

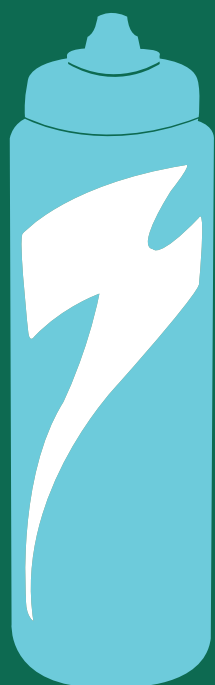
SPECIAL ISSUE

The Cavalier Daily

online | print | mobile

Monday, October 12, 2015

Vol. 126, Issue 14



HEALTH • LIFESTYLE • WELLNESS

Graphics by Zi Yang, Kate Matsko, Cindy Guo

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Elizabeth Reid
Staff Writer

October marks the beginning of Domestic Violence Awareness month, and the Women's Center's will hold a range of programs to promote awareness.

The center will be hosting a series of events ranging from survivor panels to awareness campaigns throughout the month.

The Women's Center began programming events to raise awareness for domestic violence about 15 years ago. Over the years, there has been an expansion in activities and student participation as awareness has increased.

Charlotte Chapman, director of Counseling Services at the Women's Center and chair of Programs, said there has also been an increased participation from other partners at the University with the month of awareness.

Many of the undertakings are collaborations, including the Red Flag Campaign with Alpha Chi Omega. The campaign, one of the major events hosted by the Women's Center, is a national effort to address warning signs — red flags — in relationships and promote bystander intervention.

Other groups that the Women's Center is partnering with include Sigma Phi Zeta and the One Love Foundation, each of which have their own domestic violence awareness programs in conjunction with the Center.

Sigma Phi Zeta, a multicultural sorority, mainly aids with the Clothesline Project and tabling for the Red Flag Campaign.

Third-year College student Joy Wang, liaison between the Women's Center and SPZ, said she hopes the project will advance the aims of the awareness push.

"We hope this event will help foster dialogue and awareness of what a healthy relationship looks like," she said.

University Women's Center hosts monthlong series of events



Marshall Bronfin | The Cavalier Daily

Many events are held in collaboration with other University organizations, ranging from survivor panels to awareness campaigns.



Courtesy University of Virginia

Jenny Roe, originally from Scotland, has a diverse academic background including education in literature and landscape architecture.

Design, health researcher joins U.Va.

Jenny Roe will join the University as lead researcher

Hannah Hall
Associate Editor

Jenny Roe was recently appointed to lead research at the University's Center for Design and Health.

She will also serve as the University's inaugural Mary Irene DeShong Professor of Design and Health at the University.

Roe, originally from Scotland, has a diverse academic background. She studied English and American literature before training as a landscape architect, and a few years later attained a Ph.D. in environmental psychology.

She has worked primarily in the United Kingdom and Western Europe, and has combined her work in architecture and environmental psychology to study the effects of urban environments on the human body.

Roe came to the University to do interdisciplinary work in the field of design and health. She

also came to work with great students and colleagues, she said.

"I continue to be impressed by the students I've met here — their energy, their enthusiasm, their engagement with my research field," Roe said.

Interdisciplinary research in this area is important due to the health challenges the world is facing today, Roe said, issues like obesity, depression, heart disease and cancer.

"Design can help alleviate some of the symptoms of those areas and illnesses," Roe said.

Marcia Day Childress, an associate professor of medical education, says Roe's research and interdisciplinary work are important because they create new approaches to complex problems.

"These are real-world challenges that are so complicated that they require team approaches, the theories and practices of many different fields, and knowledgeable people who can work productively together for

a common cause," Childress said in an email statement.

While there is already exchange among the University's faculty, Roe's arrival will "provide a new rallying point for collaboration," Childress said, as she will bring together students from different school.

While Roe is still working out exactly what her themes of research will be, she says one will be mental health, specifically in relation to stress.

"I'm currently trying to build a stress-environment consortium on campus, and also nationally," Roe said.

Reuben Rainey, architecture professor and co-founder of the Center, is looking forward to working with Roe on patient stress in healthcare environments.

"This is a particular interest of mine, and I look forward to working with her to find strategies that will help make medical facility environments less stressful," Rainey said.

New gun control legislation proposed

Lawmakers should keep guns off campuses, CAPS director says



Marshall Bronfin | The Cavalier Daily

The University does not allow firearms on Grounds.

Henry Pflager
Senior Writer

As the country absorbs another instance of a mass shooting on a college campus – this time at Umpqua Community College in Oregon – legislators and psychologists reflect on the relationship mental health has with gun violence.

This past week, Virginia Senators Tim Kaine and Mark Warner, joined fellow Democrats to unveil new policies for gun control legislation. The regulation includes high barriers to gun access for the mentally ill. An individual with access to firearms with more likely to commit a mass murder or suicide, Tim Davis, the director of the University’s Counseling and Psychological Services, said.

He explained law makers should avoid regulation propos-

ing the permittance of firearms on college campuses. Such laws are believed to be bolstering protection but tend to be “very risky and misguided”, he said. While this is currently not the case in Virginia, there are bills of this kind now going through committees in the state legislature.

“We have to really make sure they don’t pass in Virginia,” Davis said. “Where there are firearms, suicide tends to go up dramatically.”

Like many other academic institutions, the University does not allow firearms on Grounds. Matt Charles, spokesperson for the University of Virginia, said over the years numerous bills allowing this have not passed

“The University prohibits weapons on Grounds through regulatory action,” Charles said.

The recent increased attention to suicides on college campuses is somewhat misleading,

Davis noted. The rate of college suicide is half of what it is nationally.

“When suicide happens in a college campus, it tends to be publicized because those communities are close-knit,” Davis said. We’re still trying to figure out what makes college campuses safer for suicide risk.”

Research on the link between low suicide rates at colleges and the prohibition, Davis says, shows there are also many other factors which prompt actions of violence.

Such causes may include past incidents or experiences with violence or substance abuse, although it is nearly impossible to delineate between who is going to commit an act of violence and who is not. Taking action, therefore, is risky as institutions “would be discriminating against people who would never act up,” Davis explained.

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'Youth of Color Matter' conference held at Curry School

Participants address under-recognized directions of positive development

Hailey Ross
Senior Writer

The University hosted the fifth annual Youth-Nex Conference, called "Youth of Color Matter: Reducing Inequalities through Positive Youth Development."

Held at the Curry School last week, the program brought together community leaders to discuss and highlight youth of color as thriving contributors to their communities.

This is the first time Youth-Nex, the University center for the promotion of effective youth development, has held a conference focusing on youths of color, specifically African American, Native American and Latino youth.

By focusing on these groups, attendees were able to direct conversations about positive development that have not been discussed in depth, conference chair Joanna Williams said.

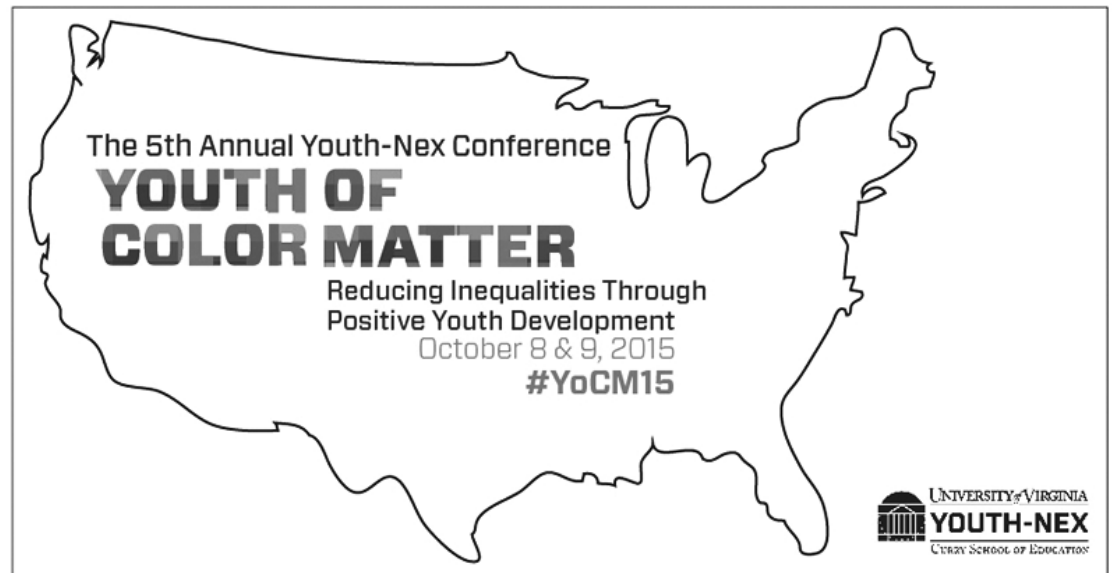
"The positive youth develop-

ment perspective really pushes back against the idea that teenagers are sort of just problems that we need to manage and really focuses on the idea that all youth have the capacity to thrive," Williams said.

