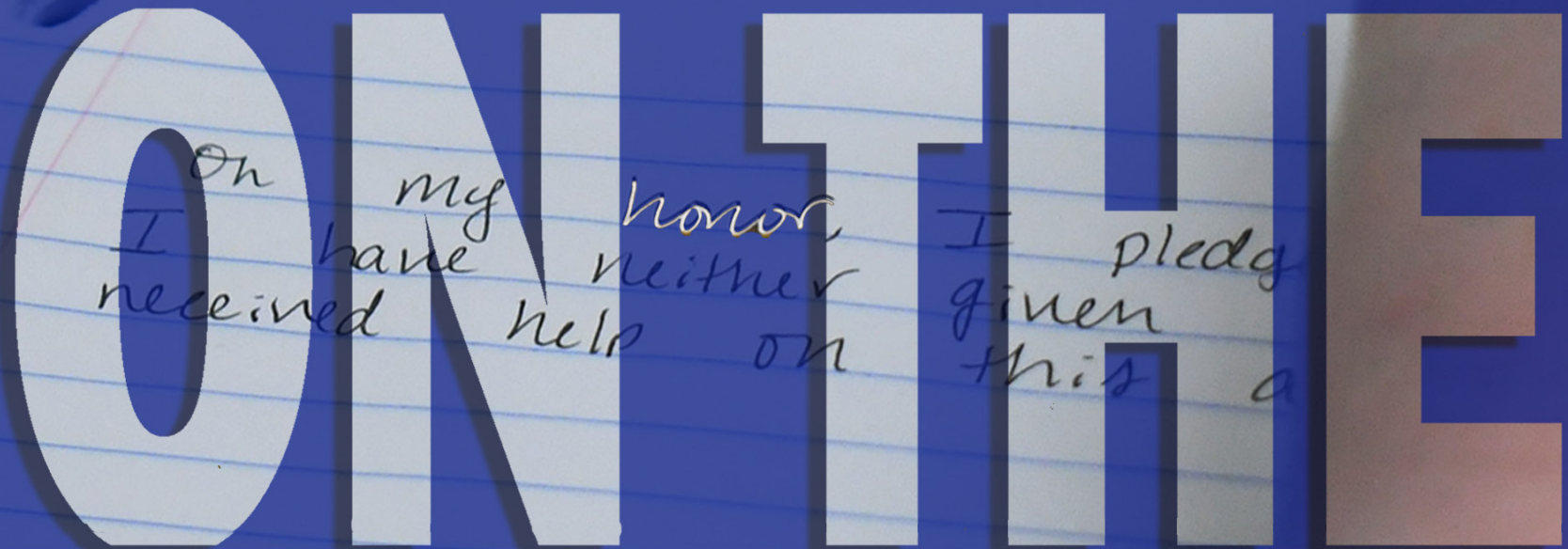
Thursday, February 24, 2022

LUIS COLON, STRATTON MARSH & AVA PROEHL | THE CAVALIER DAILY

HISTORY



ON THE



BALLOT



WITH EXPULSION ON THE LINE AND A CONTESTED PRESIDENTIAL ELECTION, THE STUDENT BODY PREPARES TO VOTE

NEWS

This week in-brief

CD News Staff

Honor Committee prepares for Popular Assembly scheduled for Feb. 28 through March 4

At a meeting on Sunday, the Honor Committee heard updates about the upcoming Popular Assembly. Held biennially, Popular Assembly is a series of events that allow University community members to express their opinions regarding the Honor Committee's effectiveness and to learn about the history of the Committee as well as its present function.

This year, Popular Assembly is themed "Honor — Past, Present and Future" and will run Feb. 28 through March 4.

The first Popular Assembly event this year is a debate between Jefferson Literary and Debating Society and Washington Society scheduled for this Friday. Teams will discuss the future of the Honor Committee and single-sanction — specifically, the group will debate the referendum appearing on the spring ballot, which would reduce the sanction for an Honor violation from expulsion to a two-semester leave of absence if passed.

After the measure was introduced by Rep. Christopher Benos, third-year Law student, in the fall and failed to pass internally due to three representatives voting against it, Benos released a petition through the University Board of Elections for the referendum to go to a student ballot in March. 10 percent of students will need to vote in favor of the referendum and 60 percent of those voting will need to be in favor in order for the measure to pass.

2.22

U.Va. to lift indoor mask requirement March 21 except in classrooms, health facilities and University Transit Services

University administration announced Tuesday via email that it will lift its indoor masking requirement for University-owned spaces including office buildings, IM-Rec facilities and venues effective March 21 — the mandate will remain in place in classrooms, U.Va. Health facilities and University Transit Services.

The University selected the March 21 date to give students and faculty time to adjust following spring break, per the email. The University said it will work with schools and units on an individual basis should any implementation issues arise before many of the masking requirements are lifted.

"Nearly two years after this virus emerged and changed nearly everything about life at this University, we have finally reached a point where our medical experts are comfortable revising our mask policy in the ways we've described," the email read.

The University cited recent improvements in public health data as the reason behind lifting the restrictions. Hospitalizations and positive cases have been trending downward as the percentage of faculty, staff and students who are fully vaccinated has increased.

"If we see an unexpected increase in cases or hospitalizations, or if another worrying variant arises, we will be ready to consider reinstating these policies or others if necessary," the email read.



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This year's Popular Assembly, themed "Honor — Past, Present and Future," includes presentations on the history of the Honor Committee and events intended to educate community members on the proposed Honor referendum.

Charlottesville City Council rejects passing a collective bargaining ordinance originally proposed in Oct.

At a meeting Tuesday, the Charlottesville City Council rejected passing a collective bargaining ordinance originally proposed in October for the second time, citing a need for more time to study the issue.

If approved, the ordinance would allow city officials to recognize a labor union as a bargaining agent for city employees. Until May 2021, Virginia did not allow public sector collective bargaining, but the code of Virginia now allows localities to decide for themselves if they should allow collective bargaining.

City Manager Michael Rogers stated that only the cities of Alexandria and Loudoun County have implemented such public sector collective bargaining ordinances and that the state of Virginia has not provided a model ordinance.

Rogers believes Council must take time to analyze the requirements needed to implement collective bargaining and impacts on the city before making a decision.

"We need some time here to put the infrastructure in place so that we can step out on our best foot to move forward with a collective bargaining infrastructure that will be beneficial to our employees, their representation and to the city," Rogers said.

The Council had to vote on two separate ordinances — the first was a motion not to adopt the proposed collective bargaining ordinance received by the City Council in Oct. 2021, and the second was to approve a resolution confirming that the Council will work towards creating a collective bargaining ordinance.

According to Rogers, it will take 30-45 days to select an outside consultant to develop the collective bargaining ordinance and the City Manager's office hopes to bring a tentative framework to Council in 90 days.



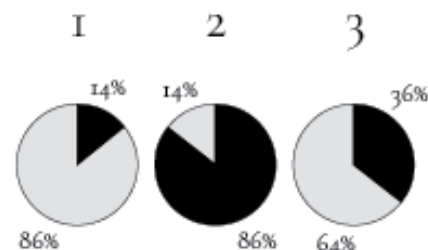
DAILY NEWSLETTER
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Student Council Candidate Survey

1. Has the University provided adequate resources for the mental and physical health of students?
2. Do you think the current dynamics and staff culture of Student Council need to change?
3. Is Student Council allocating funds to CIOs equitably?

■ Yes
□ No

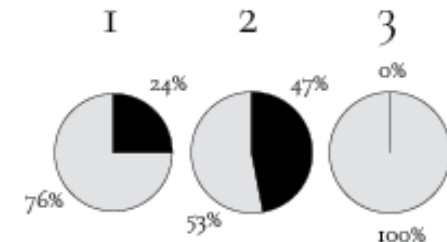


Qais Youssef	Yes	No	No
Lillian Rojas	No	Yes	Yes
Amanda Chok	No	Yes	No
Emily Nguyen	Yes	No	Yes
Katie Cruz	No	Yes	Yes
Ryan Conn	No	Yes	No
Violette Cadet	No	Yes	No
Nickolaus Cabrera	No	Yes	No
Sabiya Davis	No	Yes	No
Aayushma Bastola	No	Yes	No
Cooper Scher	No	Yes	No
Gabriela Hernandez	No	Yes	Yes
Princess Olubuse-Omisore	No	Yes	Yes
Wells Woolcott	No	Yes	No

NO RESPONSE: Rowan Adams, Kevin Lin, Andreas Masiakos, Garrison Lowe, Mikayla Havison, Taylor Wilson, Tyler Busch

Honor Candidate Survey

1. Should expulsion remain the sanction for being found guilty of an Honor violation?
2. Is there University-wide buy-in to the community of trust?
3. Do you believe the Honor Committee currently does enough to consistently and sufficiently engage with the University community?

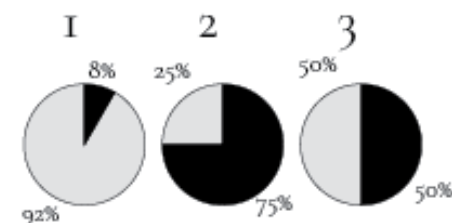


Daniel Elliott	No	Yes	No
Tim Dodson	No	Yes	No
Qais Youssef	No	Yes	No
Max Baskin	No	No	No
Amanda Chok	No	No	No
Bowen Hiett	No	No	No
Kelly O'Meara	Yes	Yes	No
Kevin Lin	Yes	No	No
Lucian Mirra	No	Yes	No
Hamza Aziz	No	No	No
Kasra Lekan	No	No	No
Connor Eads	Yes	Yes	No
Jayna Mallon	No	Yes	No
Ellie Wilkie	Yes	No	No
Alp Ekmekcioglu	No	No	No
Gabrielle Bray	No	Yes	No
Lauren McDowell	N/A	No	No

NO RESPONSE: Amelia Houghton, Jane Lyons, John Sun, Shunkai Ding, Elizabeth Sampsell, Hannah Shapiro

UJC Candidate Survey

1. Have recent UJC data-sharing efforts done enough to increase transparency in hearing and sanction demographics?
2. Do you believe UJC is currently sanctioning students in an equitable manner?
3. If given the opportunity, would you amend the current Standards of Conduct?



Nabeel Raza	No	Yes	Yes
Qais Youssef	No	Yes	No
Amanda Chok	No	Yes	Yes
Natalie Zuppas	Yes	Yes	No
Ronith Ranjan	No	Yes	Yes
Lisa Kopelnik	No	No	No
Peyton Hamlett	No	No	No
Alex Sudmann	No	Yes	No
Nickolaus Cabrera	No	No	No
Porter Brown	No	Yes	Yes
Sidney Matlock	No	Yes	Yes
Alp Ekmekcioglu	No	No	Yes

NO RESPONSE: Sarah Dalton, Phoebe Sam, Abby Perez, Kasra Lekan

Student Council presidential candidates share visions

The voting period will begin Wednesday March 2 at 10 a.m. and will end Friday March 4 at 4 p.m.

Zach Rosenthal & John Bedell | News Writers

Student Council presidential candidates third-year College student David Alari and fourth-year College student Ceci Cain will begin campaigning Friday ahead of student elections. Alari is running as a solo candidate, while Cain is running on a ticket that includes third-year College students Jaden Evans and Riley Reynolds, who are running for vice president for administration and vice president for organizations, respectively.

A presidential debate hosted by The Cavalier Daily, the University Board of Elections and the Democracy Initiative will take place next Monday, Feb. 28, from 6 p.m. to 7:30 p.m. Voting for all student elections — which includes candidates for Student Council, Honor Committee, University Judiciary Committee and Class Council — will open Wednesday March 2 at 10 a.m. and close Friday March 4 at 4 p.m.

“A Leader That Can Be for Everybody” — David Alari

Alari is running for Student Council’s highest office, citing an intent to do what he can to benefit “the common good.” Alari has never served on Student Council, but said he believes that any University student is qualified to run regardless of direct experience with Student Council.

