REFRAMING THE LANDSCAPE

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The UVA Parents Fund is dedicated to enhancing the undergraduate student experience through grants and allocations to diverse groups across Grounds.
Pres. Ryan responds to pushback against the Good Ol’ Song video campaign

The University released a public service announcement video last week urging students and fans to “keep the Good Ol’ Song good” by not adding homophobic words or profanity to the song’s lyrics. The video, which has generated over 86,500 views on Twitter, was broadcast to fans at the Cavaliers’ first home football game of the season on Saturday night.

University President Jim Ryan said in an interview with The Cavalier Daily that the Good Ol' Song is meant to bring unity to the U.Va. community, but some fans at football games are “turning it into a divisive and offensive chant.”

In an attempt to address this, University officials asked several members of the U.Va. community to participate in a public service announcement, including alumna and actress Tina Fey and football Coach Bronco Mendenhall. Ryan said the University received some pushback from people who felt the video campaign was equating a homophobic slur with profanity against Virginia Tech.

“Oh obviously one is very different from the other,” Ryan said. “Saying ‘Not gay’ — that’s really divisive. Saying ‘F Tech’ — that’s just not who we are, in terms of sportsmanship. I wouldn’t equate the two.”

“In creating the video, we didn’t want to say, ‘well stop saying one, but go ahead, say the other’ — we wanted to stop both.”

Despite playing the video before Virginia’s 52-17 win over William & Mary, students and fans continued to shout “F—k Tech!” during the Good Ol’ Song.

“I get that it’s hard to tell people what to say,” Ryan said. “It if gets those who would be inclined to think that this is just a fun thing to do to think twice about it, it will have helped.”

The new format aims to create a more positive user experience for students.

SIS website to undergo an update at end of September

The University is planning to introduce a new update to Student Information System to create a more effective and positive user experience for students. The update is scheduled to release prior to the enrollment period for the spring semester. Specific details regarding the upcoming design and features of SIS are still unclear but will address student concerns with accessibility and site responsiveness during course enrollment.

Laura Hawthorne, associate vice provost and University registrar, stated that the primary goal of the new update is to make the process of searching and enrolling in classes easier.

“We've been soliciting student input,” Hawthorne said. “The students have been involved in the testing. We want students to have a much better user experience when they go to SIS.”

Hawthorne also noted that the new format will be similar to SIS mobile in its layout. According to the University’s Information Technology Services, SIS and SIS mobile will be combined into one interface with a different look and new features.

One Less and One in Four merge to form CORE

Two student-run organizations that work to prevent sexual assault on Grounds, One Less and One in Four, have merged into one joint organization — Culture of Respect Educators, or CORE. As separate organizations in the past, One Less was comprised of female and gender-nonconforming students, while One in Four was comprised of students who identified as males.

CORE is run by its two co-presidents, fourth-year College students Olivia Buckle and Garrison Grow. Last year, Buckle was a member of the executive board of One Less as the organization’s selections chair, and Grow was the vice president of One in Four.

According to an email statement sent to The Cavalier Daily by Buckle and Grow, the groups combined to form CORE in order to achieve several goals, one of which was inclusivity. CORE allows individuals of any gender identity to unite within a community of education, advocacy and prevention at the University.

“Sexual violence is a human issue, the resolution of which demands active participation of all members of our community — regardless of their gender identity,” Buckley and Grow said.

The Women’s Center has worked with One in Four and One Less in the past on training and other projects such as Take Back the Night, an event where students learn about the sexual violence reporting process.

Susan Bro sues Fields for $12 million

The Daily Progress reported last Wednesday that Susan Bro, mother of Heather Heyer, has filed a wrongful death lawsuit against James Alex Fields Jr., the self-proclaimed neo-Nazi responsible for Heyer’s death. Fields drove his car into a crowd of peaceful counter-protesters who demonstrated in opposition to the violent white supremacist Unite the Right rallies of Aug. 11 and 12, 2017, killing Heyer and injuring dozens of others.

Bro is suing Fields for $10 million in compensatory damages and $2 million in punitive damages. The lawsuit was filed Aug. 30 in Charlottesville Circuit Court.

“We want to show others that there are serious consequences for actions of hatred and violence,” Bro said in an interview with The Daily Progress. “This lawsuit is a way to continue to extinguish hatred.”

In July, a state court sentenced Fields to life in prison, plus 419 years and $480,000 in fines. Fields was also sentenced to life in prison without parole by a federal judge in June, after he pleaded guilty to 29 of 30 hate crime charges in March.

Heather Heyer’s mother filed the lawsuit in Charlottesville Circuit Court Aug. 30.
U.Va. will unveil Memorial to Enslaved Laborers in April

By Sydney Herzog | Senior Writer

The President’s Commission is working to complete the memorial and contact descendants of enslaved laborers at the University in the Age of Segregation, which is in charge of the memorial project, has paired the memorial with the task of finding and contacting descendants of the enslaved laborers at the University for four decades of enslavement and to be a step toward reconciliation with the University’s past.

According to Kirt von Daacke, co-chair of the Commission and assistant dean and professor of history in the College, a large portion of the Commission’s work has been community engagement with University students and faculty as well as with Charlottesville citizens.

“The Commission … was always really interested in connecting to descendants and connecting to the community, but we had to build the relationship,” von Daacke said. “We weren’t at the point where, as representatives of the University, we could rightly go out and say, ‘Hey we’re looking for descendants, we want to tell your story.’ We first had to do the hard work of what is our story.”

To assist in tracking descendants, the Commission hired genealogist Shelley Murphy as the descendant project researcher. Her role is to use the list of enslaved laborers at the University between 1860 to 1866 to draw connections to descendants today.

According to Murphy, each name requires a lot of research, but she has so far been able to craft about 40 ancestral trees in an attempt to form these connections. “I’ve had great progress and interactions so far,” Murphy said. “People are sharing information with me, and we are able to work on their trees because there could be brick walls, like they might not know their ancestors, but they may have the same surname or location or area, so we track it back using local, state and federal records.”

According to Murphy, the majority of descendents she has contacted are grateful that Murphy can help them fill gaps in their history or connect them to ancestors of whom they were otherwise unaware.

Since the family trees can become complicated and require a lot of research to find a present-day connection, Murphy doubts she will be able to work through every name by December. The Commission hopes to extend the project in order to continue making connections with descendants, but, as of now, Murphy is only hired until December.

Murphy can research descendents and work on building their family trees either starting from the white family or the enslaved laborers. However, she has found lines can often intersect and make building connections more difficult.

“Some of these ancestral lines are connected to other lines, because these slaves were basically rented to the University for the work that was done,” Murphy said. “To my knowledge, the University only bought and owned one slave.”

The Commission has created a Facebook page for the project as well, titled “Finding the Enslaved Laborers at U.Va.” People are encouraged to reach out to the page if they believe they may have an ancestor who was an enslaved laborer at the University.

According to Murphy, the Commission’s purpose behind contacting these descendants is to invite them to the private event for the memorial in December as well as for Murphy to help them piece together their family history.

According to von Daacke, the memorial is currently 65-70 percent completed and is on track to be finished in November. However, the University decided to wait until April to publicly unveil the memorial due to weather concerns and potential exam complications during the winter.

The Commission’s focus on community engagement also can be seen in the location of the memorial. According to von Daacke, students and faculty originally asked for the memorial to be on the Lawn, but Charlottesville community members wanted a more accessible location.

The memorial’s current location was chosen because it is both part of the historic fabric of the University and can be seen from and accessed by the larger Charlottesville community.

The memorial’s current location is a step in the right direction in the University addressing its past and better addressing the history of slavery on Grounds.

“It’s been really powerful to see those pictures up there,” von Daacke said. “I’ve met people standing in front of their own ancestors taking photographs.”

According to von Daacke, the memorial is a step in the right direction in the University addressing its past and better addressing the history of slavery on Grounds.

“The memorial is ‘just an object, but there are a lot of objects like this around Grounds: they tell very different stories,’” von Daacke said. “‘We’ve been working on renaming buildings, putting interpretive panels and bringing to light those spaces that can tell the story. But how do you talk about 4,000 people and their experiences?’

Currently, Hollyinger portraits — which are studio portraits of African-Americans taken during the Jim Crow era of racial segregation — are hung around the fence of the memorial site. They represent African-American community members representing themselves in the way they chose, rather than being defined by stereotypes, oppression and racism.

