

The Cavalier Daily

VALENTINE'S DAY ISSUE

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Caitlyn Seed
Associate Editor

The popular dating app Tinder recently added a new feature which shows users nearby locations where they can get tested for sexually transmitted infections.

Tinder is one of the most widely downloaded smartphone apps, with users from 196 different countries, making more than a total of 1.4 billion “swipes” per day.

The company added the new feature for users after a public feud with the AIDS Healthcare Foundation, which put up several billboards around Los Angeles and New York City linking the app with the spread of common STIs like chlamydia and gonorrhea.

The foundation agreed to take down the billboards after Tinder added the new STI-testing site locator.

Dr. Christine Peterson, director of the Gynecology Clinic at the University, said sexually transmitted infections constitute a widespread issue in the United States, especially among young adults aged 15-24 and need to be better addressed.

Eighty percent of sexually active young people have contract-

ed Human Papillomavirus by the time they reach college graduation age, Peterson said.

Although she fully encourages STI testing for young adults, Peterson said there is a need for more basic safe sex practices to prevent and combat the spread of sexually transmitted infections.

“It is most important for everybody to remember to know your own sexual history, your partner’s sexual history, to always be using condoms, but remember that there is no such thing as perfectly safe sex,” Peterson said.

Peterson said she could not actively support the STI-testing site locator without knowing how it — or Tinder itself — impacts people’s actions or understanding regarding safe sex practices.

The AIDS Healthcare Foundation is one such organization which says Tinder promotes unsafe sex practices.

Second-year College student Madi Baril said she believes Tinder can be a part of what is regarded as “hookup culture” at colleges, but the app is not necessarily a leading cause of such problems.

“I kind of think they’re independent issues just because unsafe sex is kind of a problem of hookup culture in general,” Baril said.

Regardless, Baril said she

doubts the feature on the Tinder app will have any impact on the spread of STIs or safe sex practices.

“The people who are looking for this feature could easily Google a clinic nearby instead of trying to go through the app,” Baril said. “You have to click through a few things before you even find it, so I don’t think it would be super helpful with preventing the spread of disease.”

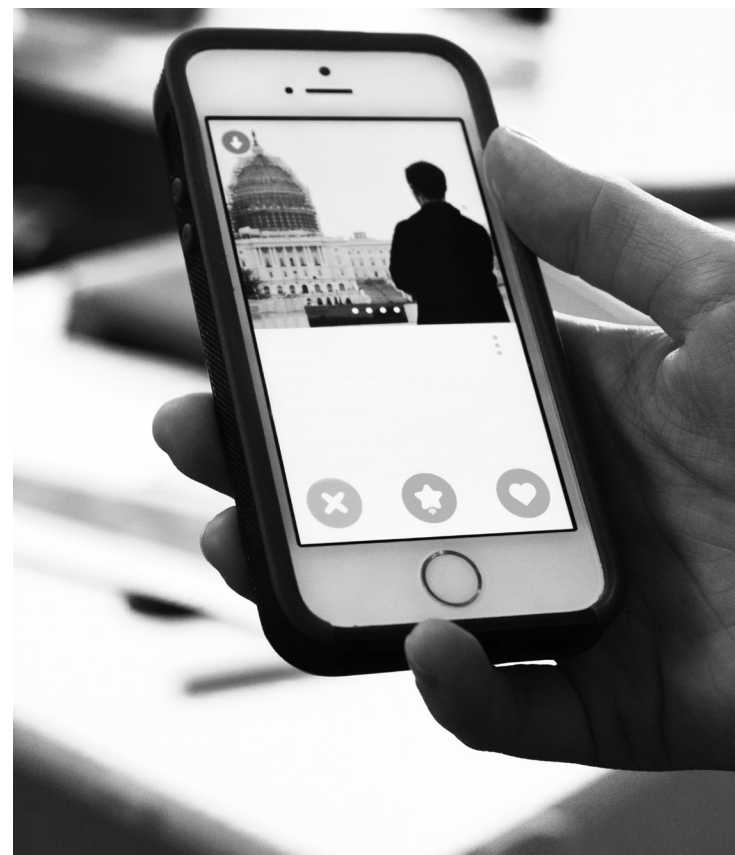
The link to Healthvana’s HIV and STI testing locator can be found under the “Safety” header of the “Frequently Asked Questions” section of the app.

