

THE CAVALIER DAILY

Vol. 131, Issue 10

Thursday, January 28, 2021

EMMA KLEIN, KHUYEN DINH, SOPHIE ROEHSE & LEIGH BIERMAN
COURTESY UNIVERSITY OF VIRGINIA



ADVERTISEMENT

Apply for a Parents Fund SPRING 2021 Grant

Spring 2021 Grant Applications are available at:

<https://giving.virginia.edu/where-to-give/parents-fund/what-we-do/grants>

Questions? Email acp5y@virginia.edu

APPLICATION DEADLINE:

February 19, 2021



UVA
Parents
Fund

Letter from the Editor-in-Chief

To our readers:

As we step into another surreal semester, I'm honored to be sharing the 132nd term of The Cavalier Daily's first print issue with you. In the following pages, you'll find stories about attitudes returning to Grounds, hope for vaccines stifled by systemic inequities and students' thoughts on living and learning through times defined by predictable sen-

timents of "unprecedented"-ness.

In short — 80 percent of students told The Cavalier Daily that they felt comfortable returning to Grounds for the spring, but just over half said they obeyed proper quarantine protocol upon their return last semester. Growing COVID fatigue and vaccine optimism contrast the reality that, in the words of University leaders, "our margin for error is narrower than the fall."

To fellow students, while we've been on a prolonged break and are eager to return to Charlottesville, our decisions and behavior impact those around us — those outside of your "U.Va. bubble," as our Editorial Board writes.

I hope this collection of hard work from our staff captures the continuous efforts navigating this pandemic and the progress to come. I'm grateful to every-

one who has trusted us with their stories and to our dedicated team of volunteer writers, designers, photographers, ad reps and editors who are committed to serving the community through creative storytelling.

As the year goes on, we'd appreciate your ideas, input and feedback. Please feel welcome to reach out via email, social media or on our website. And if you'd like to support the work of in-

dependent student journalists, consider making a tax deductible donation to The Cavalier Daily.

With gratitude,



Jenn Brice
editor@cavalierdaily.com

NEWS

This week in-brief

CD News Staff

Community MLK Celebration asks 'Where Do We Go From Here?' and emphasizes importance of mental wellness and racial justice

The University's Division for Diversity, Equity and Inclusion began a series of events celebrating the life and legacy of Dr. Martin Luther King Jr. on Jan. 18. This year the community celebration draws its theme — "Where Do We Go From Here: Chaos or Community?" — from King's fourth and final book before his 1968 assassination. The 18-event series, which ends Jan. 31, includes speaker panels, an essay contest and mutual aid campaigns.

Meghan Faulkner — chief of staff in the Division for Diversity, Equity and Inclusion — said that the planning committee settled on the theme of "Where Do We Go From Here?" early in the fall semester, unaware of how meaningful the question would become in recent months.

"When we settled on this early in the fall semester, the question posed by Dr. Martin Luther King Jr. in his last book seemed like it would be an apt lead-in to 2021, given all the country and the Charlottesville/Albemarle community have been through in 2020," Faulkner said. "Little did we know how much, due to recent events, the question would become only more urgent and pressing to answer."

The Division for Diversity, Equity and Inclusion hopes that this event provides space for both community connection and economic investment back into the organizations serving Charlottesville residents.

"We hope to inspire a collective grappling with the question of 'Where Do We Go from Here?'" Faulkner said. "We also hope that this year's events will allow us to come together to reflect on Dr. King's legacy, the current state of civil rights in our nation and in our locality, and what we all might do to forward his vision."

U.Va. reports 1,929 total positive cases, of which 1,412 are students

Since Aug. 17, the University's COVID tracker has reported 1,929 positive cases of coronavirus in the University community, which includes faculty, staff, students and contracted employees. University students make up 1,412 of the total positive cases. Sept. 17 marked the highest number of daily reported cases since Aug. 17, recording 59 positive cases in the University community.

These numbers are only reflective of students who have tested positive through the Student Health & Wellness or the U.Va. Health Clinic. The University COVID tracker dashboard does not include the number of positive student cases that may have been detected with pre-arrival testing.

The dashboard also reports 2 percent of the student quarantine rooms to be currently occupied while no student isolation rooms are occupied. These numbers include students who are in post-travel quarantine.

Investigation finds 'poor judgment' in November Corner incident, UPD officer will return to work after weeks-long training

A University Police Department internal investigation found "poor judgment" by an officer in a November incident on the Corner that, according to Defund Charlottesville Police, resulted in a local man seeking medical attention at U.Va. Health for three broken ribs. The officer involved was placed on administrative leave and is required to undergo several weeks of training then will return to the job.

UPD's Office of Professional Standards conducted an internal review along with the University's Office for Equal Opportunity and Civil Rights after the Charlottesville Commonwealth's Attorney Joe Platania determined that there was no criminal conduct related to the actions of the officers who responded to this incident.

"I have directed that the involved officer, who remained on administrative leave while the investigations were underway, be assigned to an experienced Field Training Officer for the next several weeks," Chief of Police Tim Longo wrote in a statement Monday. "A training plan has been proscribed that will focus on the principles of Fair and Impartial Policing, effective communication strategies and de-escalation."

Since the November incident, several officers have undergone virtual training on constitutional policing through Montpelier's Center for the Constitution.

1.22

1.26

1.27

U.Va. Health's COVID-19 vaccination team grows to 600 members

In order to accelerate the distribution of vaccines to the community, U.Va. Health has relied on its 600-member vaccination volunteer team — made up of nurses, physicians, EMTs, nurse practitioners, faculty in the Schools of Nursing and Medicine and others who vaccinate within their scope of practice. All members of the vaccination team are paid volunteers and members of the U.Va. Hospital network, and the team has grown in size substantially since vaccinations at U.Va. Health began Dec. 15.

When vaccinations first started, the team was operating out of an eight-seat clinic with eight vaccinators working — a size that allowed roughly 200 vaccinations a day. Today, the team operates two clinics that allow a total of 20 vaccinators to give upwards of 1,300 vaccinations a day.

April Howell, the heart and vascular ambulatory director for U.Va. Health and a member of the vaccination team, said that administering vaccines to members of the community is an honor.

"When we have some patients over 75, and they sit down to get a vaccine and they just start crying because now they have hope and they have this overwhelming sense of relief," Howell said. "It is such a good feeling."

Carole Ballew, fellow vaccination team member and nurse practitioner for cardiac transplant, said she feels like helping to vaccinate the community is part of her patriotic duty.

"I feel like I'm contributing in a positive manner as a citizen — I feel warm and fuzzy," Ballew said. "I think that's the general consensus that I've gotten from people, and so it's a good feeling to be doing something that you know is going to be worthwhile in the end."

U.Va. Health requires staff to pick up extra shifts

Registered nurses, certified nursing assistants and patient care technicians are required to pick up one additional shift every three weeks

Maryann Xue | News Editor

In an effort to manage increasing COVID-19 hospitalizations, U.Va. Health instituted a new policy mandating that all registered nurses, certified nursing assistants and patient care technicians in inpatient units pick up an additional 12-hour red shift — one that has a high need for additional staffing — every three weeks. The policy went into effect Jan. 10.

U.Va. Health saw a surge in hospitalizations following Thanksgiving break, and the number is anticipated to continue rising over the course of the next six weeks. As of Tuesday, there were 55 hospitalized COVID-19 patients at U.Va. Health. There were 9 new COVID-19 patients admitted to U.Va. Health on Tuesday. On Jan. 20, 16 new COVID-19 patients were admitted to U.Va. Health, the highest number of new admissions in a single day since the University's COVID-19 tracker began reporting statistics on Aug. 17. The current seven-day moving average is 8.43 hospitalizations, compared with a seven-day average of 3 hospitalizations in August.

According to the CDC's ensemble hospitalizations forecast based on data from 13 modeling groups, COVID-19 hospitalizations in Virginia are expected to increase in the weeks leading up to Feb. 15. Nationally, the number of new COVID-19 hospital admissions predicted to be reported on Feb. 15 ranges from 9,300 to 21,000.

To protect the health of patients and hospital workers amid increasing COVID-19 hospitalizations, U.Va. Health barred visitors beginning Jan. 13. Special exceptions can be made for specific patients such as pediatric patients, patients with disabilities and patients at the end of their lives. However, visitors can not have COVID-19 or symptoms of any other infectious diseases and are screened prior to entering the hospital. These visitation restrictions are similar to those implemented in March 2020 when the pandemic was in its early stages.

The hospital previously had to turn away some patients, referring them to other hospitals, due to many staff members being reallocated to COVID-19 patients. According to Eric Swensen, U.Va. Health Public Information Officer, the hospital continues to care for all patients coming to the Emergency Department and accepts transfers from other hospitals as beds become available.

"We continue to make these adjustments on a daily basis as our COVID care needs change rapidly," Swensen said.

Previously, many staff members

had already voluntarily picked up extra shifts for incentive pay, but further projected increases in hospitalizations have led to an additional need for support. During these shifts, registered nurses will receive an additional \$20 per hour, while certified nurses and patient care technicians will each receive an additional \$10 per hour.

For staff members who are unable to pick up extra shifts, other staff members can fulfill this requirement in their place once they have completed their own requirement. Staff members who have previously picked up incentive shifts are not required to pick up more.

U.Va. Health CEO Wendy Horton and Chief Nursing Officer Mary Dixon are both hopeful that the expectation can be removed around six to eight weeks after the

ment, beds and staff. COVID-19 patients are generally housed in Special Pathogens Units — which were developed in spring 2020 to separate patients that have COVID-19 from those who don't — but once patients reach the point when they are no longer infectious, they can be moved to other medical-surgical intensive care units or acute units so that the needs of newly diagnosed infectious patients can be met. While they still require care and hospitalization, they can be treated as non-COVID patients and housed in non-COVID units to create additional space.

The hospital currently has adequate equipment and beds, but the area that they are monitoring most closely is their workforce, which Horton described as their "rate-limiting step."

U.Va. Health mentioned that their department used to require working one 12-hour shift as a baseline requirement per pay period, which is every two weeks, but around October, the requirement rose to two shifts per pay period on average. This new policy only adds on to previous requirements. According to the student, the reality is that many employees have gotten sick, experienced burnout and quit.

"We need the staff, and I think we all can identify that having a few more people every single shift makes our lives a lot easier, but if that means every single person is working overtime, does that really improve patient care?" Brylawski said. "Does it improve patient outcomes if everyone's exhausted? I don't know."

Personally, because she works

of the most challenging periods in healthcare for anyone who's in healthcare — be it a nurse, be it a physician, be it an administrator — to help us care for our patients and make all the right decisions."

A CNA and nursing student at a nearby community college — who asked to remain anonymous because they didn't want what they said to impact their work — feels that the hospital has been very supportive of students. In their department, the minimum hour requirement for students is one 12-hour shift per week while for non-students, it's two 12-hour shifts per week. They were previously scheduled like a regular employee because they wanted to help, but when it became clear that their school and work schedules were not compatible, their supervisor was able to bring them back to their minimum hour requirement.

"Prior to that, if they had held me to my original schedule, it would have been very stressful to the point that I think my studies would be in jeopardy," the CNA said.

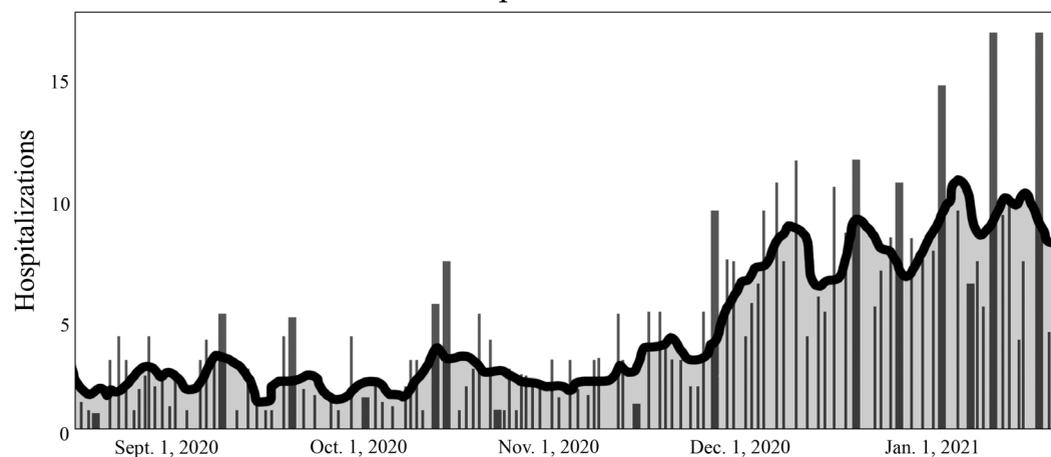
Due to a medical exemption, the anonymous CNA is unable to work with COVID-19 positive patients, but they nevertheless have to pick up additional red shifts in non-COVID-19 units. However, they said they still feel safe in their current work environment at the hospital. People have been protective of them on every unit they've been on, and they feel that the hospital's PPE and testing policies are good.

"If there's any shadow of a doubt that someone is [a patient under investigation for COVID-19] or even combative, they've really put my safety first," the CNA said. "Whenever I've spoken up about something that I'm not comfortable with, I have been accommodated and they have worked with me. I feel safer at the hospital than I do at the grocery store. But I think I'm lucky."

Horton emphasized that vaccinations, social distancing, mask wearing and hand washing will continue to be key moving forward. Despite many people feeling fatigued, she believes that these actions really are the answer.

"We're pretty excited about the future, and we just ask everyone to continue their great work," Horton said. "When everyone continues doing their part, it really is supporting all of us. We just want to say thank you for that support because when people do all the right things, it really helps the healthcare system as well."

New UVA Hospitalizations for COVID-19



Data from the UVA Covid Tracker

AAYUSHA KHANAL | THE CAVALIER DAILY

policy was originally instituted, but it all depends on COVID-19 volumes. The hospitalization rate is anticipated to increase within that time period.

"We don't know how dramatically it will rise but we want to be able to have the resources available and the teams available to be able to provide that level of care and to maintain a constant culture of safety for our patients, but also safety for our team members," Dixon said. "When our team members don't necessarily have the complement of the team that they need to meet the needs of our patients, that's not the environment that we want any of our team members to be working in."

U.Va. Health focuses on three primary areas in terms of managing the hospital during the pandemic — the amount of available equip-

"Everyday we need to make fine-tune adjustments in how we're staffing, how many patients we can take and what that looks like," Horton said. "It's a very dynamic process and something that a whole team of people meet about and talk about to make sure that we're on top of things and monitoring things and ensuring the safety and quality of our patients and all of our team members that work here."

U.Va. Health workers recently unionized due to reasons including inadequate staffing, top-down management and subpar wages. Especially during the pandemic, hospital workers have faced increased stress regarding their own wellbeing as well as the wellbeing of their patients in an already high-paced and stressful workplace.

Julie Brylawski, a Nursing student and patient care technician at

for a more flexible department, she is not as outraged by the policy, but she wonders how people with other responsibilities can manage and how the situation might change when classes begin.

The hospital has worked to support their team members during this difficult time and implemented incentive pay as a way of thanking them for the extra time they are committing to their patients. Additionally, the hospital has a program on wellbeing and wisdom with several resources available to team members. Dixon said that the hospital was trying to do things at both the unit and system levels in order to "support the resilience and the stamina of our team."

