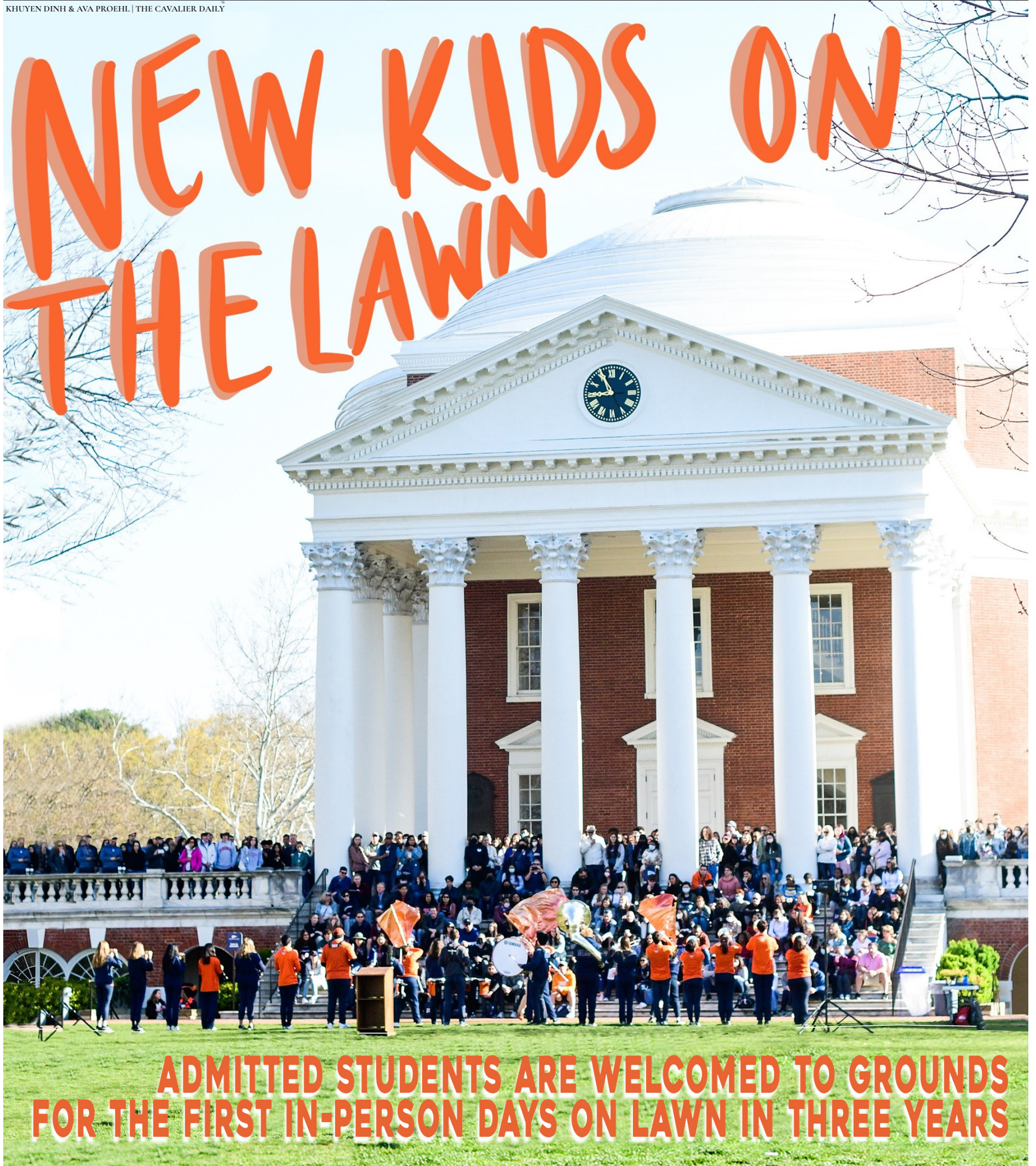


THE CAVALIER DAILY

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KHUYEN DINH & AVA PROEHL | THE CAVALIER DAILY



NEW KIDS ON
THE LAWN

ADMITTED STUDENTS ARE WELCOMED TO GROUNDS
FOR THE FIRST IN-PERSON DAYS ON LAWN IN THREE YEARS

NEWS

This week in-brief

CD News Staff

Take Back the Night hosts series of events in honor of Sexual Assault Awareness Month

Take Back the Night, a student-run organization dedicated to raising awareness about sexual violence and domestic abuse, hosted Take Back the Bar and a vigil for survivors this weekend. The two events are part of seven in-person events Take Back the Night is hosting throughout April in honor of Sexual Assault Awareness Month.

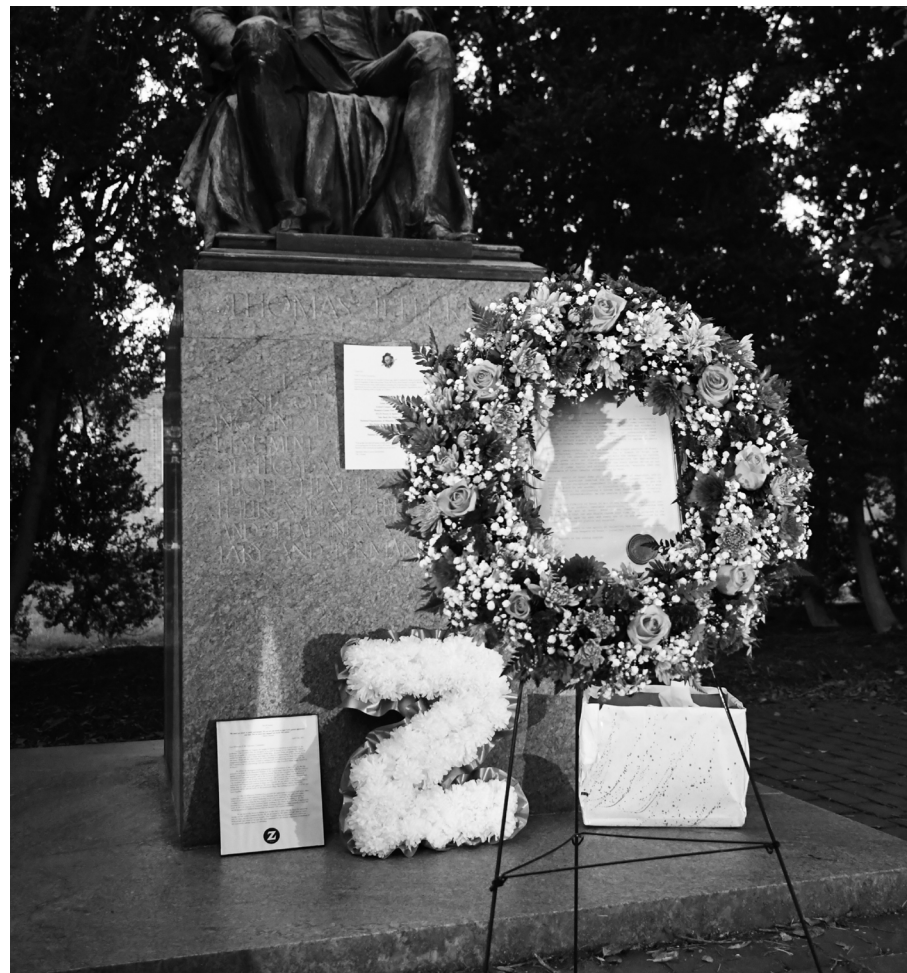
With an opening performance of “My Heart With You” by a capella group The New Dominions, the Friday vigil included prepared speeches but also an open microphone portion where anyone attending was allowed the opportunity to speak.

To make attendees aware of the sexual violence prevention, reporting and rehabilitation resources available to them, speakers from various organizations also spoke at the vigil. Among them were the local branch of the Sexual Assault Resource Agency, or SARA, as well as the University’s Counseling and Psychological Services office.

Take Back the Bar — hosted Saturday — is an event where survivors of sexual violence and supporters of sexual assault prevention can reclaim a local bar as a safe space for gathering. Due to the COVID-19 pandemic, Take Back the Bar was canceled for the past two years but returned on Saturday night with participants gathering in Crozet Pizza for two hours.

Take Back the Night events throughout the month cover a number of topics, from education and awareness-spreading — such as an upcoming Title IX Alternatives and Reporting event — to ones focused on community-based support, like the upcoming Day of Healing on April 22.

University students who experience sexual violence or domestic abuse can seek support networks through Counseling and Psychological Services as well as through the Maxine Platzer Lynn Women’s Center.



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The Society of the Purple Shadows placed a wreath and letter in front of the Thomas Jefferson statue on the Lawn at 6:30 a.m. in honor of Founder’s Day.

Supreme Court Justice Stephen Breyer receives Thomas Jefferson Foundation Medal in Law, discusses time on Court with University School of Law community

Over 250 law students, professors and community members gathered to watch Justice Stephen Breyer receive the Thomas Jefferson Foundation Medal in Law Tuesday afternoon. Justice Breyer — who has spent 28 years serving on the United States Supreme Court and will retire at the end of this term — was given the award for his dedicated commitment to public service and the values of democracy.

Each year, the Thomas Jefferson Foundation — which oversees operations at Monticello — partners with the University to select and recognize outstanding individuals in law, architecture and public service. According to University President Jim Ryan, as the University does not award honorary degrees, the Thomas Jefferson Medals are the highest accolades any individual can receive from the University.

Risa Goluboff, dean of the University’s School of Law and former clerk to Justice Breyer, described the Justice in many terms — “pragmatist and humanist, institutional defender and great dissenter, capacious intellectual and authentic and joyous human being” were just some of them.

Breyer was known for his opinions and dissents on issues of immigrant’s rights, abortion and capital punishment. Goluboff told the audience that Breyer espouses a commitment to active liberty, “the belief that government can not only help people but that government is the people.”

“To Justice Breyer, ‘the people’ are both the theoretical bedrock of the Constitution and the real human beings who make and live by the law everyday,” Goluboff said. “Justice Breyer holds out a basic humanity to all that he encounters.”

4.8

4.12

4.13

Monticello hosts first in-person Founder’s Day since 2019

April 13 marked University founder Thomas Jefferson’s 279th birthday. To commemorate his legacy, the University and Thomas Jefferson Foundation at Monticello joined together to host a series of events known as Founder’s Day.

The main event of the day was the presentation of the Thomas Jefferson Foundation Medals, which were given to four individuals. The medals recognize the achievements of those who embrace endeavors in which Jefferson excelled and held in high regard.

The event began at 10 a.m. on the historic West Lawn at Monticello. The foundation also offered a virtual option to those who were unable to attend in-person through Facebook and Youtube. There were about 20 live viewers who tuned into the Facebook, leaving comments wishing Jefferson a happy birthday and thanking the foundation for putting on the event.

The event’s keynote speaker was Sherrie Rollins Westin, president of the Sesame Workshop, who received the Thomas Jefferson Foundation Medal in Citizen Leadership. Sesame Workshop nonprofit organization produced several educational children’s programs — including Sesame Street, its first and best-known program. In her role at Sesame Workshop, Westin leads the organization’s efforts to serve vulnerable children through mass media and targeted initiatives in the United States and around the world.

Westin also attended the University for undergrad and holds an Honorary Doctorate from Concordia College in New York.

In her acceptance speech, Westin said that the same values Jefferson believed in are also the “very DNA of Sesame Street.”

“Jefferson believed in the power of human potential, and I am so proud that the Sesame Workshop carries on his legacy to this day,” Westin closed with.

Students, alumni gather for Black Alumni Weekend

On Saturday, an event celebrated the installation of a placard marking the Black Bus Stop

Rahul Sharma | Senior Associate

This past weekend, over 1,200 alumni and guests attended Black Alumni Weekend events both on and off-Grounds. After the 2021 BAW was postponed due to public health concerns, this was the first in-person BAW since before the onset of the COVID-19 pandemic in 2019. Programming began with a series of dinners on Thursday evening and ran through Sunday afternoon, closing with a faith-based service and brunch at Alumni Hall.

Black Alumni Weekend, a celebration that takes place at the University every two years, began in 1985 by individuals working on the Walter Ridley Scholarship Committee as a mechanism for recruiting students. The Ridley Scholarship Program, named after the first Black graduate of the University, seeks to support Black scholars and represent issues that are meaningful to Black students and alumni. Black Alumni Weekend consists of social functions, lectures and seminars and networking events for alumni and students.