A transfer student who arrived at the University this fall, Alari has been a part of Third Year Class Council, University Programs Council and the 2021 Light-

ing of the Lawn Committee.

“I believe every U.Va. student is qualified to run for Student Council president, it is just a matter of who’s willing to come out of their comfort zone and just be about change and create change for the benefit of all U.Va. students,” Alari said.

Alari made explicit that if given the opportunity to serve, he would work diligently not to serve particular interests, instead listening to any student that came into his office.

Regarding the fact that he is running without a full ticket, Alari said he is happy to work with whoever the vice president for operations and the vice president for administration turn out to be.

“I’m open to working with anyone, because I mean, that is what the job is supposed to be,” Alari said. “It’s not just working with the other [VPs], I’m almost working for the whole U.Va. [student body].”

Alari’s core campaign commitments include bringing awareness to student mental health — especially acknowledging the unique pressures of performing as a student at a competitive university — and broadening opportunities for self-expression and creativity among students.

As a transfer student, Alari said it’s particularly important that governing students ensure that University community members of all backgrounds are able to form meaningful relationships,

transition seamlessly into life on-Grounds and find venues through which they can share their ideas and express themselves.

Mental health

Student mental health is a cornerstone of Alari’s platform, and Alari specifically voiced the risks that attending an elite institution brings to students’ mental health. Without someone to talk to and proper counseling and psychological services, Alari worries that stress from things like midterms and quizzes can lead to unhealthy behaviors.

“Mental health is an issue that is important regardless of your ideology, it’s something that’s very important to be able to address and see how we can take mental health seriously,” Alari said.

When asked to put forth specific ideas on how to address mental health issues for students, Alari said that he would not “scrap whatever is working right now,” but that his goal would be to make what does work even better for all University students. Currently, the University offers Counseling and Psychological Services to actively enrolled students. CAPS provides individual therapy, group therapy, psychiatric services in person and telehealth services through TimelyCare, an online mental health support interface.

Diversity and self-expression

Alari said that he believes the importance of diversity extends beyond the confines of a University context and is an integral part of the overall human experience.

“I really want to see diversity grow at U.Va. and also, you know, having students from different parts of the country and different parts of the world feeling like they are being represented, especially in Student Council,” Alari said.

Per demographic data from the University’s Diversity Dashboard, which has data through 2020, 55.67 percent of undergraduate students on Grounds are white, while 6.74 percent of undergraduates are Black, 16.16 percent are Asian American and 6.73 percent are Hispanic.

In Virginia, 20 percent of Americans identify as Black or African American either alone or in combination with another race. 10.5 percent of Virginians are Hispanic or Latino, and 8.8 percent are Asian, either solely or in com-

bination with another race.

Alari also believes that it is important that people at the University have the freedom to speak out and be who they want to be without fear of criticism.

Alari ties the ongoing COVID-19 pandemic to an increased need for avenues for self-expression, adding that the friction caused by the pandemic reinforces the need among students to be themselves.

“I think U.Va. Grounds is going to be a more tremendous place for us all, because — I mean right now we are living in a time of friction, we are going through a lot during the pandemic, like taking classes,” Alari said. “This is a time of friction — we have to just really just be ourselves. And also not just being ourselves, we should be able to appreciate ourselves better.”

Addressing the ongoing pandemic

When it comes to the University’s pandemic policies, Alari said that the University is doing a good job preventing COVID-19 cases and that he will not scrap what is working. On Tuesday, the University announced it would be lifting the indoor mask mandate for University-owned spaces including office buildings, IM-Rec facilities and venues effective March 21 — the mandate will remain in place in classrooms, U.Va. Health facilities and University Transit Services. Until then, students are required to wear masks in all University buildings.

The University also required COVID-19 vaccinations for all students, faculty and staff working and living on Grounds. Following an executive order from Governor Glenn Youngkin — which prohibited state agencies from requiring that employees be vaccinated as a condition of employment — the University rescinded this mandate for faculty and staff Jan. 19. Over 99 percent of students already comply with vaccine and booster requirements.

“I know what is working and I wouldn’t go there right now,” Alari said, later adding that Student Council as an institution is working, but that he wouldn’t say it is working well.

One issue that Alari sees with Student Council is that he believes many students don’t know what the organization is or that it exists to advocate on their behalf. If elected, Alari said he would make sure every student knows precisely what Student Council is

and the function of the body.

Student well-being

As a transfer student, Alari shared his concerns regarding the integration of transfer students, non-traditional students and international students into the fabric of the University, which can adversely impact the well-being of such individuals. Transfer students make up approximately 10 percent of the student body, while international students make up roughly 9.5 percent. When he showed up to Grounds, Alari said that he struggled to find organizations to be a part of.

“My first week I was trying to look for different organizations to be a part of because I feel like that is the only way I can be able to meet people and also serve,” Alari said. “For transfer students, international students and non-traditional students, they can be left out of what is going on and I feel they have a creative voice to contribute to what is going on.”

When asked if he had any specific plans to get these students more involved, Alari said that he had spoken with some transfer students and that he came away from the conversation learning that they feel left out. Alari was particularly concerned for students that transfer to University in the spring, coming in at a time when many students have already made friends.

“So those transfers that come in the spring and even the ones that come in the fall, there has to be programming that is actually bringing them together and their well-being and all that,” Alari said.

Alari tied the issue of integrating students more seamlessly into the University community to his concerns about the mental health of students, drawing a connection between feeling alone and feeling depressed.

“I mean, if you feel like you are by yourself a lot, if you transfer from a different part of the country, there’s a chance that you’re going to be depressed and all that and that leads to mental health,” Alari said.

Creativity and innovation

In his platform, Alari listed creativity and innovation as one of the issues he wishes to focus on.

Alari said he thinks that students at the University are very creative, but that they don’t see enough creativity and innova-



COURTESY DAVID ALARI

Alari has served on Third Year Class Council, University Programs Council and 2021 Lighting of the Lawn Committee

tion amidst classes and academic pressures, which stifles their own passions.

“I believe that every U.Va. student is very creative — we are innovators,” Alari said. “We just need a challenge to be able to come out and just be ourselves.”

When asked if there were specific things that could be done to foster a creative and innovative environment on-Grounds, Alari stated a desire to create an environment where students don’t feel judged.

“Creative U.Va. students, whatever you want to create, just create it,” Alari said. “We all have to be able to meet and sit down together and discuss how we can make U.Va. a better place for all.”

“The Collective Campaign” — Ceci Cain

An accelerated masters candidate in the Frank Batten School of Leadership and Public Policy, Cain has served as Student Council’s vice president for administration since March 2021 and was the chair of the Financial Accessibility Committee prior to her current role. Cain is also involved in a number of other organizations outside of Student Council, acting as a Resident Advisor and a member of the Political Action Committee of the Black Student Alliance.

“I chose to run because I didn’t ever see myself represented in genuine positions of power at U.Va.,” Cain said. “I feel like communities that are the most vulnerable [at the] University have been screaming about what they want and need for years.”

If elected, Cain hopes to help student groups utilize Student Council’s resources and contacts.

“I’m running because I see a really unique opportunity in the resources Student Council has,” Cain said. “We have ... really unique access to administrators, funding and ability to coalition across the University — a credibility a lot of other student groups don’t have. I see a really unique opportunity in coupling that with genuine organizing work on Grounds and getting needs met for marginalized students.”

Cain, Evans and Reynolds’ platform focuses on three central tenets — advocate, organize and reclaim. The ticket hopes to continue the work they have already done with Student Council, including supporting the recently-created Support and Access Services branch and other service-based initiatives. Support and Access Services was approved in a constitutional referendum last year and provides direct resources like food, textbooks and mental health services to students through grants and funding.

One project Cain hopes to further is Student Council’s Capital

Campaign, a project that aims to procure an endowment that will serve as a long-term source of funding for Support and Access Services and an ongoing effort to pay student leaders.

In addition to serving as Director of Finance for Student Council, Evans previously served as Director of Finance for U.Va. Mutual Aid. U.Va. Mutual Aid is a service that collects and distributes financial support that does not require qualifications to the University community, providing funding for food, educational materials, medical expenses and more. Mutual Aid has distributed over \$115,000 as of February 2022 and continues to raise funds with the goal of ensuring that all students have the material resources they need as the COVID-19 pandemic continues to affect the University community.

As a transfer student from the University of Richmond, Reynolds believes she adds a valuable perspective to the position of vice president for organizations.

“I’m kind of uniquely situated for [the role],” Reynolds said. “I [have] seen how previous schools have run their student activities fairs or how they handle their CIOs or student organizations.”

Advocate

The advocate portion of the campaign involves continuing the push for the University to take serious calls to action arising from various student groups, and to work alongside these groups in building coalitions to accomplish these goals. Cain sees coordination with Contracted Independent Organizations — organizations that are independent from the University and whose members are at least 51 percent students — as central to the “advocate” tenet.

“One of my biggest goals is empowering small groups and giving them direct access and resources that Student Council has, and not gatekeeping those resources,” Cain said.

Cain intends to ensure voting accessibility by working with administrators to cancel all classes on Election Day next year. Cain said Student Council’s Legislative Affairs Agency would then work with the Provost’s office to make this policy permanent in coming years.

Cain also seeks to lower the cost of on-Grounds housing by working jointly with the Community Engagement and Financial Accessibility Agencies. Students are currently required to live on-Grounds their first year and often look for off-Grounds housing their remaining three years, which drives up the price of the already-scarce Charlottesville real estate. By making on-Grounds housing more affordable

and mandated for second-year students, Cain hopes to lower the cost of housing in the Charlottesville area while also reducing the cost of attendance for students.

Another key aspect of Cain’s “advocate” tenet is divestment from fossil fuels and prison labor. DivestUVA is an organization that has led the push for the University to divest from fossil fuels, a cause which Cain wants Student Council’s Sustainability Agency to help with.

Cain also hopes to implement policies to help low-income students — she believes the University fails to accurately listen to students and enact change based on their feedback.

“A lot of administrators don’t actually sit down with the most vulnerable students on Grounds and hear about what their issues are,” Cain said.

She intends to advocate for the end of account holds, which occur when a student cannot pay a Student Health or bookstore bill by a certain deadline. The resulting academic hold prevents the student from enrolling in courses, switching courses and accessing their transcript.

Overall, Cain hopes to lower the cost of attendance at the University by continuing to provide programs to assist students in costs that are not covered by “100 percent need-based aid” — including textbooks, food, hygiene products, laundry and printing.

Organize

The “organize” portion of the platform aims to examine the ways Student Council can work with partners to organize for the change that student organizations — especially marginalized groups — are seeking. Cain emphasized the lack of funding for specific groups on Grounds.

“We know that cultural organizations make up about 20 percent of our CIOs and only get about 10 percent of CIO funding,” Cain said. “One of the things I want to do is make that funding process more equitable and get more funding to cultural CIOs.”

Cain plans to create a new Advisor for Equity and Incentives position to coordinate with the Appropriations Committee to alter the Student Activities Fee guidelines and allocation process. To further increase funding for cultural organizations, Cain hopes to eliminate the current reimbursement model of funding, in which student leaders must make substantial upfront payments before receiving reimbursement from Student Council.

“One of the biggest barriers is that there’s a lot of bureaucracy around how you access money,” Cain said. “If you’re a low-income student and you run a cultural organization, you cannot pay a



DOMENICK FINI | THE CAVALIER DAILY

Cain currently serves as vice president of administration for Student Council.

vendor \$500 upfront for food or for equipment for an event and then get reimbursed by Student Council.”

Reynolds and Evans also support the effort to pay student leaders, as well as providing them with more spaces to work. Led by Evans, Student Council’s Finance Committee would work with student leaders and administrative partners to implement a compensation system for low-income student leaders. One policy Reynolds emphasized in this effort is the “invite the VPO” program, which would offer any CIO the opportunity to have Reynolds attend its meetings. The program aims to make the VPO office more accessible to CIOs.