Sarah Eldred, a spokesperson for Planned Parenthood South Atlantic, said she supports any program or application which might make testing and treating STIs more accessible for individuals.

“If all [the feature] does is make finding a place to get tested — and if necessary, treated — easier than that’s something we are all about,” Eldred said.

Planned Parenthood is one of the nation’s largest providers of sexual health education, Eldred said.

“If this is something that can lead to important conversations, if this is something that will help people get tested, then that’s a good thing,” Eldred said.



Lauren Hornsby | The Cavalier Daily

Tinder is one of the most widely downloaded smartphone apps, with users from 196 different countries — making more than a total of 1.4 billion “swipes” per day.

According to Tinder’s website, the University was the eighth-ranked campus in the country for number of right-swiped males in 2015.

Free condoms on Grounds for over one decade

20,000 condoms distributed annually by Student Health

Katie Watson
Associate Editor

For over a decade the Elson Student Health Center has been handing out free condoms to students, Office of Health Promotion Director at Elson Jamie Leonard said in an email statement.

“It is a common practice for public health centers to offer condoms at no or low cost for both pregnancy and STI protection,” Leonard said.

Student Health receives its supply of condoms from the Ryan White Program at no cost, Leonard said.

“We currently receive our condom supplies from the Ryan White Program which is housed in the U.Va. Infectious Disease Clinic,” Leonard said. “The Ryan

White Program is a recipient of a grant from the Virginia Department of Health. College students are part of their target population, so we assist them in reaching their distribution goals.”

Leonard said Student Health distributes various types of condoms each year.

“We provide both female and male condoms, as well as dental dams,” she said. “The female condoms are FC2, the male condoms are One Condoms and the dental dams are Sheer Glyde Dams.”

Having free condoms at Student Health allows staff to encourage safe sex to students and facilitate a comfortable setting for students to ask questions, Leonard said.

“It is important for students to feel comfortable around con-

doms, whether they are sexually active now or will be in the future,” Leonard said.

Leonard said Student Health also has a Resident Advisor program that allows RAs to pick up bags of condoms for their residents.

“Our RA program... allows staff to have discussions with RAs about their residents’ needs or questions, brings RAs to Student Health to increase their knowledge about our services and provides an avenue for RAs to be having dialogue about safer sex practices and share resources with their residents,” Leonard said.

Housing and Residence Life Chair Emma Myers, a fourth-year College student, said while the program is available to all RAs, it is left to each individual RA’s discretion whether to take

advantage of the program.

“We let RAs know that condoms are available through Student Health during our training in the summer,” Myers said in an email statement. “Often, if RAs choose not to distribute condoms on their hall, they let residents know condoms are available to them through Student Health.”

RAs also regularly plan sexual health education programs for their residents, Myers said.

“It’s up to each RA and their staff to design their programs,” Myers said. “Generally, they include information about resources available to residents — like Peer Health Educators, Student Health, etc.”

Annually, Student Health distributes around 20,000 condoms each year, Leonard said.



Lauren Hornsby | The Cavalier Daily

Student Health receives its supply of condoms from the Ryan White Program at no cost.

Students, businesses make Valentine's plans

Corner restaurants offer dinner specials

Hailey Ross
Senior Writer

As Valentine's Day approaches, students and businesses are making plans to celebrate the holiday.

Several restaurants on the Corner are running special promotions Feb. 14.

Café Caturra is running a fixed menu where diners can order a three course meal for a couple at a set price. Entrees include a choice between baked stuffed lobster, rack of lamb and wild mushroom risotto. Wine pairings will also be available for an additional price.