The BAW committee has 154 members, ranging from alumni who graduated last year to those who graduated in 1975. The at-large committee is led by a smaller, six-person steering committee made up of one alumni from each decade between 1970 and 2020. Given the cancellation of BAW last year, the steering committee spent three years planning the events of this weekend.

Class of 1986 alumnus Kevin Suber represents the 1980s on the steering committee. Suber spoke to *The Cavalier Daily* about the intentions and meaning behind the weekend, highlighting the power of reconnecting the Black community and empowering the next generation of Black leaders.

“Number one is let’s reconnect everybody,” Suber said. “The most powerful colleges and Universities around the world are powerful because they stay connected, and there’s a through line from those that went to those that graduate to those that serve at the University — however they serve.”

Small dinners on Thursday night — which were intended to mimic the intellectual exchange of a French salon— were attended by small groups of faculty, Black alumni and current Ridley Scholars. Attendees were invited to discuss entrepreneurship, race and politics and mental health.

On Friday, 152 individuals gathered for a conversation between prospective students, alumni and current student leaders. Many of the prospective students were on-Grounds for Spring Fling — an admissions open house event like Days on the Lawn that specifically focuses on Black stu-

dent experiences, which happened the same week.

Later that day, almost 200 people participated in a walking panel about the history and planning of the Memorial to Enslaved Laborers hosted by DeTeasa Gathers, co-chair of Descendants of Enslaved Communities at UVA., and Sarita Herman, historic preservation project manager and 2010 alumna. In the evening, Black Voices Gospel Choir — a student performing arts group established in 1972 by Class of 1975 alumnus Reginald Dance — hosted their spring concert entitled “Revival!” in the Newcomb Ballroom.

The next day, hundreds of guests

see on a daily basis here.”

Grier wasn’t the only student to recognize the importance of Black fellowship at a University currently — and historically — populated primarily by white students. Fourth-year College student Mario Jones said that the weekend is especially “amazing in the sense that it does bring the Black community together” at an institution that doesn’t experience large influxes of Black students.

“I think seeing and hearing from people who have been through what we’ve been through — or are currently going through — hearing about their problems and their joys that they had here at the University and

an event to commemorate the Black Bus Stop, the UTS bus stop outside Monroe Hall that served as a meeting point and site of gathering for Black students on Grounds from the mid-1970s into the early 2000s, when the space lost much of its social aspect. More than 50 people were in attendance, harkening back to what the atmosphere felt like when the Black bus stop was a hub of the University’s Black community.

The commemorative sign placed at the stop was a collaborative project between a number of groups including UVA. Black alumni, the Black Student Alliance’s Political Action Committee, the President’s Office and a

been formally recognized, which is why it’s important that a marker is being placed there because this is the first time the University has ever officially taken a stand on something, like yes, this is the Black Bus Stop.”

At the event, alumni spoke about their memories of the bus stop and the significance it held for many generations of students. Various alumni in attendance emphasized the communication that took place at the BBS before the days of easy digital communication. Class of 1987 alumnus Anthony Bolling described it as a place that met all the needs for the relatively small group of Black students attending the University.

“We didn’t have internet, we didn’t have cell phones and smartphones to connect with one another,” Bolling said. “We didn’t have apps and taps and all of those things, so how do you, on a campus with less than six percent Black students here, find one another, find out where the parties are, where the information is, where’s the hook up on the classes, right? The BBS. Everything for Black students that you wanted and needed was here at the BBS.”

There now sits a placard commemorating the site, which will now be passed by hundreds of students crossing McCormick Road to and from their classes, which was installed Thursday. The marker quotes Class of 1991 alumnus Jason Turner, who refers to the bus stop as “the daily center of the Black community at UVA.” A group of students in the SABLE Society published a letter Wednesday in which they criticized the University administration for going ahead with the marker despite allegedly being notified by students of “several typos and misinformation” on the plaque.

As graduation for the Class of 2022 approaches, a new batch of matriculated students will join the ranks of Black alumni who return to Grounds to celebrate their identity and their community. Suber offered recognition for the Black students and alumni who make up an integral part of the University community, noting his appreciation for the ability of Black students who are “sometimes not served” by the University to connect and find community with one another.

“Virginia turns out the best people in the world — the best influencers in the world,” Suber said. “Some of the finest people you will ever meet have attended the University of Virginia, and some of them, by the way, happened to be of African descent. And every two years we gather to celebrate, to connect, to empower, to influence and to inspire each other.”



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Due to the cancellation of Black Alumni Weekend last year, the steering committee worked for three years on planning the dozens of events that took place over the course of the weekend.

attended a cookout — a longtime BAW tradition full of music, food and drinks — and a talent exposition where student groups showcased “some of the University’s top artistic performers,” per the event description.

First-year College Syrell Grier attended the talent expo and said “the vibes were immaculate,” made special by the fact that he was surrounded by those who share a similar culture to him for the weekend. The events felt like a reclamation of a space that was built on the backs of Black enslaved laborers but now is made up of 6.74 percent Black students, Grier said.

“It felt like for a couple of days the school was ours, it really did, at least from our perspective because that’s the environment we were around,” Grier said. “It was so many Black people here, and that’s not something you

sharing that common sense among them, it really brings us together,” Jones said. “It actually puts faith in us to know that the work that they put in wasn’t in vain, the work that we’re currently putting in isn’t in vain.”

Jones remarked on the University’s decision to host BAW while both Days on the Lawn and Spring Fling are occurring. While Jones lauded the importance of the event, he said he felt it was not a coincidence the University had decided to hold BAW at the same time as DOTL.

“BAW [isn’t] representative of the full University experience,” Jones said. “And if you make your decision based off of those snippets that you get during that weekend on Days on the Lawn, then you’re going to come to the University and you’re going to be bamboozled.”

Saturday afternoon also included

working group called the Advisory Committee on the Future of the Historic Landscape, which first officially recommended the spot for a historical marker. The group is a nine-member advisory committee established in Oct. 2017.

Booker Johnson, member of the Black Student Alliance’s Political Action Committee and third-year College student, worked on organizing the Take Back the Bus Stop event for the Committee in concert with the President’s office and BAW organizers. He hopes to keep students aware of this “culturally significant spot” because he said he is “a firm believer that Black history is the University’s history.”

“They’ve given me the liberty to decide, okay, what event do I want to host, what do I want it to look like,” Johnson said. “I don’t think it’s ever

Pence discusses critical race theory, freedom of speech

Pence covered a wide range of topics before answering questions from students in the audience

Stratton Marsh | News Writer



STRATTON MARSH | THE CAVALIER DAILY

Pence criticized President Biden's response to critical race theory, claiming that public schools in the U.S. are turning towards "political indoctrination" instead of education.

Former vice president Mike Pence discussed critical race theory, freedom of speech and current issues like the Ukraine-Russia conflict and rising inflation during an event held in Old Cabell Hall at 7 p.m. Tuesday evening. The visit was the latest in a speaking tour titled "How to Save America from the Woke Left," part of the Young America's Foundation.

The event was hosted by Young Americans for Freedom, a student organization at the University. The group has previously attracted criticism for an event it hosted in November titled "In Defense of Mr. Jefferson." Students hung signs around Grounds and defaced promotional materials ahead of the event, criticizing its organizers for overlooking Jefferson's history of enslavement at the University. The national organization, meanwhile, previously posted selectively-edited videos of a Student Council meeting, leading to the harassment of several

representatives of color.

During Tuesday night's event, Nickolaus Cabrera, chairman of YAF and second-year College student, introduced Pence and noted the controversy surrounding Pence's visit to the University.

The University became the center of national attention after an editorial published by The Cavalier Daily drew controversy. Faculty wrote both in support of and against the editorial, and University President Jim Ryan and Provost Ian Baucom also wrote in response to the situation.

Cabrera began his speech by drawing attention to The Cavalier Daily, then warned audience members not to disrupt or impede the former vice president's speech. Cabrera then welcomed Pence to the stage, who described his personal and professional history from growing up in Indiana to starting a career in Congress.

Pence said much of his identity relies on his deep religious beliefs. "I'm a Christian, a conserva-

tive and a Republican — in that order," Pence said.

Pence described his time as vice president under former president Donald Trump, highlighting achievements including rebuilding the U.S. military, creating jobs, reducing illegal immigration and mobilizing a response to the COVID-19 pandemic. Notably, Pence did not discuss Trump's efforts to overturn the results of the 2020 election or the insurrection at the U.S. Capitol.

Pence also discussed President Joe Biden and criticized his administration for rising inflation, largely unsuccessful attempts at major policy overhaul on the U.S. border, the withdrawal of American troops from Afghanistan and Biden's response to the war in Ukraine.

In reference to Russia's invasion of Ukraine, Pence called on the Biden administration to provide more military and humanitarian aid and to increase economic sanctions.

"Putin only understands strength, and America must meet this moment with American strength," Pence said.

Although the conflict between Russia and Ukraine has been ongoing since Russia's seizure of Crimea in 2014, the conflict escalated Feb. 24 following Russian President Vladimir Putin's decision to invade Ukraine. In response, President Joe Biden placed a number of sanctions on Russia — including banning Americans from investing in Russia and placing sanctions on Putin's daughters and some of his political colleagues.

Pence also criticized Biden's response to critical race theory. In March 2021, Biden reversed Trump's September 2020 Executive Order censoring federal contracting from using "offensive and anti-American race and sex stereotyping." According to the American Bar Association, critical race theory is "a practice of interrogating the role of race and

racism in society that emerged in the legal academy and spread to other fields of scholarship." Pence claimed that public schools in the U.S. were turning towards "political indoctrination" instead of education.

"Critical race theory is nothing more than state-sanctioned racism and it should be rejected by every state in every city in this country," Pence said.

Some state legislatures — such as the Georgia state legislature — have recently passed bills banning teachers in public schools from teaching students that the state or nation is inherently racist. Critics say these bills are vaguely worded and represent a wave of censorship. Newly-elected Virginia Governor Glenn Youngkin promised during his campaign to ban the teaching of critical race theory in schools. Pence mentioned Youngkin during his speech, saying that the newly-elected governor won his election by focusing on Virginia's educational freedom.

"I'm telling you what, that election was about education freedom," Pence said. "It's about empowering parents."

Freedom was a consistent theme of the speech.

"This generation, I believe, is a freedom generation," Pence said. "The truth is, every one of you must be prepared to stand on the ramparts of freedom in your life."

During the question and answer section of the event, five students asked Pence a question. One student asked Pence's opinion on first-year College student Emma Weyant's second-place finish in the NCCA 500-yard freestyle behind Lia Thomas, the first transgender woman to win an NCAA swimming championship.

Pence responded by misgendering Thomas, adding that in his perspective, Weyant "won that race."

"Common sense needs to reign, and it will reign," Pence said.

Another student commented that he theorized that one cause of division in America today was a lost presumption of good intent, or that people no longer assume that those they interact with have good intentions. Pence responded that it is important to maintain civility and respect.

"Democracy depends on heavy doses of civility," Pence said. "So as you stand for your values, do so with gentleness and respect. That's how we move our country forward."

Solidarity event offers safe space for attendees to gather

Organizers prioritized safety ahead of controversial Pence event

Ava MacBlane | Managing Editor

In the basement of Wesleyan Methodist Church Tuesday evening, about 100 students and Charlottesville community members gathered with pizza and music, learning from each other in a teach-in and open mic event which gave attendees a safe space away from a controversial speaker being hosted on Grounds at the same time.

The event was organized by Political Latinxs United for Movement and Action in Society, the Young Democratic Socialists of America at U.Va. and the Queer Student Union, in conjunction with the Black Student Alliance, United Campus Workers at U.Va., Central Americans for Empowerment at U.Va., Dissenters at U.Va. and Decolonize U.Va., along with numerous local Charlottesville community groups.

Sarandon Elliott, co-chair of YDSA's National Coordinating Committee and fourth-year College student, told The Cavalier Daily that the main goal of the event was to provide a safe space for community members and students to assemble and get "tapped into" organizing on and around Grounds.

"Pretty much anything wonderful and transformative that's happened at the University has come through student organizing and workers organizing," Elliott said. "We wanted to really get into that."