Youth participants were able to speak during the conference. Williams, a leadership, foundations and policy associate professor at the Curry school, said it was important to incorporate youths' perspectives as they often have limited expressive opportunities. "Kids who feel a strong connection to their ethnic and cultural heritage oftentimes do much better in areas [like] stress management, academic achievement and other aspects of health," Williams said.

Keynote speaker Leon Andrews made remarks addressing positive youth development, specifically black male achievement.

The director for race, equity and leadership for the National League of Cities, Andrews discussed current efforts in cities



Courtesy University of VA

The conference was the first time Youth-Nex, the University center for the promotion of effective youth development, has held a conference focusing on youths of color, specifically African American, Native American and Latino youth.

across the country to reduce violent deaths of black men and boys.

Asked about the conference's biggest takeaway, Andrews noted

the importance of being explicit.

"A critical takeaway from all the work we do is that it's important not to just use code words," he said. "It's important to rethink


from a positive youth development perspective, their voice, as we talk about equity and their education and the role of government and governance."

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Professor Brian Balogh receives award for mentorship

Students say Balogh is approachable, caring, helpful

Ella Shoup and Katie Grimesey
News Writers

History Prof. Brian Balogh received the Nancy Lyman Roelker Mentorship Award Oct. 5 for guiding a wide range of students through their academic careers.

The Roelker Mentorship Award is one of the few awards given by the American History Association that honors exceptional teaching in the field of history. It is given to educators who have taught and guided their

students “in a way that changed their lives.”

“The one thing that I have learned about mentoring over the years is that every student is different,” Balogh said. “It is important to adapt my style to those differences.”

To receive the award, the nominee must demonstrate a belief in the study of history and a commitment to teaching it to students, honesty and integrity as a mentor and consistent, sustainable partnerships with students.

Balogh distinguished himself from other candidates by helping to

“navigate the shoals of academics, historians and public advocates and supportive networks,” according to award information. He also founded the Miller Center fellowship program, which he currently chairs, and chairs the undergraduate History Distinguished Major Program.

Third-year College student Jesse Berman, a History major, said Balogh is one of “the most caring and helpful professors” she has had at the University.

“He is always willing to help with assignments and clearly puts his students extremely high on his list of pri-

orities,” she said.

Balogh’s Miller Center program funds dissertations that aim to address American politics, foreign affairs and the impact of global affairs on the United States through the study of history. Balogh helps the fellows find an appropriate fellowship mentor who will advise them throughout the dissertation process.

“As far as mentoring, he’s a great person to bounce ideas off of, because he gives great feedback even if he doesn’t know a lot about the topic — and chances are he knows someone who does, and will point you in their

direction,” third-year College student Aran Teeling said.

The association received almost 1,500 nominations for its 33 different awards. The Roelker Award received about 14 nominations, said Dana Schaffer, the group’s associate director.

The association will present Balogh his award at the 130th annual meeting in Atlanta in January.

“I would like to thank the remarkably talented students — both graduate and undergraduate — that I have been able to teach over the years,” Balogh said.

NASU circulates petition to rename Columbus Day in Virginia

300 signatures on petition to rename holiday ‘Indigenous Peoples’ Day’

Katie Grimesey
Associate Editor

The University’s Native American Student Union is collecting signatures for a petition to rename Columbus Day “Indigenous Peoples’ Day” in the state of Virginia.

The petition will be sent to the Virginia State House, the Virginia State Senate and Gov. Terry McAuliffe.

The petition has a twofold goal, NASU President Benaiah Walters said in an email statement.

“The first is to make it clear to the government of the state of Virginia that its people support making a change to the moral high ground,” the fourth-year Engineering student said. “Secondly, the petition — even if it is not successful in changing the holiday — is intended to drive discussion...”

The petition has collected

nearly 300 signatures, and will continue to collect signatures until 11 p.m. on Oct. 12.

One of the primary goals of NASU is to promote the Native American narrative in American history as a whole. Walters said he would like to see Native American culture and perspectives integrated into the modern world.

“We as Native peoples — and as decent people — do not wish to celebrate a rapist, slaver and mass murderer as a hero,” Walters said.

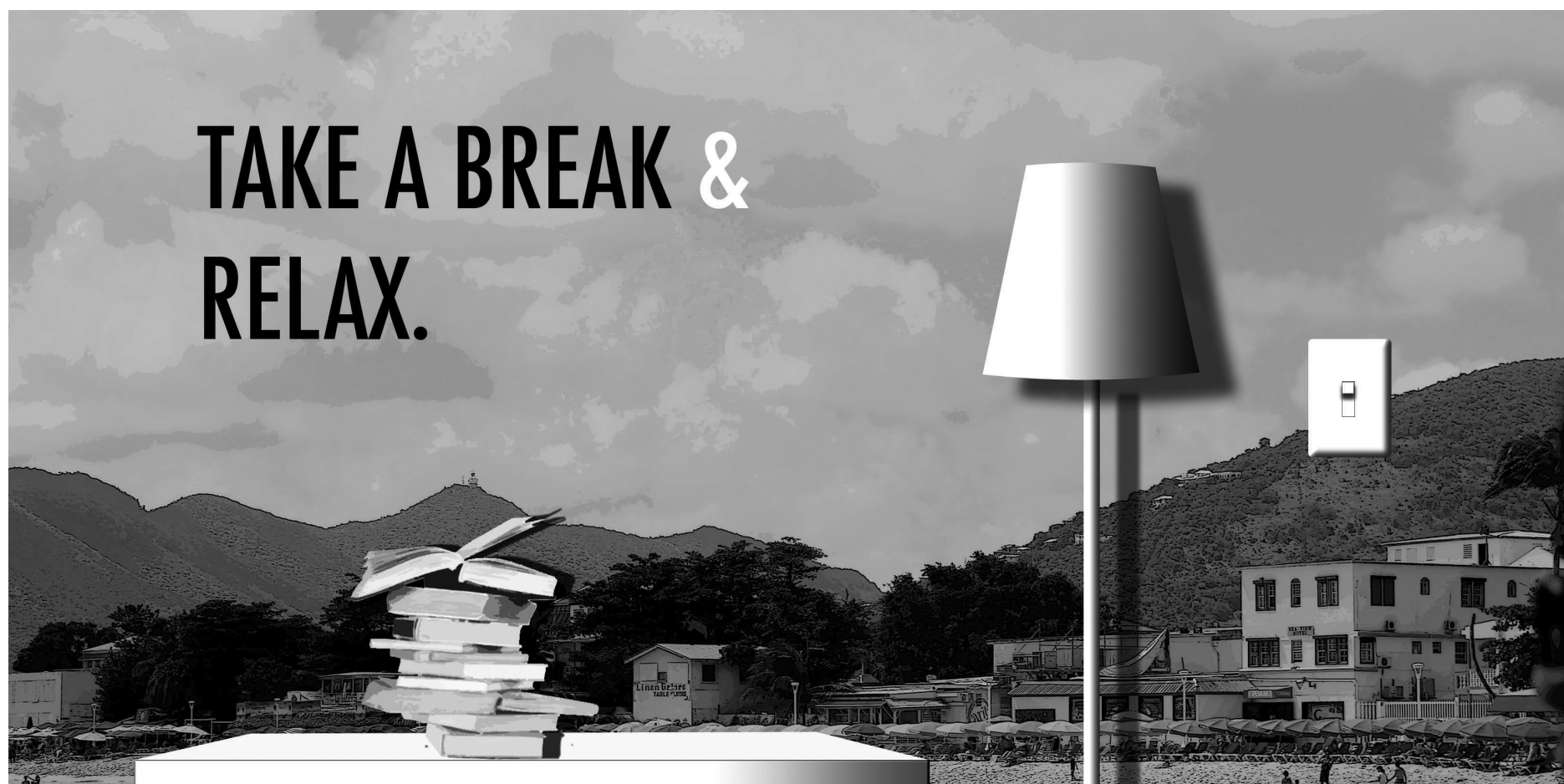
“We feel that the best alternative is to celebrate the numerous contributions to our nation by native peoples instead.”