Cain also seeks to increase programming specifically designed for marginalized student groups in conjunction with Orientation Leaders and the Office of Admissions. She intends to tailor the programs specifically to first-generation, low-income, transfer and international students. Cain noted that her efforts to recruit other minority leaders enabled her to better advocate for those groups.

“I’m proud that I recruited a majority-minority leadership body and I think the last year we’ve really seen it be effective to have people who are genuinely embedded in groups doing advocacy work for them,” Cain said.

Reclaim

As part of the “reclaim” portion of her campaign, Cain intends to secure scholarships for descendants of enslaved laborers, noting her vision to pursue equity and anti-racism at the University.

“Oftentimes, when we commit to things like diversity, equity and inclusion, we don’t actually talk about what that means for an institution that was not only

founded by enslaved people, but founded in a way that exploits like Black people in this community,” Cain said.

Cain also hopes to carry out plans to remove police from mental health crises through the University Networks of Care program — a program begun by Abel Liu, current student council president and fourth-year College student. UNOC is a proposed community-based crisis response system that will operate Thursday through Sunday beginning in fall 2022. The 24-hour program will replace the University Police Department with paid EMTs and skilled post-graduate student counselors in mental health crises, interventions with intoxicated individuals and aggravated situations within UPD jurisdiction.

The final aspect of Cain’s platform is lobbying for increased minority counselors, staff, faculty and students.

“A lot of times, being Black at U.Va. seems like you are the exception, which should not be true at a state university with the resources that U.Va. has,” Cain said.

Ultimately, Cain said she hopes to empower marginalized student groups if elected.

“We want to reclaim Student Council, reclaim student self-governance and reclaim centers of power at the University for marginalized students,” Cain said.

Community members are encouraged to submit questions for the candidates to address during a debate hosted by The Cavalier Daily on Feb. 28 at 7 p.m. Students will have the opportunity to vote in all student elections — including voting on the referendum — beginning next Wednesday March 2 at 10 a.m. Voting runs until Friday March 4 at 4 p.m.

Community provides feedback on Honor referendum

The proposed change will appear on student-body wide ballot in March

Lexi Baker | Senior Writer

For the first time since 2016, students will have the opportunity to fundamentally change the honor system this spring. If passed, a referendum — authored by Honor Rep. Christopher Benos, third-year Law student — will significantly alter the Honor Committee's constitution by reducing the current single sanction of expulsion to a two-semester leave of absence.

During the fall, the Committee debated and ultimately failed to internally pass five proposals aimed at reforming the honor process, including Benos' referendum — frequently, the group also failed to reach quorum, and could not even vote on these proposed changes. Meetings were often attended by between 14 and 19 members out of a total 27.

Consequently, Benos put forth his referendum to the University Board of Elections rather than relying on the referendum to come from the Honor Committee as a body. The referendum went public Jan. 25 and garnered the required 1,250 signatures in less than nine days, officially surpassing the threshold Feb. 3.

First-year College student Avery Donmoyer supports the proposed change, hoping that reducing the gravity of the sanction might inspire students to actually follow the Honor code, report themselves and others — should they break the code — and therefore more effectively maintain the community of trust.

"I think [expulsion] can, in a way, almost deter students from paying attention to the Honor code because they're too afraid of these immediate and severe and permanent consequences that they don't believe in the system anymore," Donmoyer said.

Other students have also expressed support for the referendum, including second-year Engineering student Abby Dawley, who agreed that the change would be beneficial to the University community.

"I personally know someone who was expelled for an Honor violation, and I know that it really messed up his course in life," Dawley said. "I think that as young people, we do need to be checked for our actions but at the same time, we are still learning and people deserve the opportunity to learn from their actions."

Apart from student support, the referendum has also garnered endorsements from student groups, including the School of Law Student Bar Association, the Darden Student Association Board and the Graduate School of Arts and Sciences Council.

The proposal is not popular among all groups at the University, though. After being introduced to the referendum at a meeting of the Faculty Senate, Education Prof. Patricia Jennings, chair-elect of the Faculty Senate expressed concern that the informed retraction and a guilty verdict would result in the

Jennings was quickly made aware of the distinct role of the Committee at the University in comparison to peer institutions. Jennings told The Cavalier Daily she did not realize the level of student involvement and control over the system until her arrival.

"In the other places where I've

port them to the Honor Committee — some professors chose to handle cheating without an official report because of the challenges they face with the Honor system.

If and when a faculty member reports an Honor offense, the reporter is interviewed by two student investigators. Following

recommit the community are very important.

"The biggest message that I think is important is, let's maintain our academic integrity here," Jennings said. "It is really important to our reputation as a university and I think students need to understand that when you leave here with a degree that you want to be proud of it."

In order for the referendum to pass, 10 percent of the student body — or roughly 2,700 students — will need to participate in the vote and 60 percent of those will need to be in favor.

The last election when an Honor referendum was put to a student vote was in 2019 and the proposal barely surpassed the required 10 percent threshold. Voter turnout was merely 10.51 percent, per results released by the University Board of Elections. Due to these low turnout rates in 2019, the Committee opted not to submit any referenda last year.

These recent turnout rates prompted Benos to form a working group aimed at exposing more students to information about the referendum. Chaired by Benos, the group is made up of 11 total members, 10 of which are Honor Committee members. The final member is Ceci Cain, vice president for administration of Student Council and fourth-year College student.

The working group aims to educate students and University community members about the proposed reform, form partnerships with student organizations to disseminate information about the reform and the Honor system's function more generally and promote access to the March ballot by teaching community members where and how to vote.

If passed, the referendum will be historic in its alterations to the University's iconic Honor system. Expulsion has been the sanction since the first recorded Honor trial in 1851 and the system's inception in 1842.

"The purpose of the Honor code is really to have us be the best people we can be, and to just inspire this discourse of mutual trust and respect," Donmoyer said.

Community members are encouraged to share their thoughts regarding the proposed referenda at a town hall hosted by The Cavalier Daily on March 1 at 7 p.m. Students will have the opportunity to vote in all student elections — including voting on the referendum — beginning next Wednesday March 2 at 10 a.m. Voting runs until Friday March 4 at 4 p.m.



LEXIE GAGNON | THE CAVALIER DAILY

same sanction if the referendum passes — a two-semester leave of absence. An IR allows students accused of an Honor offense to admit guilt and make amends to the community by taking a two-semester leave of absence.

Particularly, Jennings said she was concerned that this may reduce the incentive among students to utilize the informed retraction and admit guilt when confronted with a violation, and instead go through with a trial where they are declared guilty.

"I feel like as an academic institution, we really want to promote academic integrity," Jennings said. "If we don't have good academic integrity here, it reduces our credibility as an institution."

Jennings did note the significance that Honor plays at the University — after arriving at the University from a different institution,

worked in the past, the students didn't have the same amount of time, or the same level of involvement, and did not lead these kinds of processes," Jennings said.

Despite her concerns regarding the role Benos' specific referendum could play in disincentivizing informed retractions, Jennings is generally in support of reforming the Honor system. Right now, Jennings said that many of her colleagues do not handle Honor offenses through the Honor Committee because of slow case processing times or unwillingness to follow through the process.

"Mainly, I think it is because they either find the system too cumbersome or they don't think it's effective, or those are the things I've heard anyway," Jennings said.

Professors who catch students cheating on exams or plagiarizing on papers may or may not opt to re-

port them to the Honor Committee — some professors chose to handle cheating without an official report because of the challenges they face with the Honor system.

Jennings recently reported an Honor offense for the first time and said she was not completely satisfied with the process, stating that during the investigation she felt she was interrogated — as if she had also done something wrong.

"When the faculty does try to step up and use the system, we can start feeling like we're being interrogated, like we did something wrong," Jennings said.

While Jennings does not feel that the referendum will fix all of the current issues with the Honor system if passed, she does believe that the conversations about how to

LIFE

Students express apathy towards self-governance

As annual election draws close, students discuss their true sentiments toward the efficacy of self-governance at U.Va.

Jia Williams | Features Writer

Every spring, students around Grounds gear up for another cycle of student elections. Candidates publicize their campaign platforms, University Board of Elections members ensure students are abiding by University regulations and members of the student body prepare to vote for the next cohort of student leaders.

This year, 118 unique candidates are running for various positions on the Honor Committee, the University Judiciary Committee, Student Council and Class Councils and Fourth-Year Trustees. Through these positions, student leaders are able to shape the way the University is run for their fellow students.

This system of student-self governance is a self-proclaimed integral aspect of University life that is plastered on pamphlets, the University website and even mentioned on formal tours of Grounds. However, de-

spite being a source of pride for the University and an interesting talking point for the University Guide Service, many students appear to be apathetic toward the system.

One such student is third-year College student Logan Mercer. Similar to other University students, Mercer was highly involved in student government in high school, but has since ceded the limelight to other students. In addition to his history of leadership positions, Mercer is deeply invested in politics on the state and national level. However, student-self governance at the University has failed to capture his interest in similar ways.

“I think a part of the problem is that I don’t know what they’re doing on a day-to-day basis,” Mercer said. “I don’t know if it helps or hinders me or if it’s making my life easier or not. Most of the things that screw

me over are structural, like out-of-state tuition being as high as it is or not having free masks in buildings for when kids forget their masks ... But I don’t think they have any power over that, so it’s like, what decisions are they making that actually affect me?”

Despite his minimal interaction with student-self governance, Mercer still makes a point to vote every year. Most other students cannot say the same. Max Bresticker, chair of the University Board of Elections and a third-year College student, said low voter turnout has been a consistent problem with student elections, with yearly voter turnout averaging around 15 to 20 percent. Last year’s election was an exception to this trend, at around 40 percent voter turnout.

“When you have such a small segment of the University community



MAYA KALIDINDI | THE CAVALIER DAILY

voting, unfortunately, a lot of opinions are shut out,” Bresticker said. “People who wish to actually see changes from the system don’t have the chance to make their opinions and their voices heard. And I think because of that low turnout, people become jaded towards student-self governance as a whole and think it’s ineffective without giving it the chance to actually impart change.”

As noted by both Bresticker and Mercer, a potential reason for this disengagement is a lack of information and interaction with members of student government organizations.

“At the end of the day, most students may check their inboxes and see a random email from me, from Abel, from UJC or Honor that they may or may not open,” Bresticker said. “I think when that’s your only interaction with student governance and that’s your only impression of it, your willingness to get involved or willingness to view it beyond just an institution that exists on Grounds is greatly diminished.”

Some marginalized students at the University have detached themselves from organized student-self governance and found alternate ways to build communities that they can more closely identify with. They share sentiments that these historically white institutions do not reflect their interests or compensate them fairly for any kind of efforts to better the University.

Third-year Batten student Gabriel Sirak expressed how marginalized students feel that they can implement more change through their own organizations than through the University’s legislative processes that Student Council must follow.

“With how segregated student life is at the university, getting involved in Student Council or other forms of general student-self governance never felt important to me because marginalized communities here have carved out their own communities and organizations to advocate for themselves,” Sirak said. “I’m much more concerned with who any of the next BSA executives are than I am with the next student body president.”

Sirak noted that the information gap observed specifically by marginalized students on Grounds also plays a role in the lack of representation within student government.

“Really crucial information — whether it’s how and where to get involved or the opportunities available to students who do get involved — isn’t something readily and easily available, which acts as a large barrier to students already uncomfortable and unfamiliar with a college environment like U.Va.,” Sirak said. “I think that information gap creates a feedback loop where as a Black student, I am encouraged to distance myself from those institutions as they don’t feel representative of my interests here.”

UBE is attempting to reach out to organizations on Grounds to encourage voting and increase voter turnout and participation ahead of this year’s elections.

“I think there’s a long way to go, but I think it’s a big and worthwhile fight to try and change student perception of the impact that student government actually has,” Bresticker said. “I think student governance does play a large role in students’ lives.”