The event was planned following the announcement that former vice president Mike Pence would be hosted by the University's chapter of Young Americans for Freedom at New Cabell Hall as part of the Young America's Foundation's Ken and Janice Shengold Advancing Freedom lecture series.

Following the announcement, the University became the center of national attention after an editorial published by The Cavalier Daily drew controversy and responses from faculty and students alike, both in support of and against the piece.

YAF has previously drawn attention for posting selectively-edited videos of a Student Council meeting, which led to the harassment of several representatives of color, and garnered criticism for an event it hosted in November titled "In Defense of Mr. Jefferson," which students said overlooked Jefferson's history of enslavement.

Ella Tynch, chair of YDSA at U.Va. and third-year Education student, said organizers planned



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Organizers emphasized the importance of community-building and shared experiences prior to the event.

the event not necessarily as a counter to Pence's speech but instead as a chance for attendees to learn about organizing, "building working class power" and "enjoy[ing] a sense of community."

"We're not going to try to protest the event by standing in front of it with signs ... because that is what they want," Tynch said. "What they want by holding that event is to divide our community."

Elliott echoed this sentiment, noting that "either way we are resisting" and emphasized the importance of building up organizing infrastructure even during more "normal" times.

Safety for everyone at the solidarity event was "the main priority" for organizers — Elliott and Tynch said they asked attendees not to take photos or videos, ensured there were rides available to and from for students who felt uncomfortable walking late at night and had security at the event itself.

"We put a lot of time and effort into considering safety," Tynch said. "I'm very thankful to Charlottesville community members who were able to come out and be a part of our safety team because my largest concern [was that] Central Grounds garage is right across the street [from the church]."

Attendees were greeted first by a number of organizations who set up to table outside the church and were encouraged to grab pizza and listen to music from a live DJ before the event began with a teach-in at around 6 p.m. Anushka Dar, intersectionality chair for QSU and first-year College student, said she helped facilitate the teach-in alongside Sociology Prof. Ian Mullins, who answered questions from students about conservatism, right-wing policy and the politics of free speech.

After the teach-in, attendees were invited to share poems, stories or thoughts in an open mic portion. Many speakers noted

their gratitude to the church for allowing them to gather in a safe and welcome space.

"One thing I want to mention is that several people at the open mic portion of the event mentioned that it was personally very significant to them that it was held in a church because they grew up in less accepting church and faith communities," Tynch said. "I do want to thank that church for being so welcoming and so open to us being there."

Participants trickled out around 8 p.m., grabbing pizza for the road and rides from drivers who volunteered to take attendees home or to dorms afterwards. Tynch expressed gratitude to all of the people who made the event successful, including YDSA and QSU's executive boards and specifically first and second years in those positions of leadership who stepped up and stayed behind to clean up after the event.

As one of those first years, Dar — who will serve as QSU's

vice president of outreach and activism next year — in turn said she has learned a lot from the upperclassmen who organized the event and is grateful for their leadership in organizing efforts on Grounds.

"Seeing upperclassmen be so dedicated and passionate really inspires me to get more involved in political action and organizing in general on Grounds because there's so much work to be done," Dar said.

Elliott emphasized the importance of student-led activism in response to hatred and bigotry and the value of organizing in general.

"It's not admin, it's not donors, it's not politicians, it's not individual activists that are going to really bring about the change that we need at the University," Elliott said. "It's always been students — it's always been the masses."

SPORTS

CONNOR: How high is Jelani Woods' draft stock?

Woods is a top tight end prospect entering the 2022 NFL Draft

Caroline Connor | Sports Columnist



COURTESY VIRGINIA ALTHLETICS

Following impressive performances at the NFL Combine as well as at Virginia's NFL Pro Day, Woods is a favorable prospect for the tight end position this year.

The National Football League Combine can make or break a player's stock heading into the draft. The event is an opportunity for the prospects to show their athleticism and skill set that may not show up on tape — Virginia's graduate student tight end Jelani Woods did just that.

Woods ran a 4.61 second 40-yard dash, the second fastest time of the tight ends at the 2022 Combine and the fastest time ever for a tight end over 6-foot-7 since 2003. The Oklahoma State transfer also led all tight ends in the bench press, hitting 24 repetitions. Social media exploded after his performance, with the NFL reposting the video of his performance on Twitter.

The tight end continued his impressive pre-draft performance at Virginia's NFL Pro Day

in mid-March, recording 4.2 seconds in the 20-yard shuttle, 6.78 in the Three-Cone Drill, 10.75 feet in the broad jump, and 37.5 inches in the vertical jump. All of these results would have led the tight end group in each category if he performed the events at the combine.

Woods' draft stock has significantly risen after his impressive performances. In January, Pro Football Focus ranked him as the 171st best player in the draft class. Post-combine, it has risen to 141st. Joe Marino of The Draft Network listed Woods as a sixth to seventh round selection after the season, but the website now has him valued as a fourth rounder.

Seen at the time as a pure blocking tight end, Woods was not expected to be drafted fol-

lowing his 2020 season with Oklahoma State, amassing eight catches for 129 yards that season, a career high in college for him. However, transferring to Virginia for a graduate season changed the narrative about Woods completely. The tight end finished with 598 yards on 44 receptions in the 2021 collegiate season with Virginia, earning Woods an invite to the 2022 East-West Shrine Bowl — a showcase for college players in front of NFL scouts. The former high school quarterback's potential is now being discussed in part because of the raw athleticism he displayed and because of how effective Woods was being utilized as a pass-catcher for the first time in his career.

The draft projections for Woods are all over the board. Draft analyst Todd McShay lists

the Virginia product as a third to fourth rounder after the Pro Day. As mentioned before, PFF currently ranks Woods as the 141st player in the draft class, which places him in the fourth round, while The Draft Network has Woods listed at 120th. However, team-gearred draft profiles such as Big Blue View names Woods as a day-two talent, meaning a second to third round pick. A recent mock draft by Pro Football Network has Woods getting selected by Kansas City at 94th in the third round. A four-round mock draft by NFL.com released Friday had Woods going in the second round to the Bengals at pick 63. Essentially, it's possible Woods goes anywhere from the late-second to the fifth round, with a strong possibility of being a third or fourth round pick.

While it is a big range, this uneasiness about his position can help Woods get drafted earlier. With significant uncertainty surrounding a player, teams do not know exactly what another staff's evaluation of that player may be, potentially pushing the player further up draft boards.

Athleticism can make NFL teams fall in love with players and want to draft them earlier than expected. This can create a domino effect where another team will draft the player earlier to avoid the risk of losing the player. Woods' situation is similar to the case of 2019 tight end prospect Kahale Warring from San Diego State. Warring was viewed as a later-round prospect after the 2018 collegiate season but impressed the media and scouts at the combine, leading to him being drafted in the third round by the Texans, which was still earlier than predicted. It's likely that, because of Warring's stock unpredictability, the Texans decided to pull the trigger in the third round in case another team had him as high as they did. Due to Woods' intangibles and unpredictability about stock, it is likely he will end up in the same position as Warring.

Another factor to consider is the other tight ends in the class. Overall, it's not an exciting class. The unanimous number one tight end, Colorado State's Trey McBride, is expected to go in the second round rather than the first. Despite the lack of first-round talent, there is depth in the class which could hurt Woods as there are multiple tight ends seen to have a similar level of talent as Woods such as Washington's Cade Otton and Texas A&M's Jalen Wydermyer. That being said, Woods is considered to be the most athletic tight end in the class which separates him from the group.

Considering his ascension after his Combine and Pro Day performances, as well as the rest of the tight end class, it's likely that Woods will be a third round pick later this April — an impressive feat considering he was expected to be a late-round pick before the NFL Combine and East-West Shrine Bowl.

On Virginia women's sports making a leap forward

The CD Sports Staff reflects on the recent strides made by Virginia women's sports

Aidan Baller, Abby Nichols & Alexa Mosley | Associate Writers



COURTESY VIRGINIA ATHLETICS

The women's swimming and diving team has won back-to-back National Championships, cementing itself as one of the nation's elite.

In the midst of the spring season, there are plenty of reasons for optimism about various women's sports. With the recent commitment of top recruit Samantha Brunelle to the Virginia women's basketball team along with a brand new Coach, the Cavaliers are expected to make strides on the court in the coming season. Additionally, the dominance of the Virginia women's swim and dive team with national and conference wins along with Olympic success has been noteworthy. Moreover, the softball team has also shown a turn-of-pace with a recent string of wins and improved player performance all around.

What does the addition of Sam Brunelle mean for women's basketball?

Aidan Baller, Associate Writer: With the women's basketball team having not made the NCAA tournament since 2018, the addition of Samantha Brunelle, Notre Dame transfer junior forward, provides hope for a program that has struggled. Additionally, with new Coach Amaoka Agugua-Hamilton, a new chapter has begun for the Virginia women's basketball team. Brunelle's transfer to Virginia will inspire others to join her and will allow for Hamilton to begin

her tenure with a solid squad capable of making a splash in next year's NCAA tournament.

Abby Nichols, Associate Writer: Virginia men's basketball has had its share of major successes over the past few years while the women's team under former Coach Tina Thompson has struggled to succeed on the court. The fans and team alike are hoping to move away from this disappointing past and should be eager to start the upcoming season with new Coach Agugua-Hamilton. This coaching change sparked other movement in the program including the addition of Brunelle, a strong competitor who is expected to give the Cavaliers a leg up next season. The former No. 1 high school recruit performed well at Notre Dame, but the Virginia native is ready to come compete as a Cavalier. Fans should get excited to grab a seat in the stands and welcome the exceptional talent home.

Alexa Mosley, Associate Writer: At the end of the 2021-22 season, it was clear that changes needed to happen within the women's basketball team in order to avoid another underperforming season. The first change came in the form of a new Coach, Agugua-Hamilton was introduced as the successor to Thompson. Less than

a month later, it's announced that the program is gaining yet another new contributor in Brunelle. The Virginia native put on a strong performance in her freshman year, even being named to the All-ACC All-Freshman team. However, her next two seasons were greatly impacted by COVID-19 and a string of injuries. Brunelle is a perfect fit for this women's team, as they are both looking to have rebound seasons in 2022-23. Her great scoring capability seems to be just what the Cavaliers need to put together a winning effort.

Is the women's swimming and diving team poised to become a dynasty?

AB: Virginia women's swimming and diving has taken over college swimming after winning back-to-back National Championships and has built a foundation capable of becoming a dynasty. The difficult part of maintaining success in college is the constant flow of new athletes into a program, but with freshman swimmers such as Emma Weyant, Gretchen Walsh and Reilly Tiltman, there is optimism this program can continue to produce championships for years to come. Continued success of the program will inspire recruits to bolster the program into a true dynasty.

AN: A three-peat is one of the coveted team accomplishments in sports and the Virginia women's swimming and diving team is well on their way with back to back NCAA championship wins. Coach Todd DeSorbo has built this team to near perfection over the past five years, but he makes sure to take a step back and let the competitors feed off of each other and push themselves to be their best. The Virginia team will continue to make a name for themselves with two incoming top-five recruits Carly Novelline and Claire Tuggle. Everyone should be excited to see what the team has in store for the upcoming season and be on the lookout for the creation of a true dynasty: an NCAA Swimming and Diving three-peat.

AM: The women's swimming and diving team has been nothing short of exceptional the past two seasons. For starters, they have won three consecutive ACC Championships. If that's not enough, they are now back-to-back NCAA Champions. And even more, the program recently produced four Olympians — former Cavalier Paige Madden, sophomore Alex Walsh, junior Kate Douglass and freshman Emma Weyant — who brought home a combined four medals from the 2021 Tokyo Games. DeSorbo was also in Tokyo, serving as an assistant coach for Team USA. This strong foundation, coupled with an abundance of young swimmers and an influx of strong incoming recruits,

indicates the program is built to be successful for years to come. All signs point towards a dynasty in the making.

Softball has shown signs of progress — what is the program's potential?

AB: The Virginia softball team finds themselves in the middle of the pack in the ACC, but there is hope for the future. The Cavaliers have shown that they can compete after two huge wins against ACC opponent then-No. 24 Notre Dame and a close 7-5 loss to No. 11 Tennessee. Softball is capable of playing with the best, they just need to find consistency in their play in order to break into the top-25. With the addition of sophomore transfer Savannah Henley and with returning players such as junior Katie Goldberg and sophomore Abby Weaver, the team is poised for a breakthrough.