The portraits’ purpose on the memorial’s fencing is to show that “the story the monument begins to tell does not end in 1865,” and the Commission hopes to find somewhere to install them when the fencing comes down, as they will not be part of the actual memorial.

“It’s been really powerful to see those pictures up there,” von Daacke said. “I’ve met people standing in front of their own ancestors taking photographs.”

According to von Daacke, the memorial is a step in the right direction in the University addressing its past and better addressing the history of slavery on Grounds.
Bond House, the new installation of the Brandon Ave. residential community for upperclassmen, opened Aug. 25 for student move-in, despite being unfinished. Furniture was placed Sept. 4, but residents have reported to facilities management services following encounters with mice and centipedes and trouble with kitchen appliances.

In June, Housing and Residence Life first updated students that there may be delays on the construction of the building, although construction was still expected to be completed by move-in. In another email sent Aug. 14, it was disclosed that cosmetic needs would need to be finished. Students were informed Aug. 22 that construction would continue throughout the semester.

Most Bond residents interviewed by The Cavalier Daily were upbeat about their housing experience, but they described a range of issues that exceed lacking cosmetic details.

One problem reported by students in Bond is the prevalence of rats and centipedes inside. Students were informed Aug. 22 that construction would continue throughout the semester.

Second-year Engineering student Santeen Azam is a first-floor resident of Bond who found mice during her first week back at the University. “We found a mouse within the first week,” Azam said. “Facilities did help out as much as they can. But like, you know, we still have to clean up after it. So they gave us these poison traps … I also got like some glue traps from home … we didn’t want to kill it.”

Second-year College student Dominique Malloy also lives on the first floor, but she hadn’t seen any mice. However, Malloy said that hearing that there were mice still made her uneasy. “The main issue I have right now is we keep talking about seeing mice everywhere,” said Malloy. “I have not actually seen it, but there are constantly people talking in our group chat about it, so I guess people have. I’m on the first floor, so I guess it’s the higher floors.”

Wes Hester, director of media relations and acting spokesperson for University Communications, confirmed that mice had been spotted by students but explained that the mice were isolated to a small area of the building. “A couple of residents from the same area of the building reported mice, but there is no evidence of a larger rodent issue,” Hester said.

Second-year College student Jonathan Laredo mentioned that another concern at Bond was the persistent “major” construction on the first floor. Laredo thought that the construction would turn into study rooms, but he is now unable to tell because the construction hasn’t developed into anything resembling study rooms yet.

Other students described problems with their appliances, such as ovens or fridges, installed in their apartments. These appliances either didn’t turn on, or they fell apart.

Xander Judge, a second-year Engineering student and resident of Bond, said he and other residents ran into obstacles with kitchen appliances. Judge said his own apartment had to have the stove replaced, while another apartment’s fridge stopped working.

“Each room varies from what I’ve heard with what appliance works and stuff like that,” Judge said. “Like, my oven just didn’t work, so they had to replace it with an electric one.”

Malloy suggested that perhaps problems with stovetops have been due to their “auto-sizing” feature. “I know like the stove is really weird,” Malloy said. “People have been saying like, it’s ‘boutee’ or whatever. It like auto sizes, so like certain pots won’t work in certain places.”

In an email sent on Aug. 22, HRL informed students that the bathrooms would be equipped with induction stoves, so that the stoves would “require the use of induction or induction-compatible cookware” for the cookware to heat up. In kitchens, the burners specify that there is an auto-sizing feature.

The HRL co-chairs declined a request for comment.

In relation to maintenance issues, students have reported a flow of facilities and construction workers in and out of the building.

“There’s like constantly construction workers going in and out of rooms and throughout the building,” Malloy said. “I know one day I was taking a nap, and a construction worker was like beating on the door asking if anybody was in there.”

However, Malloy added that the traffic of workers in the building did not cause any additional issues.

“‘I wouldn’t say I feel unsafe — they’re under a contract,’ Malloy said. ‘So, there isn’t much I can do, and they seem for the most part respectful. Some of them either try to stay out of your way, or they’ll just say good morning.”

Laundry and mailroom facilities continue to be located at Rice, another upperclassmen residence hall that neighbors Bond, for the time being. Last week, some floors had working laundry machines, but the machines were turned off this week.

Hester reported that facilities management was “working through issues daily as they have been reported at Bond House” and “communicating to the residents on a weekly basis.” However, he did not confirm any widespread issues with appliances. He also stressed the security of the building.

“Appliance replacements have been made as issues have been reported, and we are not aware of any residents without a working oven,” Hester said. “The building is secure at all times and all building doors are locked and require either card access or UVA keys to access.”
Petition promotes mental health awareness and education

The National Alliance on Mental Illness calls for the University to improve the allocation of mental health resources for students

Bridget Starrs | Staff Writer

The University chapter of the National Alliance on Mental Illness, NAMI on Campus at UVA, has launched a petition calling for better mental health education and improved mental health resource allocation at the University. The petition calls for three primary changes to promote mental health education on Grounds, including the implementation of educational programs, increased funding for mental health resources and an initiative to coordinate mental health efforts at the University.

The petition organizers are currently collecting signatures from both student organizations and individual students and are aiming to collect between 300 and 400 individual signatures total. So far, approximately 150 students have signed the petition. Student Council and the University Judiciary Committee are among the 39 organizations that have signed the petition. NAMI organizers plan to submit the petition to the Board of Visitors, University President Ryan and Provost Liz Magill for consideration when they reach their target goal.

The idea for the petition began this summer, according to Wendy Wang, NAMI on Campus at UVA President and third-year Commerce student. The petition is emblematic of the organization’s core values and part of its collective efforts to promote mental health advocacy on Grounds, Wang said.

“One key thing underneath everything else is that mental health is extremely personal,” Wang said. “I believe if you ask a hundred people who believe this is important, they will give you a hundred different reasons why and a hundred different ways to change how things operate on Grounds.”

In its petition and other efforts, Wang said the organization has to be inclusive of a wide variety of calls for change.

The petition notes the high rates of mental health crises and conditions among this generation of college students and points out a corresponding increase in University students’ use of Counseling and Psychological Services in recent years. It also highlights the influence of racism and white supremacy at the University in affecting mental health.

“Our long and complicated history of white supremacy and racism only adds to the identity struggle that we face both as individuals and as a community, creating more stress and more reason for change,” the petition states.

One of the primary goals in writing the petition was to advocate specifically for better mental resources to incoming first-year students by advertising resources in first-year dorms. In the petition, NAMI organizers also address the difficulties incoming students at the University face.

“With the added stress of a new environment and new faces, many—especially those of under-represented backgrounds—struggle upon entering University,” it states.

“One of the things that we think is probably easiest for the University to achieve is to put in more resources about training first-years before they come onto Grounds about mental health and mental health awareness,” Wang said.

Mandating a training module similar to the Not On Our Grounds and Alcohol-Wise modules that students are required to complete before coming to the University would allow new students to better connect with mental health resources, Wang said. More generally, students of all years can participate in supporting mental health efforts on Grounds in a variety of ways.

“As for the petition, we would love for any students interested and supportive of it to sign,” Wang said. “I understand that some people will be hesitant to sign because it can make people feel like, am I saying something about my personal mental health status? I always tell them no... it’s just something to show that you care and want to show your concern and try to make the issue known.”

More generally, students can support mental health awareness by educating themselves through online resources like the NAMI national chapter website and simply supporting friends.

“In general, just be mindful, be supportive,” Wang said. “A good social network is usually the most important effective method for prevention a lot of acute symptoms of mental health illnesses.”

Jackson Samples, a fourth-year College student and president of the University Democrats, signed the petition because “it sheds light on an issue that demands increased attention here at U.Va. and across the country.”

“The progressive goals of destigmatizing mental health issues, increasing the accessibility and affordability of care and educating people about the nuances of mental health — all outlined in the petition — are necessary in order to build a healthier, more supportive community,” he said.

“We hope this statement garners the attention of the administration so that the requisite policy changes can be made.”

According to University spokesperson Wes Hester, University officials have not received the petition yet. CAPS did not respond to a request for comment.

Mental Health Petition’s Proposed Changes

1. **Educational programs within the University**
   - Such as a mandatory health module and free mental health first aid classes

2. **Mental health education efforts and initiatives**
   - More funding toward mental health education and resources

3. Mandating a training module similar to the Not On Our Grounds and Alcohol-Wise modules that students are required to complete before coming to the University would allow new students to better connect with mental health resources, Wang said.