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Functional foods for the hungry student

These snacks can help satisfy our need for food at unconventional times as college students

Nicole Ryeom | Food Writer



SHELBY LAWTON | THE CAVALIER DAILY

As college students, we are always on the go. Activities ranging from rushing to class, working out at the gym and pulling all-nighters require us to find quick snacks that will satiate our appetites and keep us energized. I've found a few nutritious snacks and beverages to put on your radar that can help with supplementing your daily intake. These foods with additional nutrients are called functional foods — foods that can provide additional benefits besides basic nutrition.

One part that I like about these snacks is how they additionally contain nutrients normally found in health supplements. I acknowledge that some of these options may be pricey — but if you're looking for some specific vitamins and nutrients,

these snacks can serve as a practical solution to our unrelenting need for food as students on the go.

Here are some of the brands that are both savory and provide nutritional value:

The Good Crisp Company

The Good Crisp Company was founded with the aim of re-creating your favorite snacks — think salt & vinegar chips, cheese balls and more — without the allergens and artificial ingredients. These delicious snacks are created in facilities without egg, wheat and gluten, peanuts, tree nuts, fish and shellfish, sesame seeds, mustard and celery making it the snack accessible to everyone. However, there is also a func-

tional benefit to these snacks, as the cheese balls are created with Wellmune, an immune-boosting ingredient that has been proven to help strengthen the immune system and enhance its key functions. The Good Crisp Company is just one example of a company that has been working to create snacks that aren't only delicious and nutritious, but have a functional benefit for consumers as well.

Recess Sparkling Water

Recess Sparkling Water is a sparkling water company that formulates their beverages with powerful compounds aimed to alleviate stress and promote feelings of peace and tranquility. Recess uses whole plant extract,

lemon balm, American ginseng and L-theanine, with each ingredient serving a unique functional benefit. The drinks come in six different flavors — coconut lime, blood orange, black cherry, peach ginger, pomegranate hibiscus and blackberry chai — and sound like the perfect delicious drink to take with you while studying or relaxing with friends.

LIFEWTR

LIFEWTR was first known for its originally designed artwork and the pH balanced water for improved taste. However, LIFEWTR recently launched LIFEWTR Immune Support designed to aid in immune function. Formulated with 10 percent of the recommended daily value

of zinc, this new beverage is pH balanced and made with purified water with electrolytes added for taste. LIFEWTR is just another company that has leveraged the consumer need for functional beverages that support health and wellness.

Bolthouse Farms

Bolthouse Farms is another company that has recently launched immunity boosting products. Four of their new products have immune boosting properties — the Green Immunity Boost smoothie, the Superfood Immunity Boost smoothie and then two different “BOLTS” Beverages — one with elderberry and zinc, the other with Vitamin C and turmeric. These new beverages are a good source of vitamins and minerals and were crafted in the hopes of helping consumers boost their immune systems daily in an easy and delicious way. I love to grab one of these for a quick outing with friends or refresher after a workout.

Nature's Garden

Nature's Garden has created a Probiotic Immune Booster trail mix pack, with Vitamin C, Vitamin D, Zinc and Elderberry. The snack pack itself includes almonds, pepitas, cranberries, tart cherries, hazelnuts, pistachios and blueberries. This snack pack is a great way for consumers to get their extra vitamins but in a delicious way, without having to worry about the added struggle of purchasing separate vitamins that only serve a single functional benefit. These can serve as a helpful energy boost for any late-night study session.

Some students, including myself, have been trying to prioritize our health more often through our diets and it's great to see that there are delicious options available that cater to those needs. It can be hard to balance taste and functionality, but I think these snacks strike a tasty equilibrium while fueling my body.

For me, as a college student, these products are a great and easy way for me to try to get in those extra vitamins and supplement ingredients. It is much easier to buy some of these snacks instead of buying a plethora of different vitamins and supplements that are expensive and hard to keep track of.

Students face challenges of securing summer internships

U.Va. students look for work experience as internships become increasingly important in the hiring cycle.

Alston Rachels | Features Writer

Warmer, sunny days are finally making their way to Grounds, teasing students with the promise of a soon-approaching spring. As students settle into classes, some have already secured summer plans, while others are preparing to gain another type of education — employment experience in the form of summer internships.

Internships can be an informative experience for students and serve as a jumping off point into an industry or redirection towards another career path. Reasonably, many companies see interns as an excellent hiring pool. According to a study performed by National Association of Colleges and Employers, 70 percent of employers make a full-time job offer to interns, 80 percent of students accept that offer and 34 percent of graduates say internships significantly shifted their career direction.

Rebecca Coulter, director of the Internship Placement Program at the University's Career Center, said many internships create a "gateway to full-time employment" for students, provided they meet their employer's expectations.

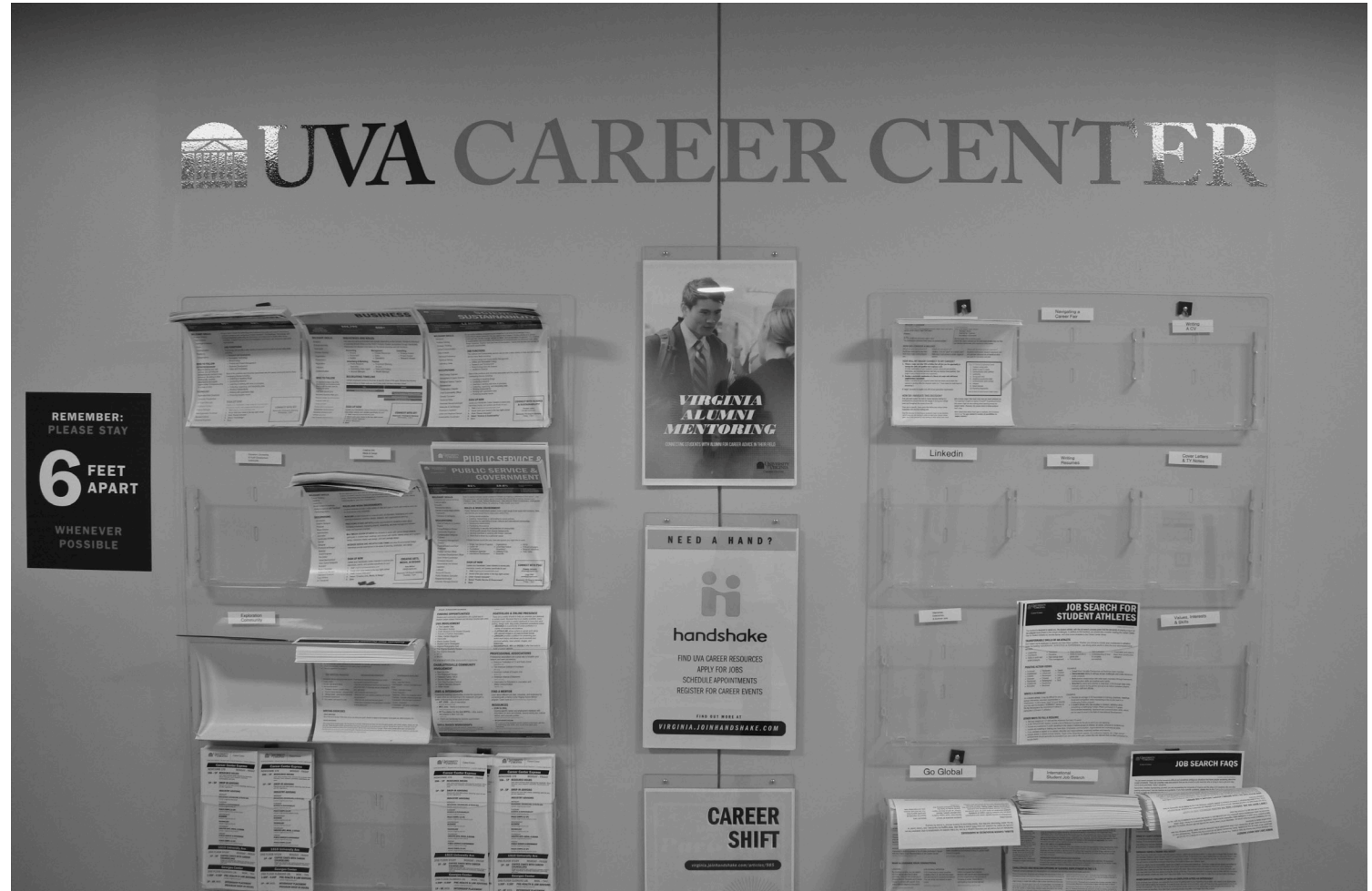
"Internships support exploration and self discovery and increase awareness of career opportunities," Coulter said. "Firms use internships as '10-week' interviews, then decide if they would like to offer full-time roles to students."

Although start dates remain several months away, some internships have had listings posted months in advance, inspiring students themselves to start their own searches well in advance.

Third-year College student Hannah Tuma began looking for an internship this past October on Handshake, a recruiting platform commonly used by college students. A Cognitive Science and Computer Science double major, Tuma will be working for Publicis Sapiens this coming summer and will use this hands-on experience to gauge her own interest in this line of work.

"My role this summer will be working in a group with a few other software engineers to create a mock website that could be used for the company," Tuma said. "I'm keeping an open mind about the whole thing because honestly, I'm trying to see if this is a career path I want to pursue further."

For some students, including third-year Commerce student Andrew Cabalu, there have been



ALEX PAWLICA | THE CAVALIER DAILY

"The Career Center offers a range of hands-on opportunities from internships to project-based programs to accommodate individual student needs."

multiple opportunities to explore a field of profession through the varying responsibilities of different internships. Cabalu spent last summer working remotely as the Economic Empowerment Intern of the International Rescue Committee, an opportunity which he said he found "impactful" as opposed to a mere "resume builder."

This summer, he'll be interning at a different company for the Bank of America headquarters office in Charlotte, North Carolina. Cabalu noted how some of his own experiences might have helped him stand out in the recruitment process, including his role as a McIntire Ambassador, being the president of his fraternity, his involvement with an investing club and his prior internship work.

"I think that having internship experience in the past definitely helped," Cabalu said. "I think that that's always helpful when you're looking for a job to have previous job experience. I think that also, what helped was that I was involved in a couple of clubs at U.Va. as well, and had some leadership positions ... that also helped me stand out."

Not all internships are created equal, though. While some students are able to earn a paying position — however much that pay may be — other internships don't offer any pay. The only compensation they may offer is experience for students who wish to pursue professional interests or test the waters of a certain field. This may pose a barrier to students who are in more need of a wage even though they may also desire experience in a specific field.

Second-year College student Annie Laurie Latrash noted these limiting factors and the way that they often trap students into choosing either experience or compensation — not both.

"I definitely do think that's an issue because a lot of people do need to work to support themselves and get themselves through school," Latrash said. "That's definitely unfair if you're only having access to unpaid internships, because we all need internships to get experience with a job."

Despite the conflict of choice that unpaid internships present for many students, Latrash was able to weigh her own percep-

tions of the costs and benefits of this kind of work in order to make her final decision. Although she feels confident with her own choice, she recognizes that the final say and the type of commitment a student is able to take on is unique to their individual circumstances.

"It's just about the individual kind of finding the right one that's going to work for them and their schedule," Latrash said. "I think I was okay with this one being unpaid just because it is my first one [and] this is the very first thing I've done to kind of build my resume."

Coulter built on Latrash's sentiments and mentioned how valuing a student's own needs with the desire for experience is important when making summer decisions. From their own unique perspective as Career Center employees, Coulter and her colleagues are able to work with students individually to make sure specific needs are met. Career counselors offer prescheduled, one-on-one, virtual and in-person appointments as well as drop-in advising hours.

"The Career Center offers a

range of hands-on opportunities from internships to project-based programs to accommodate individual student needs," Coulter said in an email to the Cavalier Daily. "Students should also consider their personal circumstances and have a check-in conversation with a Career Counselor to determine their best option for gaining skills and experience."