AN: The Cavaliers made history in the beginning of this softball season and had an 8-1 record in ACC play to set a new program best. The team signed six of the nation's best softball recruits in 2021 and they showed it with their six-game ACC win streak in the beginning of the year. The team has shown batting success and does not struggle to hit homers with six players having batting averages above the opponent average of 0.259. However, where the team

has struggled recently is in pitching and, specifically, allowing home-runs to the other team. During their series against Florida State, the Seminoles had 10 RBIs in three games just from home runs. The Cavaliers lost all three of these games in addition to the next three ACC games against Duke. Junior pitcher Molly Grube has a 0-2 record, and senior pitcher Aly Rayle has a 4-4 record after starting the season 4-1. If the pitching game can find more consistency, softball should be able to break their six-game conference losing streak and move up in the ACC standings.

AM: Consistency is the name of the game for the softball team. It swept the series against NC State, but then lost to Liberty. They swept Boston College, but then lost to Longwood and got swept by Florida State. If the Cavaliers can find consistency between series, a climb to the top of the ACC standings is certainly not out of the question. The key to winning these games will be scoring early — this season, the Cavaliers have gone 18-1 when leading after the first three innings. If more players join freshman catcher Sarah Coon — No. 3 in batting average — and senior outfielder Tori Gilbert — No. 1 in home runs — producing at the plate, there's no reason the softball team shouldn't experience a resurgence of sorts.



COURTESY VIRGINIA ATHLETICS

With a recent string of wins, the softball team is back on an upward trajectory looking to climb the ACC ranks.

LIFE

A fundamental guide to the best instant noodles

A noodle lover's personal recommendations for the college student's most convenient meal

Yijing Shen | Food Writer



AMANDA HAIL | THE CAVALIER DAILY

Instant noodles are possibly the most popular instant meal in East Asia. In my time living in Charlottesville, I often long for the multitude of choices of instant noodles I had in Japan when I studied there for a year. I always snag several boxes of noodles each time I venture to the grocery store. Compared to bagged noodles, I always prefer those packaged in cups or bowls, as I enjoy the simplicity of pouring boiling water over the dried noodles in the container and waiting three minutes when hungry.

Most instant noodles in the U.S. are also available to be cooked in microwave ovens. This solves the problem of obtaining hot water directly from the tap or water dispenser in America, as hot water is readily and conveniently available for me to use in Japan. Whether it's in the middle of the day when I have to rush to class or at night when I'm tired after finishing assignments, instant noodles always provide me

with warmth and comfort. Also, most of the brands are very cheap and easy to store, as they don't require refrigeration to keep. Particularly at this point nearing the end of the semester, instant noodles are perfect as we're all busy with our studies and may be pushing the edge of our budgets. After scouring a variety of brands of instant noodles in Charlottesville's supermarkets, these are my recommendations worth trying when you crave a bite of Asian instant food.

1. Nissin Cup Noodles (Seafood or Original)

As the originator of instant noodles, Nissin will never fail to meet the expectations of instant noodle lovers. Fifty years after cup noodles first came into the market, it still ranks in the top three in the Japanese instant noodles rankings. Among numerous flavors Nissin developed, the seafood flavor pleases my palette the

most. I was so surprised when I saw that it's sold for only \$1.49 per serving at Kroger, which is almost the same price at which it's sold in Japan. The broth offers subtle hints of shrimp, which balances well with the dried crab meat, squid, cabbage and egg. The original flavor substitutes seafood for pork, which is also worth trying. I usually grab a cup for lunch on a day where I have several classes, as they are small enough to fit in my backpack. At noon, I fill it with water at the water fountain. After microwaving it at Rising Roll for three minutes, I often enjoy sitting on the window ledge at New Cabell Hall to savor my cup of hot noodles.

2. Nongshim Tonkotsu Spicy Pork & Black Garlic Noodle Soup Bowl

Nongshim is a famous Korean brand for instant noodles. Tonkotsu is the term for "pork bone" in Japanese. Since pork bone is

usually used to make soup in Japan, Tonkotsu gradually became the abbreviation of "pork bone soup" in Japanese. The bowl's Tonkotsu soup base is usually very dense, so I typically only use half of it to make one serving. What I love most about the meal are the noodles, which are as al dente as those in the restaurant. There are also tips on the package for how to texture the noodles to your preference. I like to sprinkle in my favorite toppings of roasted seaweed and coddled egg — that I obtain separately from the bowl — in order to add some variety to the taste. As someone who cannot handle very spicy food, I only put one-fourth of the fiery seasoning into the cup. Everyone can find the best way to enjoy this noodle soup bowl through a range of combinations.

3. Nissin Cup Noodles Stir Fry Teriyaki (Beef/Chicken)

At first, I doubted whether

this instant noodle stir fry was worth my appetite when I came across it at Kroger, as I had never tried it in China or Japan before. However, as soon as I had my first bite, I decided then and there to add it to my list of the best instant noodles available. Stir Fry, as a dish without broth, always gives me a more condensed and stronger taste. So, when I am a little bit tired of noodle soup, I may turn to this Stir Fry Teriyaki. Teriyaki is a Japanese word that refers to a cooking technique of grilling the food with soy sauce and sugar. I would highly recommend this stir fry to those who love Japanese hibachi since Teriyaki is a commonly used sauce in hibachi in the United States. Also, the cups are sold for only \$0.99 per packet at Kroger, which is a fantastic deal for the delicious flavor. Apart from Teriyaki, Nissin Stir Fry also offers Korean BBQ, sweet chili and hot garlic chicken flavors for everyone to find something that best suits their palette.

4. Pho'nomenal Pho Noodle Bowl (Beef/Chicken)

Have food allergies or dietary restrictions? No worries. The Pho'nomenal Pho Noodle Bowl is gluten, dairy, soy and MSG free. Pho is a Vietnamese soup dish consisting of broth, rice noodles, herbs and meat. This bowl of quick and delicious pho offers up a great taste of Vietnamese cuisine, which provides a lighter flavor than the instant noodles I suggested above. Additionally, pho could be a healthier choice, as it is not fried but dried before being packaged. I actually had no conception of instant pho before I came to the U.S., and the Pho'nomenal Pho Noodle Bowl in particular not only introduced me to this category of instant noodles, but also broadened my understanding of instant noodles as a possibly healthy food choice, since they are typically thought of as unhealthy in virtue of being fried. It's also worth noting that this noodle bowl only needs one minute to be ready after filling it with the boiling water. So, be careful not to cook it for too long or else the pho will become too soft and lose its al dente texture.

Top 10 reasons why spring on Grounds is the best

The weather is getting warmer and the students seem happier — it must be spring

Riley Phillips | Top 10 Writer

1. More outdoor events

If you've been as cautious about COVID-19 as I have, seeing that an event is set to take place outdoors is such a relief. Not only do you have to worry less about the spread of the virus, but you also have the opportunity to be out in the sun, which is often a rarity for busy college students. While spending time in the air conditioning and avoiding sunburn is great, it can be really nice to breathe some fresh air and enjoy the warm weather.



LEXIE GAGNON | THE CAVALIER DAILY

2. You don't have to bundle up when walking to class

With the three and maybe more — I lost count in the middle of February — snowstorms Charlottesville had, walking to classes was a much more painful experience. Having to bring along a bulky winter coat that you have no clue what to do with once you get inside is a hassle. Moreover, it's not ideal when your hair gets wet after all the pretty snowflakes melt when you are just trying to get through another lecture. With spring, the most you'll need is a cardigan or flannel for when your classroom gets chilly.

3. The end of the year is in sight

It's so much easier to enjoy Spring Fest and other events when you know that the end of your stressful classes is steadily approaching. Maybe it's just the years of being in school, but the arrival of warm weather has always signified that stressful exams and the constant feeling that you're forgetting about some deadline will be over soon. Plus, getting to the library to study for finals is much more enjoyable when there isn't ice on the roads.

4. The Lawn

This bit of grass at the center of Grounds is a staple of the University, but during the winter months, it can be hard to enjoy. Constant snow makes the area muddy and sitting on the frozen ground can make the cold feel even colder. Once the weather starts to get warmer, you'll start to see many students bringing blankets to do homework and community members coming to bring their children and dogs. The University feels so much more alive once you see a bunch of people gather here.

5. Seeing more dogs

While going to the library on Sunday is never a fun activity, it is made so much better when you see someone walking their dog on Grounds. The amount of dogs on Grounds seems to decrease when the weather is colder, but once it gets to be just a bit warm, the first thought many people have is to take their dog outside. People will even bring their dogs to the lawn to play fetch or join them on their picnic. Once you see your weather app indicate any temperature above 60 degrees, you can bet there will be some cute puppy for you to dote on while walking about.

6. Prospective students come

While crowds of students during Days on the Lawn can be an inconvenience for us students, some of the best things happen on Grounds when people come to visit. The food in the dining hall gets better, more "tablers" on the Lawn and by Newcomb offer free food or items in exchange for listening to a spiel and people just seem to be happier. Overall, Grounds seems to be more active once the next crop of students comes and it reminds me of why I chose the University in the first place. I recommend walking around when Days on the Lawn is having its next event and soaking up the feeling of excitement.



LEXIE GAGNON | THE CAVALIER DAILY

7. Carter's Mountain starts opening daily

While visiting an apple orchard seems more like a fall activity, Carter's Mountain is just as beautiful and fun during the spring. During the colder months, Carter's Mountain is only open on the weekends, but now that it's April, you can come to get cider donuts and see the view from their patio any day of the week. This makes a great day trip if you need a break from studying for exams or going to CIO meetings. With events such as their Sunset Series right around the corner, going to this Charlottesville classic can build up hype for wonderful memories with your friends.

8. Making use of the ice cream in the dining halls

I always know the weather is getting nicer when I see people leaving Newcomb Hall with ice cream cones in hand. As a prospective student, having access to a soft-serve machine most days seemed like such a luxury. But once you start rushing through your meals to get back to studying and the weather starts to not pair well with the dessert, it's easy to take this luxury for granted. As soon as the weather gets warmer, you can snag an ice cream cone from one of the dining halls and take it with you as you walk to class, satisfying your sweet tooth and cooling you down from the warm weather.



LEXIE GAGNON | THE CAVALIER DAILY

9. Garden picnics

One thing that makes Grounds unique is the gardens that sit behind the Lawn pavilions that people can relax in and organizations can reserve for their events. From dinners to bracelet-making, these spaces often host a variety of events, but I personally love having an evening picnic in them, since they are often shaded and offer a more private area. Try taking your friends or convincing your CIO to host a potluck in one of these areas to enjoy a quieter part of Grounds.

10. Outdoor classes

While this phenomenon may be limited to the English Creative Writing classes I have taken, some professors will take their classes outside when the weather gets nice. Personally, I have enjoyed laying on the ground to look at the sky while discussing books or suggesting to take the class from the Lawn. If you're lucky, your professor might just take your idea of going outside for class into consideration. I've seen classes being held in the Amphitheater and by the Rotunda, so this might not be as isolated as you would think.

Days on the Lawn invites nostalgia and anticipation

This year marks the first time since 2019 that Days on the Lawn have been hosted in-person

Cecy Juárez & Mario Rosales | Life Editors



AVA PROEHL | THE CAVALIER DAILY

The warm weather has opened the curtains on Grounds as orange and blue balloons accompany blooming trees.

The University's Days on the Lawn have been in full swing since April 4. The warm weather has opened the curtains on Grounds as orange and blue balloons accompany blooming trees. Tour groups of enthusiastic prospective students accompanied by equally eager parents attempt to catch a small glimpse into student life on Grounds. Remarkably, this is the first year since 2019 that DOTL has been hosted in-person.

DOTL is an open-house style event taking place Mondays and Fridays throughout the month of April and is hosted by the Office of Admission for students considering attending the University. Opportunities range from school informational sessions led by professors to student activities fairs in Newcomb and a Pavilion social. All of these opportunities serve to provide insight on student culture and allow prospective students to become acquainted with University life.

Harini Peri, co-chair of DOTL and fourth-year Batten student, said the events aim to offer a glimpse of student life at the University. With current students performing their usual routines of walking to class, grabbing lunch and strolling through Grounds, prospective students are able to gain some insight as to what life is like as a student.

"It's basically a chance for prospective students to connect with current students without their parents," Peri said. "It's very much more intimate and just as the student experience as well as raffles, games and food ... emphasizing, with our hundreds of volunteers, that everyone's experience is unique and different but still special."