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1993: Hatred’s History

Former students speak about their encounters with violent acts of discrimination

Dan Goff | Staff Writer

After witnessing a Neo-Nazi attack on the Corner in 1993 — 24 years before the Unite the Right rally of 2017 — a University student recounted what she saw in a Viewpoint article.

“Something happened to me I shall never forget.”

So begins Barbara Patterson’s Viewpoint article, “Magistrate fails to protect victims of racist neo-Nazi attack,” published in The Cavalier Daily on April 7, 1993. Patterson was a fourth-year College student at the time. As the title suggests, her piece describes an attack instigated by neo-Nazis against two black men on the Corner, along with the legal action — or lack thereof — that followed it.

The incident, witnessed by Patterson and her friend, took place within a week of the attempted murder of a Puerto Rican man. Both events were racially motivated, both of them took place in the spring of 1993 and both helped uncover a community of underground neo-Nazis in Charlottesville.

According to the Viewpoint — essentially today’s op-ed — Patterson and her friend were walking through the Corner a little before midnight on a Saturday when they noticed “a tall, skin

ny white male walking towards [them].” Assuming he was drunk, Patterson tried to stay out of his way, but he “swerved his body” towards her and rammed into her, trying to knock her over “for no apparent reason.” She started to yell at him, but thought better of it. “Something told me … if I said anything to him, he might do something far worse than violent-

ly bump me with the side of his body.”

Then, they witnessed the attack. “It wasn’t until my friend and I saw the guys and a bunch of his friends jump two black men who were also innocently walking through the Corner that I realized the guy and his friends might be Neo-Nazi skinheads looking to incite racial violence,” Patterson wrote. “I was right.”

If she needed further proof, Patterson watched as “virtually dozens of neo-Nazi newsletters” fell from one of the assailant’s pockets and “went flying out all over the sidewalk.”

The fight didn’t last long before policemen, “who were in the right area at the right time,” put a stop to it. Patterson and her friend explained the situation to the police and then accompanied the two black men who had gotten jumped to the police station so they could explain what had happened.

Once at the station, they repeated their story to the magistrate, whose response was “frustrating.”

“We … were told unless we were absolutely positive we could identify the men, there was nothing we could do,” Patterson wrote.

The same was told to the two men involved in the attack. “Those two guys who were brutally jumped because they were black could have put away at least one or two of the neo-Nazis; but because of fear and a definite lack of encouragement on the part of the magistrate, the case was eventually dropped.”

“At that point,” Patterson wrote, “it started to get angry. I felt like the magistrate was subtly trying to dissuade us from taking action against the Nazis.”

Just “because someone is on the side of the law” and works for the police department doesn’t necessarily mean he is completely impartial and objective, even though he is supposed to be,” she said. “I firmly believe the magistrate used what little power he could to dissuade those two young men from pressing charges.”

Patterson wasn’t sure whether the magistrate was racially motivated not to act, but regardless, “the magistrate was condescending, intimidating and ultimately lacking in objectivity. In a town filled with so much racial and class tension, the last thing we need is a magistrate who is either lazy or racinally insensitive.”

In her 26 years of post-grad life since the article’s publication, Patterson has made major changes. A married woman, she goes by Barbara Roy. She lives with her family in California, where she works as a publicist for a small entertainment firm. Charlottesville and the University, which she attended from 1989 to 1993, are not often on her mind. Even some details of the incident have faded somewhat from her mind after a quarter of a century.

“I remember the incident very, very well … but the whole after-
math was much more hazy,” Roy said in a phone interview. The sensation of “feeling frustrated” was stuck in her mind, but she admitted that she didn’t “really remember” the magistrate as the source of that frustration.

Although the assault is not as clear in her mind as it once was, it has had lasting repercussions on her adult life. For one, Roy said, it helped her decide to leave the city after graduation.

“I had a nice little apartment that was close to the Corner, and I had come to really like Charlottesville,” she said. But after a conversation with her father — in which he encouraged her to move on — combined with the assault, she had to rethink her desire to stay.

“In many ways [the incident] was a pretty eye-opening and upsetting experience … I was ready to leave.”

After leaving Charlottesville, Roy briefly returned to her birthplace of Massachusetts and then worked alternately in California and D.C., jumping from coast to coast until settling in California in 1998. She and her family have been to visit friends in D.C. a few times since then, Roy said, but she’s never returned to Char-

lottesville.

Staying away from her alma mater isn’t “that intentional,” she said. “It wasn’t one of those things where I was like, ‘I’m never going back there again.’ It’s definitely not that. Charlottesville is one of the most beautiful places I’ve ever been … But looking back on it now, I do have some mixed feelings about whether it was the right place for me culturally.”

An English major, Roy said she loved the academics at the Uni-

versity. But coming from a mul-
ticultural background — a Jamaican father, a British mother and what she called an “international” hometown — the University seemed “very racially segregated.”

Outright discrimination because of her race or gender was not common for Roy in her time as an undergrad, she explained, but she described sometimes “feeling like I had to prove myself intellectually, academically having a place … that I didn’t just get in because of the color of my skin.”

And although she didn’t fre-

quently experience discrimination, she could still recall a spe-
cific instance. Either in her third or fourth year — the details are somewhat obscure in this case, as well — Roy went with friends to a “predominantly white” frat par-
ty somewhere on Rugby Road and was met with a surprise.

“I remember a bunch of the guys were in blackface — the traditional, minstrel blackface aesthetic,” she said. “I do remem-
ber feeling kind of stunned, just stunned. Like, why are these guys doing this? … It just felt really wrong.”

The racism Roy experienced in the University community, whether subtle or explicit, did little to prepare her for the display of violence she witnessed on the Corner. She said that, prior to the incident, she was unaware of a neo-Nazi presence in Charlo-

tottesville. “That’s what was so strange about it … I had no idea that they were there.”

For the full story, visit akcdmag.com
The NYC-based band Interpol played a stacked set for an enthusiastic crowd at the Jefferson Sept. 4.
Can a cover band reinvigorate music from 1967?

Tubular gave an imprecise performance of “Sgt. Pepper’s Lonely Hearts Club Band”

On “A Day in the Life,” the epic closing track on The Beatles’ album “Sgt. Pepper’s Lonely Hearts Club Band,” four tracks of a 42-piece orchestra combine for a crescendoing glissando, followed by a dramatic E-major chord from three overdubbed pianos. These are the kinds of effects that epitomize the album — the first since The Beatles stopped touring in 1966 — and the ones that resist live performance.

At Old Cabell Hall Saturday, Tubular — a cover band consisting of two tubists, two euphonists and a percussionist, with occasional cameos from guest musicians — confronted the challenge of performing the album live, juxtaposing the grandness of “Sgt. Pepper” as a record with the smallness of the cover band as a concept.

Like most cover bands, Tubular is a passion project — a way to find a popular audience for a tuba-led ensemble while expanding the canon of tuba chamber music. The inherent tension of a project like Tubular is whether its passion is for an instrument or a genre. The concert offered no clear answer, but its imprecision implied a principal loyalty to the tuba.

Before their first note, the band walked onstage in kitschy military-inspired costumes meant to recall The Beatles’ outfits on the cover of “Sgt. Pepper.” While three Tubular members wore costumes that roughly approximated The Beatles’, euphonist Michael Brown wore a dark green ensemble in place of John Lennon’s yellow-green, and percussionist Andy Emerich, in a gray uniform, resembled a Confederate officer more than a member of the fictional 1967 band. Still, the costumes made the concert less dignified and more whimsical — probably justified given the casualness of Tubular’s performance.

The instrumentation — which comprised a set of arrangements by tubist Carol Jantsch — effectively approximated The Beatles’ psychedelic sound, but the group inconsistently reproduced original lyrics. Throughout the concert, the American band could not decide whether to mimic the English pronunciations. Lyrical fidelity aside, the most amazement part of the concert was the strained singing. Lead vocal duties shifted among the band from song to song, but only one band member could passably sing — tubist Scott Devereaux, who at one point conceded the band were “not that amazing of singers.”

The story goes that after John Lennon and Paul McCartney wrote an octave jump into “With a Little Help from My Friends,” Ringo Starr struggled to sing it. Starr eventually hit the note — an E — after coaxing from the rest of the band. In Tubular’s own rendition of the song, Brown conspicuously missed the note, an error tacitly acknowledged by Jantsch when she later admitted writing parts for Brown that are “far outside his vocal range.”