Café Caturra is also having "Louis Smith to play his little acoustic shindig," Liz Helm, bartender and fourth-year College student, said.

"He's actually here every Sunday, but he will be playing extra on Valentine's Day to serenade

everyone," Helm said.

Basil Mediterranean Bistro is having a similar special by offering a three course meal and glass of wine per person per couple for a set price and a bottle of wine at an additional cost. They also have an option for singles to order a three course meal and glass of wine on their own.

First-year College student John Hudson said he thinks large numbers of students will be going to restaurants on Sunday night.

"I've literally never taken a girl out on Valentine's Day before," he said. "I procrastinated planning the dinner so finding a restaurant that still had reservations available was pretty hard. My reservation is actually at 9:00 at night."

Hudson said it was a learning experience and said others should make their reservations in advance.

Other students have decided

it's better to wait until the Valentine's Day rush is over.

Fourth-year College student Margaret Campbell said her boyfriend made reservations several weeks ago for the Monday after Valentine's Day.

"My boyfriend has a Trigon retreat which he doesn't plan on sleeping a lot at and so he was planning on getting back on Sunday and sleeping the rest of the day," she said. "I hope by going out on Monday we won't have to worry about waiting for food as long or the restaurants being as busy."

Some students, like fourth-year Education student Mollie Bland, won't be going out to eat with a significant other but have made other plans.

"I'm going on a hot date with myself... to work," Bland said. "I will be sending home some Valentine's Day cards to my families and friends to celebrate."



Lauren Hornsby | The Cavalier Daily

First-year College student John Hudson said he thinks large numbers of students will be going to restaurants on Sunday night.

U.Va. profs. discuss famous figures of Valentine's Day

Experts explain history of St. Valentine, Cupid

Elizabeth Parker
Associate Editor



Courtesy Wikimedia Commons | The Cavalier Daily

Although the tale of Cupid and Psyche was originally created by Apuleius, Hays said Cupid's popularity comes from the Roman poet Ovid, who wrote many witty love poems.

Although Valentine's Day is currently celebrated with candy, cards and roses, its historical influence is rooted in Roman myths and Catholic saints.

The name of the holiday comes from St. Valentine, a third century martyr for Christianity. In addition, Cupid — who is still a popular Valentine's Day figure — has his origins in ancient Greek and Roman mythology and literature.

Prof. of Religious Studies and Jesuit priest Gerald Fogarty, who has studied canonized Catholic saints, said the history of St. Valentine has its origins in two stories.

One story involves Emperor Claudius II, who forbade marriage in Rome due to trouble getting recruits for the Roman army, Fogarty said.

"Valentine started performing marriages in private [and] Claudius put a contract out on him," Fogarty said. "Pagan fertility peace gives way to a legend that he starts to marry people. Then he becomes executed, and

then he becomes the patron of love."

The other story involves Valentine being imprisoned while the jailer's daughter falls in love with him, Fogarty said.

"When he was being led off to be executed ... he signed a letter to her 'from your Valentine,'" Fogarty said.

Although some of the details are unknown, Fogarty said there is evidence of a priest named Valentine who was executed around the year 270.

Gregory Hays, associate prof. of Classics and director of the Center of Undergraduate Studies, has taught a class on Cupid and Psyche. He said their relationship has its origins in a folktale similar to "Beauty and the Beast" combined with a philosophical allegory based on Plato.

"[Apuleius's 'Metamorphoses'] tells the story of Psyche, a beautiful princess who is required by an oracle to marry an unnamed but monstrous being," Hays said in an email statement. "She is carried off to his palace, where he visits her only by night."