This year is the first time in a few years that the event has been hosted in-person, though there are still virtual options for students who aren't able to attend. The virtual option entails live

Q&As with current students over Zoom to provide personal accounts of life as a University student. Given the decision to host an online option as well, Dean of Admissions Greg Roberts said the workload for the Office of Admissions was particularly heavy this year.

Roberts noted that when accounting for both in-person and virtual participants, attendance is roughly the same as what it was in 2019, adding that one of the biggest challenges the office faces in putting on DOTL is handling the sheer number of prospective students that would like to attend, as DOTL is first-come first-serve, with no waiting list.

"There are a lot of students that want to come visit in a short period of time," Roberts said. "Sometimes we are limited by space availability on Grounds, [and] we're limited by the size of some of the venues ... this is the very first year that we've asked

people to park at JPJ."

Despite the heavier workload and logistical complications, Roberts maintained that his enthusiasm and excitement for finally hosting in-person events was still high, as he acknowledged the importance of the in-person experience for prospective students.

"It's nice to be back," Roberts said. "It's nice to see our students back. It's nice to see visitors come back. It's really hard to accurately or effectively share what a college is really like from a camera, and so we did the best we could to learn a lot from our virtual programming, but it's so much more fun to have students here, and I think that our students would agree with that."

Student ambassadors also expressed excitement about having in-person DOTL, looking forward to promoting the University and informing prospective students on what life on Grounds is

like. Peri elaborated on the University community's eagerness to welcome prospective students.

"The shoutout was absolutely incredible ... [volunteers] are so excited to give back," Peri said. "It can really speak to how they have found a home here and how U.Va. has been so special for them amidst everything going on ... I think [DOTL] is a huge event of hope and happiness."

Alita Robinson, co-chair of DOTL and fourth-year Education student, said she wanted to help students feel comfortable and demonstrate how they can find community at the University. As an out-of-state student and student of color, Robinson said she hopes to help prospective students understand that they are not alone and can find their place on Grounds.

"Days on the Lawn [is] where I can just talk to prospective students," Robinson said. "And honestly, I think it's really important for me as a student of color at U.Va. to be a face that prospective students can see so they feel less alone in their decision of going here."

Prospective students looked to gain a better understanding of life and opportunities at the University. The pandemic posed unique challenges and curveballs to high school students, so they had to find some innovative ways to learn more about colleges.

High school senior Farrah Azizi said she enjoyed watching Associate Dean of Admissions Jeannine Lalonde — commonly known as Dean J amongst prospective students — on social media to learn more about the University before and after she was admitted. Lalonde is the author of a popular blog called Notes from Peabody that offers tips and tricks related to the admissions process for applicants.

"I think I watched all of Dean J's TikToks and I have been reading her articles and her blog and everything and all her tips help so much," Azizi said.

Azizi came to DOTL to see what the University has to offer. For one, Azizi hopes that there will be sufficient mental health resources available after being dissatisfied with her high school's resources. She is counting on better and more comprehensive opportunities at the University. She emphasized that this is especially important because of how rigorous college life can be.

"[In high school], sometimes you don't always want to go to



KHUYEN DINH | THE CAVALIER DAILY

With current students performing their usual routines of walking to class, grabbing lunch and strolling through Grounds, prospective students are able to gain some insights as to what life is like as a student.

your counselor and talk about things like that, maybe like student ambassadors who can talk to you [would be good] for the sake of your own mental health, because I know that U.Va. is pretty rigorous," Azizi said.

Azizi also came to explore the extracurricular activities available at the University and how she could possibly pursue applying to the McIntire School of Commerce. She applied to the University through its early decision option, so she will be enrolled this fall. Coming from an Afghan background, Azizi said she plans to enact change in the world as a student through cultural organizations.

"I want to get closer to the Afghans here because where I'm from there aren't a lot of Afghans," Azizi said. "I want to be one of those students that wants to change the world versus getting rich."

One of the driving factors that prompted Azizi to apply to the University was because she believes that there is more to college than simply receiving a piece of paper after four years of studying. Her college search revealed to her that the University can offer that — an experience that looks beyond just a degree. This inspired her to apply to the University and she looks forward to starting to pursue her goal next semester.

"I want to get the most diverse

education out of [the University] rather than get a good degree from a good university," Azizi said. "I want to [do] all these things so I can make the world a better place."

DOTL also offers some more specific opportunities for students of color. Spring Blast and Spring Fling took place on April 8 for Latinx and Black students, respectively. These events serve to specifically connect with prospective students of color and present the variety of resources available for them at the University.

Victor Villanueva, third-year Engineering student and first-year engagement chair of Cultural Organization for Latin Americans, participated in Spring Blast as a panelist. COLA and the Office of Admissions collaborated to put together Spring Blast.

"It was me and other Latino engineers — third and fourth years — and we just answered questions from parents and students about the engineering school," Villanueva said. "The second [panel] was called community advocacy and culture panel, and they were asking how people of different backgrounds across the Grounds found community within U.Va. within a multicultural space."

DOTL is not always balloons and confetti, however. Some current University students have expressed mild discomfort with the sheer number of prospective

students and families on Grounds and feel like zoo animals.

Mica Vilanova, fourth-year College student and Lawn resident, said she sometimes feels like DOTL poses an invasion of privacy for Lawn residents, who are encouraged to open their doors to anyone who comes knocking.

"Living on the Lawn is already a public space and sometimes you feel really observed," Vilanova said. "When [the University] say[s] that they would like for you to graciously open the door for others and also open up your private space for the public — I feel [that] it is okay to ask, but I don't feel like we should treat it as an obligation of us, as students living on the Lawn, to be forced to show [everything]."

Vilanova also expressed frustration that some of the DOTL events can feel like an exaggerated demonstration or facade for prospective students and portray an idealized representation of University life.

"I feel like we put on a facade during those days in order to create a spectacle for them, but [instead of] really showing them what the experience is at U.Va. and being as honest as we can," Vilanova said. "Students shouldn't be forced to sell U.Va.

— we should be comfortable sharing our own experiences and the difficulties that we have [faced] transitioning in this space and also expressing the changes that we want to see within this space and inspire incoming students who [can] be that change themselves by coming here."

Meanwhile, Noor Sharif, third-year College student and DOTL resource fair tabler, said witnessing the prospective students roam through Grounds prompted feelings of nostalgia as she reminisced on her time at the University.

"[It's] nice to see all the eager students coming in ... it's reminding me of my own first-year experience," Sharif said. "I think my biggest advice is to take it slow and try the first-year experience, especially because the past couple years have really highlighted how much we take for granted."

In the end, all participants desire to gain or impart a more comprehensive understanding of what the University has to offer and what life on Grounds is like. As DOTL co-chair, Robinson felt the need to address a less obvious feature about student life at the University — that despite the size of the University's undergraduate student body, the school still ex-

hibits a strong sense of community.

"I really hope that prospective students understand that we're a big community here and that [we] have so many smaller communities that make us a big community," Robinson said. "You'll find your friends from your clubs, but you'll also find friends in your classes and be able to walk across Grounds and have a smile on your face because [you see] someone that you know ... Particularly for Black students, it's really important for me to know that this can be their home, no matter the fact there's only 6 percent or less here and things of that nature."

Peri also finds shared meaning in DOTL. She found a sense of home and community at the University and strives to share that positive experience with future students.

"It's just this magical feeling — I was here and I felt home, and no matter where [prospective students] choose I just hope that they get that sense of home," Peri said. "And that's the [sense of] community that we all feel so strongly here because everyone deserves that from a college experience."

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OPINION

LEAD EDITORIAL

This Founder's Day, embrace U.Va.'s complex history

We must strive to embrace U.Va.'s history beyond an overly simplistic glorification of Jefferson

Many minds will be on the University's history this Wednesday as community members gather to celebrate Founder's Day, or Thomas Jefferson's birthday. This day marks a variety of sentiments. Some may associate the day with the distribution of Thomas Jefferson Foundation Medals — awards granted to accomplished individuals in the fields of architecture, law, citizen leadership and global innovation — while others may associate the day with ample activity by the University's various secret societies. The occasion has also received push-back, such as through the defacement of Jefferson's statue and peaceful protests by student groups in recent years. In solidarity with and support of these efforts to demand a more nuanced understanding of Jefferson's legacy, we call on the University to further educate its community beyond an overly-simplistic glorification of Jefferson.

First, we wish to acknowledge the unfinished progress University administration has already made to inform the University and Charlottesville

community on the history of this institution, such as removing the George Rogers Clark Statue and instituting a racial equity task force. Members of the University faculty, too, have taken it upon themselves to teach students and affect change in their own right.

Even so, progress remains to be seen. Students and CIOs across Grounds have been advocating for reform for decades. We implore the University to address and meet the longstanding demands of the Black Student Alliance, Minority Rights Coalition, History of Enslaved African American Laborers, Descendants of U.Va and many more. Despite the University's unfinished efforts to come to terms with its history, student groups and CIOs on Grounds have gathered to create and lead tours that educate their peers about the University's racist and exploitative past. While we praise these achievements, the burden of reframing Jefferson's legacy and contextualizing the University history cannot solely fall on students — particularly marginalized and unpaid stu-

dent leaders.

First and foremost, the University must educate its students. BSA has already called on the University to create a mandatory course on the University's founding. We reiterate this demand and call on the University to implement a mandatory seminar for all first-years detailing the history of enslaved laborers and racism at the University, as well as more recent history — particularly the events of Aug. 11 and 12, 2017. In creating these classes, administration can and should reach out to student organizers who have already created tours on historical racism at the University. Moving forward, however, it is crucial that these student leaders are paid and given resources by the University to continue this work.

Along with educating new students, the University must also support the descendants of enslaved laborers who built the University. More specifically, we echo the demands of descendants — the University should provide financial support and scholarships to the relatives of those who

lived, worked and built this University.

Moreover, there are a plethora of physical changes that must be made on Grounds. In addition to digital contextualization promised by the Board of Visitors last year, visual markers, rather than merely QR codes, must be erected to contextualize various statues, memorials, buildings and other sites on Grounds. Secondly, the University must recognize the demands of the MRC and fully remove the Whispering Wall from Grounds, rather than simply rededicating it. In place of racist symbols, administration should undertake a substantive renaming process across Grounds to add statues of and name buildings after more contemporary, diverse and important historical figures from the University. The recent renamings of what were previously called Ruffner Hall and the planned renaming of Maury Hall prove this change is possible.

Student organizations across Grounds — like BSA, MRC and HEAAL, just to start — are doing unpaid labor everyday to hold the

University accountable. However, this burden cannot fall completely upon student organizers. This Founder's Day, we reiterate the demands listed in this editorial — and elsewhere — in the hopes that the University may redress its history and serve as an actively anti-racist institution. In the meantime, we implore our peers to take the initiative to better understand the Grounds they walk daily. From taking classes to going on historical tours, it is the responsibility of each student at this University to understand and be respectful of the history that has built our community.

To assist in this, the Editorial Board has compiled a non-exhaustive list of resources. To view the contents of this list, please see the online version of this article.

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It's time to rename Cabell Hall

The progress made in recent years is promising, but now is not the time to stop — Cabell Hall should be renamed next

On March 3, The Board of Visitors' Buildings and Grounds Committee met to discuss upcoming changes to Grounds. Perhaps the most eye-catching of the proposed adjustments is the approval to rename Maury Hall to Warner Hall. The new namesake for the hall — which houses classrooms and the Naval Reserve Officers' Training Corps program — is now Senator John Warner. His name replaces Matthew Fontaine Maury, a Confederate naval officer with no specific connection to the University. This change is the latest in a series of decisions made by administration to redress its racist roots. While progress has occurred, now is not the time to be satisfied. The University administration needs to follow through on this commitment to change in earnest — and that means renaming Cabell Hall.

For years, students and community members calling for the University administration to change have been told that renaming these buildings is a slippery slope and that erasing history is dangerous. In reaction to this and similar events, some states went as far as to pass laws protecting the names of buildings from being changed, claiming their efforts were

to “preserve history.” But the renaming of Maury Hall along with the Curry School of Education and Ruffner Hall on Grounds went on without a hitch. Using this same process, Cabell Hall should be next on the administration's list.