Internships are not the only way to succeed in college or beyond, but can be beneficial for many in terms of launching careers. Other students, especially underclassmen, plan to work in their hometown, travel or take classes during the summer instead, finding these options to be equally as beneficial to their personal goals as an internship.

"Internships help you find out what you like and what you do not," Coulter said. "You may be surprised to find your initial career interests to be less of a fit than you thought. Or, you may find a new career path that is more exciting than you thought. Both experiences are important to finding your future career path."

SPORTS

Ralph Sampson to open Charlottesville restaurant

The former Cavalier center and NBA Hall of Famer returns to the city where he built his name

Jude Nanaw | Sports Editor

When deliberating the names of greats that have made their way through Virginia's basketball program, there is perhaps no name bigger than that of Ralph Sampson. When Sampson made his way to Charlottesville in 1979 from his nearby roots in Harrisonburg, he was already a giant, standing at 7 feet 4 inches and being heavily recruited by programs all across the country.

Even prior to inking his letter of intent to play for the Cavaliers, Sampson was destined to become a superstar based on his prolific play on the court at Harrisonburg High School. Undoubtedly, Sampson went on to become a household name among all Virginia fans, picking up three Naismith National Player of the Year awards in his four year college career.

Decades later, Sampson is returning to the city where he propelled his career to eventually become the No. 1 overall pick in the 1983 NBA Draft in a much different capacity. Sampson, in collaboration with Thompson Hospitality, will be opening Ralph Sampson's American Tap Room March 14.

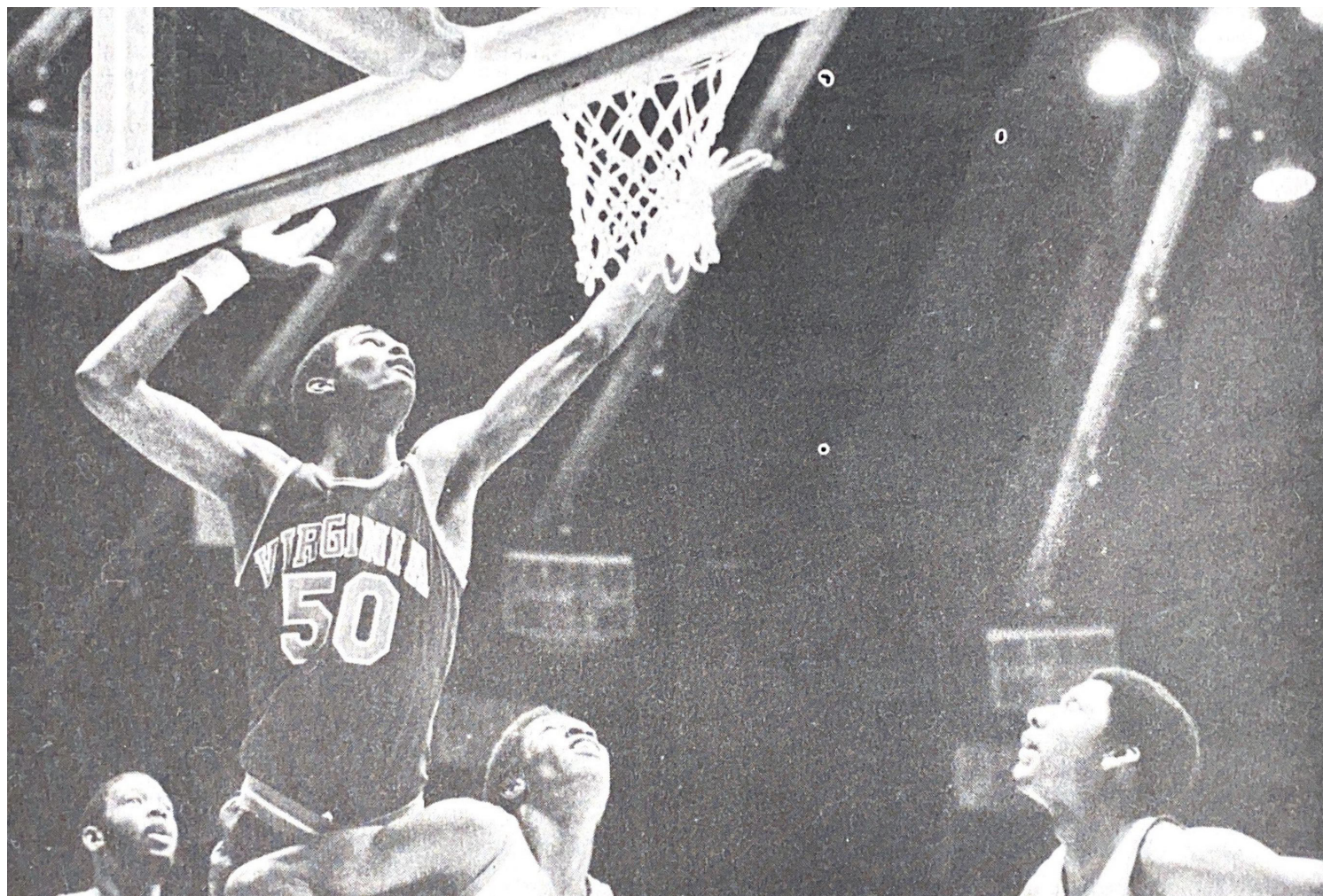
Not particularly known for being a restaurateur, Sampson expressed his glee about furthering his legacy in the Charlottesville area with the new venture.

"My years in Charlottesville laid the groundwork for a career that both myself and the city are proud of and for that I'm grateful," Sampson said in a press release. "I've long had an interest in the restaurant business, and I'm looking forward to this partnership with Thompson Hospitality — providing a gathering place that brings people together around a shared love of sports, fandom and Cavalier pride."

Ralph Sampson's American Tap Room will be located approximately one-half mile from John Paul Jones Arena — the current home of Virginia basketball — just off of Barracks Road at 973 Emmet Street N. The establishment is set to feature high-quality foods with a sports bar vibe, aiming to provide an atmosphere for Cavalier fans.

The concept for the restaurant is unique one, providing sports bar seating and dining areas that feature a visual celebration of Sampson's basketball career. Certainly, many future guests of American Tap Room will already be aware of the legacy Sampson brings to the table from his days on the court. While in the line-up for the Cavaliers from 1979 to 1983, Sampson was nothing short of spectacular and deserving of becoming one of the most decorated collegiate players of all time.

In his first season at Virginia, the



MATT HOLMES | THE CAVALIER DAILY

While at Virginia, Sampson averaged over 16 points and 11 rebounds per game throughout his four-year college career.

Hall of Fame center averaged a double-double in the 34 games he played in. In addition to recording 14.9 points and 11.2 rebounds per game during his freshman year, Sampson also posted an average of over four blocks per game. He steadily improved in years two and three, culminating in an outstanding senior season where he averaged 19 points and 11.7 rebounds per game to go with an improved 60.4 percent field goal percentage.

Individual statistics aside, Sampson's leadership on the floor led the Cavaliers to various team accomplishments. Rewinding to the 1980-81 season, Sampson ushered Virginia to 29 wins as well as the No. 1 overall seed in the nation. In addition, the center's efforts launched the Cavaliers even further in the NCAA Tournament as the team made their first Final Four appearance that year as well.

Prior to Virginia's deep run into the NCAA Tournament, Sampson led the Cavaliers to a strong run in the National Invitation Tournament. The team went on to capture the NIT Championship that year in large part

due to the efforts of the incomparable Sampson.

After cementing his legacy on the hardwood at Virginia, Sampson became the first pick of the 1983 NBA Draft when he was selected by the Houston Rockets. Evidently, Sampson's collection of impressive accolades did not end in college as he won the NBA Rookie of the Year Award and played in the All-Star Game — just in his first year in the professional ranks.

During his nine full seasons in the league, Sampson maintained impressive numbers, averaging 15.4 points per game to go along with 8.8 rebounds per game. All in all, Sampson's playing earned him the most distinguished honor of all players to come through the NBA, an induction into the Naismith Memorial Basketball of Fame.

With such an impressive and storied career to his name, Sampson's return and continuous connection with the Charlottesville area is intriguing. Potentially, the developments with Sampson's restaurant venture is indicative of the connection athletes who play for Virginia maintain with the

Charlottesville-Albemarle area even long after their departure from the University.

Interestingly enough, the opening of Ralph Sampson's American Tap Room is not the first time the Hall of Famer has demonstrated interest in the local restaurant industry. Just under a year ago in April 2021, Sampson was part of the ownership group that purchased the iconic White Spot restaurant on the Corner.

Back at the time of the purchase, Sampson explained his appreciation for the tradition and history behind the restaurant.

"Just late nights with guys like Ricky Stokes, and coming here to have something to eat or pre-football games coming from the Lawn here and getting something to eat," Sampson said.

Looking ahead, one of the goals for American Tap Room appears to be to carry on aspects of the history and tradition of Virginia — the athletics as well as the academics. Warren Thompson, the CEO of Thompson Hospitality — the group partnering with Sampson — emphasized this purpose as well

as the aim of providing a meaningful environment and experience for Virginia faithful.

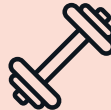
"Bringing this concept to Charlottesville, home of the University of Virginia—both Ralph's and my alma mater—is an exciting opportunity for Thompson Hospitality, and we hope Ralph's House lives on at American Tap Room," Thompson said.

With the restaurant slated to open in just a few weeks, the possibility of other Virginia Athletics alumni following in the footsteps of Sampson will be something to keep an eye on. After all, former Cavaliers returning to Charlottesville with new projects is a dynamic that is not all that new. Alumni such as Chris Long or Malcolm Brogdon have also contributed to the area in recent years.

However, there remains no name bigger than that of Sampson to come through the University. Therefore, his leadership may yet again be the main driver for new successful ventures in the city for years to come.



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OPINION

LEAD EDITORIAL

Always vote, especially now

The upcoming student elections are of the utmost importance — vote for candidates that will represent and serve the best interests of your fellow students

The elections for Student Council, the Honor Committee and the University Judiciary Committee are fast approaching — voting begins March 2 and ends March 4. These elections should remain salient in the minds of the student body — voting every election cycle is crucial to the preservation of the University's student self-governance. However, this voting period is especially important. The spring 2022 ballot addresses a multitude of pertinent issues for students. We applaud the student body for last year's high voter turnout of 41.6 percent, which was a vast improvement from the 10.03 percent in the previous year. Nevertheless, this number still only accounts for less than half of the student population. This year, we must dedicate ourselves to doing better. Students, ensure your voice is heard — vote.

One portion of the ballot will ask students to decide who they would like to represent them on Student Council. Abel Liu, president of Student Council and fourth-year Col-

lege student, will not be on the ballot again this spring. Last year, Liu was elected with 81.2 percent of the vote and his election brought out more than four times the amount of students than in the year prior. There is no doubt that some portion of this turnout was related to the personal attacks and misinformation surrounding the campaign cycle — but it shouldn't take controversy for us to vote. Since being in office, Liu's administration has demonstrated the powerful impact that Student Council can have on the lives of University students if wielded effectively. From eliminating police presence in non-violent mental health crises to easing the burden of required health insurance for low-income students, Student Council has made remarkable progress. Students, take advantage of the newly-realized power and vote for officials that will protect and fight for the rights of your fellow students.

Student elections are also critically important to the future of the

Honor Committee. This past year, the Committee has been essentially inactive, as low attendance and a lack of virtual options barred any substantial progress. For instance, the upcoming referenda — which proposes changing the sanction for an Honor offense from expulsion to a two-semester leave of absence — was only brought to a student-wide vote through petition, not through Committee action. As a student body, we are entitled to elected officials that stand by their promises, represent our interests and preserve democracy. The current Honor Committee has not lived up to these expectations. Vote this year to hold the Honor Committee accountable.

The single sanction referenda provides yet another example of the necessity for a politically active student body. In order for a referenda to pass, at least 10 percent of the eligible voting population must vote — regardless of the percent of the vote the referenda receives. In 2019, referendums regarding both the Honor

Committee and UJC failed due to a lack of voter turnout. This spring, vote on Honor referenda — amendments should not fail simply due to voter apathy.