NASU is the only organization at the University actively working to change the focus of Columbus Day, but there are initiatives across the country that have been successful in doing so.

“It is a continual struggle and aim of ours to clear up misconceptions about native peoples from their genesis to today,” Wal-

ters said. “We hope that by bringing our culture to the University we can change misunderstandings and misconceptions about our people and send the truth out into the country with those who have listened and observed.”

Some events held by NASU throughout the year in order to educate and incorporate the University community include Stories of the Night Sky, Storytelling on the Lawn and a powwow event, which kicked off last year.





Robert Elder
Senior Associate Editor

A week after defeating Virginia Tech, Pittsburgh completed the commonwealth sweep, taking down the Cavaliers 26-19 Saturday afternoon at Heinz Field. Junior quarterback Nate Peterman completed 17-24 passes for 222 yards and two touchdowns to lead the Panthers (4-1, 2-0 ACC).

Virginia's (1-4, 0-1 ACC) defense struggled early, allowing Pittsburgh to gain 217 yards in the first quarter alone and take a 17-3 advantage after the first 15 minutes. However, defensive coordinator Jon Tenuta's unit buckled down the rest of the way through, as the Panthers managed just 146 more yards over the next three quarters.

Still, that mattered little, as Virginia's offense fell victim to a stifling Panther defense, which ranked third nationally in total defense entering the contest. Despite a first quarter 71-yard

run by junior running back Albert Reid, Virginia never could establish a consistent ground attack.

Junior quarterback Matt Johns completed 17-33 passes for 209 yards with a touchdown and an interception. The lone touchdown pass was a 32-yard lob to senior receiver Canaan Severin with 5:50 to play in the fourth quarter.

The Cavaliers drove the ball down the field on their final possession after converting on 4th and 25. But Virginia followed with four consecutive incompletions, turning the ball over on downs with 28 seconds remaining.

Senior kicker Ian Frye went 2-2 on field goals, although he missed an extra point. Senior defensive end Kwontie Moore's second quarter 15-yard fumble return for a touchdown was the Cavaliers' first takeaway of the season.

Virginia has now dropped 12 consecutive road games since Nov. 2012.

Virginia drops ACC opener to Pitt

Cavaliers give up 17 first quarter points, fall 1-4



Ryan O' Connor | The Cavalier Daily

Senior wide receiver Canaan Severin hauled in a 32-yard touchdown reception in Virginia's loss to Pittsburgh.

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Men's soccer falls to Boston College, 2-1

General soccer reasoning follows that if one team amasses more shots, dominates possession and commits fewer fouls it will earn a victory more often than not, whether at home or on the road.

In Newton, Massachusetts Friday, common logic abandoned the 10th-ranked Virginia men's soccer team (7-2-2, 2-2-1 ACC) as it lost 2-1 to Boston College (8-3-1, 3-2-0 ACC). The Cavaliers outshot the Eagles 12-4, earned 13 corner kicks and, per their counterattacking strategy, induced 15 fouls by BC to just 10 of their own.

While seemingly dominating the score sheet, the Cavaliers struggled with the artificial turf at Newton Campus Field and ceded the game's first score just 34 minutes in. After sophomore goalkeeper Jeff Caldwell parried sophomore

midfielder Mohammed Moro's shot, freshman forward Simon Enstrom finished the rebound for his fourth goal of the season.

While Virginia continued to dominate play, the team was unable to break through to even the score for the rest of the first half, nor in the first 15 minutes of the second. In fact, it was the Eagles who provided excitement once again, when Enstrom found the back of the net in the 59th minute.

Off of junior midfielder Zeiko Lewis' flick, Enstrom finished past Caldwell, doubling the lead and putting the Cavaliers on the back foot once again. Although the Cavaliers looked to be down and out, they turned to a familiar face to lead a comeback attempt.

In the 86th minute — amidst chaos in the Eagles' penalty area — redshirt sophomore defender Wesley Suggs and

junior defender Patrick Foss — whose two free kick goals beat Louisville last week — combined to find freshman midfielder Jean-Christophe Koffi in front of net. The former DC United Academy star finished his second goal of the season, putting the Cavaliers in attack mode just before the final whistle.

Virginia's desperate final minute effort nearly paid dividends as freshman midfielder Derrick Etienne got free with under 60 seconds remaining and fired a blistering shot, causing sophomore goalkeeper Cedric Saladin to make a tremendous save to preserve the Boston College lead and secure victory.

Virginia's next game is against American Tuesday night at Klöckner Stadium.

—compiled by Jacob Hochberger



Ryan O'Connor | The Cavalier Daily

Freshman Jean-Christophe Koffi scored his second goal of the year against Boston College.

No. 3 women's soccer shuts down Demon Deacons, 1-0



Hannah Mussi | The Cavalier Daily

Junior midfielder Alexis Shaffer's first half tally was enough to give Virginia its 10th win of the year.

Sunday afternoon in Winston-Salem, North Carolina, as the dogwoods, elms and oaks further transformed into their brilliant hues, Virginia women's soccer showed there is also beauty in consistency.

The Cavaliers (10-1-1, 4-1-0 ACC) played their brand of soccer and took care of business with a 1-0 win over Wake Forest (4-9-2, 1-5-0 ACC). Virginia came out firing in the first half, doubling the Demon Deacons in shots, with eight total.

Cavalier junior keeper Morgan Stearns had a danger-free half compared to her Wake Forest counterpart, freshman Nonie Frishette. On that end of the pitch, the young keeper faced mad scrambles in the box and untouchable strikes, the first of which came at 9:28, when senior forward Brittany Ratcliffe's long-range strike

ricocheted off the crossbar.

Not long after, the Cavaliers netted what would be the game winner. A Wake Forest deflection landed directly at the feet of junior midfielder Alexis Shaffer, who finished professionally and undoubtedly into the right upper-90 for her sixth goal of the 2015 campaign. With the score, Shaffer reclaimed the title of sole team leader in points [17] from junior forward Morgan Reuther [15].

The Virginia defensive effort was again praiseworthy. Senior center back Emily Sonnett — who deservedly receives the spotlight every round of post-game interviews — forced overly ambitious shots from her opponents and kept the ensemble in unison. The back four has allowed a meager .43 goals per game, including Sunday's shutout.

Wake Forest did well to manufacture two key chances, though. At 46:18, freshman midfielder Peyton Perea headed wide left of the frame. Stearns would have had little hope of stopping the redirect had it been angled on target.

Then at 55:11, following a Demon Deacon free kick and some ensuing havoc, sophomore midfielder Maddie Huster eventually ended up with the ball in a threatening position. Huster uncoiled a shot that rose a foot or two above the crossbar, out of harm's way.

Frishette kept her team in the game with a huge diving stop at 80:20 to deny Shaffer of a second goal, but her offense — which subbed in fresh legs during the closing minutes — couldn't equalize. The Cavalier defense snuffed out any sparks.

—compiled by Grant Gossage

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Illustration by Natalie Ho

Tunes for working out

These pump-up songs will cure laziness

Rose Montgomery
Staff Writer

I'll be the first to admit that I am not an avid gym-goer. I prefer to exercise my mind over my body. Sprinting from Clark to the dumpling truck leaves me out of breath. The last time I visited the AFC was to buy a smoothie and contemplate my life choices.