Situated at the south end of the Lawn, Cabell Hall currently serves as both the literal and metaphorical center for academia on Grounds. Jo-

tered on perhaps the most important academic building on Grounds.

Hate is woven into the very bricks and mortar of Old Cabell Hall. Thomas Jefferson left the south Lawn open in his original design of the academical village. Beginning in the 1830s, free Black people began moving to the area just south of the academical village. By 1860, the community was called “Canada,” a reference

is altered, glossing over the hate he spewed and stood for. The University has a rich and long history. In a day's walk across Grounds, you can pass the Lawn rooms of Edgar Allen Poe and Woodrow Wilson, panels of the Berlin Wall and land once owned by James Monroe. I am not suggesting taking any action to erase that history, but I think it is due time we focus on some stories which have not seen

of Black women on the University's history is far greater than what is displayed on Grounds. As of the writing of this article, very few Black women have their names displayed anywhere on Ground. Recognizing Hunter's importance to the University's history is the first of many steps to acknowledge the presence of Black people at the University and all the work they have done and continue to do.

If we want to continue to be the groundbreaking leader in education we claim we are, it is time for change. Fears that removing Cabell's name from the hall will somehow erase or otherwise tarnish the history of the University are misplaced — in fact it will have the opposite effect. The history of the University stems back to 1819 and is littered with stories just like Hunter's, they just never see the light of day. It is far past time for these stories to get some light — a small step to help make the way we portray the history of the University more accurate.

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“The University administration needs to follow through on this commitment to change in earnest — and that means renaming Cabell Hall.”

seph Cabell, the namesake of the two main academic buildings on Grounds, once said on education that “it was important to educate Virginians, and other southerners, in an institution that understood and ultimately supported slavery.” This information is not at all hidden — it is in the University's library. Papers show that Cabell and his family owned 1,200 enslaved laborers and were avid believers in the continuation of enslavement. And this man's family name is plas-

to the number of free Black people living there. In the 1890s, the University administration designed Old Cabell Hall at the end of the south Lawn to block “the area immediately to the south of the University's land and in full view ... filled with unsightly houses.”

Inaction is action. When the University fails to remove the names of men we know are dangerous and evil, it is fostering an environment in which the legacy of men like Cabell

the light of day.

For instance, Louise Stokes Hunter was the first Black woman to graduate from the University, achieving a doctorate in education in 1953. Her story is one of resilience, strength under pressure and perseverance — all the kinds of qualities that we should be honoring at the University. The University should take immediate action to begin the process of renaming Cabell Hall, and I think Hunter is the perfect candidate. The impact

The humanities have value as fields of study

The myths surrounding certain academic disciplines undermine academic freedom and put pressure on students to ignore their passions

As a high school student, I pushed myself extraordinarily hard to ensure I went to an academically rigorous university. In doing so, I took classes based on how they would affect my GPA and resume, ignoring my passion for social science and English classes. As graduation approached, however, I felt pressured to specify both an academic path and a career. The pressure to assimilate to culturally-held beliefs about academic excellence despite one's passions is fueled by myths about the humanities, as well as a desire to enter a socially-acceptable academic field. However, the liberal arts and humanities should be considered socially acceptable for a number of reasons. The myth that students in these disciplines are unemployable has been proven false time and time again — students learn a wide variety of transferable skills in these programs and ultimately, academic freedom and the exploration of one's educational passions should be respected.

When asked in high school in which direction I planned to go academically, I would say I was interested in politics. The common response was always to ask why I would go down such a terrible career path where I would make no money. Despite my clear passion for the social sciences

and humanities, this common sentiment from people shut me down — it is a familiar trend among humanities students.

After coming to college, I have discovered my interests are more in line with fields other than politics, but still in the humanities. I have begun to fully embrace my passions for reading, writing and historical study as an English and history major. In do-

“In reality, the myths we've been told about the liberal arts and humanities are false, and it is time to replace them with a culture of respect for academic diversity.”

ing so, I've become increasingly happier in my classes, and have felt much more confident and comfortable in my academic environment. So, I'd like to take some time to make a case for humanities and liberal arts majors.

Firstly, the idea of being unemployable as a liberal arts or humanities major is a myth. Students in the “English Language and Literature/Letters” field had a 29 percent unemployment rate five years after graduation, while students in “Business, Management, Marketing and Related Support Services” had a 31 percent unemployment rate — this is not as dissimilar as they

are made out to be, and even with English majors edging ahead. Even still, there is a significant problem with these percentages — they show only the percentage of unemployed people out of the number who graduated with degrees in the same field, as opposed to showing the percentage of total unemployed people. For example, in the aforementioned business category, 212,583 people were

unemployed five years after receiving their bachelor's degree, while in the “Liberal Arts and Sciences, General Studies, and Humanities” field, there were only 18,824 people unemployed. The earlier report gives no indication of the total number of unemployed bachelor's degree graduates or even how these numbers compare to the total but based on the sheer size of the unemployed business population, it is clear that the myth of the unemployed humanities and liberal arts majors doesn't quite stack up.

Additionally, people think that there are no transferable skills in

the humanities and liberal arts. This is blatantly incorrect — while the humanities may not yield the same technical skills as the science, technology, engineering, and mathematics fields, they provide other incredibly important qualities. The humanities are shown to strengthen skills like analysis, induction, contextualization and innovation. Students in the humanities also learn to read and write

analytically and are skilled in ethical decision making. These skills are just as necessary as any technical knowledge, and also address another area of expertise not often covered by STEM paths.

Finally, there is the matter of academic freedom. It takes privilege to be able to attend an institution of higher education and to also be able to choose a field of study based on interests. Even so, it is extraordinarily important to respect students for following their passions in an academic setting. When I say I'm a double major in English and histo-

ry, I often get blank stares. However, academia thrives off of the passion of students and is a foundational aspect of institutions of higher education, including the University — my passion is the humanities. Different people have different interests and skill sets — each of them equally important in society. The point is that we need people in all fields. We need people who can address problem-solving from a technical perspective but also from a creative perspective. Our world quite literally functions based on the diversity of perspectives and approaches of people with different skill sets.

I ask that we take a new approach to discussing the humanities — we respect those who have a passion for that field and let them thrive within it. Instead of immediately questioning how someone will find a job, ask yourself instead what kind of valuable skills they'll bring to the table when it comes to their future employment. In reality, the myths we've been told about the liberal arts and humanities are false, and it is time to replace them with a culture of respect for academic diversity.

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

HUMOR

The Truth About The Squirrels

Picture this — you're walking around Grounds on a Friday holding your dinner, excited to find a place to eat, when you come face to face with a squirrel. The squirrel fears nothing, especially not you with your Roots bowl and lack of coordination.

A psychological battle ensues. You stare at the squirrel, the squirrel stares at you with its beady, unwavering little eyes. After a minute of judging you, the squirrel decides that you're not worth its time and climbs away, leaving you to go about the rest of your day with a sense of inadequacy looming over you.

Why are these squirrels so confident and fearless? There's only one logical explanation — the squirrels that wander Grounds are robotic spies planted by Jim Ryan to watch the University population and prevent us from becoming too power-

ful.

There have been massive developments in technology over the past few years, so it was only a matter of time before our tax dollars started funding a surveillance squirrel operation. After all, the University is funded by the government and we all know that the government created birds, so corrupting squirrels is the next logical step in the animal hierarchy.

Think about it — do Northern Virginia squirrels like to get close to people? Do Southern Virginia squirrels stare you down as you approach them? They would never dream of it. These masters of evolution know better and sprint the moment they sense any form of human life. The University's squirrels rarely run away, they can't if they want to collect information on you. They'll stare you down and analyze

every swiping motion you make on your phone and how heavily you're breathing after walking two feet. It's not until you attempt to grab them that these little masters of deception decide to scamper off, fearful of their cover being blown.

These squirrels have listened to all of our wandering complaints and sent them straight to Jim Ryan's personal computer, ready for him to peruse as he adjusts his Rotunda-patterned tie. Our faithful leader then takes this intel and uses it to inconvenience us. Why is Alderman Library under construction? Why are there now traffic monitors along McCormick Road? The squirrels are at the heart of these developments.

Alderman Library is the core library on Grounds, a place where students love to go to grind out the work they forgot to do last week.

By closing this library for "renovations," the University has made it harder for us to fill our half-functioning brains with sweet, sweet knowledge — effectively stopping us from outsmarting the people who run our academic village! Now we have been displaced to Clemons and Clark, in spaces that lack proper lighting or force you into sitting close enough to hear the business major next to you sigh every time he has to think. The silent first floor of Clemons offers some solitude and reconciliation, providing an ample cramming environment, but now that too has spent half a semester closed for renovations. Nothing is sacred in the eyes of these squirrels.

In the good old days, the sidewalks of McCormick Road were clogged, but they were clogged with free spirits. One could simply sprint across the intersections on the way

to classes, forcing the mopeds, bikes, and cars galore to know their place, but now there is no justice. We must wait, shoulder-to-shoulder like little sardines in a can, until the middle-aged man in a shiny vest allows us to cross the road and reach our destination. We are powerless young adults, our autonomy in the hands of our overlords.

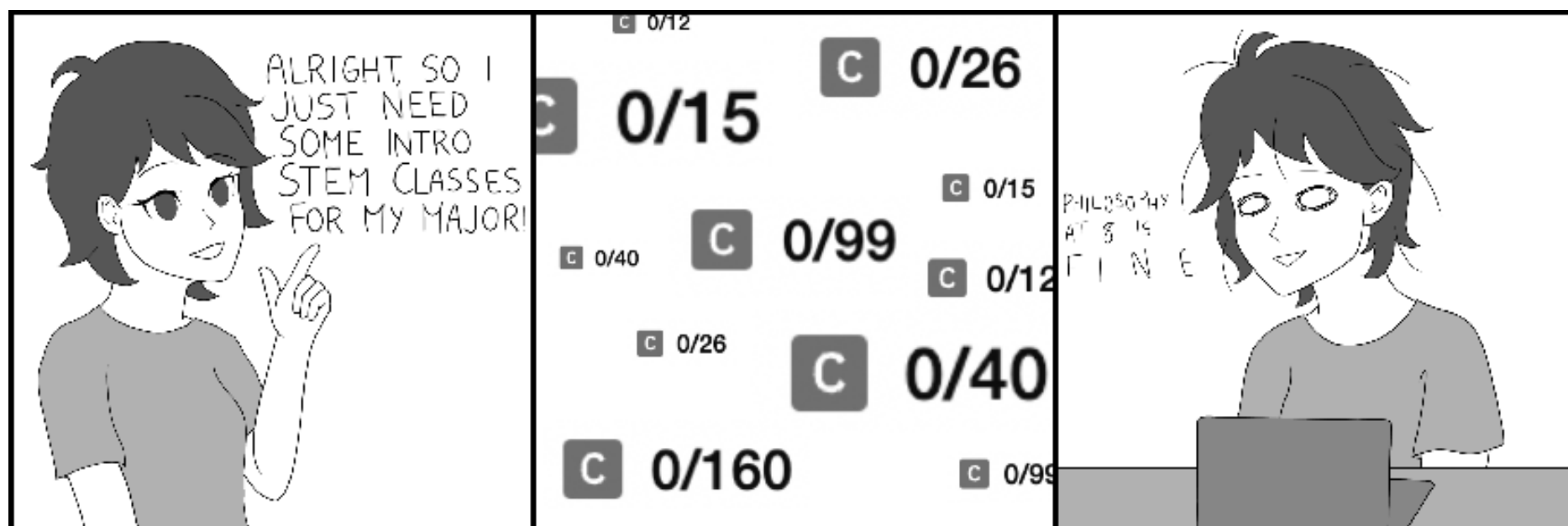
How can we regain some semblance of freedom? The answer is simple — we must give the squirrels a taste of their own medicine. How exactly do we do that? I think you can figure that out for yourself seeing as I've already spilled enough state-university secrets for one day.

MAGGIE MCHATY is a Humor Columnist for The Cavalier Daily. She can be reached at humor@cavalierdaily.com

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OPINION

NEWSLETTER

PUZZLES

WEEKLY PUZZLE

Ava MacBlane | Puzzle Master

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

Shhhh, it's a secret!

Use the clues below to find the fifteen secret society names hidden in this puzzle.