In recent years, the Royal Philharmonic Orchestra has found success recording new instrumental backing to isolated vocal tracks from eminent rock singers. These arrangements succeed because they understand when instruments are enough. For their encore, Tubular performed an extended medley of Europe’s “The Final Countdown,” Survivor’s “Eye of the Tiger,” Styx’s “Mr. Roboto,” Bon Jovi’s “Livin’ on a Prayer” and Guns N’ Roses’ “Welcome to the Jungle” — all more recent hits than anything on “Sgt. Pepper,” and mostly songs the intergenerational audience at Old Cabell remembered more than The Beatles’ catalogue.

When cultural memory of music fades, what ossifies is the mythology. “Sgt. Pepper’s Lonely Hearts Club Band” was an album of consuming scope, the soundtrack to a palpable 60s summer. That all of its songs are still performed live — by a cover band or otherwise — is an important testament to its influence.
Flower gives researchers climate change insights

New study sheds light on current climate change by exploring historic adaptations in common American flower

Cecily Wolfe | Senior Writer

Hidden within delicate blue petals and a green slender stalk, the American bellflower offers more than just aesthetic value. Biologists at the University of Virginia and Washington State University published a joint study Aug. 29 focusing on the effects of historic climate change and range expansion on the development of the American bellflower — *Campanula americana*. With climate change occurring on a wide scale, researchers used the American bellflower as a model to provide insight on plant and animal reactions to historic and current climate change and to predict responses to future climate change.

“With contemporary climate change, there have been lots of predictions about how organisms will respond to those changes,” said Matthew Koski, a former postdoctoral researcher at the University, an author of the study and now an assistant professor of biology at Clemson University. “They could adapt to their conditions, they could migrate or they could unfortunately go extinct. We are using historical climate change to think about how populations would respond today.”

The American bellflower is a common flower in the United States, spanning the entire length of the country from the Great Lakes to the Gulf Coast and from the East Coast to the Midwest. Despite its name, the bellflower’s flat, blue petals extend outward and curl slightly at the edges. Laura Galloway, Commonwealth Professor of Biology and one of the authors of the article, has studied the American bellflower for some time.

“I’ve worked on the American bellflower for many years, and it’s one of these things as I keep working on it, I uncover the answers to some questions, and then new questions pop up,” Galloway said. “It’s a wonderful plant to work with in that respect. It’s always giving me questions to work on.”

Her latest research is the result of one of these questions. Several years ago, while observing samples from diverse American bellflower populations in a greenhouse at the University, Galloway observed that some plants produced fruit without the aid of pollinators. Wondering why, Galloway’s lab explored this discrepancy and noticed a pattern — in the northern limits of the bellflower’s range and subsequent populations, they determined that the plants congregated in what is known as a glacial refugium in the Appalachian Mountains in present-day eastern Kentucky. Not only that, but the bellflower’s geographic dissemination. Distinct genetic patterns indicated small populations migrated from the refugium and spread to the exposed terrain the melting glaciers left in their wake.

As these small populations capitalized on available land, they faced different selective pressures or environmental conditions that favored certain traits. Galloway and Koski investigated these adaptations in the same bellflower populations in their greenhouse at the University. Ultimately, they confirmed Galloway’s previous discovery that populations further from the historic epicenter of the bellflower had an increased tendency to self — individuals were more likely to undergo self-fertilization in order to produce offspring rather than rely on pollinators.

However, bellflower communities at the leading edge of its geographic range did not simply gain advantages that promoted survival and reproduction. When a subset of a larger population establishes a new settlement, the amount of genetic diversity in this nascent population is invariably reduced. As a result, the relatively homogenous population has a lower chance of survival in the case of extreme changes in climate — they no longer have the luxury of a large gene pool that could potentially provide beneficial mutations in the case of habitat disruption.

“Our work tells us a lot about how the American bellflower sustained itself during the last ice age, and it has the capacity to weather a new wave of climate change, additional research must be done,” Galloway and Koski said. For example, it has not been definitively established whether American bellflower self-pollination is the cause or effect of dispersal, a fact that may aid in predicting responses to shifting environmental conditions in other organisms.

“We can look at how plants and animals responded to the last climate change and use that to frame our expectations and our response to ongoing climate change,” Galloway said. “That’s really important because it says we have information we can use to make good predictions to test.”
LUND: Women’s soccer is an unstoppable force

The Cavaliers have outmatched every opponent with strong defense and skilled attackers

Caroline Lund | Senior Associate Editor

Before the 2019 season began, Coach Steve Swanson returned to Charlottesville fresh off of a World Cup win in France with the United States Women’s National Team, ready to take on the year with renewed confidence in his Virginia team. Just six games in, the No. 5 Virginia women’s soccer team has already justified its high expectations with dominant play on both sides of the ball.

The Cavaliers (6-0, 0-0 ACC) have already recorded 25 goals and 108 shots through their first six contests, cruising past opponents with ease as they work through their schedule.

With Swanson at the helm, Virginia has consistently been ranked nationally, advanced to the Round of 16 of the NCAA tournament in 14 consecutive seasons and finished fourth in the ACC in 2018.

However, something is different about this year’s Virginia team and the way it is playing. The Cavaliers look like serious contenders to make a deep run in this year’s tournament.

The Virginia defense has been an unmatched force this season. Junior goalkeeper Laurel Ivory has only been tested a handful of times and has conceded just once all season against West Virginia.

Sophomore defender Claire Constant and senior defenders Phoebe McClenon and Zoe Morse help Ivory by stifling opponents’ attacks and clearing any ball venturing into Virginia territory. The backline’s ability to deny any attempts at entering the box has been key to Virginia’s high scoring and shutout victories.

The Cavaliers’ transitions are efficient and beautiful to watch. Junior midfielders Anna Sumpter and Taryn Torres and senior defender Courtney Petersen have made a big difference in moving the ball quickly downfield after a defensive stop. One-touch passes and accurate crosses have consistently sliced through opposing defenses and provided clear scoring opportunities for Virginia’s attackers.

The added pace and firepower of the Cavaliers’ offense has been a challenge for defenders to keep up with. In the season opener against UC Irvine, the Cavaliers tallied three straight goals in the final 15 minutes.

On the front line, returning stars have continued to make their mark. Senior forward Meghan McCool and sophomore forward Alexa Spaanstra have the ability to hit the goal from any distance and angle. Each has recorded goals from outside the box, showing impressive power and control with their shooting.

Spaanstra especially is entertaining to watch as she speeds past opponents with ease, charging downfield like a freight train and contributing key assists and goals.

Perhaps the most impactful addition to the Virginia roster this season has been freshman forward Diana Ordonez. The Texas native currently leads the team with nine goals and 20 points, proving she is a force to be reckoned with on the pitch.

Ordonez has generated plenty of excitement amongst the Virginia faithful, who greeted her with unwavering support as she takes the field at Klöckner Stadium. The 5-foot-11 star certainly sticks out as she makes her mark on the field every minute.

While the numbers speak for themselves, Ordonez’ ability to score in a variety of ways makes her the Cavaliers’ most dangerous attacking weapon. In Virginia’s game against Liberty, Ordonez recorded a hat trick — the first for a Virginia player since 2017.

The seven-match home stretch has provided clear scoring opportunities for both veterans and new stars have continued to make their mark.

With veterans like senior forward Meghan McCool and sophomore forward Alanna Anka, Virginia can remain disciplined both on offense and defense, the Cavaliers should have no problem clearing attempts that left Ivory visibly frustrated. There have also been times where the Cavaliers have controlled the ball for long stretches without being able to find the back of the net.

Nevertheless, Virginia has still dominated most of its opponents and seems to have the talent and skill to cover any weaknesses. If Virginia can remain disciplined both on offense and defense, the Cavaliers should have no problem continuing to win games and finishing at the top of the ACC.

The next big test will be the team’s first away match against No. 8 Penn State Sept. 15 — a game that could tell us whether or not Virginia has what it takes to be a legitimate national title contender.
Friday night, the No. 7 Virginia men's soccer team took on High Point at Klöckner Stadium in the second-ever match between the two teams. The Panthers (1-3, 0-0 Big South) came into Charlottesville having split their previous two matches — defeating William & Mary and losing to then-No. 21 UNC-Charlotte. On the other hand, the Cavaliers (3-0, 0-0 ACC) entered the match on a two-game shutout streak, defeating both Pacific and then-No. 1 Maryland.