If you identify with these symptoms, you may also be motivationally challenged. A carefully selected playlist of pump-up songs is the best way to overcome this affliction.

Despite my lack of healthy habits, I guarantee these tunes will increase your heart rate and decrease your whole-bag-of-Flamin'-Hot-Cheetos guilt. Whether you dance alone in your dorm room or drag yourself to the gym, let this soundtrack inspire you to get on your feet.

In no particular order, here are the top songs to workout (or imagine working out) to:

1. Kanye West: "Stronger"

Iconic. Inspirational. Sensational. Let this be your warm-up song — even if you're just warming up frozen taquitos in the microwave. West's message of perseverance is the only motivation you need to get up and get active.

2. Fergie: "Fergalicious"

The ultimate middle school power anthem. If you don't sing along to the hook, who are you? As Fergie says, get "up in the gym" and work on your fitness. The infectious beat combined with my prepubescent flashbacks keep you going on your power walks to class.

3. Waka Flocka Flame: "Workin'"

This song goes hard. Follow its example. While rap is not for everyone, Flocka's tune will keep your heart racing as you exercise. The almost hypnotic backing track will dis-

tract you from the increasing desire to stop exercising.

4. Drake ft. Nicki Minaj: "Make Me Proud"

Who doesn't want to make Aubrey Graham proud? In the process, you will also make yourself proud by staying active. The slower tempo give you a chance to lower your heart rate, while the inspirational lyrics encourage you keep going. Once Nicki's verse kicks in, you'll know you've made Drake proud with your endurance.

5. Daddy Yankee: "Limbo"

It's tough to stay still while this song is playing. Zumba dance moves are highly recommended. Spanish fluency is not required to dance to this tune, just your enthusiasm and positivity.

6. Salt-N-Pepa: "Push It"

Breathe in the enticing smell of Aqua Net hairspray circa 1986 as you take another lap around the track. Allow Salt-N-Pepa's undeniable attitude and style energize and inspire you.

7. Santigold: "Creator"

A funky tune to keep your spirits up. Santigold's unique sound keeps you attentive and once again, distracts from any desire to stop exercising.

8. Kid Cudi ft. Vampire Weekend: "cudders-back"

Cool down to the clean, catchy beats of Kid Cudi and his sample of Vampire Weekend's "Ottoman." Let Kid Cudi and Vampire Weekend help you stretch it out after a successful workout. You deserve it.

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LEAD EDITORIAL

Provide sex ed for U.Va. students

The University should provide comprehensive sex education to improve sexual health among students

This past summer, the University significantly changed its summer orientation schedule, incorporating programs focused on safety and community values. While the University has taken on an admirable amount of initiatives to address issues facing our community with incoming students, it should consider emphasizing sex education and healthy sexual practices as well.

Students enter the University with varying levels of sexual backgrounds and educations; according to the Centers for Disease Control and Prevention, a 2012 study found that 69 percent of U.S. high schools require students to receive instruction on health topics as part of a specific course. However, only 28 percent taught 11 key pregnancy, HIV or other sexually transmitted disease prevention topics in a required health course, mean-

ing 72 percent of schools with sex education classes don't address essential aspects of that education.

Moreover, 87 percent of schools taught abstinence as the most effective method to avoid pregnancy, HIV and other STDs. Even comedian John Oliver has ranted about the failures of American sex education on his popular TV show, noting that only 13 states have in place legal standards requiring that sex ed students be taught medically accurate information.

University students may begin their college careers with anything in-between a comprehensive sex education or none at all. And this should certainly trouble us, as colleges are understood to be sexually active places where students may have multiple partners. Peer Health Educators offer sex education on demand for students, but an opt-in model is inherently problemat-

ic. The University's student health center offers STD screenings alongside its typical resources for students, but what would motivate students without a strong understanding of the health risks of sex to get tested?

There are plenty of health reasons why students may need exposure to sex education upon entering the University, but there are also community concerns that are particularly relevant given the University's recent emphasis on sexual assault and consent. Though orientation programming and Resident Advisors address these heavy topics with incoming students, the very concept of consent could be meaningless to a student who hasn't had enough exposure to the mechanics of sex. Especially in light of new programming aimed at preventing sexual assault, providing sex education is about offering context for these difficult but impor-

tant conversations in addition to promoting healthy sex practices.

Offering sex education to all undergraduates is no small task, and finding both the time and personnel to educate incoming students may be challenging. But there are creative ways to incorporate these discussions into students' first weeks at the University. We have recently incorporated sexual assault and alcohol abuse prevention modules into every University student's experience here. While modules cannot replace formal education, some kind of sex education module may be a good place to start. According to the CDC, nearly half of the 20 million new STDs diagnosed each year are among 15 to 24-year-olds — more or less the exact range of ages on college campuses. Student safety is a priority at our University, and that should extend to sexual health.

THE CAVALIER DAILY

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Sailing the ocean red

Our celebration of Columbus Day ignores Columbus' role in the slave trade and exterminating Native Americans

On the second Monday of every October, the United States observes a holiday that venerates the precursor to genocide.

That Monday is today — Columbus Day. Initially, Columbus Day was pushed forward by Italian immigrants and Italian-Americans who sought to use Columbus as a shield to mitigate anti-Italian sentiments. Then, Italian-Americans adopted Columbus as a symbol of the achievements and contributions made by Italians to the United States. Later, Columbus was adopted as an idol for the Catholic organization Knights of Columbus. This push led to Columbus Day being officially recognized as a federal holiday in 1932. Nonetheless, we cannot simply ignore Columbus' crimes for the sake of his "good."

In the same vein as the University's veneration of Thomas Jefferson, our observance and laudation of Columbus and his holiday testifies to the majority culture's disregard for the values and experiences of various minority groups. When a person is chosen to be venerated, it seems society weighs the positives and negatives committed by the person. If we consider the positive to outweigh the negative, then we decide the person is worthy of being

idolized. On the other hand, if negative feats outweigh positive feats, then that person is condemned and will not receive our approbation. In the case of Columbus, it seems our society has deemed his "discovery"

of America to be much more important than the fact that he massacred and enslaved hundreds of thousands of Native Americans and Africans. This reverence for Columbus is reprehensible and should be expunged from our culture.

Unfortunately, some readers may be asking themselves which atrocities were committed by Columbus. These people are not alone. For many of us, our introduction to Columbus portrayed him as the intrepid traveler who "discovered" America. Well, as Bill Bigelow writes, the historical reality is that Columbus was not the first person to discover the Americas, but he was certainly the "first terrorist in the Americas." Columbus enslaved many of the Tainos (an Arawak group) and, when faced with resistance, massacred them with the help of Spanish armies. As Kirkpatrick Sales details, Columbus' soldiers "mowed down dozens with point-blank volleys, loosed the dogs to rip open limbs and bellies, chased fleeing Indians

into the bush to skewer them on sword and pike." Columbus did not stop here. In Africa, he continued his atrocities against humanity.

He was the father of the slave trade, bringing slaves to the Caribbean. In the pursuit of wealth, Columbus attempted to enslave many Native Americans. This attempt, however, was moderately successful. Thus, Columbus and by extension Spain decided to buy and force Africans into slavery and ship them to the Americas. This process began the infamous Atlantic slave trade,

comparison has led historian David E. Stannard and many others to refer to the near extinguishment of Native Americans as the "American Holocaust." Though he was certainly not the only one responsible for the massacre of Native Americans and American slavery, Columbus was undoubtedly a pioneer of both.

This celebration of Columbus demonstrates another attempt to whitewash history. In recent months, public education systems have adopted even more delusive historical textbooks. The most recent

example is a McGraw-Hill textbook whose revisionism went viral. In that case, a McGraw-Hill textbook euphemized the Atlantic slave trade as "[bringing] workers from Africa." This revisionism is exemplary of a common human tendency to expunge details

that negatively portray something (e.g., a country) or someone (e.g., a historical or political figure) we idolize. Instead of celebrating Columbus, we should rename his holiday Indigenous People's Day. This day could be used to recognize the culture, history and resilience of Na-

tive Americans: a people who have no other notable holiday of national recognition. Additionally, the holiday should serve as a reminder to future generations that much of the Western Hemisphere was not simply achieved by way of greatness. Rather, in Anglo-America, it came about at the cost of a nearly complete annihilation of an entire race of people and the enslavement of another. It is necessary to detail history not only from the standpoint of winners but also that of those conquered by them.