UJC will also play a key role in the upcoming elections and the lives of students on Grounds. From data collected in the organization's 2021 demographic survey, white students made up 63 percent of the UJC representatives — seven percent higher than the percentage of white students at the University. Similarly, while 6.8 percent of the University student body identify as Black or African American, Black students only make up 4 percent of UJC representatives. The makeup of UJC representatives should reflect the demographics of students on Grounds. Moreover, considering that half of last fall's UJC cases dealt with violations of COVID-19 policies, we must recognize who is in control of deciding the consequences for these individuals. With all this in mind, students — use your vote in March

to elect a UJC that is an accurate representation of the demographics of the student body.

Each and every student at the University is affected by the policies introduced and implemented by these organizations — with marginalized students disproportionately impacted. For instance — Black, Asian and international students are targeted in Honor reports, marginalized students are underrepresented in UJC and it is often marginalized students that are supported by Student Council's services. These are but a few of many examples. We implore you to keep in mind the work of each of these organizations and make a well-informed decision. Elections are the backbone of student democracy. Make your voice heard — vote.

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Elect representatives who will fight for all students

The Editorial Board endorses three candidates running for Student Council representative

This year, The Cavalier Daily Editorial Board endorses three candidates running for Student Council College of Arts and Sciences representative — third-year Gabriela Hernandez, second-year Lillian Rojas and first-year Princess Olubuse-Omisore. Compared to recent years, this is a low number of endorsements. We attribute this to our firm commitment to endorsing representatives that have displayed dedication to Student Council and to the betterment of students' lives on Grounds. Each of these three candidates expressed a clear vision of their ideal Student Council and tangible steps they intend to take. In particular, each candidate intends to support programs that enable low-income and marginalized students to gain full access to the University community and all of its resources.

Gabriela Hernandez is current chair of the representative

body and is running to retain a representative position on Student Council because more work needs to be done. Hernandez is not only an active member of the student body — as co-president of Political Latinsx United for Movement and Action in Society, for example — but is also a committed representative. In her most recent term, she co-sponsored legislation creating the University Networks of Care Ad-Hoc Committee and denouncing the University's lack of support for the plaintiffs of the "Unite the Right" rally trial. As chair, Hernandez recognizes that representatives are public figures at the University and can be targets of criticism. As such, she plans to make it a priority to provide guidance, aid representatives in achieving their goals and keep them safe. In addition, she emphasizes the importance of listening to and supporting the work of marginalized organ-

izations, hoping to aid them in having successful interactions with administration. Finally, in this upcoming term, Hernandez hopes to make the process easier for marginalized organizations and student centers to get the money they need and to advocate for more funding of Latinx peer mentoring programs. Over the past two terms of Student Council, Hernandez displayed dedication and hard work that has improved our community. This work must continue for the betterment of the lives of the University's student body.

Lillian Rojas is a current College representative in the Student Council. She co-sponsored legislation urging the University to re-enact school-wide prevalence testing and effective COVID-19 policies for the spring semester. Rojas is running to continue the work that she already started — including laundry relief aid for students and a

paid student notetaker program for the Student Disability Access Center. She is incredibly passionate about transparency from the University amidst the pandemic, increasing representative activity within Student Council and remaining curious by asking questions about legislation.

Princess Olubuse-Omisore is currently a first-year representative on Student Council. As a representative, Olubuse-Omisore frequently witnessed hesitation to ask questions among the representative body. She plans to encourage a body that feels comfortable asking for clarification and expressing the concerns of their constituents — particularly the first-year students Olubuse-Omisore represents. A central issue for her campaign is the early closing times for first-year dining halls, along with understaffed dining halls leaving workers overburdened. Having witnessed these problems, she

knows that she must actively advocate for students in her role as a Student Council representative. She believes that a Student Council representative should not be separate from the student body, but rather a voice for it. By making Student Council a more accessible organization, Olubuse-Omisore plans to use these new avenues of communication to help students.

The Editorial Board adamantly believes that each of these three candidates will dedicate themselves to ensuring that Student Council is accessible, accountable and serves the needs of all students on Grounds.

THE CAVALIER DAILY EDITORIAL BOARD is composed of the Executive Editor, the Editor-in-Chief, the two Opinion Editors, their Senior Associate and an Opinion Columnist. The board can be reached at eb@cavalierdaily.com.

Elect representatives committed to a rehabilitative UJC

The Editorial Board endorses four candidates running for University Judiciary Committee representative

This year, The Cavalier Daily Editorial Board endorses four candidates running for University Judiciary Committee representative. We endorse — third-year College student Peyton Hamlett, third-year College student Nabeel Raza, second-year College student Ronith Ranjan and first-year College student Lisa Kopelnik. All of these candidates demonstrated a vision of UJC as a rehabilitative and transparent system that should serve the entirety of the diverse student body.

Hamlett is a current UJC Representative for the College of Arts and Sciences. During his term, he aimed to increase diversity within UJC and outreach among first-years to educate them on the opportunity of joining the First Year Judiciary Committee. If re-elected, Hamlett hopes to encourage the UJC's Diversity, Equity and Inclusion committee to reach out to a

diverse set of organizations and communities across Grounds so that UJC can address the needs of the entire student body. Further, Hamlett wants the student body to see the UJC as a support system working towards the safety of the University community. He is certain that his dedication will continue if he is re-elected.

Raza is a current UJC representative — he is running to retain his seat. He has been involved in UJC since his first year and has experience as the vice chair for sanctions. He is passionate about making justice at the University equitable and restorative. He will push for improved demographic data on cases for increased transparency, support regular statistics releases and hopes to empower the group's Diversity, Equity and Inclusion Committee to be as effective as possible. Moreover, Raza intends to partner with com-

munity and student organizations — especially minority coalitions — to help UJC remain educated and wants to institutionalize a clothing bank that provides business clothing to anyone who may need it for trial. In addition, he wants to promote restorative justice through thoughtful sanctioning and feedback from the student body and hopes to build a community of trust — through increasing mutual respect and accountability between UJC and the student body. Simply put, Nabel hopes to use his extensive experience and commitment to create a rehabilitative UJC that represents the entirety of the student body.

While not a current representative, Ranjan carries two years of UJC experience under his belt, presently as a counselor. Ranjan sees UJC as a rehabilitative and educational system — students should learn from their mistakes.

He discussed how to advance the UJC by reevaluating its standards of conduct so that they address student concerns. Finally, if elected, Ranjan will increase the accessibility and transparency of UJC by increasing recruiting to multicultural CIOs, as well as presenting and actively responding to the data UJC releases. Ranjan operates off of the core values of UJC — respect, safety and freedom — in order to cultivate a rehabilitative system that not only educates students, but supports them.

Kopelnik is currently the first-year judiciary committee chair for UJC. Looking to become a College representative, Kopelnik desires an equitable UJC that is rehabilitative rather than punitive — she believes UJC should be a body that places students' wellbeing first. In an effort to gain trust in UJC among the student body, Kopelnik intends to increase outreach to

CIOs across Grounds, in addition to advocating for transparency from the committee. She believes students currently view UJC as an antagonistic body, a perception that she hopes to change. Through openly posting data on social media, reevaluating policing relationships on Grounds and ensuring that accusers and the accused are met with empathy in trials, Kopelnik envisions a UJC that is transparent and held accountable.

The Editorial Board firmly believes that these candidates, if elected, will dedicate themselves towards creating a diverse and rehabilitative UJC for the betterment of all students on Grounds.

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OPINION

NEWSLETTER

You are not alone with your disenchantment of U.Va.

The University's prestige does not make it faultless, nor should its faults prevent you from being proud of your time here

The University carries an indisputable level of prestige. It possesses the status of a “public ivy” and consistently ranks in the top five among public schools in the U.S., coming in fourth for three straight years. It also boasts top ranking graduate programs, earning U.Va. a respectable reputation in all regards. This reputation led me to hear that a degree from the University would take me anywhere I wanted in life long before I even started elementary school. Ever since, I have looked forward to being able to say the coveted line — “I have worn the honors of Honor. I graduated from Virginia.” I essentially placed the University on a fixed pedestal, as many of those around me had done and continue to do. So, when looking back at my experience as a fourth year student, it may seem surprising that I am actually disenchanted with the University. I feel let down and betrayed by a school I was taught to view as an infallible institution capable of making my dreams come true.

Growing up in and around Charlottesville, there was no question that the University had to be my top choice. From athletics to academics, the University dominated the nation — at least that is what ten-year-old me would come to believe. And to a

degree, that is true. I cherish many of the memories I have made here, met my lifelong best friends, obtained a phenomenal education and had an unequivocal amount of fun. But it would be the parts of the University that I did not know existed until I arrived here that I would come to resent.

From the inaccessibility of Counseling and Psychological Services to the disheartening glorification of

employees get mistreated by Aramark. I have seen mediocre responses to the ongoing pandemic concern students and faculty alike. I have seen apparent hate crimes go unpunished and tuition increase during a period of economic duress for many. Financial aid, affordable housing and unreliable transportation are worries of many of my peers. I have watched students fight against University administra-

at the height of some of these feelings, I wrote an article about the elitism of the University, calling on it to recognize the place it has in the community, the damage it is capable of causing and the increased duty it has to hold itself accountable as a result. I was not at all surprised by the overwhelming response to the piece, labeling me as arrogant, wrong and unworthy of attending such a prestigious university. I

much as I possibly can. I have exhausted myself trying to make this institution a better place, and I have watched student activists and organizers do the same.

Along the way, however, I have recognized that nothing has to be all bad or all good. This University remains systematically flawed in so many of its practices and policies. That cannot be overstated. I have had some of the worst experiences of my life here. Yet, I have simultaneously had some of the best. That cognitive dissonance has not been fully eradicated, and that is okay. I love this University, and I am proud to be a part of it — not despite its flaws, but because I know there are students relentlessly working to change them even when University administration won't. Disenchantment has been a part of my personal growth at the University. But it doesn't change the fact that I have grown over the past four years, nor the fact that students who are also disillusioned will grow during their time here. We are more than parts of some prestigious whole — and we should never be ashamed of our time here.

HAILEY YOWELL is an Opinion Columnist for *The Cavalier Daily*. She can be reached at opinion@cavalierdaily.com.

I feel let down and betrayed by a school I was taught to view as an infallible institution capable of making my dreams come true.”

Thomas Jefferson, much about the University has pushed my emotional capacity to its limits. It has left me feeling as if the fight for change, equity and acceptance at this institution is a useless cause. I have watched demands of sexual assault survivors and advocates go unmet. Meanwhile, the University handed a degree to a student found responsible in a Title IX case. Honor still functions on a faulty single-sanction system despite pleas of students. The removal or recontextualization of many monuments and statues has yet to happen. I have watched

tion for their right to free speech. I have watched racial discrimination continue to be highlighted by the names of our buildings. And this list does not even scratch the surface.

In my three and a half years at this institution, I have seen University administration miss the mark more times than I ever thought conceivable. The more I experienced only seemed to taint my image of the University further. I did not understand how I could love something so unimaginably flawed. I began to question if I even loved it here. Nearly three years ago,

did not understand why I did not feel the same pride about being a student of the beloved University of Virginia that others seemed to feel.

Coming full circle, I now know the answer. I did love this school — I do love this school. However, loving this school does not mean existing behind a rose-colored lens, blinded by the prestige of national championship titles and nationally ranked academic programs. I cannot deny the harm perpetuated and allowed, intentionally or inadvertently, by this University, and in fact, I try to call attention to it as

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HUMOR

Who's working?

I am going to be one-hundred percent honest with you all — my knowledge of the University's student governance is incredibly limited. In fact, if it were not something specifically underlined by the member of the University Guide Service who presented to my tour group in 2019, nor something emphasized on most descriptions of the University's student body life, I probably would never have realized that Student Council existed here. Other than voting when I notice the school email notifying me that the ballot has been released, I barely know anything.