On the defensive end, the Cavaliers posted their third straight shutout thanks to a defense anchored by junior center back Henry Kessler and freshman center back Andreas Ueland. Junior goalkeeper Colin Shurtleff was also outstanding, posting two crucial saves to keep High Point scoreless.

Offensively, the Cavaliers continued their aggressive style, recording 19 shots — 13 of which were on goal — as they peppered High Point senior goalkeeper Keegan Meyer. Despite their aggressive play, the lone Virginia goal came off of free-kick from sophomore forward Daniel Steedman who calmly slotted the ball in the upper-right corner from just outside the 18-yard box.

“Through our more three straight NCAA Tournament teams from last year so given that, I told the team that this was another good win,” Coach George Gelnovatch said. “I give High Point credit — they made it tough for us, they had a good defensive posture and tried to catch us on counters.”

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The No. 11 Virginia field hockey team continued its hot play coming off of a weekend in which it beat Old Dominion and Penn State. The Cavaliers (4-0, 0-0 ACC) beat UMass-Lowell (1-2, 0-0 America East) and No. 14 Ohio State (3-1, 0-0 Big Ten) in back-to-back showdowns that highlighted the depth and all-around strength of Virginia's improved offense and stingy defense, the Cavaliers topped the River Hawks 4-1. Virginia was granted a penalty corner off of a free-kick from sophomore midfielder Annie McDonough. Four minutes later, senior midfielder Erin Shanahan broke away on an isolation attack and shot a rocket past the opposing goalkeeper for her second goal of the season.

Virginia sophomore goalkeeper Lauren Hausheer anchored the Cavaliers' defense, as she registered five saves on the day and allowed just one goal. In the first three games of the season, Virginia has only conceded two goals.

Things were more dramatic, however, during Sunday's 2-1 win against Ohio State. Virginia and Ohio State both started off the game slowly, with both sides conceding penalty corners and the Buckeyes dominating possession in the first quarter.

In what became a theme throughout the first half, Virginia outshot Ohio State but never found the goal, as the Buckeyes' defensive front proved too difficult to crack. After the Buckeyes had several chances against Hausheer, the most defining play of the first half occurred with four seconds left on the clock.

A penalty stroke surrendered by Virginia put Hausheer toe-to-toe with Ohio State senior midfielder Esther Cloetet Alsina. As Alsina fired a beaming shot from a few yards in front of the goal, Hausheer displayed her incredible athleticism with a jumping save from the upper left deck of the net. The save extended Virginia's lead to 2-1. Despite their aggressive play, the lone Virginia goal came after an impressive dribble move from the top to remain undefeated.

Virginia was granted a penalty corner with 9:2 remaining in the game and then the Cavaliers' first shot on goal was deflected by Ohio State into the air in front of the net. Just 14 seconds later, Janssen again came through for the Cavaliers, becoming the fourth Virginia player to score multiple goals already in the young season.

Despite their aggressive play, the lone Virginia goal came off of a penalty corner — Hausheer saved two penalty corners but Ohio State scrambled to rebound and netted the goal with 10:31 left in the third quarter.

Despite their aggressive play, the lone Virginia goal came off of free-kick from sophomore forward Daniel Steedman who calmly slotted the ball in the upper-right corner from just outside the 18-yard box.

“We've played three straight NCAA Tournament teams from last year so given that, I told the team that this was another good win,” Coach George Gelnovatch said. “I give High Point credit — they made it tough for us, they had a good defensive posture and tried to catch us on counters.”
End restrictions on public drinking

Limitations on public drinking put students at risk and have little effect on public safety

A man opens his fridge, takes out a beer and starts to drink it. He then walks across the street, sipping his beer along the way, to talk to his neighbor about the upcoming football game against Florida State. Under current Virginia law, this man is guilty of a Class 4 misdemeanor, and if convicted of the offense, he could be fined up to $250.

The above example outlines the irrationality of the Commonwealth’s public drinking laws, which prohibit anyone from drinking or offering alcohol in a public place not licensed for alcohol consumption. The man has done no harm to anybody, including himself, and was at no great risk of doing so. So for what exactly would he be punished?

One may argue that this single example of public drinking is okay, but if every off-age adult is allowed to drink in public, the streets would be filled with obnoxious drunk people. This, in turn, would dampen everyone else’s ability to enjoy public spaces. If this argument were true, we would concede that there is a legitimate interest in banning drinking in public. However, the repeal of public drinking laws would not entail a nullification of other laws, such as those against public drunkenness or disorderly conduct in public places. With these other laws in place, there is no need to fear droves of drunkards descending upon Charlottesville and disrupting peaceful enjoyment of common spaces.

A different argument may be that public drinking laws do in fact prevent harm to others. A proponent of this line of reasoning could point to evidence that alcohol is linked with an increase in the number and severity of violent incidents. Coupled with the fact that a large number of interpersonal interactions occur in public places, this would create more opportunities for deconstructive behavior.

Yet, this position is unacceptable because it criminalizes something simply because it makes a person statistically more likely to commit a future offense. If we accept this logic, then it seems that we also should criminalize dropping out of high school and having alcoholic parents because both have been linked with increases in crime. Ultimately, we must allow individuals to break statistical trends and lead a lawful, pro-social life, rather than pigeon-hole them into categories.

Additionally, even proponents of restrictive laws on public drinking admit that the efficacy of these policies is far from settled and requires further research. When the evidence being used to justify these policies is incomplete, it makes even less sense to rob someone of their individual freedoms in the name of “public welfare.”

Lastly, many argue that public drinking laws protect minors. Some have asserted that allowing people to drink alcohol in public may promote underage drinking in certain contexts. The reasoning goes that if we allow people to drink in public, it will increase exposure, accessibility and desire to drink among underage individuals. Since, according to the Centers for Disease Control and Prevention, underage drinking results in around 4,300 deaths and cost the U.S. economy over $24 billion in 2010, the argument goes that we are within our bounds to try to prevent further incidents of underage drinking.

However, policymakers’ biggest concern should unquestionably be the prevalence of binge drinking among minors. The CDC reports that over 90 percent of the alcohol consumed by people aged 12-20 is consumed while binge drinking and that underage drinkers consume more per sitting than adult drinkers. We think that minors being able to see adults drink moderately in public will provide young people with an example of how to drink responsibly rather than encourage them to drink more. If so, then far from providing reason to uphold these laws, the issue of underage drinking would give us even more reason to call for the end of public drinking laws. Moreover, given that binge drinking is such a huge issue on college campuses, authorities should direct their efforts toward educating students and ensuring their safety—not criminalizing what is often harmless behavior.

At the end of the day, these laws undoubtedly have negative impacts on students at the University, who may find themselves facing a fine and a criminal record. Considering the nonsensical outcomes these restrictions can have and their apparent lack of valid justification, we call for the repeal of public drinking laws in the Commonwealth and around the country.

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Since Hurricane Dorian stormed through the Bahamas earlier this month, the islands have lost their homes, loved ones and their own lives. As of September 9, the death toll has risen as high as 45 people, but it’s expected to rise significantly in the coming weeks. Additionally, over 15,000 homes and businesses have been destroyed — humanitarian and reconstructive work must be done on the islands before inhabitants can return to normalcy.

Acknowledging the severity of this damage, Hampton University announced its plan to partner with the University of the Bahamas to aid students on the island who may have been affected by the recent disaster. On September 7, Hampton announced it would cover the tuition cost of domestic students at the University of the Bahamas until the islanders are able to return home.

As Hurricane Dorian destroyed 16 of the 32 islands in the Bahamas, the University of the Bahamas had $155,500. Comparatively, the University of Virginia has $1.066 billion, and Hampton has $1.2 billion. In comparison to the Bahamas, Hampton has in comparison to their administration. In addition to the significantly lower endowment that Hampton has in comparison to the University, it is a historically black college with increasing limited resources.

While in the Bahamas — and elsewhere affected by Hurricane Dorian — are in the immediate Charlottesville community, the University is a national institution that should expand the scope of its ethical responsibility.

While students in the Bahamas — and elsewhere affected by Hurricane Dorian — are in the immediate Charlottesville community, the University is a national institution that should expand the scope of its ethical responsibility.