Renaming Columbus Day is of course small relative to alleviating the effects (e.g., disparities in poverty, health care, police brutality, education, etc.) of the injustices committed against Native Americans, blacks and — by way of being descendants of the two prior groups — Latinos. However, it is important that we do not forget these injustices because our adulation of historical and political figures prevents us from revealing the historical reality. A retelling of history that acknowledges only the standpoint of the winner is fantastical, not genuine history.

Alexander's columns run bi-weekly Mondays. He can be reached at a.adames@cavalierdaily.com.



The historical reality is that Columbus was not the first person to discover the Americas. . ."

which connected Europe, Africa and the Americas. Many of the slaves abducted and bought by Columbus were forced into labor on sugar plantations, which Columbus and Spain used to amass wealth. These actions have often been likened to those of Adolf Hitler. In fact, the

Polling or trolling?

The news media should not base its inclusion of candidates in debates on primary polling data

Polls have become too important in this election cycle. The candidates who can participate in debates are determined solely by polls, and no network has announced a method that does not use polls. These polls can have a real impact, with candidates who are left out of the primetime debate reaching 18 million fewer viewers. Using polls to decide who gets into the debates is an inherently flawed system and needs to be replaced by a more democratic model.

Poll numbers are not facts; they're merely good guesses. Polls taken just weeks apart rarely get the same results and there is normally a significant margin of error. Candidates are separated by less than 3 percent at times, well within the margin of error. This means a candidate might be polled as being in fourth place but could actually be anywhere from second to sixth. With polls sometimes having sample sizes of only a couple hundred people, only a handful of responses actually determine a candidate's standings.

The only hope the networks can have in the face of this ambiguity is that the various polls cancel out each

BOBBY DOYLE
Opinion Columnist

other's errors, creating some sort of consensus. To me this seems like a weak hope. The polls that are supposed to cancel each other out use wildly different methods of data collection and sample sizes. Just calling a collection of these polls a consensus is a gross misrepresentation. Networks do put a great deal of effort into making sure the polls used to decide debate eligibility are as accurate as possible, but using any collection of polls is always going to be a leap of faith. Do we want one of the most important aspects of our political process to be determined on a leap of faith?

Even the people who are creating these polls think they are being misused. Pollsters point out that "primary polls have very little predictive power when it comes to the general election." Polls as a predictive tool are too intensely focused on the present moment, ignoring the big picture — to our detriment. Prominent polling institutions Gallup

and Pew have opted not to take any primary polls out of a concern for a lack of accuracy. Many pollsters also point out that polling accurately is becoming harder with the growth of cell phones and the decline of people willing to answer a survey.

While polls might not be accurate enough to predict a winner this early on in the race, they can create losers and end up turning the race into a media grabbing circus. Can-

ber candidates have to make headlines — name recognition matters a great deal. This becomes self-fulfilling as the media gets to decide who gets the attention which then helps to determine who gets into the debates. In this way, the networks get to encourage more news while also being seemingly impartial in the selection of debaters.

We should not encourage candidates to grab for headlines, we should encourage them to speak about policy and goals. I understand ranking candidates in popularity is an attractive way to qualify them for a debate but it is also limits the discourse in the debates. The current system rewards the inflammatory statements of

Carson and Trump while brushing aside less controversial candidates like Bush, who is struggling despite many advantages.

I propose everyone who is running should be allowed to partici-

pate in the debate on equal footing. With so many candidates the debate might have to be separated into two nights, placing more burden on the viewers. However, this would shift the focus away from who is the most popular to what the candidates are saying. I understand this would give more power to fringe candidates but I don't think that's a particularly bad thing. Giving more people a better platform on which to make their points will give voters a better perspective on what these candidates think. However, as long as the debates are organized around a pecking order candidates will try to move up in the polls with immediacy, despite the long term consequences. I'm not proposing that this small shift will rid the American media of its obsession with who's in the lead — but at least for one night all candidates could stand equal in front of the American people and make their best case for why they should be the next president.

Bobby's columns run Mondays. He can be reached at b.doyle@cavalierdaily.com.



Do we want one of the most important aspects of our political process to be determined on a leap of faith?"

didates can easily be forced out of the race as their numbers drop and public confidence wanes. Texas Gov. Scott Walker's recent exit from the race was in large part because of a drop in the polls. To boost poll num-

Don't harp on Halloween

Hypersensitivity over Halloween costumes fits into a larger pattern of political-correctness in the United States

With Halloween nearly a month away, the annual (if somewhat one-sided) crusade against ethnically-based Halloween costumes has begun. Last week, Opinion columnist Alexander Adames penned a cautionary piece advising students not to wear costumes “designed after a particular culture.” Echoing sentiments voiced in previous years in other college publications like the Harvard Crimson, Adames argues “donning a culture as a costume is offensive because it attempts to parody a person’s heritage” and that “culturally-based Halloween costumes are tasteless, offensive and reinforce negative ideas against various groups of people.” Indeed, there should be religious and cultural limitations as to what should be a considered acceptable for a Halloween costume. But Adames is wrong to assume appropriating clothing from other cultures in any form is automatically harmful.

The first claim Adames makes is “donning a culture as a costume is offensive because it attempts to parody a person’s heritage” and that people who wear such costumes “decide to take on that identity” of their respective costume. While it’s possible today’s costume wearers may in some

HASAN KHAN
Opinion Columnist

limited fashion act out the person or character they are dressing up as, it would be dubious to claim the goal of costume wearing on Halloween is to seriously role-play or adopt new identities. Representing all the complexities and nuances of a culture through a costume is not the intent of Halloween costumes; many costumes — such as this banana costume — don’t even allow such role-playing to happen. For the vast majority of Americans today, Halloween is a cultural holiday built upon lighthearted fun and capitalist hype, not serious social commentary. Americans of all ethnicities should understand this lightheartedness to be an implicit and underlying assumption of the holiday before wagging fingers at all ethnically-based costumes.

The Halloween costume debate fits into the larger context of a resurging wave of political correctness sweeping across American colleges, a wave indicative of cognitive distortion problems present in our collegiate generation. In his self-help book “Feeling Good,” Professor Emeritus David D. Burns of Stanford University outlines common cognitive distortions that indirectly fuel today’s PC stances. For example, he defines the term “magnification” as “exaggerating the importance of

things,” an action commonly seen in sensitive students who find even the smallest hints of cultural discord aggressive. Conflating the adornment of any ethnic or cultural costume with aggressive stereotyping is one such example of magnification, and only serves to make mountains out of molehills.

What about the appropriation of white culture? Is it okay to dress as a redneck hillbilly or an Irish kiltman? Herman Kaur Bhupal and Judy Park from the Harvard Crimson claim it is impossible to

commonly practiced against other ethnicities. What Bhupal and Park fail to see are the numerous examples of stereotyping and oppression historically and currently practiced within white culture itself. Terms like “redneck,” “WASP” and “white trash” are just some of the stereotypes that have historically existed and continue to exist within white culture today. Oppression against white Irish, Italians and Scots plagued this nation for years, all people who today can easily be identified in broader Western culture. To claim it’s okay to appropriate any type of white culture but not okay to culturally appropriate non-Western culture is ignorant to the history of oppression within mainstream white culture itself.

Within the broader debate of cultural appropriation, many have rightly pointed to mainstream white culture’s tendency to selectively appropriate aspects of other cultures without giving credit to the original cultures. A good example is the afro, a common African-American hairstyle often seen in negative light when worn by

blacks but defined as edgy when pulled off by whites. Such selective cultural appropriation is clearly unacceptable, especially if we continue to discriminate the original cultures for participating in their own culture which we ourselves enjoy. But the solution to the problem of cultural appropriation is not to simply abandon any and all cultural exchange; such a notion is unthinkable in today’s increasingly globalized world.