Importantly, I should note that it is most likely part of my individual privilege that has contributed heavily to my lack of attention towards student governance on Grounds. Or maybe it is because when something important happens on Grounds, I usually am notified of it by some message on a random GroupMe chat I am in, or some other social media

post. Or perhaps it's the fact that my attention span lasts only long enough to focus on passing my classes and keeping up with national events. So this whole article thing is a bit of an educational journey for me. Educating oneself is very important. Let's do that now.

The Student Council website has a deep blue quotation reading, "the purpose of Student Council is to protect and improve the rights, opportunities and quality of life of every student at the University of Virginia." That sounds proper and nice, doesn't it? For those who may not know — like me before I just skimmed through the Student Council website for the first time in my entire undergraduate career — the group is made up of the Executive Board, which is composed of branches, and the representative body, which is made up of three different committees. I tried clicking the "About the Branches" button on the Executive Board page

and the "About the Committees" button on the Representative Body page and found that both links are, quote, "lost in the stacks." Okay then. Credit when credit is due, I did find a page that had the information I was seeking.

It is a lot. And frankly, one can not help but feel overwhelmed and stuck between wanting to be an informed student on the doings and goings of student governance while also trying to keep together their own lives by keeping attention on their classes and future careers. There are people who can balance the responsibilities and duties of being an active participant — I'm sure there must be. After all, Student Council does have actual people running it. They probably care to get the job done — one would hope at least.

So, what is Student Council doing to serve the students of this grand university? If my math is correct, about 139 resolutions, bills and

bylaws have been put to the test between April 2020 and now, with less than 10 being either retired or failed. That sounds like a lot has been done. Maybe that is because, according to the voting record — for the years 2021 to 2022 — no one ever votes no on these things. And from what I've heard about Student Council, it seems that the representatives don't ask questions in meetings either — unless they're meeting to talk about Office365, of course. I must admit a little bit of confusion — no one ever has questions? For instance, there have been two groundbreaking budgets approaching \$200,000 with the aim of strengthening and implementing many programs to help students on Grounds. I think it is great that more services are being made available to students like myself. However, it appears that members of the representative body asked little to no questions. And I do not mean negative questions or doubts,

just regular questions regarding these budgets that have repeatedly — and I mean repeatedly — referred to as "historically unprecedented."

It is not a bad thing that these bills and resolutions are being passed. In fact, it is good that a lot of productive legislation looks to be making its way through the process of student government. But that does make one wonder — who is actually working? Who amongst these groups of students are putting in the hours to propose legislation and ask the hard questions, rather than just voting yes on whatever comes across the table?

Now, unfortunately, this isn't something that can be answered in 750 words or less. So when you find the answer, can you let me know?

CAMILA COHEN SUÁREZ is the Humor Editor for *The Cavalier Daily*. She can be reached at c.suarez@cavalier-daily.com.

CARTOON

Make College Affordable Again!

Emily Porter | Cartoonist



PUZZLES

WEEKLY CROSSWORD PUZZLE

Teresa Michael | **Puzzle Master**

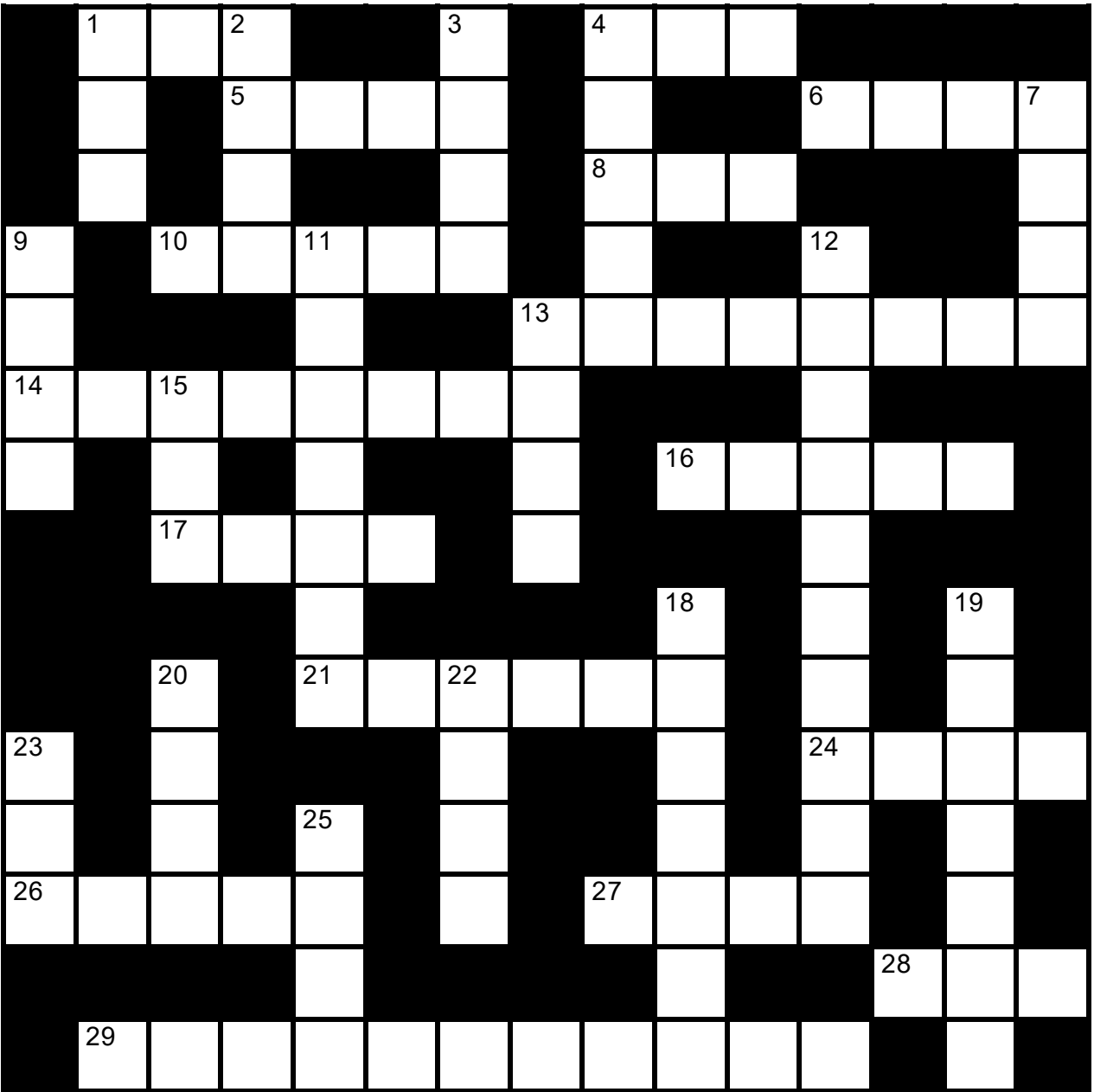
* THE SOLUTION TO THIS PUZZLE CAN BE FOUND IN THE NEXT ISSUE

Across

- 1. From Low German boog; related to bough
- 4. One of which equals 133,680.56 cubic feet per day
- 5. No longer tied up
- 6. Frame of a ship
- 8. To be near the back of a ship or aircraft
- 10. "____-ho!"
- 13. A cephalopod mollusk with a spiral shell; from Latin meaning 'sailor'
- 14. Seahog
- 16. Virginian referred to as the "Pathfinder of the Seas"; has a hall named after him on grounds
- 17. The projecting front of a building, car, or boat
- 21. A season of strangely cold ocean temperatures in the Pacific that happens every few years
- 24. Active volcano on the coast of Sicily
- 26. Conversationally meaning nonsense or rubbish
- 27. The term for the space designated for cargo on a ship
- 28. The preferred method of cooking most fish in many parts of England
- 29. Sea monster and son of Loki

Down

- 1. To howl at the moon
- 2. A ship's backwash
- 3. Light fog
- 4. First Disney movie composed by Lin-Manuel Miranda
- 7. A French colony until 1953
- 9. Egyptian god of the annual Nile flood
- 11. Species of salamander native to Lake Xochimilco
- 12. A leader in name but with no real power
- 13. Son of Marlin; cannot correctly say 'anemone'
- 15. Strong current; to survive in one, you must swim parallel to shore
- 18. Whaling spear
- 19. ID badge holder which is most often associated with first years
- 20. A term often described as "even"
- 22. A maritime force
- 23. Triangular sail
- 25. To smile from ear to ear



* SOLUTION FROM LAST ISSUE

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ARTS & ENTERTAINMENT

7th Grade Girl Fight brings the heat to Charlottesville

After releasing their first album during the COVID-19 pandemic, the local pop-punk band has made a triumphant return to the stage

Caitlin Woodford | Senior Writer



COURTESY 7TH GRADE GIRL FIGHT

The band's debut album came out in 2021 — since then, the group has returned to the stage and playing music live in front of a crowd.

7th Grade Girl Fight frontrunner Debra Guy is no stranger to the local music community. After playing in several bands both around Virginia and in the Washington, D.C. area, the singer and guitarist has also written and performed as a solo singer-songwriter since 2018. It wasn't until a friend asked about Guy's favorite artists, however, that Guy had a "small epiphany" about the type of music she was creating.

"A friend of mine asked me about my favorite singer-songwriters and I couldn't really think of any, all I could think were the bands that I really liked," Guy said. "I had a really self-reflective moment and I thought, 'Why am I not playing music that's like the bands I listen to?'"

Soon after, the pop-punk band 7th Grade Girl Fight — in all its colorful and energetic glory — was born. Guy invited several other local musicians into the band as Charlottesville knows it today — a group of friends who are "super diverse in their own [musical] influences," with a penchant for pop-rock that is "loud and fun." Aside from Guy, the members include Drew Pompano on bass, Bill Morris on drums, Wes Fleming on guitar and J.J. Williams on keys.

The group began playing locally in 2018, and since then have boasted a wide repertoire of local venue performances, several video projects and a full-length album to boot. The self-titled album — which came out Oct. 15 last year — is a conglomeration of influence from Guy's favorite artists and bands. The album is currently available on all streaming platforms, as well as their bandcamp website.

The album features upbeat, guitar-heavy tracks that bring to mind a nostalgia for many of the rock trends of the early 2000s — blending elements of pop and punk, overlaid with Guy's velvet-smooth vocals.

"When I'm writing my own songs it definitely is sort of a Venn diagram of all the folks that I listen to, which really varies between mid-to-late 90's ... but then also the early 2000s stuff that I really love, which is more of an emo, pop-punk sort of vibe," Guy said. "If you were to put the other Venn diagram in it would be singer-songwriters like Patty Griffin, folks that write more autobiographical lyrics. I tend to write from my own experiences."

For Guy, the songwriting process in 7th Grade Girl Fight has

been a very different experience than the solo work she's done in the past. Rather than working alone until the song is "just good enough," with the band of several talented musicians, Guy is able to "take a rough draft skeleton" of a song and pass it to the band members, who later take turns fleshing out the song in unique and creative ways.

The success of the collaboration between members rests largely in the band's tight-knit community, and their ability to get along so well.

"[Being in 7th Grade Girl Fight is] like dating lots of people at the same time. Everyone's gotta get along, but you're also in a space where you're all making this unique, creative experience together," Guy said.

For Guy, this group dynamic has proven to be reliable not only for writing music, but also for maintaining connection throughout the COVID-19 pandemic.

As with many other aspects of life, the arrival of the COVID-19 pandemic drastically shifted what it looked like to be in a local band. Just before things shut down for the first time, 7th Grade Girl Fight shot a video at the Blue Moon Diner.

Soon after, everything shut down. For the group, the focus shifted at first from actively making music to simply checking in with each other.

"We kept in touch less about musical stuff, but more just about things like 'How are you doing?'" Guy said. "[It was a] layer of friendship [where we thought] music will always be there, but 'How are you as a person? How is your family?'"