In light of this partnership between the two institutions, the University should reevaluate its role as a public institution and consider how it could help those in need. Hampton has an endowment of $262.1 billion, compared to the University’s $39.5 billion endowment. Furthermore, the median family income of a student from Hampton is $74,000, while the median family income of a student from here at the University of Virginia is $137,000. Comparatively, the University is far more equipped to offer some form of aid to students who have been affected by Hurricane Dorian.

While the aid provided by Hampton will surely be appreciated, the humanitarian responsibility the institution is taking on should not necessarily fall on their administration. In addition to the significantly lower endowment that Hampton has in comparison to the University, it is a historically black college with increasing limited resources.

In order to truly rectify this shameful behavior, there must be substantial change at the Medical Center that amends bad policies and holds accountable leaders who have overseen those policies for the last half decade.

The Washington Post released an expose Sept. 9 recounting the predatory practices employed by the Health System to collect debts. To recap the story, the Medical Center averages over 6,000 lawsuits per year for medical debt collection and often goes after patients with as little as $30 in savings, using draconian tactics to coerce some of the most vulnerable members of the community.

The long-form piece featured heartbreakingly vignetted detailing a handful of the thousands of lives ruined by these practices, interact with staggering statistics that further underscore the scale and depth of the problem. Shortly after the piece was released, President Jim Ryan tweeted a statement about the policies in question. In that tweet, he announced that the practices were stopped as of that day. It’s clear that the collection practices are needlessly aggressive.

To make matters worse, many of those responsible for overseeing the legal harassment and financial ruin of uninsured fast-food line cooks, students and many hospital employees take home in high salaries, not including bonuses and high-insurance plans. It’s nonsensical and reprehensible for an institution that brought in more than $300 million in profit over 6 years to sue low-income folk for just over $100 million, over that same period. Anyone implicated in this behavior is unfit to continue leading a non-profit that is ostensibly dedicated to providing care for people in need. This is not to say these people are evil or irredeemable, but it’s clear that they have no business administering the changes needed for the Medical Center to truly right this wrong. Beyond restructuring leadership, the Medical Center must dedicate its financial instability brought on by low-endowment. Therefore, Hampton’s plan is a fantastic example of aid to a population in need, the exasperation is also subject to financial pressures. Hopefully its partnership with the University of the Bahamas can serve to call on other institutions with sufficient resources to make similar strides.

If the University strives to be a “great and good” institution — as President Jim Ryan’s plan to year strategic plan aims to do — administrators should follow the example that Hampton has set. According to Ryan’s vision for 2030, “universities will be judged in part by how well they are run and whether they are ethical institutions — whether they are great places to work and good partners with their surrounding communities.” Furthermore, the plan aims to “offer accessible and affordable educational programs to those beyond our Grounds.”

As claimed in Ryan’s 2030 plan, this goal of helping communities that span beyond Grounds can also exist in conjunction with continued efforts to help low and middle-income students here at the University. One of Ryan’s “key initiatives” for his plan is to expand financial aid through AccessUVA, which will go beyond the aid programing that AccessUVA provided. Therefore, the University already wishes to make a global impact while continuing to give its students from all socioeconomic backgrounds ample opportunity to succeed. Due to the severity of the impacts of Hurricane Dorian, following the example of Hampton University should be one of the ways in which the University makes this impact beyond Grounds.

While students in the Bahamas — and elsewhere affected by Hurricane Dorian — are in the immediate Charlottesville community, the University is a national institution that should expand the scope of its ethical responsibility. If Ryan wishes to lead the University in a way that embodies the values and goals set out by his ten-year plan, he must go beyond what is solely in the interest of the University but as an institution of higher education. In light of the hurricane, the University has the opportunity to be truly good and to serve those in need. Hampton University has already stepped up to this task, now it is our turn.

VICTORIA MCKELVEY is the Senior Associate Opinion Editor for The Cavalier Daily. She can be reached at vmckelvey@virginialian.com.
An open letter to U.Va.’s secret societies

So, I spent my first two years at U.Va. playing a waiting game for that fateful tap that would secure me a spot on U.Va.’s completely real very important persons list. I never talked about wanting to be in a secret society out of the prepubescent belief that some magical secret-society-man in the sky was watching me and would determine my fate.

Well, showing no interest in being a member of a secret society hasn’t worked, so I’m gonna play all my cards and cut the crap. All this secret society BS? I want in.

First, I just want to put it out there that I am a good person, at least on paper. I do stuff with Madison House once a week for 3 hours, and I’ve probably asked like 10 drunk girls if they’re OK. For these reasons, I am pretty surprised that I’m not already on the secret society radar.

Just hear me out, secret societies. Anyone who needs me can have me. The more self-important you are, the better, but as an aging third-year whose marketability potential is wearing thin, I’m honestly up for anything.

You all have been doing an awesome job, being secret and all. I’m not really sure what else you do or what your significance is, but I guess that’s the point. So, kudos to you! Here’s the thing — I’m really good at keeping secrets. And I genuinely love them. I’m sure you’ve heard the saying, “Secrets, secrets are no fun, unless you share with everyone.” I couldn’t disagree more with that statement.

I, like any respectable member of a secret society, believe that secrets are much more fun when I am in the in-group and everyone else pines to know what I know. I love seeing the anguished, exasperated look on the face of someone purposefully informed of the existence of the in-group’s secrets yet still completely excluded from them. I very much enjoy the giddy power that comes from knowing something that someone won’t and will never know because of me. Seriously, guys. I’m just like you!

Secret societies, I urge you to consider me for one of your new recruits. If selected, I’d be the perfect soft-spoken tauntress. I also look really good in a cape. Just sayin’.

Thank you all for your consideration. I’m going abroad this semester, but feel free to send my membership offer to my U.Va. email. I’d say just look up my computing ID on U.Va. People Search, but you probably already know how to find me.

ERIN CLANCY is a Humor Columnist at The Cavalier Daily. She can be reached at humor@cavalierdaily.com.

Rejected college classes: Psychology edition

Walter Sharon | Cartoon Editor
Welcome to September — the perfect month for familiarizing yourself with local wineries. Vineyard visits are a Charlottesville staple, whether you exclusively drink Two Buck Chuck or practically consider yourself a sommelier. And luckily for University students, we happen to live in one of the best wine regions in the country. Charlottesville’s 200-day growing season and generally fertile soil make it prime grape-growing real estate. It would be a shame to miss it — and let’s be honest, whatever work you have can and will get done later, so have yourself a day at a vineyard.

So what does “having a day” even mean in the vineyard context? For those of you who have never been to a winery, it is whatever you want it to be! Most vineyards offer tastings of several of their wines between $50 and $15, all of which are led by an employee who can tell you all about the wines, their tasting notes and how they are made. If tasting is not your thing, you can also buy wine by the glass or bottle to enjoy on the vineyard property. Some also offer tours of their facilities, but each winery is different and may require reservations.

There are so many wineries to try in Charlottesville that it’s hard to find a place to start — that’s where I can help. I’ve put together a step-by-step guide to a day tour of a few of the great wineries nearby. And for those of you who prefer a cold beer, never fear — I’ve included Charlottesville breweries that are worth checking out as well.

Stop one: Blenheim Vineyards

Thirty minutes outside Charlottesville by car, you’ll find this charming little spot. Owned by the one and only Dave Matthews of the Dave Matthews Band, Blenheim has a unique vibe that is best described as relaxed and rustic-chic. The tasting room itself is on the smaller side, but there is a lot of outdoor seating. Grab a glass, picnic bench and enjoy some local eats from their food truck on a Saturday afternoon.

Blenheim is open every day between 11 a.m. and 5 p.m. Tastings are $7 per person.

Stop two: Trump Winery

Ah, the polarizing Trump Winery. And yes, since I know you are probably wondering, this vineyard was originally owned by Donald himself but is now operated by his son Eric. Political attachments aside, the view from this tasting room is hard to beat. Plus, it’s so close to Blenheim that even just poking your head in to see what Trump Winery is all about is worth the stop. They offer a full menu during lunch hours if you are in need of a snack mid-way through your day. The stone patio, wrought iron tables and clean black and white exterior give this place elegant resort vibes. Trump Winery’s more luxurious atmosphere couldn’t be more different from Blenheim, but it helps give a fuller idea of the variety we have nearby.