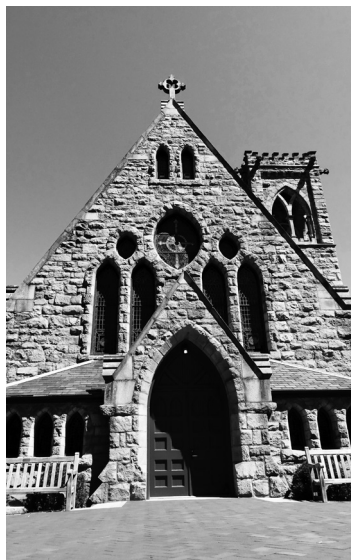
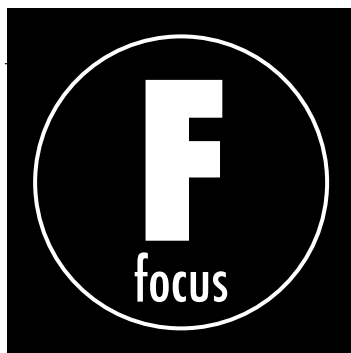
Hays said Psyche eventually she sees her husband's face by

lamplight and discovers he's a handsome youth — Cupid.

"When she accidentally spills hot oil on him he awakens and flies away. To regain him she has to perform various labors, but the two are eventually reunited," Hays said.

Although the tale of Cupid and Psyche was created by Apuleius, Hays said Cupid's popularity comes from the Roman poet Ovid, who wrote many witty love poems.

"[Ovid] depicts Cupid as a merry prankster armed with bow and arrows and always on the hunt for new prey. Even the gods are powerless against his attacks," Hays said. "Ovid was a favorite author in the Middle Ages and Renaissance, and his poems influenced many European artists."



Lauren Hornsby | The Cavalier Daily

The beauty of the area surrounding the Chapel draws many alumni back to Grounds.

Ankita Satpathy
Associate News Editor

Students walk by the University Chapel — known for its rich history and distinct Gothic style — almost every day on their way to class and meetings. However, not all students realize the Chapel is a highly-demanded venue for wedding ceremonies. Couples for whom the University holds a special significance return to Grounds each year to be married at the place where they met and fell in love.

History of the Chapel

When Thomas Jefferson founded the University, he did not have any plans to include a chapel on Grounds due to his firm belief in the separation of church and state.

Commonwealth Professor Richard Guy Wilson, chair of the University's Department of Architectural History, said plans were drawn up for a chapel in the center of the Lawn at least twice after Jefferson's death. Construction was never carried out due to a lack of funding and subsequently the Civil War, Wilson said.

After the Civil War, the wives of several faculty members raised money for the Chapel, which was designed by Engineering Alumni Charles Emmet Cassell of Baltimore.

"[The purpose] was to bring Christianity to Grounds," Wilson said.

University Historian Alexander "Sandy" Gilliam said the position of University chaplain was abolished in 1895 as

Grounds became surrounded with churches of different denominations.

"Due to all the churches, the true need for the Chapel ended, but it was used as a venue for meetings, weddings, concerts, initiations, etc.," Gilliam said.

Though it is unclear exactly when the Chapel started being used for weddings, both Gilliam and Wilson said it was likely not long after the building's completion in 1890.

By the numbers

Today, Assistant Director of Student Activities Kendra Paisley rents out the Chapel to couples who want to use the venue for their weddings. The average annual number of weddings held in the Chapel from 2008-15 was 106 per year, while the average in the 1970s was approximately 130 weddings per year, Paisley said.

In 2015, 63 weddings were held in the Chapel — nearly half of the number held there in 2008.

April through June and September through October are the most popular times to book weddings in the Chapel, Paisley said.

"Typically, you can expect about 3-4 weddings on a Saturday," Paisley said in an email statement. "Saturday is generally the day of choice for wedding ceremonies."

Getting married in the Chapel costs \$200 for full-time University students, \$350 for "alumni, staff, faculty, administrators and their immediate family" and \$750 for people with no affiliation to the University, according to the Dean of Students' Event Planning website.

The booking process

The process of booking a wedding in the Chapel begins approximately one year before the couple's date of choice.

"Requests are accepted for the Chapel a year out from the current month, and are processed on a first-come, first-served basis," Paisley said. "The only exception to this policy is for the months in the subsequent academic term where the academic schedule isn't yet finalized."