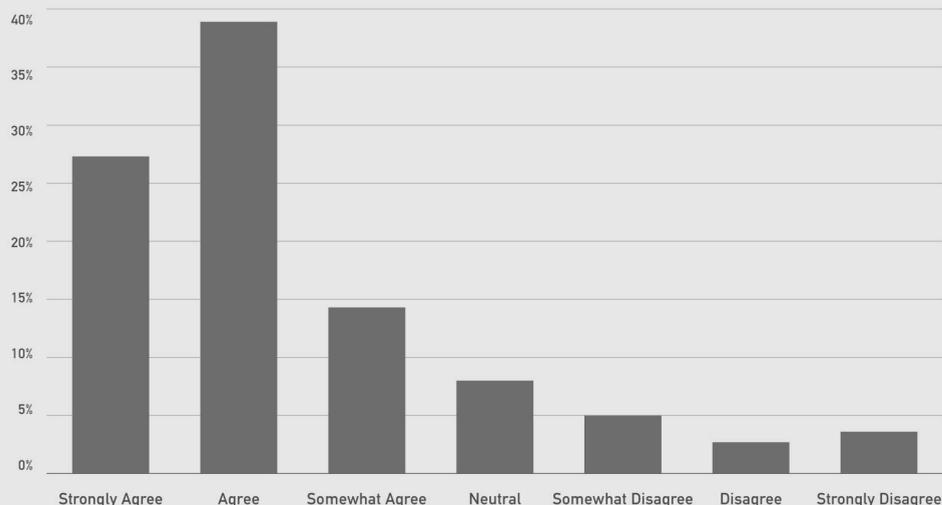
"Our team members go through different periods individually of being tired," Dixon said. "This is not easy work. This is probably one

Over 80 percent of students feel safe returning to Grounds

Many worry that students will become complacent with University policy and have large gatherings despite increasing COVID-19 cases

Nik Popli | Staff Writer

I feel safe returning to Charlottesville for the spring semester based on U.Va.'s spring operational plans:



With a majority of students returning to Grounds this week for the start of spring classes amid the ongoing pandemic, The Cavalier Daily surveyed undergraduate students on what they hope the upcoming semester will entail.

Over half of all respondents said having more in-person classes is important to them while around 47 percent of respondents are satisfied with the University's current hybrid model of instruction with classes conducted through a mix of in-person and online learning. Nearly 88 percent of respondents indicated that their mental well-being was negatively impacted during the past fall semester, and about 12 percent of respondents said they do not feel safe returning to Charlottesville this spring.

The survey, which ran from Dec. 14 to Dec. 28, garnered 930 anonymous responses from undergraduate students in the Class of 2021 through the Class of 2024. Of all respondents, roughly 82 percent lived in the Charlottesville area last fall.

Students' safety concerns about spring

With 136 active cases of COVID-19 already in the University community, students have mixed feelings about returning to Grounds this week. Across Virginia, the number of coronavirus cases continues to increase at record levels, with more than 6,000 cases per day on average during the third week of January, placing Virginia in the top 10 nationally for cases per capita.

While the majority of survey respondents feel safe about living in the Charlottesville area this

spring, around 3.5 percent of respondents "strongly disagree" with this sentiment. An additional 8 percent disagree or somewhat disagree.

Many respondents cited the recent spike in cases in the University community as a reason for feeling unsafe while others believe students are becoming tired of following health and safety restrictions and may ignore the University's implemented gathering policies as a result.

"I'm concerned that the pressure cooker that everyone has been in for the past 10-11 months is going to explode," second-year Engineering student Lauren Askew said. "Everyone is tired of being stuck at home or in dorms and apartments. Everyone is tired of living through 'unprecedented times.' It's hard to be a perfectly responsible citizen for 7,000+ hours — and that's what we've been told to do."

The University has implemented a couple of new policies for the spring semester, including weekly mandatory prevalence testing for all students living in the Charlottesville area and stricter limitations on gatherings. No more than six students will be able to gather in groups between Jan. 19 and Feb. 14, and those who violate this policy will be subject to disciplinary action.

Students must also comply with Gov. Ralph Northam's executive order requiring individuals to stay at home between midnight and 5 a.m. unless for necessary travel. The statewide policy — which expires Jan. 31 but could be extended if deemed necessary to curb the spread of the virus — also requires bars and restaurants to close at midnight and bans on-site

alcohol sales after 10 p.m.

Last fall, Dean of Students Allen Groves told The Cavalier Daily that there was a "slippage" in adherence to the University's 10-person gathering limit towards the end of the semester, though he had a generally positive impression of student compliance with public health guidelines. There were over 1,300 positive COVID-19 cases in the University community last semester, none of which were linked to in-person instruction, according to University administrators.

Caitlin Cimons, who graduated early from the School of Education in December, believes that the upcoming semester could present more challenges than the last, especially in how the University enforces its gathering policies.

"I'm more concerned about the spring semester than the fall semester because once the weather

starts to get warm, I think we're going to see a lot of people going out more — wineries, outdoor bars on the Corner, Mad Bowl, etc.," Cimons said. "Based on how students spent their time in Charlottesville last spring semester once classes were moved online, I really don't see much changing, especially since students are tired of dealing with the pandemic and fourth years [are] itching to spend their last moments in Charlottesville with their friends."

Several students interviewed by The Cavalier Daily said they saw pictures of their peers on social media gathering at bars and Halloween parties last semester without masks and in small spaces — adding to the concern that some students are not taking the pandemic seriously. Others expressed concern about mask compliance in dorms and student spaces.

"What concerns me most continues to be the reluctance toward mask-wearing I saw in the first-year dorms at unsanctioned gatherings," first-year College student Grant GianGrasso said. "Even if people unfortunately choose to break with distancing guidelines, I'd hope that they can do the bare minimum and cover their faces. And I'll admit that U.Va. hasn't done a stellar job enforcing their policies, but rather depends on the goodwill of the majority to stop the spread."

Per University policy, faculty, students and staff can report non-compliance with the University's health and safety protocols on the Return to Grounds website, while community members can report apparent violations using the Community Concerns Reporting Portal. Nearly all reports of

noncompliance are referred to the University Judiciary Committee, which imposes sanctions ranging from essays to interim suspensions.

Mental health challenges

Nearly 45 percent of survey respondents "strongly agreed" that their mental well-being was negatively impacted by the pandemic last fall. An additional 43 percent agreed or somewhat agreed to this sentiment while around 7 percent disagreed in some form and 5 percent are neutral.

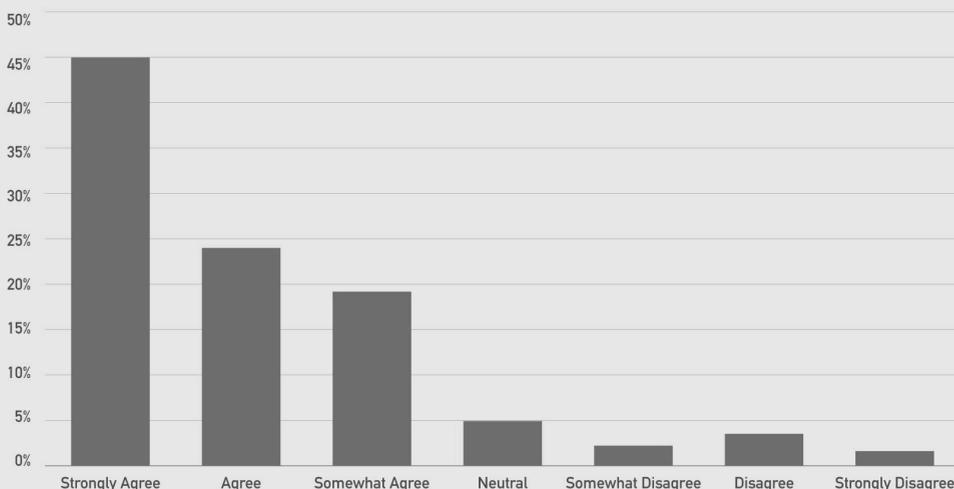
First-year College student Katherine Larson cited the added stress of transitioning to college with limited opportunities for social interaction as a source of mental health challenges.

"I struggled with mental health in the fall, particularly toward the beginning of the semester as I was still in the beginning stages of transitioning to a new social circle, and dealing with the stress of the pandemic," Larson said.

She found events like the Lighting of the Lawn scavenger hunt as helpful ways to navigate Grounds as a new student because it encouraged her to leave her dorm room and engage in a fun bonding activity with friends.

Several students who were interviewed agreed that social activities can help relieve the stress and burnout associated with schoolwork amidst the pandemic. Fourth-year College student Meghana Malapaka suggested that professors could incorporate more small group activities into lesson plans or the University could sponsor more virtual activities for students to alleviate feelings of loneliness or isolation.

My mental wellbeing was negatively impacted during the fall semester:



“Something about leaving your house and breaking up the monotony of Zoom call after Zoom call as well seeing people’s faces — even [if] it’s behind a mask — definitely seems to help mentally,” third-year Engineering student Kalman Butterbaugh said.

Brielle Dotson, a fourth-year College student, suggested that the University could even provide students with free pizza or gift cards on random days throughout the semester.

“Programming has the ability to help people still feel connected to and cared by a community,” Dotson said. “I feel like my connection to the overall University has faded throughout this year.”

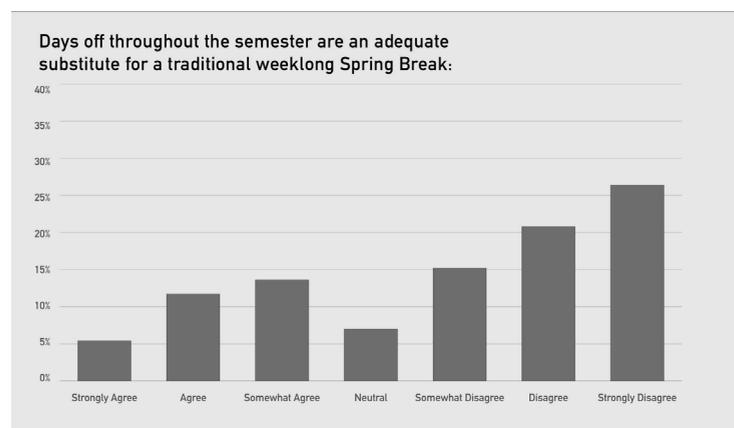
Others called on the University to lower the financial burden

“I’ve barely adjusted to being in college — and in completely wild circumstances, too. I don’t see the random days off helping alleviate stress that much ‘cause I’m just going to procrastinate another day in most cases.”

Having a ‘college experience’

When the University reopened last fall, it did it in part to allow students to not miss out on the “college experience” despite the unique circumstances of the pandemic. According to the survey, over 68 percent of respondents did not feel they received this experience, with around 29 percent strongly disagreeing with this sentiment.

“My concerns are the learning



of tuition, encourage professors to not assign work over scheduled breaks and increase the accessibility and availability of Counseling and Psychological Services.

Instead of having a traditional weeklong spring break, the University will give students four days off throughout the spring semester — called “break days” — intended to allow students to rest and minimize travel to and from Charlottesville. The break days are scheduled for Feb. 17, March 9, March 29 and April 15 — all weekdays.

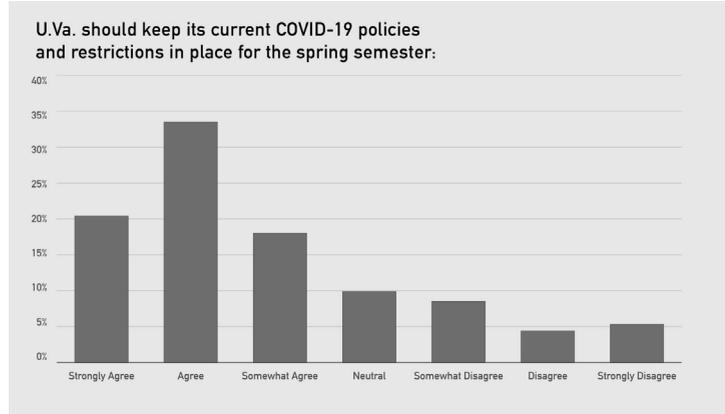
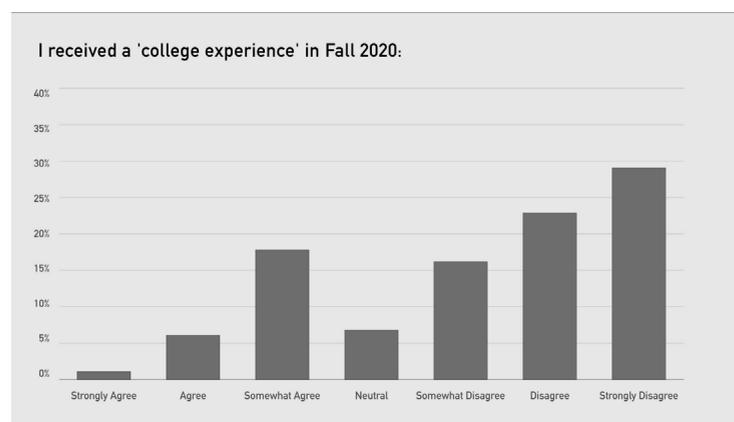
Over 62 percent of survey respondents believe that these four days off are an inadequate substitute for spring break.

“I know that spring semesters are shorter than fall semesters in any given year, but to have an even shorter semester this year scares me a bit,” first-year Architecture student Everett Vereen.

environment,” third-year McIntire student Everett Ward said. “Last semester I lived in the Charlottesville community but did not feel as though I was included in the U.Va. community. I felt my learning experience was significantly harmed because of the virtual learning environment when I was told classes were most likely to be in person. I felt deceived and as though I paid the same amount in tuition for a much worse experience.”

Approximately 27 percent of classes offered an in-person component last semester.

Cimons added that online classes do not get easier the longer students do it. Despite having sufficient resources to learn effectively, Cimons said she was a lot less likely to meet with professors during office hours — a key component of the college experience — because of the constant virtual environment.



“I couldn’t just walk into a professor’s office when I had free time on Grounds,” Cimons said. “I was sitting in my bedroom for hours straight, which affected my focus, and the learning experience is a lot more challenging online.”

Additionally, over 59 percent of survey respondents agreed, strongly agreed or somewhat agreed that contracting COVID-19 or fear of contracting the virus negatively impacted their ability to complete schoolwork during the fall semester. Around 53 percent of respondents said they had a friend or multiple friends test positive for COVID-19.

Yet, the majority of respondents who lived in Charlottesville last semester — around 90 percent — still felt happy about their decision to return, with roughly 42 percent strongly agreeing with this sentiment. Of the respondents who stayed home last semester, almost 83 percent agreed in some form that they were happy with their decision, though 34 percent expressed being unable to learn effectively from home.