Trump is open all week, excluding Tuesday, between 10 a.m. and 5 p.m., and is wheelchair accessible. Tastings are $12 per person including a souvenir glass.

Stop three: Jefferson Vineyards

The final wine stop on the tour brings you to Jefferson Vineyards, located in between Monticello and James Monroe’s Highland. With a very casual atmosphere, it makes the perfect last stop for the day. Jefferson Vineyards feels like a cozy, historic home — a great place to relax and unwind. Cozy up in an Adirondack chair, enjoy the outdoors and a bottle of yummy wine to finish off.

Jefferson is open every day between 11 a.m. and 6 p.m. and is wheelchair accessible. Tastings are $12 per person and include a souvenir glass.

Steps four and five: Random Row Brewing & Three Notch’d Brewing

On your way back into Charlottesville, consider stopping at Random Row and Three Notch’d Breweries for some light dinner and local craft beers. With Random Row just off Preston and Three Notch’d in the IX Art Park, either one is a great option for trying some microbrews made in our Charlottesville backyard.

Three Notch’d is open Monday through Thursday 11 a.m. to 10 p.m., Friday 11 a.m. to 11 p.m., Saturdays 10 a.m. to 11 p.m. and Sundays 10 a.m. to 10 p.m.

Random Row is open weekdays from 11 a.m. to 11 p.m., Saturdays from noon to 11 p.m. and Sundays from noon to 9 p.m.

Use this guide however your heart desires, whether you pick one place from the list or decide to tackle the whole adventure in one day. Do it backwards, do it forwards, jump in somewhere in the middle or freestyle your own tour plan. Let this be an inspiration for your future weekends. Wineries and breweries are great for any occasion — a relaxed afternoon with friends or showing off Virginia wine culture to your parents. So, in the wise words of every alcohol advertisement ever — go forth and enjoy responsibly.
Ditch the dairy: Taste-testing three non-dairy ice creams

With many options for non-dairy ice cream out there, Nada Moo is the clear winner

Maggie Trundle | Food Columnist

According to the U.S. National Library of Medicine, approximately 65 percent of the international population is lactose intolerant, and many other people are choosing to cut dairy out of their diets for other health reasons. With choices such as almond milk, soy milk and oat milk now available, substitutes for dairy milk are all the rage. Restaurants and coffee shops are more accommodating today for dairy-free customers than ever before.

This new trend towards lactose-intolerance makes finding non-dairy ice cream a piece of cake. In fact, there are almost too many non-dairy choices of ice cream, so it can be difficult to decide. Non-dairy ice creams can be made with soy milk, almond milk, coconut milk, oat milk and others. I tried three popular brands, and they each brought different elements to the table.

The first ice cream I tried was Halo Top. The brand began by advertising its low-calorie ice cream, which caught the attention of millennials everywhere with its impressive low calorie count per pint, ranging from 280 to 400 calories. Halo Top now sells a non-dairy version, sold for $4.99 at Harris Teeter, in a variety of flavors. I opted for Peanut Butter Cup. Halo Top uses their non-dairy ice creams on coconut milk, which definitely sets the tone for the taste. Although it was supposed to be peanut butter-flavored, the ice cream had a slightly overwhelming coconut flavor, making it taste less like traditional ice cream.

The consistency was also not nearly as creamy as ice cream should be. Halo Top tends to feel icy and hard — the non-dairy version was no exception. Halo Top does have the lowest calorie count per serving of all the ice creams I tried. So if the consistency does not bother you, this may be your best option. At only 80 calories per serving, Halo Top is about as low-calorie as ice cream can get. Its consistency aside, I also thought the flavor of peanut and peanut butter mixed poorly.

After Halo Top, I tried the Ben & Jerry's almond-milk ice cream. Ben & Jerry's makes a variety of non-dairy flavors, ranging from classic remakes like Chocolate Fudge Brownie to newer options like P.B. and Cookies. I tried the Peanut Butter Half-Baked flavor, $5.99 for a pint at Harris Teeter. The flavor description read “chocolate and peanut butter with fudge brownies and globs of peanut butter cookie dough” — evocative of Halo Top's Peanut Butter Cup, but on another level. This flavor contains 380 calories per serving, packing enough chocolate flavor to back that up. Using almond milk for a peanut butter flavor, Ben & Jerry's avoided the coconut-peanut butter clash that Halo Top was guilty of. The almond milk blended well with the peanut butter to create an even nuttier taste. This ice cream tasted remarkably like real ice cream and reminiscent of all other Ben & Jerry’s flavors. Almond milk is less creamy than regular dairy milk though, so the ice cream still felt much harder than traditional ice cream.

The last non-dairy ice cream, Nada Moo, is also based on coconut milk. The brand is based in Austin, Texas, and has multiple unique flavors such as Lotta Mint Chip and The Rockiest Road. Nada Moo began in 2004 when Amy Ramon began making coconut milk ice cream for her friends and family.

I went for the Birthday Cake Cookie Dough option in an attempt for something a little more eccentric than the previous peanut butter-themed flavors. This sweet and fluffy flavor has 200 calories per serving and 7 grams of added sugars. Nada Moo Birthday Cake Cookie Dough is sold at Harris Teeter for $5.99 per pint.

After trying this brand for the first time, I immediately noted that it was the creamiest of the three options I tried. The consistency wasn't icy like Halo Top or stiff like Ben & Jerry's — it felt the most like real, 100 percent dairy ice cream. My favorite element was the addition of little sprinkles and tiny chunks of cookie dough in the ice cream. The Halo Top flavor contained nothing but ice cream, and though the Ben & Jerry's flavor claimed to have brownie chunks, they were hard to come by. I often think birthday cake-flavored ice creams have an artificial taste, and I did notice Nada Moo's birthday-cake flavor was somewhat sweeten. However, Nada Moo was the most flavorful and creamy of the three.

Overall, non-dairy ice cream can be a hit or a miss. Even within a brand, some flavors can be a serious fail or a major win. The winner of the three is Nada Moo for its success in mimicking real ice cream more than its competitors. Ben & Jerry's was a close runner-up, and I think it just comes down to personal preference between those two. Bringing up the rear is Halo Top. If you are trying to cut some serious calories but still want ice cream, then Halo Top is for you. However, if you're going to have ice cream, you might as well go with the one that tastes the best. Luckily, the world of non-dairy ice cream is only growing, so you will have no difficulty finding even more brands and flavors of this sweet treat sans dairy.
Your go-to healthy student grocery list

Trying to be healthy at school is not as hard as you may think

Isabel Salken | Food Columnist

Grocery shopping can be a daunting experience, but it is something I personally look forward to every week. I consider it a stress-relieving activity and love strolling through aisles, aimlessly browsing and waiting to be inspired by a product that jumps out to me. Unfortunately, a majority of the time I have to be in-and-out due to my schedule, leaving no time for browsing and following my stomach’s desires.

Having a grocery list is useful in adhering to certain time constraints, making grocery shopping efficient and also keeping to a budget. There is nothing more annoying than over-spending at the grocery store week after week. It is important to know how to navigate and how to shop.

Some tips for grocery-store beginners — most grocery stores are set up in similar ways. Fresh and unpackaged foods will be along the perimeters. This mostly refers to produce, meats, dairy, fish and bakery items. An efficient and healthy way to shop grocery store is to focus mostly on shopping around the perimeter. I also want to make a note on fruits and vegetables. If you know you can’t eat your produce within a week, stick to frozen options. These have an almost infinite shelf life in your freezer, and if bought without additives — like hidden salts or sugars — are just as healthy. So when it comes to choosing fresh or frozen, it’s up to you!

Taking how grocery stores are structured into account, I’m going to list my favorite items under each category of food — some in order of preference, some not. Keep in mind that all of these are interchangeable with your own dietary preferences.

Proteins
• Eggs — Eggs are a staple. You need eggs for recipes, baking and — my personal favorite — scrambles, which are great for breakfast, lunch and dinner. You can also hard-boil them for snacks or quick additions to meals — so if anything, just get eggs. Try to get cage-free, pasture-raised eggs.
• Rotisserie chicken — This is my go-to protein. I love having chicken for dinner paired with a sweet potato and vegetables — then using the leftovers for sandwiches and salads all week. But you can also easily shred or slice the chicken and use it in recipes. Rotisserie chicken adds great flavor and a source of protein to pastas and stir-fry.
• Salmon — It’s my favorite dinner protein because of its versatility, great taste and nutritional benefits of healthy omega 3 fatty acids, which are great for your heart.
If you are vegetarian or vegan, tofu, tempeh, legumes or faux meat are great protein sources.