There are of course limits to the types of costumes people should wear. For example, adornment of religious symbols or impersonating religious or holy figures of other cultures is clearly inappropriate. But to discourage people from wearing costumes with any cultural or ethnic reference is far too restrictive. Instead, costume wearers should look to be inventive but also mindful if they choose to wear a culturally-based costume; for example, instead of wearing a generic “Asian” costume, perhaps one could wear a costume representing specific Asian figures (like a Japanese anime character). Acknowledging the existence of other ethnicities and cultures through costumes shouldn’t always be seen as offensive.

Hasan’s columns run Fridays. He can be reached at h.khan@cavalierdaily.com



The Halloween costume debate fits into the larger context of a resurging wave of political correctness sweeping across American colleges, a wave indicative of cognitive distortion problems present in our collegiate generation.”

culturally appropriate mainstream white culture, arguing “historically, ‘white culture,’ defined as mainstream Western culture in this context, has not been systematically subjugated” and is immune to the “systematic oppression, exotification, and stereotyping”

Improve preventative health resources

Concrete measures can be taken to limit the effects of the “first year plague”

Now that we are several months into the school year I am sure all of us have come in contact with the illness widely referred to as the “first year plague.” It begins slowly, as a tickle at the back of one’s throat, but soon progresses to what sounds like a moderate flu paired with a viral bronchitis. The cough allows no respite, filling both crowded exam halls and dormitories in the early hours of the morning. The illness is lengthy, appearing to take several weeks to run its course, although this may be exacerbated by the fact that many ill students continue with their daily routines as if perfectly healthy. Not only does this practice spread the disease, but the cough also serves as a distraction to everyone else.

ELIZABETH LEVIT
Guest Writer

should be instituted by the administration and executed by the custodial staff. This should include sterilization of areas that come into contact with many people, such as doorknobs and elevator buttons. Rather than wiping these and other communal areas with loosely diluted cleaning fluid and dirty rags, single use Clorox wipes could be used. In addition, cafeteria staff should be urged to sanitize their workspace and change gloves more frequently, and perhaps card swipers could sanitize hands intermittently as well.

On the student end, we should provide greater education regarding personal health. For many students college is the first time their illnesses, and health in general, have not been micromanaged by their parents. Although the school admirably provides significant education regarding assault and alcohol abuse, it would be prudent

to also include information about illness prevention, given that disease spreads very quickly in close quarters and greatly affects the academic performance. Education measures could include instruction



Although the school admirably provides significant education regarding assault and alcohol abuse, it would be prudent to also include information about illness prevention. . . ”

in proper hand washing technique, as well as a general reminder to cough and sneeze into the crook of one’s elbow. It is the sum of these small actions that deters the spread of airborne viral infections.

Hand sanitizer should also be

made more available to students, and students should be reminded to use it periodically throughout the day. In particular, there should be expanded access to hand sanitizer within the dining halls, because for maximum effectiveness sanitizer should be used immediately before eating. Finally, students should be encouraged to stay home if they are ill, rather than coming to class and infecting the rest of the school. Understandably, it is difficult to miss material, and many students fear their future performances will suffer. However, I believe these fears could and should be assuaged by an understanding administration that views student health as paramount.

Given the viral nature of the

illness, simple protocols could go a long way in stopping its spread. They are also not exceptionally burdensome or difficult to institute. I would not urge that this information be transmitted using an electronic medium. Instead, it could be briefly incorporated into one of the hall meetings that already take place at the start of each school year. Many of these meetings stress the importance of community and looking out for one another; preventing the spread of illness is simply another facet of this ideal. In addition, flyers could be hung in visible areas such as dining halls and dormitories to serve as a gentle reminder to students, especially in the first months of school when they are most vulnerable. This all would go a long way to creating a healthier school.

Elizabeth Levit is a first-year in the College. She is a member of the Student Council Health and Wellness Committee.

WEEKLY CROSSWORD

By Sam Ezersky

The Cavalier Daily Crossword Puzzle by Sam Ezersky, Class of 2017

ACROSS

- 1. Tic-__-toe
- 4. "See You Again" rapper Khalifa
- 7. Envi, cog, or poly follower, in UVA class lingo
- 10. "Boardwalk Empire" channel
- 11. *Dramatic goodbye
- 13. Kays' followers
- 14. *Something bad to worship: 2 wds.
- 15. *Microscopic development that may contribute to obesity: 2 wds.
- 17. "___ & Furious" (seemingly never-ending movie series)
- 18. Flowery last name of pop's Iggy
- 19. Somersaulting dive
- 21. Insignificant
- 22. Number of words in this clue
- 23. Pig's home
- 24. *Middle Eastern chickpea treat
- 28. Gov't org. that gives out nine-digit IDs
- 31. Coming event?
- 32. "Was it a cat ___?" (palindrome): 2 wds.
- 36. Slow Chinese exercise regimen: 2 wds.
- 38. Cute facial feature
- 40. "Should that be the case...": 2 wds.
- 41. *Affectionate nickname for a pet
- 42. UVA event of early October...or a literal feature of the answers to this puzzle's starred clues: 2 wds.
- 45. Twosome
- 46. *Google Voice offering, possibly: 2 wds.
- 47. Places where you may leave in stitches?: Abbr.
- 48. Awfully slow UVA site with a nonsense "Employee Facing Registry Content" webpage, briefly

Grid for the crossword puzzle with numbered squares.

© October 12, 2015 (Published via Across Lite)

- 49. Channel that airs Kenny Chesney music videos
- 50. "Ready, ___, go!"
- DOWN
- 1. Sibs and 'rents, collectively: 2 wds.
- 2. On fire
- 3. Actor shown second in the credits, often: Hyph.
- 4. Balls to the ___ (all out, in slang)
- 5. Org. that collects W-2 forms
- 6. Scrabble 10-pointer
- 7. Four-door cars
- 8. Small space in a dorm room
- 9. "Let me give it a go": 2 wds.
- 11. Start of a "Deck the Halls" refrain: Hyph.
- 12. Cavalier, Wahoo, or Jefferson amenity, on Grounds
- 14. Pesky price to pay
- 16. First symbol on a musical staff
- 19. Modern-day moving picture, casually
- 20. Body spray that just won't cut it for you?
- 22. Shiny woodwind instrumen
- 25. Fireplace residue
- 26. Hawaiian floral necklace
- 27. Arm, leg, or...branch
- 28. Doesn't leave a tip for
- 29. Mac's alternative to Interne Explorer
- 30. Supermarket sections
- 33. Trick-taking card game named after a suit
- 34. Entice
- 35. Lament after the UVA-Bois State football game: 2 wds
- 37. MLB pitcher Hamels
- 38. ___ citizenship (two-country asset)
- 39. Really bother
- 41. Expo marker tip material
- 43. Secretly include on an email, in short
- 44. Animal on Dodge's logo

UPCOMING EVENTS

- Monday 10/12
Alternative Spring Break Information Session, 7 p.m., Wilson Hall Room 402
- Tuesday 10/13
Student Council Presents: Look Hoos Talking, 7 p.m., Old Cabell Hall
Men's Soccer vs. American, 7 p.m., Klöckner Stadium
- Wednesday 10/14
Be Better at Busy: Time Management Workshop, 3:30-4:30 p.m., Monroe Hall Room 110
HackCville Presents: 10 Startup Lessons You Won't Learn in School, 6-7:30 p.m., HackCville

WEEKLY SUDOKU SOLUTION

9x9 grid containing the solution to the weekly Sudoku puzzle.

*A NEW PUZZLE CAN BE FOUND IN THURSDAY'S ISSUE

HELP WANTED

SIMPLYMAC NOW HIRING! Love Apple products? Great with People? We want to talk to you! We are looking for FT and PT Sales Specialists. Flexible schedules, employee discounts, and a fun place to work! Go to https://simplymac.applicantpool.com/jobmap/ to apply

ROOMS

FEMALE HOUSEMATE NEEDED NOW Housemate broke lease. Need replacement to pay her rent. Private room in Shamrock house, \$600 o/ b/ o includes all utilities. Text 703-945-6897.