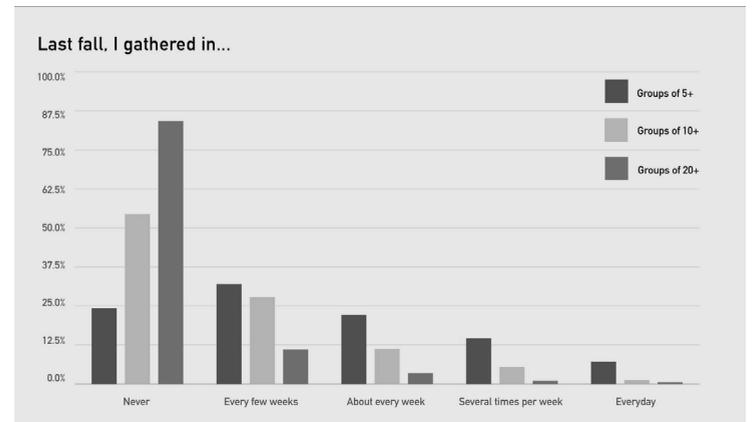
Compliance with University policies

Around 72 percent of survey respondents agreed, strongly agreed or somewhat agreed that the University should keep the same COVID-19 policies and restrictions from the fall semester in place for the spring. Majority of respondents — 49.5 percent — also reported that the University’s policies were “just right.”

“I do feel safe returning to Grounds this month because of the great work U.Va. has done in implementing helpful precautions, such as regular testing for students, wastewater testing in dorms and offering quarantine/isolation for students who may have been exposed to the virus or who have symptoms,” Larson said. “I was also on Grounds in the fall, and although I was still anxious about the virus, it was very reassuring to see all that U.Va. was doing to stop the spread.”

However, the majority of respondents — roughly 76 percent — said they gathered in groups of five or more in the fall, with 7 percent doing so everyday, despite the University’s temporary ban on

gatherings of more than five people. Over 45 percent of respondents said they gathered in groups of 10 or more and around 16 percent said they gathered in groups of 20 or more. Additionally, 56 percent of respondents said they always made an effort to avoid large crowds, 32 percent said they did so most of the time, 10 percent said sometimes and 2 percent said they never made an effort to avoid large crowds.



About 70 percent of respondents indicated that they always wore a mask outside their home while nearly 27 percent said they did so most of the time, 3 percent said sometimes and 0.5 percent said they never wore a mask.

Just over 50 percent of respondents said they self-quarantined when they arrived to Charlottesville, which was required in the fall and will be once again in the spring. Of those respondents who were possibly exposed to someone with COVID-19, around 66 percent said they always quarantined for the CDC-recommended time frame of 14 days, while 13 percent said they did so most of the time, 7 percent said sometimes and around 14 percent said they never quarantined for 14 days after a potential exposure.

The majority of respondents also said it was easy to receive a COVID-19 test — with around 30 percent strongly agreeing with this sentiment, 32 percent agreeing and 16 percent somewhat agreeing. Students who lived in on-Grounds housing were supposed to be tested on a regular basis, or least once every nine days by either mid-nasal swabs or saliva screenings. Addi-

tional students living in the Charlottesville area were also contacted at random for prevalence testing via saliva screenings throughout the semester. Around 10 percent of survey respondents said they were never selected for prevalence testing while 22 percent were selected once and over 67 percent were selected more than once.

Survey respondents had mixed reviews on the University’s Hoos Health Check app, with around 52 percent indicating that the app was not useful. Students were asked to self-report their symptoms daily on the app — although reporting was never tracked or required. Additionally, around 60 percent of respondents felt the University’s COVID tracker was a useful resource.

Spring plans and lingering questions

Roughly 29 percent of the respondents who did not live in the Charlottesville area last fall

are now planning to return in the spring, though the majority — 57 percent — who remained home are still planning to do so this semester. Of those who spent the fall semester in Charlottesville, roughly 89 percent are planning to stay in the area while over 8 percent are not and 2 percent are unsure.

With the COVID-19 vaccine rollout underway across the nation and in the University community, many students are feeling hopeful and reassured about their safety. The University has not yet announced plans for when or how students and faculty will receive the vaccine.

“I think as more of the community gets vaccinated, especially those who are immunocompromised, things will start to look up,” third-year College student Matt Carswell said. “One of my personal concerns is U.Va.’s ability to vaccinate its students ... Obviously those who are more vulnerable to COVID should and will get it first, but I do wonder how U.Va. will tackle the logistics of vaccinating students down the road.”

DATA COMPILED BY NIK POPLI
GRAPHS BY MARTHA WILDING

LIFE

Classes connect with South African community groups

J-term students worked in collaboration with the Movement for Change and Social Justice and The Black Power Station

Haley Stocks and Sally Stouffer | Features Writers

Although January term courses — which often have a study-abroad component — were online this year due to the ongoing COVID-19 pandemic, students were still able to interact with the global community. Particularly, students were able to take two new classes which collaborated virtually with community-based organizations in South Africa. Students in the course Community Organizing and Public Health in South Africa joined forces with the Movement for Change and Social Justice in South Africa, and students worked with The Black Power Station while taking Arts Activism, Liberated Spaces and Creative Economies at The Black Power Station.

MCSJ is run by and for Black South Africans to tackle issues of race, class and gender injustices in the poverty-stricken, peri-urban town of Gugulethu, South Africa. MCSJ was founded in 2016 in South Africa and aims to connect local organizations to one another and encourage citizens to take an active role in their community. The course allowed students to interact with members of MCSJ and learn more about how to create sustainable relationships with both MCSJ and organizations similar to it.

Assoc. Public Health Prof. Chris Colvin has been fostering a relationship with MCSJ cofounder Mandla Majola for many years and is one of the people who organized the course Community Organizing and Public Health in South Africa.

“Much of the teaching is actually done by our partners in South Africa,” Colvin said in an email to The Cavalier Daily. “They connect with the class every day, teach language, host discussion sessions, teach the students about South African history and politics and work with them to develop projects that will be both useful for MCSJ and the communities it works with, as well as for the students participating in the program.”

Students in this course had the opportunity to contribute to MCSJ’s work in the areas of health information, policy, and community organizing. Under the instruction of Global Development Studies Director David Edmunds, students were able to contribute through research, newsletter submissions and creating networking plans. The goal of the networking plans was to set up a “Friends of MCSJ” group of students, academics, activists and others who had

visited or engaged with MCSJ in some way and wanted to maintain the connection.

In Edmunds’ class, students had the opportunity to explore non-Western public health measures.

Fourth-year College student Andrea Henriquez’s group explored the concept of friendship benches, which originates from Zimbabwe.

ca. Acknowledging the histories of slavery and oppression in both countries allowed students to come together and discuss their insights collectively.

“The first week of the class we did a lot of conversation about South African history and ... a lot of students were able to have an opportunity to talk about how we still see legacies of slavery, genocide

community that you’re trying to help.”

The J-term course Arts Activism, Liberated Spaces and Creative Economies at The Black Power Station was taught by Asst. Music Prof. Noel Lobley and hip-hop artist and activist Xolile “X” Madinda, the visionary behind The Black Power Station.

Madinda is an entrepreneur and community educator that combines

Power Station hosts community events such as book readings, art exhibitions, live performances, spoken word and community conversations.

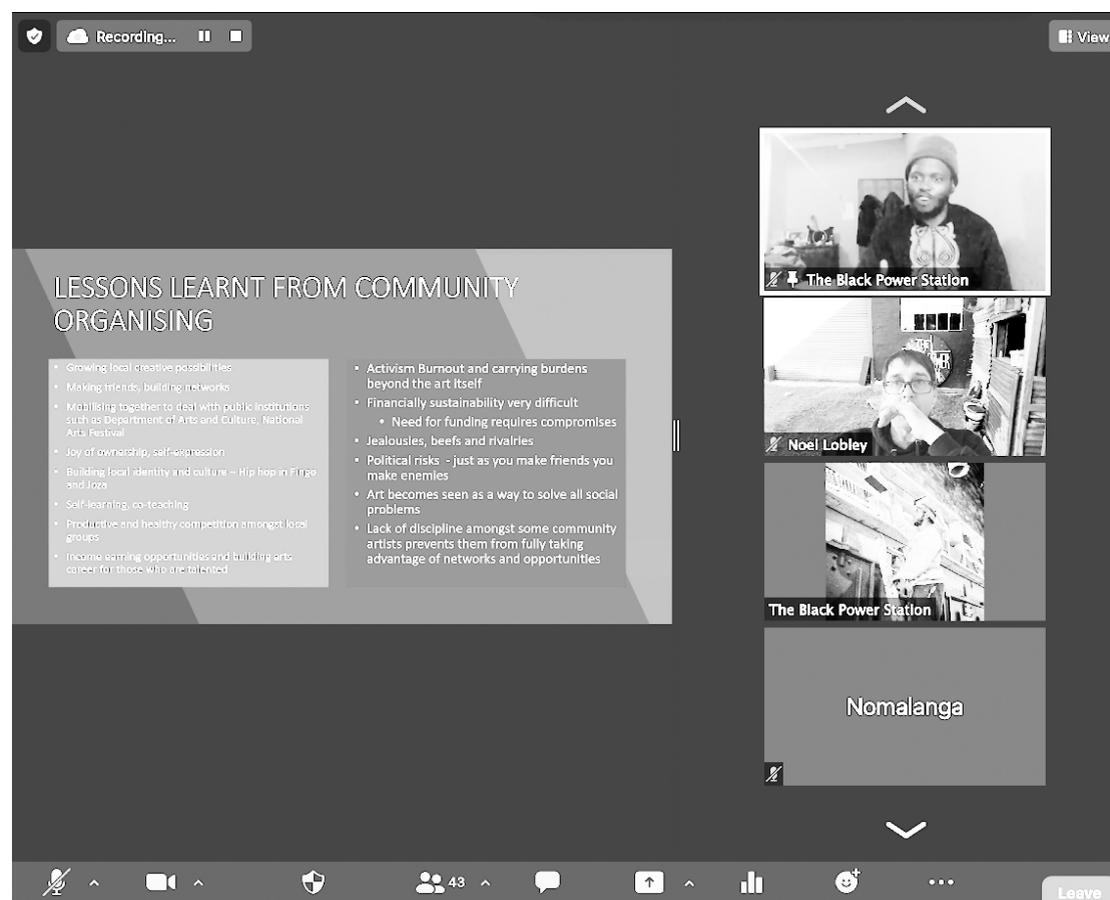
“The Black Power Station is such a cool, world-class space,” Lobley said. “It’s a liberated space where people are invited to be themselves. They don’t have to explain themselves. It’s protected space — it’s community-protected. Students that have come back from Makhanda loved it. I think it’s fair to say it’s changed their lives. It certainly changed my life 20 some years ago.”

In the past, students have been able to travel to South Africa to be involved with the creation and expansion of The Black Power Station and help with the National Arts Festival — the biggest arts festival in Africa. Some students have worked on festival content, and some have even performed poetry or DJ-ed. This J-term, students focused on raising funds for a new building for The Black Power Station and made a series of creative works that will likely be featured on the soon-to-be-launched website.

“We looked for less Western approaches, and it showed us when you’re community organizing you have to be looking everywhere — not just at Western ideas,” Henriquez said. “We never gave them an idea without getting their input.”

Students in these J-term classes had the opportunity to connect globally with organizations, learn from new perspectives and broaden their view of the world. These classes taught students about the importance of establishing and maintaining respectful, mutually affirming relationships, which are skills students can continue to use beyond the classroom.

“Students in our J-term class proved admirably responsive to interacting with the creative and conversational energies shared and delivered by The Black Power Station,” Lobley said in an email to The Cavalier Daily. “The formation of respectful and trusting relationships with the team at The Black Power Station in Makhanda enabled students to think through difficult and pressing issues on race, gender equity, and African philosophies of ubuntu (humanity), lessons which will stay with us all and can be deployed in multiple ongoing real-world realities in each of our interconnected lives.”



COURTESY NOEL LOBLEY

The course Community Organizing and Public Health in South Africa worked with the Movement for Change and Social Justice in South Africa. Students taking Arts Activism, Liberated Spaces and Creative Economies worked with The Black Power Station, taught by Professor Noel Lobley and hip-hop activist artist Xolile “X” Madinda.

Through the Friendship Bench, grandmothers receive free mental health training from local psychiatrists and sit on benches in various community centers, and anyone can stop and talk with them about struggles they may be experiencing for free.

“I always find it really valuable to link that kind of conceptual and theoretical work we do here at the University with people’s everyday practice outside the University and inside, too,” Edmunds said.

Students like third-year Batten student Valencia Lagbo found that taking this class gave them a new perspective on similarities between the United States and South Afri-

and some of these other topics in the United States,” Lagbo said. “So it’s been a lot of listening, interacting and trying to find relationships and ... it’s been a space for a lot of growth for a lot of people.”

The course also highlighted how it is important for organizations like nonprofits to consult with the local community when attempting to find solutions to problems.

“I really like the way one of the group members said ‘There’s no for us without us,’” fourth-year College student Rebecca Meaney said. “[I think this means] you can’t come up with a really sustainable, impactful solution if you’re not getting input and perspective from the commu-

poetry and beats with social activism to forge community. Lobley and Madinda met in 2007 when Lobley moved to Makhanda to do fieldwork while he was a doctorate student at the University of Oxford. The two have now been working together here at the University for the past five years, collaborating on syllabi, compositions and artworks. Madinda has come to the University twice and plans to return after the pandemic.

The Black Power Station is an abandoned industrial area reclaimed by artists that operates completely independently and is a community-driven space in Makhanda, South Africa. The Black

Healthy and hearty recipes to beat your winter funk

How to eat every color of the rainbow in one sitting

Sadie Goodman | Food Columnist

For me, winter break is all about the food. I love experimenting with new recipes and trying to find ways to incorporate all the healthy fruits and vegetables that my diet so sorely lacks during the school year. I came up with two new recipes over this long winter break that are both filling and delicious.

I don't usually prepare these two dishes together, but I've been making them both pretty regularly this winter season. A few of my roommates have pushed me to explore more plant-based and vegan options for dinner, which I greatly appreciate. I've noticed that integrating a variety of vegetables into my daily meals helps me look and feel my best. I hope you try your hand at these healthy and delicious vegetable dishes.

BUTTERNUT SQUASH SOUP

Prep time: 30 minutes

Ingredients:

2 tablespoons salt
Pepper, to taste
1 whole butternut squash
1 can coconut milk
1 bunch sage
1 tablespoon paprika
Red pepper flakes, to taste
2 tablespoons olive oil
1 shallot
1 ginger root
1 granny smith apple
4 cups vegetable stock

Instructions:

1. Prepare the squash by dicing it into one-inch pieces and remove the skin. This is the most time consuming part of the recipe, but I promise it's worth it.
2. Wash and dice the apple into one-inch pieces, leaving the skin on.
3. Heat one tablespoon of olive oil in a large soup pot over medium heat. Add a handful of sage, a few shakes of red pepper flakes, the diced shallot and two inches of fresh ginger. I like to prepare my ginger by peeling the root with a spoon and cutting it into rough slices.
4. Cook the shallot, ginger, sage and red pepper flakes for two to three minutes or until the shallot is translucent and stops stinging your eyes.
5. Add another tablespoon of olive oil to the pot and add the butternut squash and apple. Cook uncovered for 10 minutes, mixing often.
6. Add one tablespoon of paprika, two tablespoons of salt and as much pepper as your heart desires.
7. Add half a cup of vegetable stock and cover for five minutes or until the squash is fork-tender.
8. Add the rest of the stock and remove the pot from the heat.
9. Add half the mixture to a blender and blend until smooth. Pour this into a new bowl and set aside.
10. Add the other half of the mixture to the blender and blend. Pour the blended soup back into the original pot and return to low heat.
11. Mix the can of coconut milk into the soup until smooth, and serve with another crack of pepper.