- They provide support in halos and wings
- An artist's source of inspiration, and this group of artists
- The Cavalier Daily's most controversial group of writers
- They're headed by a "Grand" yellow fruit
- Oct. 31st is their big day
- They may not all be of legal drinking age...
- Edgar Allen Poe inspired their creation
- They once had hot feet!
- Find their mark at the Memorial to Enslaved Laborers
- 3711 is a special number for this group
- They remain nameless until death
- For these sorority women, the weekend starts early
- Who knows what these "five mystical words" are?
- They are children of Lady Liberty
- Are you superstitious? Stay far away from them!
- They appear cloaked in violet robes



CORRECTION

A previous version of the article "Uncovering Overcranked" in Issue 13, Volume 132 misspelled third-year College student Mia Gualtieri's name.



Join The Cavalier Daily in celebrating the Class of 2022! Friends and family can now purchase ads for their graduate in our upcoming 2022 Graduation Issue. Scan the QR code for more details and purchasing information.

* SOLUTION FROM LAST ISSUE



ARTS & ENTERTAINMENT

First Year Players prepares for ‘Something Rotten!’

The musical comedy and Shakespeare satire runs at the end of this month

Julia Ochsenhirt | Staff Writer

In a classroom in New Cabell Hall, a group of students practices choreography for a silly song called “Make an Omelet.” They talk and joke between run-throughs where they mime flipping eggs in an invisible frying pan or sprinkling a finished omelet with salt. Around the group sit other cast members of First Year Players’ upcoming production of “Something Rotten!” Waiting to be called up to rehearse, they work on homework, online shop or give feedback on the dancing.

A relaxed, friendly atmosphere is a defining aspect of First Year Players, a club that allows first-year and new transfer students to shine in theatrical productions. Unlike many theater groups, where hired professionals lead shows, FYP is entirely student-run.

“We’re all friends since we’re all students,” Christian Guinto-Brody, first-year College student and “Something Rotten!” lead said. “[Rehearsals] are very relaxed. The directors expect us to do the best we can, but if you have a conflict, they’re very understanding because they have conflicts too. So there’s that mutual student-student bond that you wouldn’t have gotten in high school.”

While rehearsals are fun and low-stakes for participants, the cast dedicates an immense amount of time and energy to the show each week. Rehearsals run anywhere from one hour to four hours Sunday through Thursday and involve singing, acting, blocking, choreography or a combination of the four. Regardless of the structure of a particular rehearsal, every practice begins with lighthearted warmups unique to FYP.

“The warmups themselves are a lot of fun and very, very different from what I would have thought,” Guinto-Brody said. “They’re super silly and you wouldn’t think that they would help with acting or singing, but they do. After the warm ups, we go through the scenes and develop intentions and learn notes and moves. It’s what you’d expect from a theater practice, at least from my experience, but it’s also different. It’s fun.”

Guinto-Brody plays Nick Bottom, who runs a theater troupe with his brother Nigel during the



YASHITA KESWANI | THE CAVALIER DAILY

While rehearsals are fun and low-stakes for participants, the cast dedicates an immense amount of time and energy to the show each week.

English Renaissance. The Bottom brothers live in the shadow of the wildly successful William Shakespeare until a soothsayer tells them the future of theater is singing, dancing and acting simultaneously. They set out to compose the world’s first musical — Omelet: The Musical — and struggle to navigate new financial and romantic situations along the way.

“It’s a huge bit of personality that [Nick Bottom] hates Shakespeare a lot,” Guinto-Brody said. “I try to best Shakespeare, basically, in any way I can, and in the process, I stray from myself and my family. Then, as musicals go, I eventually come back around. It’s a lot of fun to play. It’s different from the roles I’ve played before in the sense that it’s both serious and goofy. It’s a challenge, but it’s a lot of fun to figure out, and I’ve

learned a lot about acting in the process.”

A critical aspect of cultivating the show’s mood is its technical elements. With support from the director, FYP’s technical staff develops the visual and auditory details of the performance — everything from costumes to set design to sound.

“We ordered basically double what we’ve usually ordered for lights, so it should be a really spectacular show in terms of that,” John Fitzgerald, third-year Engineering student and Technical Director for the show, said. “Then we have an absolutely massive list of props — probably two-or-three times what it normally is. Since it’s a show about Shakespeare, costumes are all Shakespearian attire. Like doublets, corsets, that sort of thing to fit the mood and time period.”

While the technical team and cast bring the show to life, its director is its heart — third-year Architecture student Aldi Argante proposed this semester’s show, developed a vision, leads all rehearsals and oversees the artistic staff. Argante elaborated on why he chose “Something Rotten!” and the story’s connection to FYP.

“I picked it because it’s one of my favorite shows — I also think that the themes really deal with FYP,” Argante said. “[‘Something Rotten!’] is about this guy who doesn’t feel like he’s good enough as he’s overshadowed by Shakespeare’s works. I thought that was relatable. At U.Va., there’s this air that you sort of have to go above and beyond, and I thought that was shown in ‘Something Rotten!’”

Argante was also drawn to the

humor that defines “Something Rotten!” The show conveys ideas relevant to college students, but is, at its core, a comedy. Argante hopes that “Something Rotten!” will serve as a lighthearted and silly escape to its cast and audience.

“It’s just a really fun show,” Argante said. “It’s really funny. It has a lot of moments where I feel like you can just bring your day, whether it was good or bad, and let it go and have fun. I knew that I wanted to do this show over other dramatic shows, because I really wanted someone when they see the show to have a nice lighthearted break in their day.”

First Year Players’ production of “Something Rotten!” will run from Thursday, April 28 to Sunday, May 1. All shows are at 7 p.m. in the Student Activities Building.

Celebrity spat sparks discussion surrounding harassment

Ye's social media war against his ex-wife and her boyfriend is more than tabloid fodder

Kartik Chugh | Staff Writer

When Ye first threatened to “beat Pete Davidson’s a—” in song, one could be forgiven for laughing it off as yet another antic from the famously provocative artist. After all, Ye — formerly known as Kanye West — has courted public controversy his entire life, from his long-running feud with Taylor Swift to his on-and-off support for former president Donald Trump.

As we now know, the diss on January’s “Eazy” release was in fact the beginning of the rapper’s aggressive social media campaign against his ex-wife Kim Kardashian — one that has prompted outcry over harassment and themes of violence.

On March 18, Ye was barred from performing at the Grammy Awards in April days after firing off racial slurs against “Daily Show” host Trevor Noah on Instagram. Noah drew Ye’s ire by using his late-night talk show to shine a spotlight on the rapper’s treatment of Kardashian and her boyfriend, the “Saturday Night Live” cast member Pete Davidson.

In recent weeks, Ye has issued expletive-laden social media tirades against Davidson, branding him “Skete” Davidson and blaming him for coming between him and his family. Ye shares four children with Kardashian, who filed for divorce in early 2021. He has professed a desire to reunite with Kardashian despite her ongoing relationship.

One all-caps caption urged followers to “hold your spouse close ... because there’s a Skete lurking in every dirty a— alley waiting to help destroy your family.” Other now-deleted posts accused Kardashian of alienating Ye from his children, Davidson of being a drug addict and the media of “gaslighting” in their coverage of the situation. In all, the rapper published upwards of sixty posts on Instagram before the service suspended his account for directing racial epithets toward Noah.

Noah’s “Daily Show” segment sought to dispel popular views of the feud as typical tabloid fodder, instead casting it as a high-profile example of harassment women face from their ex-partners.

“You may not feel sorry for Kim because she’s rich and famous ... because she tells women they’re lazy,” Noah said. “But what she’s going through is terrifying to watch, and it shines a spotlight on what so many women go through when they choose

to leave.”

True enough, Kardashian has expressed “emotional distress” over Ye’s attacks in a recent court filing that asked the judge to expedite the divorce process. In one alleged text exchange leaked by Ye, Kardashian warned her ex-husband against “creating a dangerous and scary environment” that could incite violence

beat Pete Davidson’s a—.” The visuals sparked heavy criticism across the board, with even some fans deeming them “too much.”

Ye’s devoted fanbase has wrestled with how to view his behavior. Many in the “WestSubEver” Reddit community embrace the “Skete” moniker and reveled in their idol’s repost of a “Captain America: Civil War” meme that

spect his baby mother’s boundaries and focus on being a responsible co-parent.

Ye has previously apologized to Kardashian and acknowledged that his public attacks against her and Davidson “come off as harassment” before renewing them shortly after.

Throughout the controversy, Ye has maintained that his social

coloring the situation is women’s frequent struggle to safely manage their relationships. Experts on women’s issues have noted that Ye’s efforts to browbeat Kardashian risk desensitizing people to said unhealthy behavior. Among them is Taylor Nichols, a staff member at the University’s Women’s Center who coordinates the organization’s Gender Violence and Social Change program.

“I feel like people viewing what they saw from Kim and Kanye didn’t really take it as seriously,” Nichols said in an interview with *The Cavalier Daily*. “Even though Kim has access to a lot of resources and security, she’s still being publicly harassed and if you’re a survivor or victim of domestic violence, you might not have access to that.”

Nichols expressed fear that unsympathetic attitudes toward Kardashian on social media — often accusing her of enjoying the attention — could weaken ordinary women’s confidence in coming forward about experiencing abuse.

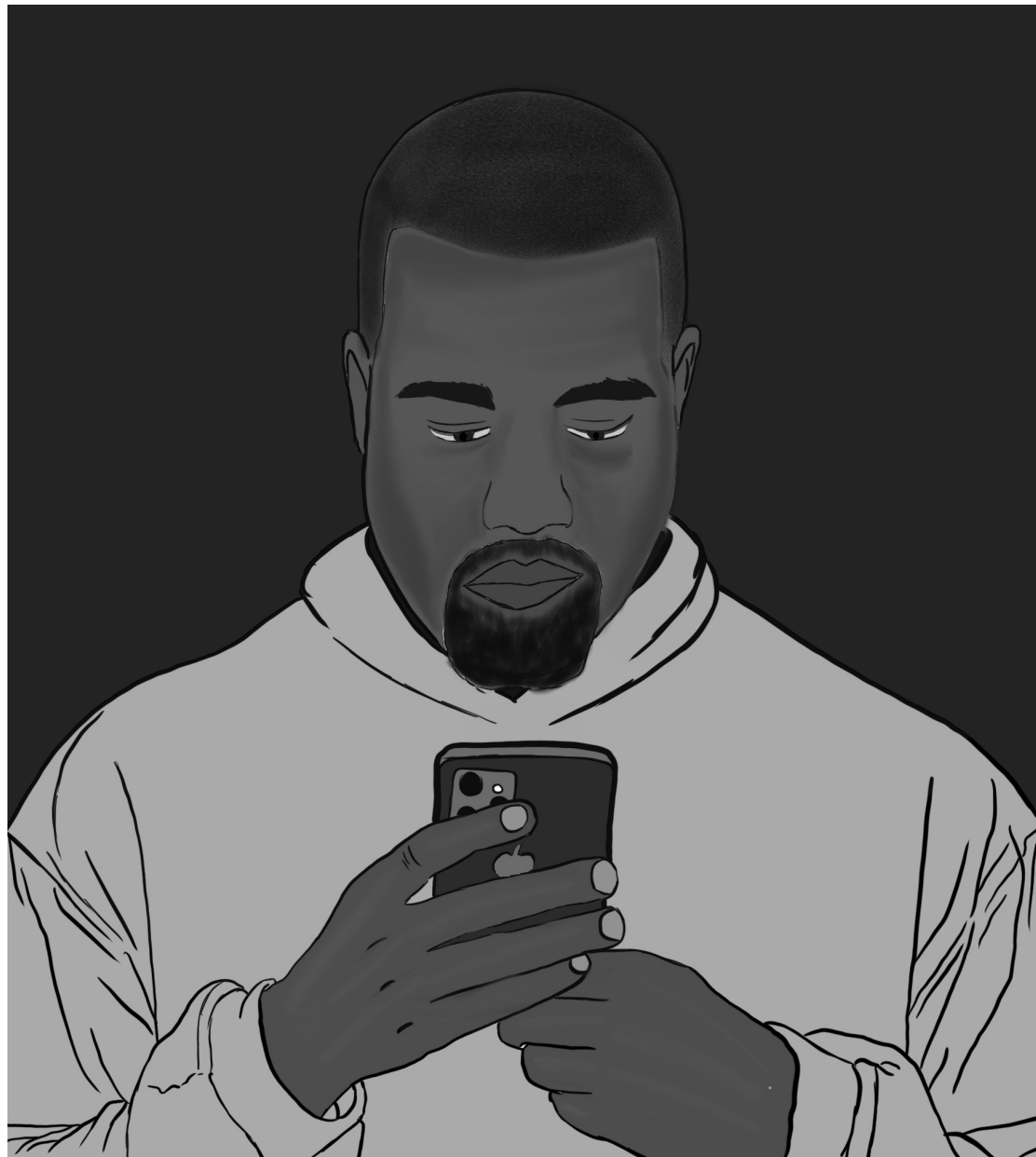
“If someone doesn’t have access to those resources, you probably will not come forward,” Nichols said. “Like if people aren’t showing support for Kim, why would they show support for me — who’s not famous?”