*THE SOLUTION TO THIS PUZZLE CAN BE FOUND IN THURSDAY'S ISSUE

Chill Out!
Don't let midterms melt your iceberg.



LOVE CONNECTION:

BRENDAN & JESSICA



BRENDAN

Courtesy Brendan

Year: First
School: College
U.Va. Involvement: Global Medical Training, working in the dining hall
Hometown: Dunn Loring, Virginia
Ideal Date: I really would like someone with an eccentric and adventurous personality like myself.
Ideal Date Activity: Hiking or skydiving maybe. First date would probably be a nice-ish dinner — I'm a little traditional like that.
Describe a typical weekend: Go out and party Thursday and Friday, explore Charlottesville or take a day trip on Saturday, study all day Sunday.
What makes you a good catch? I've been told that I am a very sensitive man compared to other straight men.
What makes you a less-than-perfect catch? I'm not over six foot.
What is your spirit animal? The African leopard
What's your favorite pick-up line? Do you have a bandaid? Because I just scraped my knee falling for you.
Describe yourself in one sentence: I am weird, smart and adventurous.

Two first-years experience a "strong intellectual connection"

Margaret Mason
 Love Guru

Brendan and Jessica met at the Rotunda at 7:00 p.m. and went to The Biltmore on the Corner.

Jessica: I was walking to O'Hill for dinner when I saw the table for Love Connection... So I signed up. Also, I like trying new things and I thought it would be an interesting way to meet a new person.

Brendan: I was just walking by the dining hall one morning and was asked to sign up and I thought, "Hey, why not?"

Jessica: It's funny because when I signed up, I didn't know The Cavalier Daily was the one responsible for Love Connection and that there would be an article about our date in the newspaper. I wasn't sure how I felt about the intimate details of my date being published for all to see.

Brendan: I was a little nervous [when I was chosen] because I had never been on a blind date before. I had absolutely no expectations.

Jessica: I didn't want to go in worrying that it was going to be a bad date because I believe in the power of a self-fulfilling prophecy. However, at the same time, I didn't want to go in believing I was going to meet my soulmate and set myself up to be disappointed.

Brendan: I figured at least it would be an interesting story to tell.

Jessica: I got [to the Rotunda] a little bit before him and was waiting on a bench. I saw him walk up and it looked like he was searching for someone. I went up to him and asked for his name and if he was here for Love Connection.

Year: First
School: College
Hometown: Stafford, Virginia
Ideal Date: Outgoing, mature, considerate, smart, kind, funny.
Ideal Date Activity: Starbucks date, movie, hiking, apple picking.
Describe a typical weekend: Doing homework, taking Netflix/snack breaks and working out.
Hobbies: Reading, writing, Netflix, working out, soccer, drawing, hanging with friends.
What makes you a good catch? I'm smart, kind, funny, outgoing, low-maintenance, open-minded.
What makes you a less-than-perfect catch? [I'm] overly talkative.
What is your spirit animal? Owl
What's your favorite pick-up line? Hey, do you come here often?
Describe yourself in one sentence: I will strive to put a smile on your face, even if I can't put one on my own.

Brendan: She actually walked up to me and asked if I was Brendan, which was pretty gutsy considering I may have not been Brendan.

Jessica: I haven't been out to the Corner a lot, so I let him decide where we were going to eat.

Brendan: We tried to go to Mellow Mushroom because I love it and she'd never been there. We ended up going to The Biltmore where we had a quieter dinner — Mellow Mushroom was packed.

Jessica: There was hardly anyone there, so it was nice and quiet, which allowed us to carry on a conversation comfortably. The food was really good and the service was awesome. He picked a really good place for a first date.

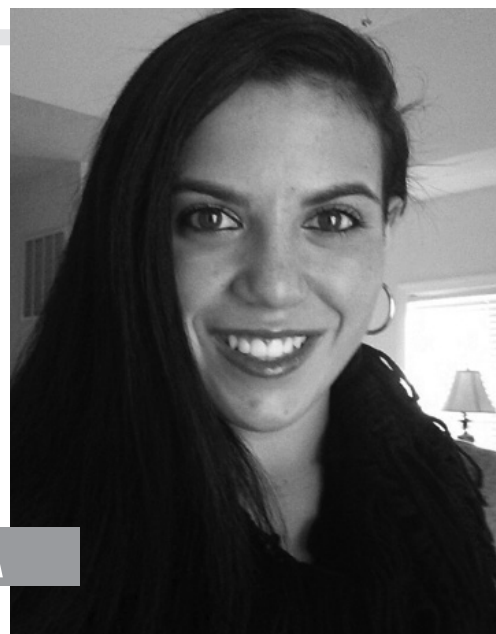
Brendan: [Upon first impression] I was pretty conflicted; I didn't really know how to feel. It was briefly awkward, but then almost immediately, we began talking and it wasn't awkward.

Jessica: I had a really good first impression. He was on time and dressed nice. Throughout the night, he was nothing but a gentleman. He always held open the door, gave me the option to pick where we were going to eat and he paid for my meal. Furthermore, he was really sweet.

Brendan: The conversation was very lively and intellectual. We seemed to be on about the same level intellectually, and both parties were talking a lot.

Jessica: I had to stop myself a couple of times from taking over the conversation, but for the most part, it was pretty well balanced. Once we left the restaurant, we decided to walk around a bit. As we walked, the conversation began to flow more naturally and we started talking about some more serious things.

Brendan: We are both pre-med and all three of our Match.com question answers [on the Love Connection survey] matched.



JESSICA

Courtesy Jessica

Jessica: We talked about some of the stuff we've learned from our pre-med classes. It was nice to know that he was comfortable engaging in more intellectual matters.

Brendan: I paid for the dinner, we took a walk and then I walked her back to her dorm.

Jessica: I don't feel like there was flirting going on.

Brendan: For me at least, it was mostly a friend vibe.

Jessica: I could see us going out again. I'm not sure if it would progress into anything more than a friend, though I'm not closed to the possibility. I would rate the date an 8.

Brendan: I didn't believe there was a romantic connection, but there was a very strong intellectual connection. I would probably give the date a 7.

Entering drunk mode

App by University alums helps students stop drunk dialing, reaches 900,000 users

Drew Friedman
Feature Writer

Drunk Mode, a mobile phone app designed to prevent drunk dialing and keep college students safe while drinking, has reached almost 1 million users since former University students Joshua Anton and Justin Washington launched it in

spring 2012.

When the app launched, 700 people downloaded it in the first week alone. The app grew by several thousand downloads every few months during 2014 and went viral at the end of the year. It finished out the year with over 200,000 downloads. Currently, the app has 900,000 users and is projected to hit one million downloads by mid-October.

tober.

Anton, now the chief executive officer, said Drunk Mode has four main features for students to use during nights out.

“What we basically are doing is four things,” Anton said. “We stop you from drunk dialing your friends, we allow you to find your drunk friends in real time, we show you where you went last night and we allow you to catch a ride home.”

On Oct. 15, a Drunk Mode update will include two new features: Hotspot, which allows users to see other Drunk Mode users on a map, and Fabriq, which shows where users have traveled in the last six hours.

“[With Hotspots,] the more people that have Drunk Mode in the area, the more popping that area is going to be,” University of Alabama student and Chief Communications Officer Jake Ellenburg said. “If 10 people were in a bar and they all had Drunk Mode on, that bar is going to show up as a Hotspot on your map.”

When Drunk Mode first launched, its primary objective was preventing users from making unplanned drunk calls to their peers. According to Anton, the app was not intended for safety purposes at first, but this is now a big emphasis.

“If we can solve safety at the same time, it...makes [Drunk Mode] more than just a party app — [it] makes it irreplaceable to your night out,” Anton said. “And being safe is part of that — we just kind of accidentally figured it out.”

After focusing on safety uses, the app began developing more social uses with features like Breadcrumbs, which tracks users’ locations throughout the night.

“We did a really good job building Drunk Mode and making it into where it’s mainly a safety app,” Ellenburg said. “We’ve got your back on so many levels as far as that’s concerned, so now we’re trying to get more for the user experience.”