SPRING ROLLS

For an appetizer, we have some crunchy rainbow spring rolls. Spring rolls are one of my favorite appetizers. Whenever I choose Thai or Vietnamese food I always gravitate towards their lightness and freshness.

Prep time: 10 minutes

Ingredients:

1 purple cabbage
3-4 Persian cucumbers
1 large carrot
1 mango
1 avocado
2 limes
1 red or yellow bell pepper
1 bunch Thai basil
1 package of rice paper

Instructions:

1. Prepare all vegetables by washing thoroughly and drying.

2. Dice all vegetables into thin matchsticks and set aside on a plate or bowl.
3. Fill a shallow bowl or plate with lukewarm water.
4. Dip the rice paper into the water and wet briefly for about two seconds.
5. Remove rice paper from the water and place on a cutting board.
6. Assemble the vegetables near the top of the rice paper, squeeze on a bit of lime and be careful not to overstuff the roll.
7. Fold down the top of the rice paper over the vegetables and proceed to fold the sides over, rolling from the top.
8. Set aside the spring rolls and cover with a lid or saran wrap if you plan to leave them out before eating.

CREAMY PEANUT SAUCE

While these spring rolls are great on their own or dipped in a little soy sauce, I love pairing them with this creamy peanut sauce. The sauce makes the rolls a little more filling and packs a punch with its flavor. This sauce recipe is easy to customize for your needs — you can add sriracha to make it a little spicier, leave out the honey or swap in almond butter if you don't like peanuts.

Prep time: 5 minutes

Ingredients:

1/4 cup peanut butter — I use smooth, but crunchy also works

2 teaspoons soy sauce
1/2 lime, juiced
1 teaspoon honey
1 teaspoon fish sauce

Instructions:

1. Combine all of the ingredients in a saucepan over medium-low heat.
2. Mix thoroughly to combine and let cook for around five minutes, uncovered.
3. The sauce should thicken up a little bit, but if it gets too thick, add a splash of water and mix well.
4. Give it a taste and remove from heat — it's ready to serve!



SARAH GOODMAN | THE CAVALIER DAILY

These bright and flavor-packed spring rolls are the perfect fix to take with you into the new semester.

The mortality and rebirth of the youth

A closer take on the seemingly flourishing times of our twenties

Sarah Kim | Columnist

There is a rude awakening when casual conversations and doctor's office forms probe me with this harmless, fleeting question — "How old are you?" It may seem almost premature to agonize over such a question at the moment — one that will certainly be grieved and avoided with ill-fated denial at a much later age. Coming to terms with the fact that I've reached this milestone, I croak out and fumble with this number each time. A residual thought accompanies this inconsequential idea — Oh God, I'm 20. This little horror of mine stays, dissipates and returns when asked again.

The Roaring '20s, the legal drinking age and Taylor Swift's "22" — this unlikely trio personally captures the essence of the number 20, signifying liberating prosperity, dalliances and wild-spiritedness. Steering our truly found independence, us young twenty-somethings shelve our mini-adult accomplishments of driver's license attainment and high school graduations to explore ever-broadening horizons. The twenties are supposedly the peak golden era of human life. Growing into this glorified number, however, must be approached with skepticism before blindly bounding in. What we consider to be golden may be revealed to have been gilded all along.

The foremost ideation of what constitutes our twenties is a financial one. There are the perks — savoring our newfound careers grown with passion and tenacity spent at the University. There might be some accomplishment when we begin to deal with the financial jargon we associated with "grown-up" life as children. Maybe there is an unknown thrill that comes with house-hunting and credit scores.

However, increasing risk and uncertainty come with burgeoning choices. Investments and decisions must be made through savings, loans, retirement funds and stock portfolios amidst a fluctuating job market. A want for perpetual success and self-advancement will firmly take root and result in a burning desire for a stable economy — one untouched by Wall Street experimentation and pandemics. Howev-

er, recent crises such as the Great Recession and COVID-19 have lectured us otherwise, revealing a fragile economy whose strings are being pulled by big banks and conglomerates. Finances could be the downfall

assembled through our social media accounts and relationships cannot discount the identities that cannot be changed as easily — particularly gender and ethnicity.

Whatever barriers of innocence

friendly and authoritative figures. We may have to wearily return to our homes at night with our state of humanness battered and bruised.

For women, it's not a matter of if they will be criticized, but the

into a universal feeling that I fear will come with aging — the indifference we have in the world we inhabit and the more pronounced roles we play in it, whether they be financial or identity-related. Mellowness is both a blessing and a curse, a sign of emotional growth, as we are less subject to our once-adolescent, hormonal outbursts. It could be a sign of our newfound wisdom or robustness associated with full-fledged adulthood.

Unfortunately, it is an undeniable fact that our lives will be filled with mundanities. This long era where our days will seem predetermined and staged is a predictable fate that we will ironically deem beyond our control. Maturity brings a dimension of harsh, tradition-centered reality that has the potential to trample our affinity for change and novelty. I fear that we may have to make moral compromises or even grow immune to the way our actions indirectly impact those around us. We the young people, the unwavering voice for a better humanity, will fall victim to mundanity — all muffled and drowned out.

Despite clouding our minds with unnerving cynicism, it is best that we give our twenties the benefit of the doubt. Answering the philosophical meaning in life — through a combination of shortcomings and accomplishments — is the sole purpose of these irradiated, sought-after years. We are the protagonists of our own coming-of-age novel — our choices and chance encounters will never result in us taking a step backwards, but always forwards. So long as we weather through our individualized set of aforementioned obstacles will we be able to emerge truly golden.

Our twenties can be represented as a tug-of-war between boozed, indulgent freedom and personal growth. We are simultaneously wandering, seeking what's best for ourselves and others, writing last-minute papers, scouring the internet and being a bit fearful for our futures. Perhaps Taylor Swift was right — we are happy, free, confused and lonely at the same time and in the best way.



EMMA HITCHCOCK | THE CAVALIER DAILY

of our character, leading to either blinding greed or eternal bitterness.

Most of us have already faced the brunt of an invasive, financialized world or have already been anticipating this burden. What I'm becoming more wary of are the problems that are less blatant, the ones regarding the identities we take in a much bigger world. The bright-eyed, glamorous personas we've carefully

and self-confidence we've built for ourselves in our youth will crumble as we fight for survival and dignity in our waking days. Vestiges of sexism and racism continue to lurk everywhere. We may have to prove our self-worth through work performance to make up for the fact that we are less privileged. We may continue to face backhanded comments and microaggressions by both

reasons why they will be criticized — will we be condemned for being a woman who has too much power or for falling short of becoming an "ideal" one? Will we continue to see horrific acts of crime toward minority groups, or will we finally be able to celebrate over the creation of a just and equitable society? Is the latter just a pipe dream?

These musings knot themselves

SPRING 2021 RECRUITMENT

JOIN THE CAVALIER DAILY

INFORMATION SESSIONS ON FEB. 11 AND 16 AT 7 P.M.

Top 10 ways to make the most of another online semester

We all think we've got this virtual learning thing down pat, but here are a few reminders to liven up another semester at Zoom University

Kaitlyn Hilliard | Top 10 Writer

1. Make it a priority to care for yourself

I think we all know why this is at the top of the list. It goes without saying that if you do not care for yourself first, then the rest of these things don't truly matter. Recognize what you need to feel healthy, safe and fulfilled — and start climbing your mountain this semester. This is not intended to be a challenge or a series of levels that you have to complete to “win.” Instead, this tool of self-care — however purposeless it seems — is ready for you to use because you truly deserve it.

2. Figure out your goals before the semester begins

We all fall into the trap of saying, “I have a gazillion things I want to do this semester,” but we forget to write them down. After a few weeks, it'll dawn on you that you forgot to start working towards any of those gazillion things. Make a list of goals for the semester now — like, before the semester actually begins. This way, you can orient yourself and start the semester prepared and focused — and you won't suddenly wake up in April and realize that you still don't know how to knit a scarf and you haven't spoken in any of your classes.

3. Recognize that meeting new people is still possible

If you chuckled when you read this one, I don't blame you. We're in the middle of a pandemic, and the opportunities for meeting new people are few and far between. However, I want you to remember what an incredible person you are and to consider all of the people that would be #blessed to know you. If you want a romantic connection, dating apps are an option — and The Cavalier Daily's Love Connection platform is also available to match you with other students! Also, don't be shy in class — chat with people if you like their shirt or if their contribution to the discussion made you say “wow” out loud. You'd be surprised to know that sometimes “class friends” become real friends — it's one of the great mysteries of college life.



matchmaking by The Cavalier Daily

TYRA KREHBIEL | THE CAVALIER DAILY

4. Don't write off new opportunities

Online classes can't hold you back from everything — there are still plenty of things waiting for you beyond your Zoom classroom. These “new opportunities” range from joining a new club, working a part-time job, getting an internship or even something simple like finding a new hobby. This pandemic has already taken so much from us, so why let it take away your ability to branch out? Use this upcoming semester to safely find new activities that spice up your life and bring you purpose.

5. Get creative

If you are anything like me, I find this extremely difficult. I have never been particularly good at anything artistic, and I can't knit to save my life. Once, I even tried to write a novel, but I retired after one sentence. But something I want to remember this semester — and I encourage you all to do with me — is that creativity does not require perfection or brilliance. Creativity includes making decorations for your room, trying new recipes, styling your hair in a different way or even creating a new personal style. Since we are all still rather isolated, now is the perfect time to express this creativity in your life and find new things that work for you.

6. Make use of the University's online resources

If you're looking to get more involved this semester, keep in mind that the University offers virtual activities fairs for students every semester. Also, if you are looking for something a little more relaxing and passive to fill your time, the U.Va. Library offers an online streaming service for students with tons of feature films, documentaries and more. Not to mention the University still offers incredible online resources for job searches, graduate schools and next steps for students that are moving on.

7. Engage in your classes

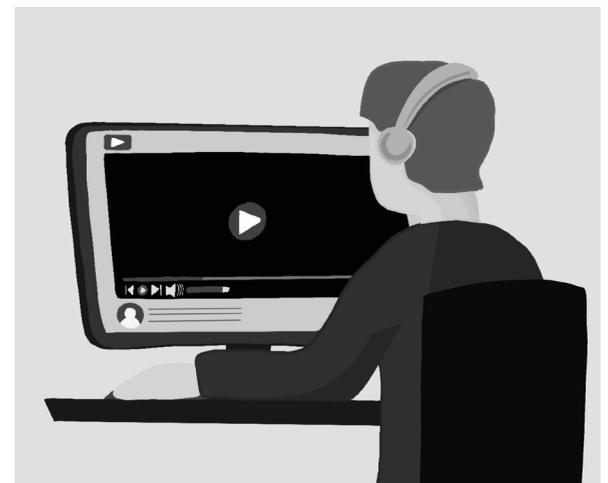
If you've found that past online semesters haven't been fulfilling, I encourage you to actively participate and consider your course material this semester. I know — you think I'm the worst person alive for suggesting this, and perhaps you're right. But I think there is something to be said about taking on this challenge to be present — both physically and mentally — in your classes this semester. You may discover that your classes are actually fulfilling, your professors are real, interesting people and online classes don't all have to be terrible.

8. Get familiar with your surroundings

If you find yourself in Charlottesville this semester, a fun way to bring newness into your life could be exploring Grounds or the Charlottesville area. It may be a little chilly at the beginning of the semester — however, I encourage you to simply put on a coat and take a walk to see the things that your University and the City of Charlottesville have to offer. Keep in mind that you need to be safe and wear a mask, but that is a small price to pay for getting out in the open and stretching your legs. Also, your explorations may bring you to new local shops and restaurants, and who doesn't love supporting local businesses?

9. Document your semester

Similar to channeling your inner creativity, documenting your semester is a nice way to find a new hobby, while simultaneously keeping track of your adventures throughout the spring. Your documentation can take many forms. Perhaps, you could start journaling — whether it is with a gratitude journal or a one-line-a-day journal. Also, this could be in the form of a blog, vlog or photography collection — honestly, the options are limitless. In doing this, you may find yourself more dedicated to finding ways to fill your time. I mean, if you want your YouTube career to take off, you're going to have to do more than staring out your window and waiting for the mailman to arrive.



ANISHA HOSSAIN | THE CAVALIER DAILY

10. Be flexible

If the human race has learned anything over the past year or so, it's that we need to be flexible. Whether that means being willing to change your schedule by adding or dropping classes or recognizing when you need to take breaks for your own well-being, taking steps next semester to adjust in healthy and necessary ways will be extremely beneficial. Nobody truly knows what this semester will bring, but keeping an open mind and staying on your toes is the best way to stay successful and happy. Also, this new attitude of flexibility may bring you to things you had never planned for yourself — and everybody loves a good surprise, more or less.

SPORTS

SMYTHE: Uncovering the difference-makers for Virginia

After a shaky start to the men's basketball season and a humbling experience with No. 1 Gonzaga, the Cavaliers have hit their stride

William Smythe | Columnist

On Dec. 26, it looked like Virginia men's basketball was not what the pundits said it would be prior to the season. Starting their 2020-21 campaign ranked No. 4 in the AP pre-season poll, fans and media members alike were effusive in their praise of the Cavaliers, but as a late Christmas present, No. 1 Gonzaga left a chunk of coal in Virginia's stocking — defeating the defending national champions 98-75.

Fast-forward a month, and the Cavaliers have turned the corner in pursuit of a second consecutive national championship in men's basketball. While losses to the Bulldogs and unranked San Francisco undermined the promise of a team still finding its identity, the Cavaliers have gone on a tear in ACC play, looking more like the ACC-leading team fans expected.

In traditional Virginia fashion, the grittiness and durability of the pack line defense has allowed the Cavaliers to return once again to an elite level of play. A combination of improved shooting, balanced offensive production and a stingy defense has given Virginia the upper hand over its past seven opponents in ACC play.

Furthermore, no one can question Coach Tony Bennett's uncanny ability to salvage dominant teams out of harrowing defeats. The most recent loss to Gonzaga, much like the Cavaliers' December 2019 flop at Purdue, has done the necessary deed of revealing gaping flaws in both the offensive and defensive units.

The 2013-2014 Virginia team faced challenges similar to the problems the current roster faces. Having been throttled by unranked Tennessee 87-52, a national embarrassment for a team with a respectable record of 9-3, the Cavaliers shook off the rust and finished the rest of the regular season with 16 wins and only two losses.

The Gonzaga loss only exposed the 2020 Virginia team to the cruelty of the national spotlight and the difficulty of learning the pack line defense. The system particularly impacted the likes of newcomers freshman guard Reece Beekman, senior forward Sam Hauser and junior guard Trey Murphy III.

A Bennett-coached lineup does not typically give up a lot of points on an average night, let alone as many as 98. To lose in such an emphatic fashion strays ever so far from the norm of Virginia basketball, yet one must remember that the 'Zags — already the No. 1 squad in the nation — shot a ridiculous 50 percent from the three-point arc, feasting upon



KHUYEN DINH | THE CAVALIER DAILY

Senior guard Tomas Woldetensae has found his shooting stroke as of late, sinking 55 percent of his three-point attempts across the last three games.

the main weakness of the interior-focused pack line.