Vegetables
The first five items on this list are my weekly buys, while the others are seasonal, for specific recipes or when I have a certain craving. These vegetables are my favorite because they’re tasty, easy to throw into stir-fry meals and salads and can be used in many recipes. My favorite use of vegetables is just steamed as sides for dinner and lunch.
• Carrots
• Broccoli
• Snap peas or green beans
• Green leaf lettuce
• Sweet potatoes
• Brussels Sprouts
• Bell peppers
• Mushrooms
• Parsnips
• Onion

Fruits
Likewise, the first five items on the list are my weekly buys. Berries and bananas are quick additions to oatmeal and yogurt bowls. I also like to sauté apples with some cinnamon to add to oatmeal or slice them with peanut butter for a midday snack. Avocados hold healthy fats — great for toast, salads, sandwiches and many other meals. The others on this list are also favorites of mine when they are in season, but the first five are typically found throughout the year in some capacity — with the exception of berries, which are more affordable when frozen in the winter.
• Blueberries
• Strawberries or raspberries
• Bananas
• Apples
• Avocados
• Grapes
• Peaches
• Cherries
• Melons

Dairy/Non-dairy
• Greek yogurt — Siggi’s and Fage are my favorite brands. I love having this to make yogurt bowls for a healthy snack and breakfast filled with protein, probiotics, vitamin D and calcium — great for your digestion and bone sustenance.
• Unsweetened plain or vanilla almond milk for oatmeal and other recipes — I prefer nut milk in oatmeal because of the taste, but you could get regular milk or just use water. This is also a great option for vegans and vegetarians. Some brands even include vitamin D which may be lacking in a non-dairy diet.
• Unsalted butter — great to have on hand for recipes and toast
• Whipped cream cheese — perfect for toast and bagels
If you are a vegetarian or vegan, there are great non-dairy cheese alternatives out there, like almond-based cream cheeses and other nut or legume-based milks.
• If you are lactose intolerant — Siggi’s brand makes a lactose-free yogurt that I love. I find that eating this specific yogurt feels great on my digestive system — it is made without the lactase enzyme, so it can be digested by those who are lactose-intolerant.

Bakery
• Fresh-baked sourdough or another whole-grain bread — these are healthier alternatives which don’t include additives. Whole-grain breads also have fiber from whole-wheat and seeds, which helps you stay fuller for longer and aids in digestion.
• Fresh-baked item for dessert

The aisles in the center of the store are usually where you are prone to buy unnecessary items and get sucked into advertising. However, there are select products you may still need.

Pantry staples
In no apparent order, these are some pantry staples I like because of their versatility and convenient usage in many meals.
• Pasta — whole grain, chickpea pasta, legume pasta or regular
• Rice — whole grain or black rice
• Sauce jars — Rao’s preferably, but it can be pricey when they’re not on sale. Opt for jars without added sugar.
• Nut butter — peanut, cashew and almond butters are my favorites. I love Georgia Grinders, Trader Joe’s brand, Ted’s and Crazy Richards.
• Olive, coconut or avocado oil — healthy alternatives to canola oil, especially if bought organic to certify they are not genetically modified.

Despite the stress that grocery shopping can induce, creating a grocery list can easily help speed up the process.
Top 10 study spots for college stereotypes

We’re all one of these people

Paige Waterhouse | Top 10 Writer

1. The nerd: Harry Potter Room

Still mad about never receiving your Hogwarts letter? Apparate yourself straight to the Gryffindor common room on the second floor of Alderman Library to the McGregor Room, which is fondly referred to by University students as the Harry Potter Room. Snuggle up in a comfy armchair, enjoy the peaceful silence of the quiet study space and appreciate the dim lighting. Now pull out your books and... take a nap.

2. The hipster: Grit on the Corner

Coffee snobs — this one’s for you. Grit have quality jitter juice, and it’s also a great spot to grind out your next essay. Head up to the second floor for sun-soaked armchairs, mismatched tables, public sketchbooks and lots of cute plants. Not only will you finally start tackling your assignments, but you’ll get plenty of artsy latte photos to update your feed.

3. The gamer: 1515

Can’t put down the controllers long enough to focus? Head to 1515 on the Corner to combine both work and play. Bust out the books on the second floor for a few hours, then head down to the game room in the basement. Skeeball, retro arcade games and Dance Dance Revolution are all at your disposal when you need a mental break.

4. The athlete: AFC lobby

If you’re struggling to balance school work and exercise, look no further than the AFC. The awkwardly placed tables in the lobby offer the perfect spot for study breaks in between reps. The grind truly never stops when you can study and sweat all under one roof.

5. The naturalist: the Pavilion Gardens

For all the eco-friendly enthusiasts, the Pavilion Gardens are the perfect place to stretch out and park your textbook. Enjoy the last few days of unbearably hot Virginia weather as you sweat over the increasing amount of assignments you have due. Lay in the soft, green grass as you contemplate whether or not you truly need a degree or if you can get away with just building yourself a treehouse in the forest to live out the rest of your stress-free days.

6. The social butterfly: Clem

Unpopular opinion — Clem is the worst library. It’s loud, busy and the hub for the most feared style of homework — group projects. But, if you thrive while taking part in school-sponsored social interaction, then head to Clemmons Library! Grab a table — if you can find one — and enjoy hanging out with your study buddies.

7. The snacker: Crossroads

Think the booths at Croads are just for late-night feasting? Think again. Crossroads serves as the optimal study spot for those who are prone to stress-eating while studying. With a store full of food just 20 feet away, you’ll never go hungry as you plow through your stack of assignments.

8. The headphone addict: the Music Library

To those who need the perfect playlist in order to walk to class — the music library is the study spot for you. With stacks full of books on musicals, artists, music theory and history, it’s a music lover’s heaven. Plenty of tables, good lighting and free mini-concerts when you pass by the practice rooms provide the perfect setting to tune out distractions and get down to work.

9. The historian: the Rotunda

If you’re a history buff, there’s no doubt that you have geeked out over the University’s complicated past at least a handful of times. If you’re looking to travel back in time, crack open your books inside one of the University’s most iconic structures. Take a seat in the Dome Room and prepare to feel as though you’re studying alongside Mr. Jefferson himself.

10. The social media fanatic: the Lawn

If you didn’t post about your study outing, did you really even go out to study? If you’re looking for a photogenic place to prove your study status, look no further than the Lawn. Spread out your blanket, lay out your highlighters, catch the Tundy in the back of your Boomerang and boom — you’ve had a productive day.
Across
5 Monetary unit of Portugal
7 Support someone financially
9 Places to paint
10 Faster than a walker
11 Two-word term for clean
12 Greek muse whose name likely means "lovely"
14 Unconcerned with rightness or wrongness
16 With "top," a type of women's shirt
19 The first one happened last Friday — two words
22 Away from the correct path
23 Deterioration of perishable goods
24 The rival's mascot from last Friday
25 Not in one's right mind

Down
1 One who investigates something, often land
2 The spreading of rumors
3 Intrude on
4 First name of the coach involved in last Friday's event
6 Location of last Friday's event, vaguely
7 Large amount
8 Homonym of a flattened plant organ
13 Dated term meaning shrew or harpy
15 Two-word slang for where someone 25-across might end up
17 Excessive aderence to the law
18 Very fat
19 Hyphenated phrase meaning not close
20 Hyphenated phrase meaning check-up
21 Pre-1917 Russian emperor

* THE SOLUTION TO THIS PUZZLE CAN BE FOUND IN THE NEXT ISSUE
TAILGATE WITH US!

SAT, AUG 31 2PM-9PM
ZALTANDI WORLD DANCE FESTIVAL

SAT, SEP 7 NOON-11PM
LOVE FEST: FREE LOVE

SAT, SEP 14 1PM-9PM
BLACK BUSINESS EXPO

SAT, SEP 21 NOON-9PM
CVILLE SABROSO LATIN MUSIC & CULTURE FESTIVAL

SAT, SEP 28 2PM-9PM
ROOTS MUSIC & LOCAL FOOD

SAT, OCT 5 2PM-9PM
VIRGINIA BLUES FESTIVAL

FREEFALL Music and Art Festival
IX ART PARK, CHARLOTTESVILLE, VA
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