Anton said the entertaining features of the app are still necessary so people will have an incentive to download it.

“We’re trying to find the people who haven’t had something happen to them, but they download us because they find the Drunk Dialing and Breadcrumbs features hilarious,” Anton said. “And at the end of the day, they indirectly use the Find My Drunk feature when there’s an emergency.”

Drunk Mode was not always so successful — last October, it would have shut down if not for support

from investors and perseverance by the app’s creators, who raised \$25,000 in four weeks to restructure the app.

“There was a time when we were struggling,” Ellenburg said. “You’ll hit rough patches where either the app is not that good or everyone thinks you’re not that good, but we have prevailed through all of that.”

In the process of creating and working on Drunk Mode, Anton has shaped his own career path after graduating from the University.

“I did what I wanted to do after college,” Anton said. “I wanted to run my own business and ... make a difference in the world ... I wanted to have a choice in what I wanted to work on.”

By doing what he loves, Anton will continue to impact how college students spend their weekends. The app is projected to have 2 to 3 million users by the end of 2015 and 5 to 6 million users by the end of 2016.

“We want to be the app that people use when they go out on college campuses, where we can solve every issue you may have,” Anton said. “We want to be the app that college students have and use for their social life in college at the same time while solving safety.”



Courtesy Launch LLC

New CIO Pakistani-Afghan Women in Need holds art sale

Group raises money for health needs of impoverished women

Brittany Hsieh
Feature Writer

When fourth-year College student Ammara Ansari seeks to share her interest in Pakistani women’s health and civic engagement with other University students by starting her own CIO: Pakistani-Afghan Women in Need.

“Personally, starting up the organization was a way to think about what it meant to give to a community [and] culture that I can relate to,” Ansari said. “As a Pakistani woman, it seemed like a good idea to bring this important issue, namely women’s health and positive involvement in their societies, to the forefront.”

The aim of the organization is to raise funds for women in poor regions of Pakistan and Afghanistan and send them health-oriented care packages. Last week, the organization held its first major event, a local arts sale, to jumpstart its donation fund. PAWIN works in tandem with

the non-governmental organization Cooperative for Assistance and Relief Everywhere, which works to fight poverty and support emergency projects.

“The idea is not to create an organization that is only at U.Va., but it is to start something here and then expand later on,” Ansari said.

Since the organization is still in its infancy, PAWIN has faced setbacks, such as difficulty finding artists to donate art for its first event. However, this hasn’t stopped the group from bringing an important issue to the forefront of Grounds.

“There is no organization here that specifically addresses what we are addressing, and I think [the CIO] has a lot of potential to spread awareness about an issue that really needs attention,” second-year College student Emily Hamilton said. “Women in certain areas of the world do not have access to basic needs and healthcare — how can that not be an important issue to raise?”

Second-year College student Meghan Grumbling has always been interested in women’s rights, espe-

cially in a global context, so PAWIN’s mission resonated deeply with her.

“We have a responsibility and obligation to help those we can,” Grumbling said.

The issue of inadequate health care for women in these countries is an issue people often ignore, Ansari said.

“[Pakistani and Afghan women are] such a brushed-aside issue,” Ansari said. “We, as U.Va. students, are so privileged. We get to go to class everyday... whereas a lot of times there are so many people who have difficulty reaching basic sanitary needs. Bringing this awareness to the U.Va. community is important.”

Through fundraisers and donation drives, members of PAWIN hope to make a difference in the lives of Pakistani and Afghan women as well as raise important issues here at the University. The arts sale was the organization’s first step toward reaching these goals.

“[The art sale was] a place where artists were allowed to showcase their art on Grounds and donate [the

proceeds] to our cause,” second-year Nursing student Ali Davidson said.

“We [showcased] art from people... in Richmond and from students who attend the University. [The art ranged from] jewelry to

paintings to decorated recycled beer bottles.”

The art sale promoted local artists, and the artists donated their work for the event, so all profits went directly to PAWIN.



Kho Nguyen | The Cavalier Daily

Artists from as far as Richmond as well as local Charlottesville artists and students donated art to raise funds for care packages to be sent to women in need.

Top 10 excuses to get out of things you don't want to do

Annie Mester
Life Columnist

1. I just ate:

This applies to almost anything: your friend asking you to go to the gym (didn't her mom teach her not to go swimming before waiting 30 minutes after eating?), going out (I have a food baby so none of my clothes fit right now) or going to dinner (well, duh). However, this one is hard to rationalize when you're trying to skip a meeting or class — unless you're so full you can't walk. In that case, make an urgent appointment with your bed. You deserve a nap.

2. I have a fever:

The first rule of making an excuse is committing to your excuse. You have a fever, you say? Stand in front of a heat lamp for about five minutes, find a thermometer and take your temperature. Snapchat said thermometer reading to everyone in your contacts — or better yet, make it your story. Just like that, you're sick — Mean Girls style. My advice? Don't leave your house. But, if you do, fake a limp or something. What did I say about committing?

3. I got called into work:

This applies to everything except going to work, unless your endgame is "Inception" and your boss is particularly gullible or susceptible to mind games. Pro: if you work at a restaurant like I do, you have at least six hours to ignore texts you don't feel like answering because "you got slammed and couldn't look at your phone." Con: if you work at a restaurant like I do, you have at least six hours to remain out of sight or risk being outed for not really being at work.

4. I'm at the gym:

In the words of Big Sean: there's a million trillion things that I'd rather fluffing do. These things include, but are not limited to, pullups, pushups, extended movement on the elliptical, walking uphill on the treadmill, the stairmaster next to an inexplicably old person, the bike next to one of your TAs from first year or the rowing machine next to your very recent ex. For full commitment, remember to tell everyone in earshot how sore you are but how #worthit it was to workout yesterday.

5. I'm out of town:

This is a risky excuse due to the extreme level of DL it requires. But, technically, out of town could mean Crozet because that is out of Charlottesville. From experience, if you're using this excuse you're either a). avoiding some sort of mandatory Greek activity or b). dealing with a specific person whom you really, really, really don't like. Don't be afraid to use your hiding time wisely — I hear the weather in Myrtle Beach is great this time of year. Why not get a jumpstart on Beach Week?

6. I'm in class:

Note: not to be used on weekends, federal holidays except Labor Day — still unclear as to why we have school on this day — or to get out of a different class. If someone tries to question you with, "But we hung out this time last week!" give them the quick, "I've skipped this class so many times this semester; I should probably go because I have a midterm next week" guilt trip. See below for how to elaborate on this.

7. I have, like, three midterms tomorrow:

Do you have like three midterms? Or do you actually have three midterms? Either way, no one is going to question you in your obvious state of distress due to the immense academic demands you're currently battling. School is for school-work, and how dare they forget that education is your main priority. Is your friend trying to get you to go with her to a pregame at which you know you'll get left alone within 10 minutes because she'll find the boy she's interested in? Dig deep and find that inner bookworm.

8. I have an interview:

This appears like you have your life together while hiding the fact that you're avoiding some sort of responsibility. Impress professors who thought you were going nowhere because you've missed so many of their classes! Punk your boss into giving you a raise because they think you're going elsewhere! Convince yourself you have marketable skills! Just be sure to wear business casual the whole day in case anybody you've told sees you. Remember the first rule of excuse-making — commitment is key.

9. I already told ____ I'd do ____ with them:

First, make sure ____ isn't also being bullied into whatever you're trying to get out of. Second, make sure ____ isn't the next person in line to be bullied into said avoidable activity. Third, if the first two are true, make sure ____ is in on your excuse. You don't want to go through the trouble of throwing someone under the bus if they're going to potentially blow your cover. For extra points, post an Instagram of you and ____ doing whatever activity you made up. Go big or go home, right?

10. No:

Easy, breezy, no-nonsense and to the point. This one's for those who are daring, unafraid or who just don't want to end up alone in Trinity at 1:30 in the morning again. An empathetic tone is not required: be sorry or be sorry you're not sorry. Or don't be sorry you're not sorry. Often, the best excuse is no excuse, so enjoy your sweet, sweet freedom.



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