The national embarrassment has, ironically, catapulted Virginia to the top of the ACC. To find out how Bennett has righted the ship, let's examine the key pieces and adjustments the Cavaliers have made that have drastically altered the course of this season.

An Improved Defense

Gonzaga — led by All-American candidates freshman guard Jalen Suggs, sophomore forward Drew Timme and senior forward Corey Kispert — caused issues for the Cavalier defense by continuously finding ways to avoid the entanglements of the pack line. Employing excellent continuity ball screens to free up shooters — mainly Kispert, who made nine out of 13 three-point attempts — the Bulldogs preyed upon the relatively inexperienced Virginia team from the outside yet also stretched the defense thin with advantageous one-on-one matchups inside.

Hauser and senior forward Jay Huff — who were left on an island because of Gonzaga's threats on the wings — were unequipped to handle the crafty Timme, who finished the game with 29 points in only 28 min-

utes.

Granted, Virginia will likely not face another team so rich in talent and versatility. The lack of double teams in the frontcourt, struggles with hedging and recovering by forwards Huff and Hauser and inexperience ultimately doomed Virginia against arguably one of the best teams of this decade. However, due to a lighter schedule and a bevy of adjustments, this defense has been restored to its usual level of play.

Thanks to the implementation of the "Most Important Guy," the frontcourt player who hedges near the three-point line is able to receive off-ball help from a teammate — the MIG — two passes away. Therefore, the Cavaliers ensured that their defense would duly account for quick passes off of the hedge, since Huff and Hauser often struggled to recover completely against Gonzaga. Against Clemson on Jan. 16, the pack line defense held the No. 12 ranked Tigers to only 50 points and 21.7 percent from three-point range.

In the seven games following the Gonzaga debacle, the Cavaliers have contained teams to 58 points a game — a stark improvement from the 23 point loss.

A Balanced Offense

Save the Cavaliers' recent wins against Georgia Tech and Syracuse — in which Huff and Hauser combined for 82 of the team's 145 total points — scoring has been distributed relatively evenly across the often seven-man lineup. Unlike past Virginia teams, this current roster can rely on its depth and versatility for scoring rather than only one or two players.

Against Clemson, five Cavaliers scored in double figures, marking one of the only occasions that a Bennett-coached team has done so. The lack of one true "go-to" player has opened the door for players such as senior guard Tomas Woldetensae and sophomore guard Casey Morsell to cash in on offense.

Woldetensae showed flashes of brilliance with a 14-point performance against Clemson — making four of six three-point attempts — while Morsell put on perhaps his most impressive offensive output since last year's showdown against Arizona State — hitting nearly all of his shots and posting 15 points against Notre Dame.

No longer does junior point guard Kihei Clark have to worry about shouldering the burden all by himself. The emergence of Huff and Hauser has particularly allowed

Clark to concern himself more with his ball-handling and court vision rather than carrying Virginia with his scoring. It also is apparent that the Cavaliers have improved greatly in the area of three-point shooting, especially in regards to last year's porous offensive team.

Bennett can deploy Woldetensae and Murphy for three-point specialization, yet he can also count on Hauser and Huff for success in the mid-range. While the Georgia Tech game bordered on ugly for a considerable period of time, the Cavaliers inched themselves back via the formidable duo of Huff and Hauser — especially on a night when Clark struggled tremendously on the offensive side of the ball.

Expect more of a balanced approach to continue in ACC play as surprise contributors such as Murphy and Morsell grow more confident in their roles.

The Cavaliers continue their quest for a fourth ACC championship and second national title Saturday against Virginia Tech in Blacksburg. Tip-off at Cassell Coliseum is set for 6 p.m. and the game will be broadcast live on the ACC Network.

REKULAPELLI: Women's lacrosse is headed to the top

After struggling in the past decade, a seasoned squad and a strong recruiting class could vault the Cavaliers back into the pinnacle of the sport

Akhil Rekulapelli | Sports Editor

When hearing lacrosse and Virginia in the same sentence, many Cavalier fans immediately turn their minds to the seven-time and defending national champion Virginia men's lacrosse team. However, what some fail to recognize is the equally impressive resume of Virginia women's lacrosse, holder of nine national championship appearances and three national championship wins. The women's lacrosse squad has made the NCAA tournament 25 straight times under Coach Julie Myers, and in the mid-2000s was a force in the national lacrosse scene, competing in four national championships from 2003 to 2007.

Yet as of late, Virginia has relinquished its throne to the likes of rivals Maryland and North Carolina, in-state foe James Madison and ACC opponent Boston College. In sharp contrast to their half-decade of success, the Cavaliers haven't reached the NCAA semifinals since 2014 and haven't won an ACC tournament since 2008.

Nonetheless, after nearly six years of first- and second-round NCAA exits — and an underwhelming 2020 campaign — Virginia women's lacrosse looks set for a resurgence in the coming seasons, combining a mature core with a stellar 2020 recruiting class.

Junior attacker Lillie Kloak is one of the key pieces of this mature core, having received quality playing time since arriving in Charlottesville. The New Jersey native has played in all of Virginia's 28 games since 2019, scoring 45 goals and netting eight hat tricks, and looks to be an even more refined scorer come the 2021 season.

Kloak will line up with junior midfielder Annie Dyson, who was a 2018 Under Armour and U.S. Lacrosse All-American coming out of high school, where she led her team to a Virginia state championship. Dyson has struggled with injuries throughout her time at Virginia, tearing her ACL against William & Mary in her freshman season and missing the last three games of an abbreviated 2020 season due to injury. However, during her limited action, Dyson was a Swiss Army knife for the Cavaliers, tallying eight goals and seven assists across 10 starts, while also winning 18 ground balls. Overall, if Dyson stays healthy and Kloak continues to develop her shot, the duo is slated to be a potent one-two punch this season.

The Cavaliers also boast an improved defense with the addition of graduate transfer defender Meredith Chapman, who started in all of her four seasons at High Point. Chapman rewrote the record books during her time with the Panthers, holding the record for single-season and sin-

gle-game caused turnovers and helping High Point advance to the second round of the NCAA tournament for the first time in its history. Joining Chapman in steadying the defense is senior goalkeeper Charlie Campbell, who has started 27 games across the past two seasons. In 2019 and 2020 Campbell ranked first and third, respectively, in the ACC in saves per game, and she will be a force to be reckoned with in the 2021 season.

However, the icing on the cake is the arrival of one of Virginia's best recruiting classes in recent years, which will set up the program for years to come. After securing just one top-50 recruit in 2019, the Cavaliers bring in five top-35 recruits in the 2020 class — equalling North Carolina and Boston College combined.

Highlighting the class is Inside Lacrosse's No. 12 overall recruit, freshman attacker Morgan Schwab, who was a 2019 US Lacrosse All-American. Myers was effusive in her praise of Schwab, citing her ability to both coordinate the offense and use her athleticism to dodge towards the goal. While Schwab will certainly take time to get her feet under her, the support of veterans Dyson and Kloak will make her transition to high-level Division I lacrosse smoother.

Another key recruit is freshman midfielder Mackenzie Hoeg, sister of Cavalier sophomore attacker Riley Hoeg and North Carolina senior attacker Katie Hoeg — who was Inside Lacrosse's 2020 co-National Player of the Year. Beyond Hoeg's remarkable pedigree is her ability to facilitate while also serving as a scoring threat like Dyson and her older sister Katie. Look for Hoeg to get minutes early and often and potentially join Katie in the women's lacrosse record books by her senior season.

Further shoring up the midfield is freshman Maggie Bostain, a two-time U.S. Lacrosse All-American known for her blinding speed. Bostain's speed will help the Cavaliers with escaping the ride and setting up goals in transition for Schwab and Kloak, especially against elite defensive teams like Duke, who last season ranked first in the ACC in turnovers caused and gave Virginia a bevy of offensive trouble in 2020.

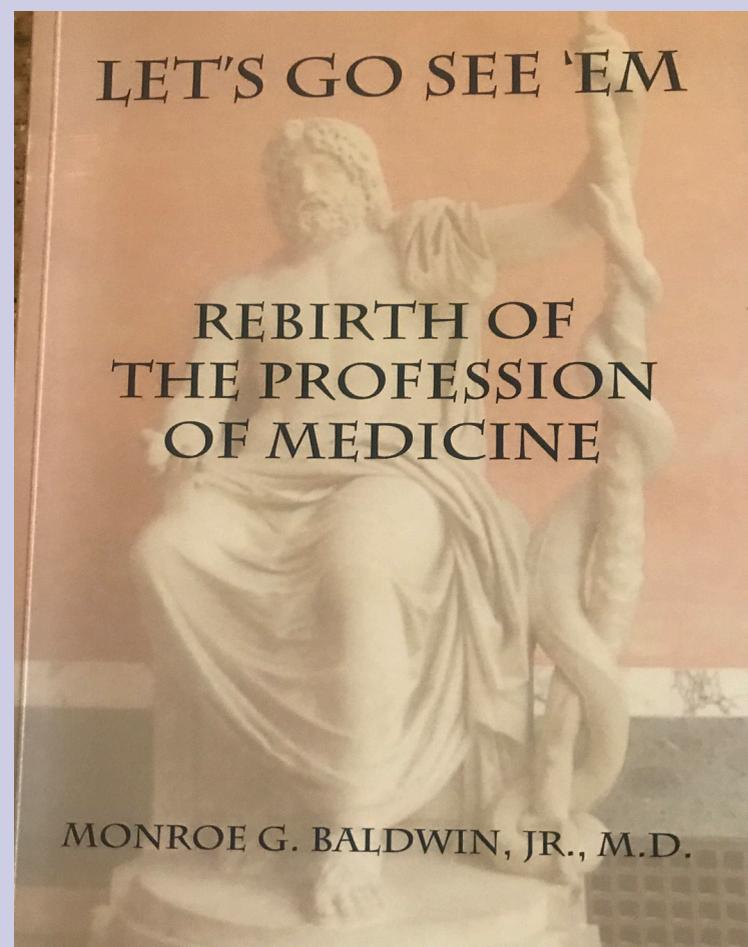
Overall, Virginia women's lacrosse looks on course for a bounce-back 2021 season, combining a strong veteran presence with a plethora of new offensive firepower courtesy of the 2020 recruiting class. Furthermore, while recent powerhouses like North Carolina and Boston College look poised for NCAA semifinal appearances — at the least — this season, the Cavaliers are ready to present some tough competition.



COURTESY VIRGINIA ATHLETICS

Virginia women's lacrosse hasn't won an NCAA title since 2004 and an ACC tournament championship since 2008 — streaks they hope to break in the coming years.

ADVERTISEMENT



A thoughtful provocative penetrating analysis of the medical profession and its role today.
Pick up at the U.Va. Bookstore for \$18

OPINION

LEAD EDITORIAL

COVID-19 spreads beyond the ‘U.Va. bubble’

The University’s existing precautions must be strengthened — and students must abide by the rules — to protect the surrounding community

As we approach the beginning of yet another uncertain semester, it is important that we all keep one important fact in mind — the COVID-19 pandemic is not over. While the prospect of newly introduced vaccines has left many hopeful that the end is near, the country is still seeing daily new cases consistently exceeding 100,000. The Blue Ridge Health District — which covers over 250,000 people across Charlottesville, Albemarle County and other surrounding counties — reported a peak in new daily cases as recent as Jan. 4 of this year. The Centers for Disease Control predicts that a new strain of the virus — one with higher transmission rates — will become the dominant strain of COVID-19 by March. This is particularly worrisome here at U.Va. as students live in close proximity with one another both in dorms and off-Grounds housing, where we know disease has the potential to spread even faster.

Last semester, just over 50 percent of students who responded to The Cavalier Daily’s survey said they self-isolated when returning to Charlottesville. In addition, only 66

percent of students who were possibly exposed to COVID-19 responded that they followed the CDC’s recommended quarantine period every time. It is clear that many students lack empathy for the Charlottesville community.

This semester, with a tighter margin for error, we cannot grow complacent. We all began last fall with greater awareness of the pandemic’s impacts, coming off a summer where it was constantly in the news. Still, the University struggled to adjust, with high student cases at the beginning of the semester in particular. As we watch the country grow restless, we must remember the impact our presence has in the Charlottesville community.

While the University has not canceled all in-person classes, they have amped up testing requirements and further restricted gathering limits, which gives us hope that the administration is better prepared to address COVID-19 in the upcoming semester. Nevertheless, it is important that students returning to Grounds still recognize the dangerous impact their reckless behavior can have on the sur-

rounding Charlottesville area. Students may feel rightfully frustrated about the lack of actual enforcement and guidance from the University on these policies. However, administrative enforcement should be the last resort when it comes to meeting COVID-19 restrictions — we must hold each other accountable in our personal circles first and foremost.

Furthermore, we must acknowledge the fact that the COVID-19 pandemic — both nationwide and in the University and Charlottesville community — has more dire consequences for members of marginalized communities. In particular, Black people are disproportionately impacted by the COVID-19 pandemic, highlighting a much broader issue related to the disparities in healthcare access. Despite making up 13.2 percent of COVID-19 cases in the health district, Black residents account for 32 percent of the hospitalizations, and nearly 22 percent of the deaths. Further, older populations are at a much higher risk when it comes to contracting the virus — while those in the 20-29 age group make up the largest portion of COVID-19 cases in

the community, it is the older population that has been affected the most by hospitalizations and deaths. When students behave irresponsibly, they must recognize that they are directly putting members of these communities at an even heightened risk — this includes classmates, peers, University faculty and staff and members of the greater Charlottesville community.

The onus, however, does not fully rest on the students — the University’s administration has a responsibility to not only keep its students safe, but to also do all that they can to keep the Charlottesville community safe. As such, the University must work to expand its existing testing options for community members so that those in the surrounding communities that are affected by students returning to Grounds are better able to remain safe and informed. Currently, community testing in Charlottesville through the University’s partnership with the BRHD occurs on three days throughout the week, with two of those days lasting two hours or less. In addition, rain has caused the cancellation of these community testing events in the past, further limiting

the accessibility of the testing options. As such, community members are still left without easy access to testing from the University’s health system.

Students returning to Grounds for the spring semester must remember to act responsibly to ensure a limited spread of the virus. Students are being tested once a week, with quarantine housing provided to those who test positive. Charlottesville residents, on the other hand, are not offered this same support — keep this in mind when deciding to break COVID-19 precautions. The return to Grounds puts the Charlottesville community at a greater risk of infection — don’t be selfish and prioritize the life of the party over the life of the community.

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

THE CAVALIER DAILY

THE CAVALIER DAILY

The Cavalier Daily is a financially and editorially independent news organization staffed and managed entirely by students of the University of Virginia.

The opinions expressed in The Cavalier Daily are not necessarily those of the students, faculty, staff or administration of the University of Virginia. Unsigned editorials represent the majority opinion of the editorial board. Cartoons and columns represent the views of the authors. The managing board of The Cavalier Daily has sole authority over and responsibility for all content.

No part of The Cavalier Daily or The Cavalier Daily online edition may be reproduced in any form, in whole or in part, without the written consent of the editor-in-chief.

The Cavalier Daily is published Thursdays in print and daily online at cavalierdaily.com. It is printed on at least 40 percent recycled paper. 2020 The Cavalier Daily Inc.