Couples who want to get married during the beginning of the next academic year enter a lottery system when the schedule is announced.

"The academic schedule is based on the football schedule and is typically announced towards the end of February," Paisley said. "We open requests for these months on March 1, and

that is the only date that we process requests on a lottery basis. We do this so that couples are not staying up until midnight to beat other requests by [a] matter of seconds."

The scheduling process used to involve a lottery system for all months.

Alumni Gary and Kathleen Sherman researched which months were less popular in an attempt to increase their chances, but ended up getting their date of choice. They were married April 5th, 2008.

Couples who get married in the Chapel face numerous restrictions due to the historic nature of the building.

Couples may not use real wax candles, bring pianos into the Chapel or exceed 250 guests, according to the Dean of Students' Event Planning website. On days when multiple weddings are scheduled, couples may also be restricted to two hours for their ceremony, which includes time to set up and clean up.

Why the Chapel?

Alumni Harry and Mousumi Franks met during Mousumi's first year and dated throughout her time at the University. For them, the decision to get married in the Chapel was an obvious one.

"[My husband] was there for seven years, I was there for six years — we were definitely getting married in Charlottesville," Mousumi Franks said.

The Franks were able to use the Colonnade Club for their reception by getting a faculty member to sponsor them.

"Typically, [couples] hold their receptions off-Grounds, but sometimes they'll book one of our spaces in Newcomb, a garden, or through the Colonnade Club," Paisley said. "Some groups also use Alumni Hall."

The Franks were married June 1, 1991.

"It's all familiar; it's a place you walk by every single day for 6 years... so that

was like our home," Franks said. "[Anyplace] else would've felt institutional compared to that."

Lynsey Miller, who was married nearly 10 years later in March 2010, expressed a similar view.

"We never doubted our choice of having it there because it's where we met and everything so it definitely holds a very special place for us," Miller said. "It's going to be a thing that we'll get to show our children when we go back and visit."

Other couples commented on the significance of the Chapel not only for themselves, but for their guests. For alumni Luca and Caroline Scullo, a major factor in choosing the Chapel was ensuring their family could see the University, where the pair got engaged.

"All of our guests were able to get to know the Lawn and see the Rotunda," Caroline Scullo said. "My family coming from France and my husband's family coming from out of state, they had never visited Grounds, and so it was important for us to see everyone there and have them see exactly where we were engaged."

Alumna Blaire Ruch, who married alumnus Hunter Ruch in 2000, said it was valuable to have the couple's friends from the University as part of the ceremony. Approximately 100 of their guests were current and former University students. B. Ruch's a cappella group, CHoosE, also performed a song

at the wedding.

"I think [the wedding] was probably memorable for other guests that were there because they had connections to the school and the Chapel ... just being together and being on the Grounds, together again," Blaire Ruch said.

The architecture of the building was a pro for alumni Michael and Christy Devlin, who were married there in 2008.

"The Chapel is smaller than most Catholic churches, which made for a more intimate setting," Christy Devlin said in an email statement.