Advocacy groups underscore that verbal abuse through technological or other means can inflict deep emotional wounds, isolating victims from their loved ones and causing them to feel blame for their situation.

Ye has deleted all of his Instagram posts following a brief suspension from the app for violating its policies on “hate speech, bullying and harassment.” In what is surely a relief for the Kardashian family, Ye has refrained from further use of social media.

In his monologue, Noah takes care not to paint the artist as irredeemably bad or physically violent. But as he points out, one of the world’s richest women being unable to elude an ex’s harassment doesn’t bode well for women in less powerful positions.

“If Kim can’t escape this, then what chance do normal women have?” the talk show host concluded.



LEXIE GAGNON | THE CAVALIER DAILY

against Davidson.

Some of Ye’s online content has indeed employed violent imagery. Earlier in March, the “Donda” rapper dropped a claymation music video for the song “Eazy” that appeared to portray him kidnapping, burying and beheading a figure of Davidson.

A follow-up video shows a skinned monkey pummeling an animated figure labeled “SKETE,” just as Ye proclaims, “God saved me from that crash / Just so I can

pit Ye against Davidson, Kardashian, Swift and other supposed nemeses.

Sycophantic comments under Ye’s Instagram posts routinely garner thousands of likes. The artist has also been open about his struggle with bipolar disorder, which demands a degree of nuance in the discussion.

Other fans, realizing the potential to reach him online after the viral meme, have penned open letters imploring Ye to re-

media presence is a tool to bypass a biased media and prevent his ex-wife from exerting “one-sided control” over their children. He also argues that the dispute touches on a broader culture of fathers, particularly Black fathers, being forced to fight just to be a part of their children’s lives.

While Ye may earnestly feel that media, friends and family are all conspiring against him, the inarguable cultural problem

HEALTH & SCIENCE

U.Va. community faces the numbing effects of crisis fatigue

Students and staff give insight to how recent crises have disrupted the community psyche and provide advice on making a change

Ava Bagherian | Staff Writer



LEXI GAGNON | THE CAVALIER DAILY

The University community is no stranger to crises — from the ongoing pandemic to the effects of the Ukraine conflict, continuous calamities have taken a toll on the student psyche and have led many community members to experience numbness, anxiety, exhaustion and an overwhelming sense of grief.

In the modern era, oversaturated media has exacerbated this fatigue by preventing respite. From Instagram infographics on Russian aggression to TikToks of refugee life, people are becoming increasingly burned out by just opening their phones. As the distressing events pile up, some students find themselves in need of an outlet.

Second-year Architecture student Arien Assadi is extremely familiar with crisis as an Afghan-American paying close attention to the Taliban's recent takeover of Afghanistan — which took place after the U.S. military withdrew from the country in August, allowing the Taliban to acquire Kabul and other large cities. While the situation now lacks the coverage it once held, community members are still reeling from the effects.

"I've kind of just tried my best not to expose myself to violent

videos and the news as much just because I was so involved with the Afghan situation," Assadi said. "I felt guilty and scared for my family. And now, all this is repeating again with Ukraine. I feel like it never ends, like it's not real."

In response to crises, many people use coping mechanisms to manage chronic stress. However, issues arise when people practice unhealthy or maladaptive coping strategies — such as avoidance techniques or substance abuse — that can prevent people from living their "normal" lives in the long term. Clinical psychologist Jennifer Kim Penberthy explained that these maladaptive mechanisms hold unforeseen consequences.

"In the long term, maladaptive coping strategies usually lead to more complications of interpersonal conflict and worsening moods," Penberthy said. "I really advocate for people to try and use healthy coping strategies. We can reach out to other people and talk in a productive way, and we can do something healthy and empowering instead."

Assadi said she has found Counseling and Psychological Services on Grounds to help her manage stress.

"Just talking to someone and knowing that you're not alone, even if you feel like you don't necessarily need professional help, helps either way," Assadi said.

While coverage on such events comes and goes, humanitarian disasters are here to stay. These events may leave students requiring additional mental support. Kirsten Gelsdorf, director of global humanitarian policy at the Frank Batten School of Leadership and Public Policy, is familiar with this global phenomenon.

"There's actually a humanitarian crisis with a global response happening in over 60 countries around the world and these crises are equally complex with the human suffering we're seeing in Ukraine," Gelsdorf said.

Professor Gelsdorf recommended LPPS 3295: Global Humanitarian Response, a course she will be teaching in the upcoming fall semester, as a potential avenue to gain perspective on these areas. The class covers the pandemic, climate change and global conflicts that often make up crisis fatigue.

Community members have already shown an ability to

break away from this stupor. A vigil was held by members of the Second Year Council with the aid of the Slavic Department, First and Third Year Councils and Fourth Year Trustees. This event not only raised donations and awareness, it also united the University community in feeling compassion.

"Compassion is beyond empathy and extending compassion, compassion for yourself and compassion for other people, is also a form of love," Penberthy said. "And I know it might sound hokey, but I think that's what's going to overcome hatred. And all that we're seeing is love, love for ourselves and love for each other."

This extension of empathy and ability to come together is one of the keys to fighting fatigue caused by ongoing exposure to tragedy. Both Gelsdorf and Penberthy noted the Contemplative Sciences Center as a resource for humanitarian aid workers to build resilience and combat burnout as well as for students to gain more understanding within themselves.

While engaging oneself is important, Gelsdorf said many community members have the privilege to be able to lend sup-

port to others as well as themselves. A way to do this is to gain the skills, knowledge and ethical backing to engage in issues for years to come. This can be through taking certain courses to educate oneself or to set money aside for annual donations to places in need.

"Harness this global compassion or engagement and sustain that for a longer term engagement," Gelsdorf said. "One year from now, make a pledge to reinforce and re-see where [we] can support populations who are still in need."

While the University community lends a hand to those in need, it may be time for students to take a moment to rest. A solution may be as simple as turning off the news when it begins to pile up or taking a mental health day when everything starts to become overwhelming.

"There is this idea of giving yourself permission, because it's important to do this on purpose," Penberthy said. "To say, you know, I am intentionally making a choice, I feel numb, I want to help. And right now, I'm so numb, I need to just take care of me."

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Charlottesville experiences a dramatic loss in tree canopy

The rate of tree canopy loss has been steadily increasing in Charlottesville within the past two decades

Carson Brantley | Staff Writer

A recent report from the Charlottesville Tree Commission indicates that the rate at which Charlottesville is losing its tree canopy has increased dramatically. This bears health-related, economic and environmental consequences for the community as a whole — particularly lower-income households.

According to the report, the tree canopy — or the area of land covered by trees — in Charlottesville experienced a 10 percent reduction between 2004 and 2018. This was a drop from 50 percent tree canopy cover to 40 percent cover — 5 percent between 2004 and 2014 and 5 percent between 2014 and 2018, a dramatic increase in the rate of loss.

Peggy Van Yahres, chair of the Tree Commission, mentioned that there has been a slight loss of tree density due to the emerald ash borer, a type of beetle responsible for a recent decline in ash tree populations. This, however, has only been a recent development within the past few years, according to Yahres. The root cause of the canopy loss is far less temporary.

“It has to do certainly with development,” Yahres said, regarding the cause of the tree loss. “[It] also happens to do with a couple of particular projects. The Meadow Creek Restoration of the stream took down a lot of trees.”

The Meadow Creek Restoration — a 2012 project meant to restore one of Charlottesville’s major waterways — involved cutting down many trees around the stream.

Despite the Commission’s best efforts to acquire funding for trees and the labor to maintain them to counter these projects, this loss of canopy has not been offset by planting.

According to the Commission’s report, the goal in planting trees is at least 200 trees per year. That goal has not been met in any of the past five fiscal years. This was particularly the case between the springs of 2020 and 2021 when only 23 trees were planted due to a lack of funding in the midst of the pandemic.

“This year we asked for two things [in the budget],” Yahres said. “[We wanted] money to remove the ash trees and ... we work with the City to decide where the new trees are going to go.”

Yahres mentioned that out of the 19 city neighborhoods that are actually in the city boundary, 12 of them now are below 40 percent tree cover.

The areas of the community most impacted by the declining tree population are lower-income communities and predominantly



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At the corner of 10th and Page, the tree canopy is rapidly deteriorating.

Black neighborhoods. For example, Starr Hill and 10th and Page are neighborhood planning areas with canopy covers below 20 percent, deemed “extremely low-canopy” by the Tree Commission and thus conducive to higher costs of living and negative health effects.

Environmental Science Prof. Thomas Smith explained that trees have a massive impact on the quality of life of Charlottesville residents.

“There’s some general benefits in urban environments of trees,” Smith said. “One of the biggest and most widely known is the effect that they have on local temperatures.”

The negative impacts which arise from a lack of trees primarily come from the creation of what are called “heat islands” — urban areas which experience higher temperatures than nearby areas.

Smith explains that these heat islands are created in the absence of trees because trees have high albedo, or the ability to reflect sunlight. In their absence, hard urban surfaces — particularly blacktop — absorb heat, which would otherwise have been reflected, and thus retain heat in the air near the

ground. In addition to impact on shading, the absence of trees also creates a lack of water vapor, which cools the environment.

When there are fewer trees, less carbon is consumed and more automobiles and homes are present to produce it. The heat and pollution which develop from this process cause various detrimental health effects.

“Scientists over the last couple of years have been able to relate tree canopy loss ... to such illnesses as strokes, heart attacks and asthma,” Yahres said.

Some of those studies have found a correlation between areas of high tree density and better overall health. Including the conditions stated above, those studies have found lower rates of obesity and diabetes in areas of high canopy cover.

Beyond direct health effects, heat islands are economically costly. When communities are warmer overall, more money must be spent during warm weather seasons cooling homes. This cost is felt especially strongly in lower-income areas, where families cannot necessarily afford to spend extra money on air conditioning and energy.

In addition to dissipating heat, Smith mentioned that trees provide the well-known benefits of carbon dioxide consumption, enhancement of biodiversity and simple aesthetic improvement. Yahres added that trees absorb water, so flooding is less common in tree-dense areas.

The Tree Commission is working to counteract the recent loss of tree canopy, first and foremost by requesting \$100,000 for planting and tree maintenance as compared to 2021’s fiscal year amount of \$75,000.

“We have some priorities,” Yahres said. “If we can, we want to plant in the neighborhoods that have low tree cover wherever we can. We want to plant trees along sidewalks and trails so there’ll be shading in the summer. Another priority is we want to make sure that playgrounds where children are playing are shady.”

In low-income neighborhoods where there are fewer public spaces and private properties are closer, the Tree Commission is hoping to increase tree cover by obtaining permission from homeowners to plant directly on private property.

“We’d like to start a fund to help our lower-income neighbors take

care of their trees,” Yahres said. “And, we’re doing a lot to educate kids and families about the value of trees in nature in the city.”

The Tree Commission has started ReLeaf, a project meant to increase awareness about the loss of canopy and plant more trees in Charlottesville in order to address this goal. Beyond simply planting trees, ReLeaf is visiting local schools to inform students about the importance of Charlottesville’s tree canopy.

Additionally, Yahres and the rest of the Commission are working with the Tree Stewards to plant more trees on private property, where trees are most needed. The Tree Stewards is an all-volunteer organization which plants and maintains trees, educates about trees and works with other groups like the Tree Commission to increase awareness and tree density.

Overall, the Commission is motivated to continue to advocate for more trees in Charlottesville.

“We also advise City Council,” Yahres said. “When their site plans are going to affect trees ... [we will] be the voice of the tree and advocate for trees.”



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