HAVE AN OPINION?

The Cavalier Daily welcomes letters to the editor and guest columns. Writers must provide full name, telephone number and University affiliation, if appropriate. Letters should not exceed 250 words in length and columns should not exceed 700. The Cavalier Daily does not guarantee publication of submissions and may edit all material for content and grammar. Submit to opinion@cavalierdaily.com or P.O. Box 400703, Charlottesville, VA 22904-4703

QUESTIONS/COMMENTS

To better serve readers, The Cavalier Daily has a public editor to respond to questions and concerns regarding its practices. The public editor writes a column published every week on the opinion pages based on reader feedback and his independent observations. He also welcomes queries pertaining to journalism and the newspaper industry in general. The public editor is available at publiceditor@cavalierdaily.com.

MANAGING BOARD

Editor-in-Chief
Jenn Brice
Managing Editor
Carolyn Lane
Executive Editor
Zachary Pasciak
Operations Manager
Ankit Agrawal
Chief Financial Officer
Malcolm Mashig

EDITORIAL BOARD

Zachary Pasciak
Jenn Brice
Thomas Driscoll
Hailey Yowell
Jessica Moore
Bryce Wyles

JUNIOR BOARD

Assistant Managing Editors
Isabel Barney
Pauline Povitsky
(SA) Hanna Preston
(SA) Grace Eberhardt
(SA) Lana Kweon
(SA) Morgan Kemp
(SA) Nicole Freeman

News Editors

Eva Surovell
Maryann Xue
(SA) Ava MacBlane
(SA) Zach Rosenthal
Sports Editors
Akhil Rekulapelli
Sarah Pettycord
(SA) Joe von Storch
(SA) Jude Nanaw

Life Editors

Elise Kim
Nayeon Kim
(SA) Aaron Doss

Arts & Entertainment Editors

Kalista Diamantopoulos
Loree Seitz
(SA) Darryle Aldridge

Health & Science Editors

Astha Kulshrestha
Isabel Weir
(SA) Alexa Clark
(SA) Anika Iyer

Magazine Editors

Kyndal Harrison
Vani Agarwal

Podcast Editor

Nabeel Raza

Opinion Editors

Thomas Driscoll
Hailey Yowell
(SA) Bryce Wyles

Humor Editors

Eshaan Sarup
(SA) Emily Porter

Cartoon Editors

Audrey Lewis
(SA) Caroline Abel

Production Editors

Ethan Fingerhut
Noah Holloway
Flora Kim

Graphics Editors

Anisha Hossain
Martha Wilding

Photography Editors

Khuyen Dinh
Ariana Gueranmayeh
(SA) Tapley Borucke
(SA) Ava Proehl
(SA) Sophie Roehse
(SA) Abby Sacks

Social Media Managers

Isabel Carino
Begum Genc

Translation Editors

Aldo Barriente
Lily Lin
(SA) Diana Albarracin
(SA) Maria Corvalan
(SA) Lucy Hoak
(SA) Xi Chen
(SA) Weining Wang
Finance Manager
Jenna Carpenter
Advertising Manager
Katrina Yankovich



FOLLOW US @CAVALIERDAILY

WWW.CAVALLIERDAILY.COM

U.Va. must adopt a universal credit/no credit policy

Disparities of privilege are bound to leave some students advantaged over others

We recently wrapped up a difficult semester. Before I delve into next semester and the policy changes that the University should enact, I want to recognize an important achievement for University students — long story short, we survived. Let us take a moment to breathe and temporarily discard an academic environment that has us believe we must be on the grind every night and day. I'm proud of us. We pulled through — maybe not unscathed — but alive. We must now ensure the University meets our needs as we enter another difficult semester.

Provost Liz Magill recently announced a continuation of the fall grading policy — one which gave us the option to take our courses with the standard letter grade or credit/no credit/universal credit. While I'm thankful that the University extended some kind of helping hand, this grading policy does not fully consider students who have been disadvantaged due to the coronavirus pandemic. Rather, it creates the illusion of fairness through a policy that provides more grading options to students — only to reveal why those very options still inhibit students taking them.

In her email to students, Magill

attached a page of advising principles. Two words stand out in this list of principles — “holistic” and “trend.” This webpage notes a “national trend” across law, medical and business post-grad programs toward viewing applications with a “holistic approach” — while still recommending students take letter grades in certain required classes. However, that supposedly holistic approach is not set in stone. After

includes not having financial anxieties because of the pandemic. It includes having stable mental health and solid support systems. It also includes not being a victim of the racism, transphobia, ableism and other forms of discrimination that this pandemic has intensified.

Disparities of privilege necessitate a universal credit/no credit grading policy for the sole fact that some stu-

stress of having to decide between grading options, particularly when the deadline to do so occurs before students can even guess their grade. Students have protested this policy before, starting back when the University implemented a similar policy earlier this spring.

At this point, it feels as though our administration is side-stepping student demands and letting students

dent.

This upcoming semester will be the most unpredictable of all three semesters we've moved through during the coronavirus pandemic. With COVID-19 vaccines administered across the country, I worry that some students will feel safe to be reckless before the country has recovered. While I think we all share the desire for a return to normalcy, we must wait until this vaccine has worked its way through most of the country before we can reemerge from the confines of quarantine — which may not be in the near future as the country steadily approaches 400,000 deaths from coronavirus.

Regardless, I — alongside so many University students — am sick and tired of learning beneath an umbrella of administrators who rarely prioritize our needs. When they do, it's a version of this same muddled favor that gives us little relief. I call on Provost Magill to listen to students and implement a universal credit/no credit grading policy for the spring semester.

BRYCE WYLES is the Senior Associate Opinion Editor for *The Cavalier Daily*. He can be reached at bwyles@cavalierdaily.com.

“

We must now ensure the University meets our needs as we enter another difficult semester.

all, “trend” is not all-encompassing — and letter grades are still being encouraged as more impressive. Encouraging students seeking certain postgraduate opportunities to take letter grades in their classes is evidence enough that we need some sort of equalizer.

While we can't characterize the student body under any universal description, we can assume there are many students on Grounds living with a great deal of privilege during this pandemic. Privilege includes having a healthy and safe environment to return home to or quarantine in. It in-

cludes not having financial anxieties because of the pandemic. It includes having stable mental health and solid support systems. It also includes not being a victim of the racism, transphobia, ableism and other forms of discrimination that this pandemic has intensified.

Disparities of privilege necessitate a universal credit/no credit grading policy for the sole fact that some stu-

swept up in its meritocracy enjoy the privilege that comes with their A next to another student's Credit. In reality, no employer or postgraduate program can know the context of what either student is truly going through right now. A universal credit/no credit policy wouldn't place us all on an even playing field, but it would recognize that players are no less valuable just because they received Credit. While some students may utilize this semester to boost their GPA, they must recognize that their GPA should not be valued at the sacrifice of fellow stu-

Thus, the University is wrong to continue the fall grading policy. I've seen in my circles of close friends the

Widen the scope of your coronavirus vaccine arguments

While most coronavirus vaccine fears are unfounded, respectfully responding with facts will encourage acceptance of the vaccine

The coronavirus vaccine rollout has begun nationwide, with one percent of the total United States population fully vaccinated. Uneasiness regarding the vaccine's safety is unfounded. However, in order to encourage increased acceptance of the vaccine, we must respond to the many nuanced concerns by respectfully sharing facts.

Foremost, I aim to counter a popular myth. This vaccine was able to be produced so quickly for several reasons — none of which jeopardize its safety. While most vaccines suffer from a lack of funding, the coronavirus vaccine did not. Massive funding provided by the US government prevented financial stallings. In addition, academics and scientists prioritized their work on the vaccine. Hospitals and labs sped up the paperwork process — filing daily rather than waiting weeks to process the paperwork in batches. Scientists at the United States Food and Drug Administration worked seven days a week in order to hasten decision-making. The speed of the vaccine's production does not risk the health of Americans.

There are many other protections in place. For one, the vaccine process was extensively scrutinized. Data and Safety Monitoring Boards monitored the clinical trials, and the FDA sub-

mitted data to independent advisory committees who agreed that the vaccine was safe and effective. To address some additional worries — there is no evidence the vaccine will make recipients ill, an ingredients list is available for those with allergic reaction concerns and some coronavirus vaccines are even expected to be vegetarian or vegan-friendly. As additional people begin to receive the vaccine, the U.S. vaccine safety system will ensure con-

“

Widespread public acceptance of the vaccine will be necessary for any return to normal.

tinued American health. The coronavirus vaccine is safe.

The Centers for Disease Control and Prevention shared a plan for distributing the vaccine that most states will likely follow. Frontline medical workers and nursing home residents have been some of the first to receive the vaccine. Those in the general public — not a part of any priority group — probably shouldn't expect a vaccine until May or June. Consequently, there is still a considerable wait before many of us will have to make a decision to accept the vaccine. But if one is available to you, remember the extensive

production processes that were undertaken to ensure your safety.

Widespread public acceptance of the vaccine will be necessary for any return to normalcy. Indeed, many of the popularized fears are baseless. But enforcing mandatory vaccination would be inappropriate. In order to negate vaccine-related fears and increase voluntary vaccinations, we must respond to concerns by disseminating facts about the safety of the vaccine's

developmental process.

That being said, historic medical mistreatment of certain populations may contribute to outstanding fears. Mistrust of the medical system by people who have been traditionally mistreated in medical situations is reasonable and must be respected.

For example, although Black Americans were disproportionately affected by the coronavirus, only 42 percent of Black Americans report that they would accept a vaccine if it were available today. This statistic should be compared to the over 60 percent of white and Hispanic adults who say

they would. There is a dense history of medical racism in the United States. Doctors experimented on enslaved Black people, sometimes even without anesthesia. Despite available treatment options, the Tuskegee Institute took advantage of poor Black men over the course of decades to study the effects of untreated syphilis. Further, studies show that medical trainees and residents perceive Black patients to be less susceptible to pain than white

patients. Accordingly, Black patients have higher mortality rates than their white counterparts. Black Americans are abused by the medical system.

As a second example, America has encouraged forced or coerced sterilization to limit supposed undesirable populations, including immigrants, people of color, poor people, unmarried mothers, the disabled and the mentally ill. In North Carolina, sterilization surgeries were forced onto those labeled sexually promiscuous or perceived to be unintelligent in the mid to late 1900s. As recent as 2010, California prisons authorized coerced

sterilization of female inmates. Even last year, the U.S. Immigration and Customs Enforcement was accused of sterilizing immigrant detainees who did not understand what procedure they were undergoing.

Time after time, American medical institutions have mistreated minority communities — do not dismiss anxieties from these communities about the safety of the vaccine. We cannot disregard their trauma. In response to those who express worries, we must provide factual information, like the FDA's data on vaccine trials. Refer them to answers to frequently asked questions, highlighting that the vaccine is safe and necessary if we want to return to normal. However, for those from minority communities that express their justified concerns, our foremost responsibility is to acknowledge their lived experiences. We should listen and provide facts, but we must also step back and respect the decisions of those around us who have fears of our country's historically racist medical institutions.

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

HUMOR

Abolish the University

Frankly, I'm disappointed in you guys. I thought college was supposed to be a place with radical ideas where we question authority in a dorm without AC drinking off-off-brand beer. However, as evidenced by the last few hot takes here, we are simply not thinking radically enough:

“Abolish legacy admissions”
 “Abolish founders day”
 “Get two-ply toilet paper in Clem 4”
 “Abolish the traditional curriculum”
 “Answer my texts, Emily, please she was just a friend, I swear”

This is the best we can do? Taking down statues isn't enough. We need to abolish the University and start fresh. There are simply too many issues that are beyond reform:

1. Names

No, I'm not talking about buildings being named after slave owners and eugenicists. Or a building literally being called “Cocke Hall” — I guess with a last name like that you have to become rich and buy buildings for people to take you seriously. I'm talking about the University of Virginia taking the name of a state named after

the Virgin Queen Elizabeth. This legacy of virginity is perpetuated not just by our name but by cramming two-to-three first years into a room smaller than most prison cells, selling them lanyards to wear around their necks and telling them it's cool to be a Stud Co representative or a snitch — sorry, a member of Honor.

Don't get me wrong, UVA. has been trying to help their students out. They added the E-school to make the rest of us look better and even started the Echols program so that all virgins could live in the same building. But, if the amount of people I've seen aggressively swiping right on every profile on their Tinder during class is any indication, these incremental reforms don't cut it.

2. Diversity

The University remains a PWI — that's Predominantly White Institution for the people who quickly click past every pastel infographic on Instagram. There's nothing wrong with white people — except the ones that ask to re-do high fives because the first one wasn't good enough — but when I get “spicy food” from Newcomb I want it to actually be spicy and not just have

pepper on it or something.

Plus, meeting people from different backgrounds is hard when a certain group chooses to self segregate. You guys know who I'm talking about — the Greeks. No no, not people of Greek descent — people in Greek LIFE. They keep to their little groups, refusing to integrate. To tell you the truth, they make the REST of us feel excluded with their lingo, and I really don't like how the University panders to them, letting them have entire houses and streets to themselves so they can have a “safe space.” Grow up, snowflakes.

3. Everything is competitive

Are you not particularly talented in any area but tell yourself you're a “people person” despite being afraid to tell the waiter that he got your order wrong? In most schools, you could quickly become a Business Major and spend your time day-drinking and banking on the nerd in your group project doing the work for you. Meanwhile, here at the University, you have to work hard for two years, be involved with orgs you claim to “have a passion for” — who on earth enjoys making excel spreadsheets — and then

spend your last two years explaining to people that you aren't a communications major. And that's not even the worst one. Do you want to “make the world a better place” and be involved in government? Well, not only will you spend two years staying in and studying, you'll get the privilege of paying MORE money to go into a career that makes LESS money.

4. Getting the classes you actually want

I came to college to LEARN, or at least that's what I tell my parents when I'm at the “library” on a Friday night. I could put up with the weird names, obsession with slave owners, toxic greek life culture, horrible dining food, even the fact that being naked in front of all of your friends in the cold is considered a “tradition,” if I was receiving a quality education. Don't get me wrong, the University is a true public Ivy — because they didn't just make up that word — with some amazing professors and classes.

You just won't get to take them! Well, unless you get blessed with early SIS times every semester because Jim Ryan is your dad or something. For classes that require instructor con-

sent, you will find yourself writing paragraphs on paragraphs, pretending to be passionate about something you know zilch about. It's not like the whole point of taking a class is to learn new things! Plus, be prepared for SIS to crash because we really wanted to emphasize the public in public Ivy. It's easier to break into the Capitol than it is to get a seat in Dracula.

As you can see, there's just way too many things for admin to fix, even if you are getting paid eight figures and given a mansion to live in while doing so. What's that? UVA. isn't special, and higher education in America is a predatory industry that doesn't really care about students or athletes or education and remains inaccessible and unaffordable for working class Americans, POC and just about every marginalized group you can name? Whew, that sounds like a much harder problem. Maybe get one of the chumps who are paying 40k a semester for a degree in public policy to fix it?