As early quarantine routines began to take shape, the songwriting process for Guy took on a new pressure that she had not experienced before.

"There's a sense of pressure when you're quarantined and stuck in your house to be productive in some way," Guy said. "It was really hard to get past that pressure of 'You should be creating.'"

However, after settling into the experience of quarantine and getting over the self-inflicted hurdle of pressure, "things came out more creatively" for Guy and the rest of the band. As a "core trio" of members at the time, the group — which had already done some of their work remotely — committed to making music however possible. Over that summer, the band members began rehearsing in Guy's basement again,

under strict limitations.

"It was hilarious — I set up a clear shower curtain to stand behind, and I had measuring tape and everybody had a square in my basement," Guy said. "It was like 'You shall not move from this square.'"

Toward the end of 2020, the group also decided to embark on a new project — recording an album. The eventual self-titled debut was the "silver lining" to the COVID-19 pandemic's abundance of free time, and — as venues have begun to allow live events again — the band has had the opportunity to share their music with the local community.

Despite feeling "nervous in a way [she] hadn't been in a while" at the first few live shows, the return of in-person music has been overwhelmingly "amazing" for Guy. By having a live audience again, and being able to see them have fun as the band performs, Guy is overjoyed that an integral part of the music-making process has returned.

"There's a whole different energy when you're playing in front of people," Guy said. "There's this connection between these two entities of people — the bands and the audience. Neither of us can do this without each other, and it was this really cool moment where we were reunited, crowds and bands."

In addition to the connection between performer and audience, Guy and the other band members also have a special place in their hearts for audiences in Charlottesville and the University community in general. Most of the band has a connection to the University, with a mix of alums, spouses who teach at the University and Guy herself, who works for the University's library system.

Although they have performed in several other cities — including Richmond and New York — Guy considers Charlottesville the group's "home base," and though 7th Grade Girl Fight plans to continue to "[knocking] around the state," right now their main focus is to connect with more potential fans and up-and-coming bands in Charlottesville.

7th Grade Girl Fight, Guy says, is ready to "give this town a little bit of a louder, pop-rock flavor."

HEALTH & SCIENCE

Animated film about Alzheimer's to debut this spring

Researchers and students collaborate with local business owner to raise awareness about the disease's biological and social impacts

Michael Biggiani | Staff Writer



COURTESY WENDY COOPER

Wendy Cooper and her mother, an Alzheimer's patient, sitting together.

Wendy Cooper felt like she had completely lost her mom when she was diagnosed with Alzheimer's disease seven years ago, so she decided she was going to do everything possible to improve her understanding of the disease.

Cooper, owner of the Charlottesville small business From Me 2U, researched heavily to educate herself, attended meetings on Alzheimer's and asked her mother's doctors and nurses questions about the disease. She also filmed her mother during key moments to cherish critical memories.

"Every day when I would go visit, or I would have time with her

for the past seven or eight years, I would film our encounters, and I always wondered, what was I going to do with all of this footage?" Cooper said.

This past summer, Cooper — along with several members of the University faculty, including Assoc. Nursing Prof. Ishan Williams, Data Science and Psychology Prof. Jack Van Horn and Biology Prof. George Bloom — set out to create a film educating people of all ages about Alzheimer's disease. They also enlisted the help of fourth-year College student Lucy Gilbert and fourth-year College student Karen Zipor.

The film has several goals, including explaining how Alzheimer's progresses in the brain. According to their proposal, the movie will describe the biology of cellular breakdown in Alzheimer's. It will discuss how the disease progresses, starting with plaque generation, caused by the deposition of a substance called tau that builds up in the brain. This leads to the eventual loss of neurons.

The film will also elaborate on the timeline of the disease, showing which brain areas are affected and in what order as well as how that contributes to the memory loss and behavioral changes associ-

ated with Alzheimer's disease.

The filmmakers also aim to show the human side of the disease — including how it affects caregivers and the loved ones of the patient, hoping that it will provide a vital resource for researchers and clinicians to showcase current scientific understanding and research. In doing so, they hope to ensure that patients, their families, community organizations, as well as junior researchers in Alzheimer's understand the neurobiological foundations of the disease.

Through the 3Cavaliers Program, Williams, Van Horn and Bloom were able to get the \$60,000 necessary to fund the project in the fall. The 3Cavaliers program is an interdisciplinary seed-funding initiative where teams must be made up of three faculty members, with at least two of those faculty coming from different disciplines, departments or schools. Animating Alzheimer's Disease was one of 57 projects that received funding this year, to promote cooperation between faculty members of different disciplines to come together around a common theme. Cooper provided the group with footage to help create the film.

The students, Zipor and Gilbert, served as co-editors for the project. While Zipor — the main videographer and animator for the film — directed on-camera interviews, put together the initial edit and created the animations, Gilbert worked in post-production, trimming footage, editing sound, color correction and finding supplementary stock footage and music.

In the months since the film was first conceived by the team, it has evolved and went through several revisions. It will be roughly 30 minutes long and will premiere this May.

For Zipor, the film has been an opportunity to learn more about Alzheimer's disease and how it affects both a patient and their loved ones. She believes that the film will reach a wide audience and enlighten even those who don't have direct connections to the disease.

"A big point of the film is that, with the right measures, the risks for developing this disease can greatly be mitigated," Zipor said in an email to The Cavalier Daily. "Alzheimer's is slowly becoming an epidemic as our population is living longer and longer, and it's

something everyone should know about."

Gilbert — whose grandmother fought the disease — is happy about the great strides made in research to fight Alzheimer's disease.

"I hope this documentary can further inspire the next generation of scientists to continue today's progress in the battle to eradicate Alzheimer's, a disorder that affects more and more people each year," Gilbert said in an email to The Cavalier Daily.

Van Horn expects that the film will be used to help caregivers and families who have a loved one with Alzheimer's disease. He also believes the film will showcase the ways in which the University is at the forefront of Alzheimer's research, with the potential to make breakthroughs in human neuroimaging, foundational biology and data science.

"Alzheimer's has affected us all in one way or another," Van Horn said. "It certainly has affected my family and ... will probably affect yours. It is ... something that we need to learn more about, we need to become more educated about, and we need to educate the community about."

Cooper anticipates that the film will teach others how people with Alzheimer's feel as the disease progresses, as well as the science of the disease. She hopes it will help people understand why a patient may have a miscommunication or misfire. She also wants to highlight those surrounding the patient, including family members, doctors and nurses.

"We have to know how to communicate with [Alzheimer's patients] and relate to them," Cooper said. "When they have misfires, you've got to know it's not them, they're just having a misfire."

Inspired by working on the film, Cooper is also writing a book about her experiences with her mother entitled "Filling a Big Hole for Many People," feeling a sense of duty to translate her knowledge to help many others fighting the disease.

"After I became educated I realized that I didn't lose her," Cooper said. "I actually gained more because it brought us closer. It has impacted my life to be more compassionate and have the wherewithal to understand that I'm not alone."

U.Va. receives \$2.14 million grant to decrease burnout

The federal grant will fund the Wisdom and Wellbeing Peer Support Training Program to combat healthcare and first responder fatigue

Saumya Sharma | Staff Writer

The University has received a \$2.14 million federal grant to support exhausted healthcare workers and first responders in the greater Charlottesville area through the American Rescue Plan and the Lorna Breen Act.

This grant was awarded to the University through the U.S. Health Research and Services Administration — a federal agency that provides grant funding benefitting public health organizations — as part of a larger initiative to help strengthen healthcare in the country's underserved and underrepresented areas. It will expand the University's Wisdom and Wellbeing Program, which uses a peer support model to provide social support for high stress health workers.

Because of this grant, many members of University's health team will have access to resources and training that they may not otherwise have the opportunity to utilize. These resources and training can help support workers and ward against the burnout that many under-supported healthcare providers have experienced throughout the COVID-19 pandemic.

Burnout is a commonly used word to describe the effects of working in a high-stress environment with stress-related challenges. For healthcare workers, burnout is part of a much larger concept of stress injury, which encompasses four main categories — trauma, loss, moral distress and fatigue. Stress injury can occur in any workplace or casual setting and can result in a cyclic feeling of burnout.

The cycle of stress injury leading to burnout is usually reduced after a relaxing vacation or weekend break. However, this break is only temporary as the stressors in the workplace are often constant and unchanged, which results in a cycle of stress injury, to burnout, to relief which then repeats.

First-year College student Nikitha Yemisetty, who is on the pre-med track, volunteered in hospitals in Northern Virginia before the pandemic. Yemisetty's interest in medicine and personal experience with healthcare worker fatigue is at the forefront of her mind. The high emotional and physical stress she has witnessed in her time volunteering was a hidden layer to the healthcare industry that she believes not many people are aware of.

"Healthcare workers are overworked and undervalued," Yemisetty said in an email statement

to The Cavalier Daily. "And the trauma that they face is often looked over by society."

The personal toll of jobs in the healthcare and first responding

ing Prof. Richard Westphal and Medicine Prof. Margaret Plews-Ogan founded the Wisdom and Wellbeing Peer Support Training Program at the University.

healthcare workers and using them to help mitigate stressors.

"I have been doing this work for 30 years," Westphal said. "And it's been in the last 24 months

workers and first responders are trained in providing, and transitioning them into a community mindset. This allows healthcare workers and first responders to help guide each other through the stressors in their personal and professional lives. The increased support from qualified personnel will create a buffer against burnout.

"We're going to be using the \$2.1 million to train broadly across the entire health system — [the medical] school, nursing school, and healthcare workers in the five county area — how to use wisdom and resilience practices to support each other," Westphal said.

One of the fundamental issues that WWP has identified and is trying to combat is the tendency of first responders and healthcare workers to prioritize helping others rather than themselves. This results in inadequate emotional coping mechanisms and resources to deal with the stressors in their own lives. This is particularly because jobs in healthcare and first response are particularly taxing both physically and emotionally.

"One good thing about [the pandemic] is that it brought absolutely front and center the stressors that the healthcare workforce was already beginning to groan under ... so it actually could be dealt with," Plews-Ogan said.

The scope of the WWP, enabled by this federal grant, will now include Charlottesville City, The University of Virginia Medical Centers and smaller clinics and centers in Albemarle, Fluvanna, Greene, Louisa and Nelson counties.

Through the grant, the training program will now include the more populated Charlottesville area and the more rural and underserved areas in farther out counties to expand the peer-support model to these communities.

"This grant is going to allow us to increase the scope [of this training] and make [it] accessible to individuals that we just didn't have the resources to reach out to before," Westphal said.



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industries is profound. There are numerous stressors in the everyday functions of the job, and the pandemic has exacerbated them.

To address this issue, Nurs-

The WWP is the mainstay of the operation that will be funded through the federal grant to continue its work of taking the key skills of first responder and

that the world has discovered that [healthcare worker burnout] is a thing."

The WWP works by taking the support skills that healthcare

STUDENT COUNCIL DEBATE

FEBRUARY 28
7pm

A discussion between presidential candidates
Ceci Cain and David Alari
and questions for VPA and VPO candidates
Jaden Evans and Riley Reynolds

Presented by The Cavalier Daily and The University
Board of Elections

The debate will be livestreamed at
facebook.com/CavalierDaily. Submit questions in
advance through The Cavalier Daily's social media!

VOTE in the spring 2022 general elections

Voting opens Wednesday, March 2 at 10 a.m. and closes
Friday, March 4 at 4 p.m.

Once voting begins, students can access the ballot by clicking on the orange "VOTE"
button at the top of the Student Elections page.

*Items on the ballot include candidates for Student Council president and executive
board, UJC and Honor representatives and a referendum which would revoke expulsion
as the single sanction for an honor offense.*

HONOR TOWN HALL

MARCH 1
7pm

An opportunity for community members to
share thoughts and opinions regarding the
proposed referenda to eliminate expulsion as
the single sanction for Honor offenses

Presented by The Cavalier Daily and The
University Board of Elections

The town hall will be livestreamed at
facebook.com/CavalierDaily