ESHAAN SARUP is the Humor editor for The Cavalier Daily. He can be reached at e.sarup@cavalierdaily.com

CARTOON

Toxic relationship

Audrey Lewis | Cartoon Editor



PUZZLES

WEEKLY CROSSWORD PUZZLE

Aaron Rose | Puzzle Master

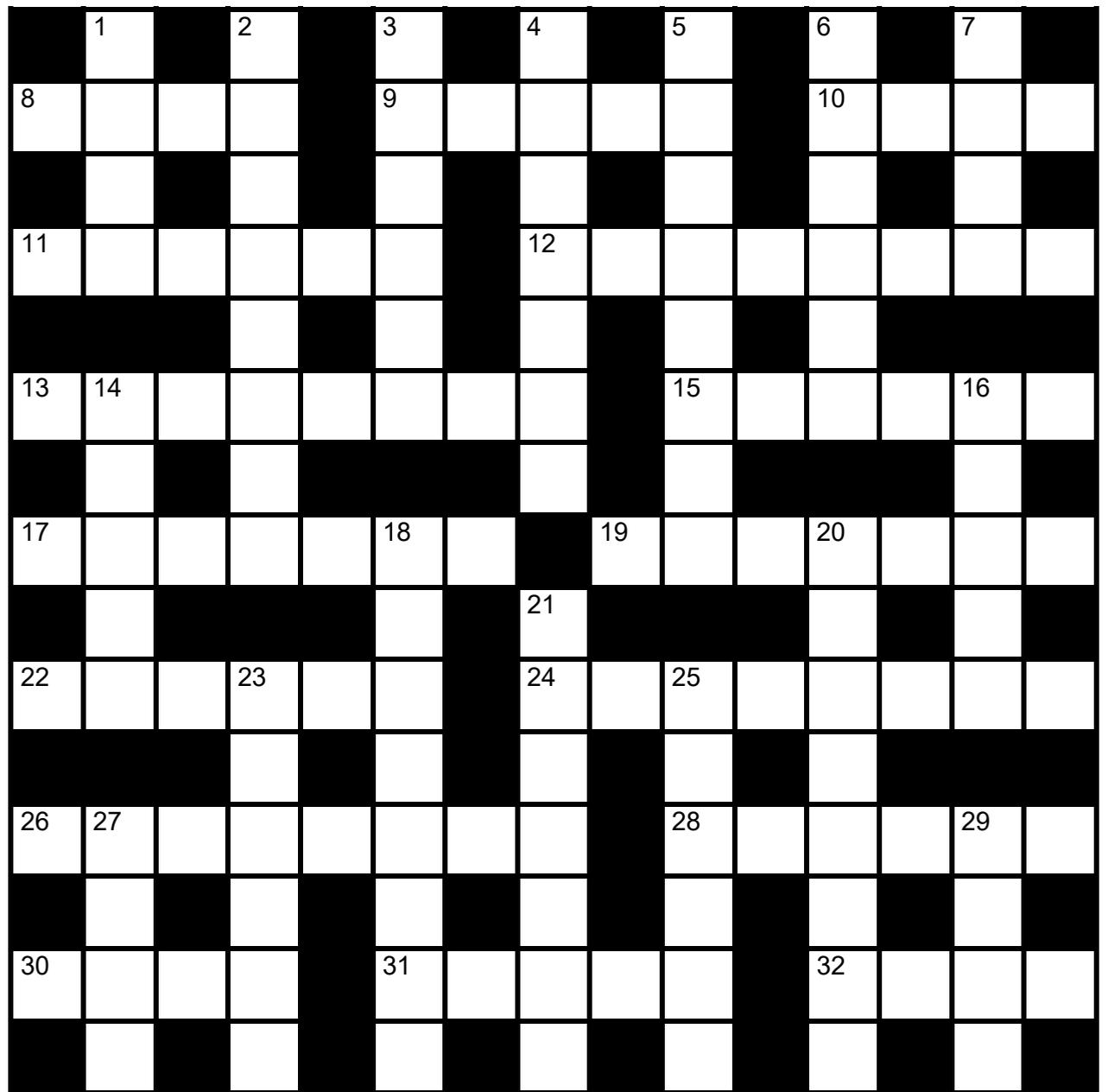
* THE SOLUTION TO THIS PUZZLE CAN BE FOUND IN THE NEXT ISSUE

Across

- 8. Dish consisting of chopped meat and potatoes.
- 9. Soviet space dog.
- 10. Small talk.
- 11. Famous Peanuts canine; A baron, Joe Cool, and, incidentally, the Great Pumpkin.
- 12. Call and -----.
- 13. Covering used over presents (two words).
- 15. Temporary termination of employment.
- 17. An innocent, naive young woman; typically a character of the stage.
- 19. In a friendly, pleasant, approachable way.
- 22. Land that can be used to grow crops; farmable land.
- 24. Activity done in order to get a tan.
- 26. Microorganism that was one of the earliest lifeforms on earth; can cause illness.
- 28. President Joe Biden's dogs, Champ and Major, are this type of shepherd.
- 30. Name of Dean J's canine companion; commonly known as CavPup.
- 31. To make an effort; spending energy.
- 32. Dorothy's dog who travels with her from Kansas to Oz.

Down

- 1. Building that houses animals or crops.
- 2. In a car, this manages the flow of fuel to the engine.
- 3. Member of a sports team; a person who regularly partakes in a sport.
- 4. The 'ph' sound, for example.
- 5. Clef representing musical notes below middle C.
- 6. Dog detective who will do anything for his eponymous snacks; Shaggy's companion.
- 7. Type of common fish found in freshwater and the sea; prized for food and sport.
- 14. Opposite of outer.
- 16. To steal; also, last name of the Hogwarts caretaker.
- 18. Not merited, undeserving.
- 20. Enthusiasm, promptness.
- 21. Someone that manages to get away.
- 23. To go someplace (an outdated term).
- 25. To make invalid.
- 27. Tony award-winning musical "Come From ----."
- 29. Prefix meaning "self."



* SOLUTION FROM NOV. 19 ISSUE



ARTS & ENTERTAINMENT

Tied for First: 'Penitentiary Philosophy' by Erykah Badu

Waiting patiently for growing branches

Stefan Lizarzaburu | Senior Writer



MARTHA WILDING | THE CAVALIER DAILY

I think anyone who writes about music describes their childhood the same way — early memories of huddling around the family record player, the crackling sound waves radiating enough fiery breeze to emanate past the mouth of the foyer and a laundry list of godmothers and godfathers on 12-inch. But as a child, music truly did not consume my life. Some of my earliest musical memories involve being convinced that the Black Eyed Peas were saying “boo-she” on the uncensored “Elephunk” CD my parents used to play in the car. Or listening to “Confessions” while playing Madden 07 in my garage — pretending my lifeline space heater was the microphone, the blocky rendition of Giants Stadium on the pop-static screen my stage and realizing that what

Usher was vibrating into my cochlea was not for the common man. The seeds had been planted, but in the soil they sat. Music didn’t start controlling my life until a road trip I took in high school.

To that point in my life, the best body of musical work I thought I’d ever heard was the Minecraft soundtrack — which, let’s be honest, is not the worst album to put on a pedestal. But I was going on a long road trip, and I was becoming, perhaps subconsciously, unsatisfied with listening solely to YouTube EDM — a special 14-year-old shoutout to Monstercat. I asked around for recommendations, and a friend told me about someone named Lauryn Hill. The seeds finally got the nutrients they’d been waiting for.

And, since then, those seeds have been fortunate enough to grow, expand and flourish, along with myself. I’m deeply indebted to the branches that have since blossomed from the trunk — the Sades, Al Greens, Radioheads and Missy Elliotts of the world. Eventually, these calloused stalks reached “Baduizm,” Erykah Badu’s 1997 debut album. I first listened to that album in 2017 and was instantly hooked. Three years later, I finally decided to listen to “Mama’s Gun,” her sophomore, well, anti-slump. I remember telling a friend that the reason I held out so long was because I was “afraid I’d like it too much.” Those suspicions were entirely correct. Nonetheless, I could have never fully prepared myself for the intro track — you guessed it, the greatest song of all time. And

honestly, I’m glad I waited.

“Penitentiary Philosophy” begins with Badu muttering some swirling stressors of everyday living — taking her vitamins, heating up the apartment and other trivial tasks of maintaining the monotonous. They build, thicker and thicker, until Badu reaches a breaking point. With a wail of embittered liberation, Badu takes an aural hammer to the walls of her mind — decorated with portraits of the whispering voices inside her head. With cerebral rubber bands stretched too thin, Badu finds a transcendental release, as the “warrior princess / [that has] come from another sun.” And I don’t think any of us would disagree with that self-assessment. The Badu cascade has begun.

She’s angry — and about a lot more than just vitamins. “Why world do you want me to be so mad” carries the hook of Badu’s witchy warble as it reaches the heavens — sung with such a pointed conviction that you’d think she’s channeling her grievances while staring directly into the sun. Except, in this case, it’s the sun who turns herself away at first contact with Badu’s vegetable-green eyes — eyes that billow with the thick, opaque smoke of rage. With Questlove on the drums, the two combine to steamroll through one of the most jarring, frustrated, breakneck odes to social and mental decay ever produced. And I’m not using “breakneck” lightly — try listening to the “whys,” “yeahs” and “make mes” that round out the backend of the track without something in your bone structure screwing loose.

Daphne Brooks puts it best. In a 2016 review for Pitchfork, she states that “Mama’s Gun” “offers a more pointed, sustained, and grounded statement about what it means to get tired of waiting out and wading through the wretchedness of urban blight ... and the sometimes oppressive voices inside one’s own head.” The album’s opener exemplifies this burst of invigorated agitation — both at the world and at the self — which is why “Penitentiary Philosophy,” on more than one occasion, has entirely replaced my morning cup of coffee.

From the intro track alone, it was pretty obvious that Badu had also taken some time to let

her seeds grow in the buildup to “Mama’s Gun.” “Penitentiary Philosophy” felt like her own personal nod to the Black musical tradition as a lineage, as a community and as a commitment to shared excellence. A nod to the spacey, extraterrestrial funkateers of the ‘70s, a nod to the soul-belters and pulpit-rattlers and even a more explicit nod towards one of the greatest to ever breathe — Stevie Wonder. The second verse of “Penitentiary Philosophy” flips the second half of Wonder’s “Ordinary Pain,” a half that starts with longtime Stevie-collaborator Shirley Brewer yelling “you’re just a masochistic fool!” For Erykah Badu, this exclamation feels appropriate — in content and in creation.

So, even though there were at least three years of my life where I existed without “Mama’s Gun” and without “Penitentiary Philosophy” — when I know I truly didn’t have to — I’m still glad I waited. I’m glad I waited because in that three-year gap, the seeds of my musical existence continued to grow new branches. I reached Funkadelic, which led me to the Ohio Players, which led me to Betty Davis, which led me to Bad Brains, which spun me in an ever-continuous circle until I arrived here — far removed from video game soundtracks and space heaters. These artists that brought me to “Penitentiary Philosophy” are the same artists that brought Badu herself to “Penitentiary Philosophy” — I was just lucky enough to follow the root. These artists, and others, have helped me ferment my musical inventory with new shades of appreciation and made the savory flavor of “Penitentiary Philosophy” so much richer.

So, if I may, I’ll wrap this entry up with a soapbox spiel. Good taste isn’t necessarily about already having an inventory spilling over with shades of influence. To me, good taste is simply the desire to find the influences that water your own personal plant — I guess. Amass your own internal lineage and amass your own catalogue of excellence — and to me, that’s good taste. Ask your friends for recommendations, keep an open mind and only put off listening to an album if you truly, genuinely have a handful of seeds you’d like to sow first.

Horror therapy: Processing trauma with horror films

Media Studies Lecturer Matthew Marshall discusses how fear-inducing flicks may help with processing anxiety and fear

Kalista Diamantopoulos | Arts & Entertainment Editor

The words “horror movie” and “therapy” are not usually found in the same sentence. In fact, horror movies are probably not the first tool people think of when it comes to coping with real-world trauma and anxiety. Especially after enduring a particularly heavy year burdened by violence, death and uncertainty, watching a film that regurgitates those same distressing themes seems off-putting at best. However, a peculiar phenomenon suggests that confronting fears head-on through horror movies — even if you are watching through splayed fingers — may actually be therapeutic and improve fear-response.

To understand this concept, one must first break down fear. How does it operate? The way the mind processes fear is the same as the fight-or-flight response — you can either confront the fear like final girl Laurie does as she fights the masked killer Michael Myers in the 1978 “Halloween,” or you can flee to escape danger like the final girl Sally who runs away from the chainsaw-wielding cannibal, Leatherface, in the 1974 “Texas Chainsaw Massacre.”

In both cases, this response is driven by the sympathetic nervous system, which is made up of a collection of neurons that trail from the spine to the rest of the body. According to National Geographic, when the body

perceives danger, it will trigger involuntary reactions such as an increased heart rate and an influx of blood into our muscles in order to physically prepare the body to address the present threat.

When people watch horror movies, this same response mechanism is triggered. The difference? According to Media Studies Lecturer Matthew Marshall, horror movies allow people to experience fear in a controlled environment.

“Film in general, be it horror or other genres, are simulations [and] role-playing of different situations,” Marshall said. “We can safely sit and watch others be confronted by and work out problems that would be hard to solve if you were in the middle of them yourself. The horror film is a sort of workshop for facing and exploring fears.”

For example, when viewers become aware that the threat is not real or that it is no longer dangerous, their bodies go through another set of reactions propelled by the parasympathetic nervous system, which helps them feel a sense of relief or calm. When watching horror movies, the body reacts as if the perceived danger is real, triggering all of the typical involuntary responses like a fast heartbeat or extra blood pumping through one’s veins.

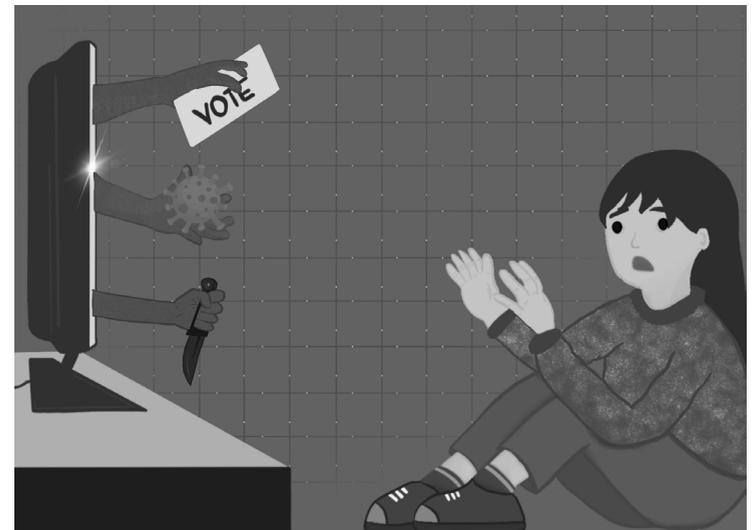
This process of heightening fear

and anxiety to then have it wash away with a neurochemically pleasurable feeling of relief is what makes horror movies so therapeutic. A 2018 study found that people who watch horror films may enjoy being scared because it enables them to gain control over their fears from the safety of their homes or movie theaters.

Researchers have seen this same trend play out during the current global pandemic. According to a 2020 study, horror fans have exhibited less psychological distress during the pandemic and “morbidly curious” people have exhibited greater positive resilience. University of Chicago doctorate student Coltan Scrivner suggests that this “morbid curiosity” may motivate people to learn about threatening situations, such as a global pandemic, so they are better prepared to deal with it if it were to arise again.

History is no stranger to this psychological phenomenon. Marshall explains the long-lived relationship between past traumatic world events and horror movie consumption.

“The horror film genre in America was invented by Universal Studios in the early 1930s, with ‘Dracula’ debuting on Feb. 14, 1931, and it flourished during The Great Depression,” Marshall said. “Audiences have always turned to escapism when times are tough. We watch movies to see people behave in



ANISHA HOSSAIN | THE CAVALIER DAILY

ways they can neither afford, be aware of or engage in themselves.”

Marshall also noted that horror author Stephen King’s motivation for writing horror stories is to imagine the worst possible situations, so he can be more prepared if they actually happen.

However, when discussing horror movies as a tool to help individuals cope with trauma, it is critical that one recognizes that the act of creating and even watching horror movies is rooted in privilege.

“You can argue that it is a privilege to have the time and the safety to sit

around and imagine horror stories,” Marshall said. “If you are struggling in life, there isn’t much incentive to imagine things being worse.”

While horror movies have not been scientifically or officially proven to be successful treatments for certain traumas and phobias, researchers agree that it is possible. That being said, the next time you are settling in to watch your favorite horror movie, or a chilling new release, pay attention to how you feel — chances are, it might be more soothing than you think.

A&E Book Club: Three books to read this month

Fictional love stories to live vicariously through this February

Olivia Garrone | Staff Writer

Love is in the air as February approaches. What better way to celebrate your happy relationship — or lack thereof — than with some festive reading? Whether you’re looking for a sweet romantic comedy or a darker reminder of love’s challenges, there’s a book for you. Below are three novel recommendations featuring love stories for you to savor like the box of chocolates you are bound to receive — if not this year, one day.

“One to Watch” by Kate Stayman-London

Nothing screams saccharine love and commercialism like “The Bachelor,” so what better way to celebrate Valentine season than with a literary riff on the franchise? Kate Stayman-London’s 2020 release “One to Watch” offers a “Bachelorette”-esque romp with substance and heart. The story follows a popular

plus-sized fashion blogger named Bea as she is offered the lead on hit reality show “Main Squeeze.” Bea agrees to embark on the journey of televised romance to promote both body positivity and her career, but has one caveat — she will not fall in love. However, Bea realizes it may be more difficult than she predicted to keep feelings out of the equation. With the whole country watching, she is forced to face viewer criticism and her own insecurities — is anyone there for the right reasons? Should she open her heart to the men after all?

A newer release, “One to Watch” has lived up to its title having already garnered more prestige than the show it was inspired by. Among other accolades, it was recommended by Oprah magazine and recognized by TIME as one of the 100 must-read books of the year. If that’s not enough to convince you to give it a

try, take it from — Hillary Clinton, for whom Stayman-London served as a digital writer for during the 2016 presidential campaign. Clinton described the debut novel as “thoroughly charming.” This sweet rom-com with depth is the perfect book to boost your mood when the winter weather has you feeling down.

“You Deserve Each Other” by Sarah Hogle

For a romantic comedy with an unconventional plot, check out Sarah Hogle’s 2020 release. Even if you’ve watched every 2000s chick flick under the sun, this book brings a fresh take on the genre. Hogle’s debut features an engaged couple — Naomi and Nicholas — who act more like enemies than fiancés. But neither one of them wants to be the one to dump the other and pay for the upcoming nuptial festivities. So the war begins, each battle more ri-

diculous than the last until someone breaks it off — unless they fall in love all over again, of course. An Amazon Editors’ Pick for Best Romance, it’s the fun and carefree distraction you need as COVID-19 cases rise across the country. The epitome of a light-hearted romantic comedy, let “You Deserve Each Other” be your Valentine this year.

“The Seven Husbands of Evelyn Hugo” by Taylor Jenkins Reid

For a darker and twistier plot, try this love story — a gritty picture of what it takes to make it in Old Hollywood. Taylor Jenkins Reid’s 2017 release follows two intertwined storylines — that of Marilyn Monroe-level icon Evelyn Hugo and journalist Monique. The elusive Evelyn approaches Monique specifically to be her interviewer, much to the shock of Monique and the magazine for which she works. As Monique

interviews Evelyn in the present day, decades of the star’s dramatic past are revealed — including her rise to fame in the 50s and 60s and her seven husbands. Throughout the book, two huge questions will keep you on the edge of your seat. Who was the love of Evelyn Hugo’s life, and why is Monique the one she asked to tell her story?

Engaging writing laced with juicy secrets at every twist and turn make this book impossible to put down. It’s no mystery why author Jenkins Reid’s career has been skyrocketing as of late. She has a new book on the way, and her 2019 hit “Daisy Jones and the Six” is slated to become a limited Amazon series with Reese Witherspoon’s production company at the helm. “The Seven Husbands of Evelyn Hugo” is the perfect way to introduce yourself to her work as it is an incredible book you won’t forget.

HEALTH & SCIENCE

Experts discuss structural racism and vaccine distribution

Only 13.6 percent of vaccinations that provide recipient's race, ethnicity have been administered to Black Virginians

Ellen Wu | Staff Writer



MARTHA WILDING | THE CAVALIER DAILY

It is no question that the issue of racial inequality has been at the forefront of the United States for the past 150 years, and since the start of the pandemic, these problems have not gone away, presenting a particularly deadly concern for Black and immigrant communities. Systemic health inequalities have contributed to people of color having higher risk of contracting COVID-19 and experiencing worse outcomes, including higher death rates.

Now, as COVID-19 vaccine rollouts have begun, these communities are not receiving the same access to COVID-19 vaccines. In Virginia, of the 40.5 percent of COVID-19 vaccinations that reported the race or ethnicity of the recipient, only 13.6 percent

have been administered to African Americans as of Monday.

Centers for Disease Control and Prevention statistics indicate that marginalized communities are at higher risk and are more likely to contract the disease due to systemic factors such as socioeconomic status, access to healthcare and working in an essential job. African Americans constitute 1.4 times the amount of COVID-19 cases as white and non-Hispanic persons, 3.7 times the rate of hospitalization and 2.8 times the amount of deaths.

Brookie Crawford, public information officer for the Virginia Department of Health, analyzes the circumstance by noting the historical discrepancies between treatment of white Americans and

African Americans in healthcare.

"Because of structural racism, people of color have disproportionate access to resources and, related to that, higher rates of some chronic diseases such as diabetes and hypertension that increase risk of severe complications from COVID-19," Crawford said.

Virginia's current vaccination plan prioritizes health workers and individuals who are considered more at risk for contracting COVID-19.

Georges C. Benjamin, executive director of the American Public Health Association, explains that Virginia is operating under Phase 1b of vaccinations, which includes the administering of shots to individuals over the age of 65, those with chronic illnesses and essential

workers, including grocery store workers and elementary school teachers. Healthcare workers and nursing home residents were vaccinated during Phase 1a, which began in mid-December for many health districts and led over 50,000 people to be vaccinated in the Commonwealth.

Though the plan is allowing Virginians to be vaccinated, it is still flawed, according to several healthcare professionals.

Ebony Jade Hilton, anesthesiologist and associate medical professor at the University, notes the persistent wealth gap — which shows that the average white family has eight times the wealth of the average Black family — plays a role in creating barriers to vaccine treatment.

Hilton presents an example of such a gap through the privilege of nursing home residents during the vaccination process, as they are considered higher priority than parties with chronic diseases, first responders, homeless shelter workers and grocery store workers, among others. According to Hilton, 78 percent of nursing home residents are white.

"The people who are in these homes, their family members have to actively seek out these homes because they have the money to place their elderly in here," Hilton said.

Occupation also plays a part in contributing to faults of the current vaccine distribution system, Hilton added. For example, people who work at home can continue to do so even if they experience swelling or soreness from the vaccine, which are the two most common side effects. But construction workers or those who work in the meat-packing industry, whose jobs require them to be physically stable and alert at all times, could put themselves and others in danger if they are not able to take off work.

Part of this issue is exacerbated by the fact that many of these manual-labor-based jobs are the ones that pay the lowest, as the national average salary for manual workers is a mere \$27,000, and those living close to or below the poverty line often live paycheck to paycheck. For some then, taking an extra sick day to recover from the vaccine's side effects also presents a problem if a household is already struggling to make ends meet in wages.

While some may see side effects as reasons to avoid a vaccination, Benjamin states that these symptoms are an indication that the vaccine is working properly and believes getting vaccinated is a necessary step to take, as catching the virus would make a worker indisposed for even longer than the shot.

"Should they get infected, [workers] would be out of work for weeks," Benjamin said. "This vaccine is, quite frankly, worth 48 hours of having a sore shoulder."

Hilton, with much of the same mindset, strongly advocates for the protection and care of such "necessary workers," believing that companies should allow for sick days to recover should an individual experience negative side effects from the vaccine.

Furthermore, Crawford is worried that state governments are not prioritizing the right individuals. She states that the only way for equality to be reached is to "require focused outreach to frontline and other essential workers to reduce access-related barriers to vaccination."

Similarly, Benjamin believes it is crucial for people of power within the government and hospitals to make responsible decisions.

"We have to hold ourselves, resource allocators and [vaccination programs] accountable for reaching out into communities to make sure that we're vaccinating the highest risk populations and that we don't ignore them," Benjamin said.

Following this, Benjamin also thinks it extremely important to invest in strategies that can efficiently collect "the data to document who is getting vaccinated and what the demographics are" and to actually step foot into these lower income communities and to engage in "community health centers" and "free clinics."

"There is a great deal of hesitancy about the vaccine in communities of color due to a range of historical mistrust that people have with ... health systems," Benjamin said. "If you don't go into those communities, communicating the right message from trusted messengers, and then make it easy for people to come in and get vaccinated, then you'll have disparities."

Researchers develop program to support diabetes patients

Clinical trials have shown that hemoglobin A1c levels lower significantly when patients learn an individualized approach toward lifestyle management

Isabel Weir | Health & Science Editor

According to the 2020 National Diabetes Statistics Report, 34.2 million people suffer from diabetes in the United States, and around 90 to 95 percent of these cases are classified as Type 2 diabetes. In an effort to regain health, most T2D patients will either try to lose weight or become encumbered by increasing doses of medication. However, effective T2D management may not be limited to costly prescriptions or weight loss. In fact, University researchers have developed a more progressive management program — one that promotes patient empowerment in lifestyle choices.

While patients who are diagnosed with Type 1 diabetes are unable to produce insulin in their pancreas, patients with T2D are often resistant to insulin as lifestyle habits alter the body's reaction to glucose, leaving their bodies unable to properly metabolize it. As a result, blood glucose levels in people diagnosed with T2D can climb until they reach levels of toxicity that harm the nervous and cardiovascular systems.

Overweight patients may also experience pancreas damage due to an abnormal amount of adipose, or fat tissue, in their abdomen. This damage further impairs insulin production, indicating a correlation between obesity and T2D — this is why many patients diagnosed with T2D are advised to lose weight as part of treatment. However, some patients cannot lose weight and others do not want to, so if a weight-loss lifestyle cannot be easily implemented, then a patient can opt for medication such as Metformin, a drug that treats high blood glucose.

Yet, a medication lifestyle also invites complications. The United Kingdom Prospective Diabetes Study found that T2D patients produce incrementally less insulin on an annual basis, and as a result, often need higher and higher doses of medication the longer they have the disease. This scenario not only leads to additional financial obligations and resulting non-compliance regarding the prescribed medication, but can also culminate in a patient being dependent on insulin for life.

Evidently, T2D treatment and prevention can be difficult to manage. Despite this, Daniel Cox, professor of psychiatric medicine and internal medicine, sensed some potential in the pre-



ANISHA HOSSAIN | THE CAVALIER DAILY

dicament after he developed T2D himself.

Initially, Cox's blood glucose levels were high, which was confirmed by detecting high levels of glycosylated hemoglobin, HbA1c. While blood glucose levels vary during the course of a day, particularly in association with meals, HbA1c levels more accurately reflect blood glucose levels by measuring the amount of glucose bound to hemoglobin over a three-month period. The more hemoglobin A1c detected, the higher the glucose levels over the past three months.

"A person who doesn't have diabetes has an A1c of 5.6 or below ... and a person who has diabetes has an A1c of 6.5 or higher," Cox said. "My A1c was 10.6."

Anthony McCall, Cox's endocrinologist and medical research professor, advised him to start Metformin right away, but Cox had another idea in mind.

As a researcher, Cox had been working on diabetes for over 30 years, and he knew that in order to lower his A1c level, he had to learn how to quickly reduce his blood glucose and prevent it from spiking again. He also knew that he would not be able to lose weight easily, so he decided to focus on reducing his carbohydrate consumption and sedentary behavior while implementing an achievable and regular exercise routine.

High carbohydrate intake can cause blood glucose levels to rise

rapidly after a meal. To understand which carbs specifically spiked his levels, Cox used the Continuous Glucose Monitor. Unlike a blood glucose meter, which requires a patient to prick their finger to determine glucose levels, the Continuous Glucose Monitor consists of a device that scans a sensor attached to Cox's arm and produces a graph of his recent blood glucose levels.

With this, Cox has immediate access to his blood sugar history and a better understanding of how to move forward. He can also experiment. For instance, he knows that an IPA beer will not affect his blood glucose, while a porter will, merely by checking his monitor after consumption.

Cox created a personal goal of going to bed with a blood glucose level lower than 130. If his monitor reads 140 after dinner, he grabs his earphones and heads out for a neighborhood walk, as activating his skeletal muscles burns glucose and temporarily reduces his insulin resistance.

Eleven years later, Cox has neither made the transition to medications nor has he worried about losing weight. But what he has done is organized the Glycemic Excursion Minimization, a program that allows other T2D patients to experience his same success.

"This radical new treatment program is actually quite simple," Cox said.

GEM aims to educate, acti-

vate and motivate patients by enhancing their understanding of personal blood glucose levels and equipping them to make lifestyle decisions in response.

To test the efficacy of GEM, Cox and McCall directed a clinical study in which a population of T2D patients were divided into four groups — one of which was given weight management training and three of which received 4-6 week lessons.

According to the study, the lessons, or "didactic sessions," educated patients with feedback from the Continuous Glucose Monitor, eliminated the consumption of high-carb foods, increased physical activity and promoted lifetime food, activity and relapse management.

The researchers found that the participants who attended the lessons actually experienced more weight loss than the group that received weight loss training. Additionally, the study reports that these patients left with improved diabetes knowledge and an enhanced quality of life.

At a one-year-long follow up, the A1c levels of the didactic groups were still lower than that of the weight loss group.

"That difference [in A1c levels between the groups] was not quite as big as [it was] originally," McCall said. "But it was still improved over what was the typical standard of care."

The researchers' vision for

T2D patients is one of empowerment and choice. Although there may be no one specific treatment advised for diabetes, according to McCall and Cox, patients withhold the power to manage their health in ways that even doctors cannot control.

"Diabetes is a self-treating disorder," McCall said. "The last thing you want is a physician treating diabetes — 'It's whatever you say, doc.' No, it's not whatever I say — it's what you do, what you want to do."



We can do this.
Keep going, UVA.



FOR ALL OF US