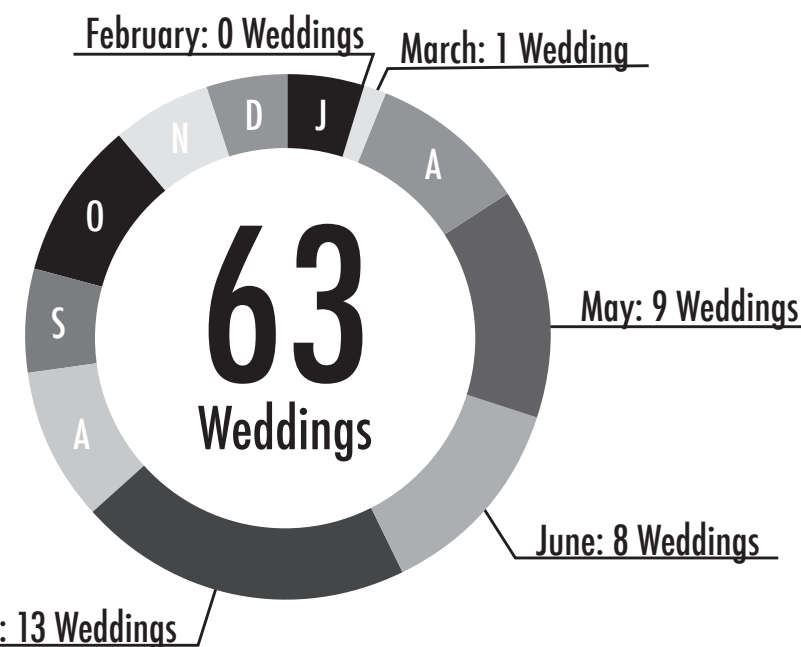
The beauty of the surrounding area, especially the Lawn and the Rotunda, also serve as motivators for couples who get married on Grounds.

"To have these photos to look back on with the Rotunda, it just exemplifies our entire love story, so it wouldn't have been a perfect wedding any other place," Scullo said.

Regardless of the reasons couples choose to get married in the Chapel, they all share a strong connection to the University and believe their love for the University and their love for each other go hand in hand.

"The Chapel brings a sense of community to U.Va.," Kathleen Sherman said. "It is simply an amazing building; it's a wonderful piece of architecture and we are so thankful to have that piece of U.Va. to add to our life story."

Most Popular Months: 2015



Morgan Hale | The Cavalier Daily



Perrantes, Virginia try to stop Cameron Indoor skid

Stingy Virginia defense will be key to slowing down star-players Allen, Ingram

Nicky Wildish
Staff Writer

No. 7 Virginia puts its seven-game winning streak on the line Saturday afternoon when it plays Duke at Cameron Indoor Stadium in Durham, N.C.

In Coach Tony Bennett's seven years guiding the Cavaliers (20-4, 9-3 ACC), Cameron Indoor is the only ACC stadium in which he has yet to win. This will certainly be on the minds of the Virginia players and coaches as they prepare to play in what is always a loud and distracting atmosphere for visiting teams.

The Blue Devils (18-6, 7-4 ACC) are quietly regaining their well-known, stellar form ever since they made national headlines just a week ago. Duke was not ranked in the AP Top 25 for the first time since the preseason rankings of 2007-2008, an incredible span of 167 weeks.

Even though the Blue Devils are not living up to their high expectations — which they've seemingly possessed every year since Coach Mike Krzyzewski arrived on scene in the 1980s — no team can ever approach Duke lightly if they want to get a win at Cameron Indoor.

The Blue Devils have won three straight games against quality opponents since they lost their ranking. Sophomore guard Grayson Allen is becoming the player many thought he could be and freshman swingman Brandon Ingram is having a stellar year. Allen leads the team in points, assists and field goal percentage and is on ESPN's Wooden Watch Award List. Ingram, meanwhile, seems to post a double-double every time he steps on the court.

Ball distribution will continue to be important for Virginia. On Tuesday, the Cavaliers easily defeated in-state rivals Virginia Tech 67-49. A major reason for the win was the Cavaliers' 18 assists compared to only seven by Virginia Tech.

"I think it's fun to watch when you share the ball and guys move it and they make the next pass," Bennett said. "They're playing, in my opinion, the right way."

Sophomore guard Devon Hall said the passing has a lot to do with belief in one another on the court, as well as the players' attitudes.

"Coach preaches the extra pass so when we can, we always make the extra pass because we trust everybody on the court,"

Hall said. "I think we're just in a rhythm of being able to be unselfish."

This mentality has undoubtedly led to more open shots and higher shooting percentages for the Cavaliers. The leader behind the slick passing is junior guard London Perrantes. Perrantes has always been known as a top-tier passer for Virginia, but has been labeled as too selfless.

"I have had to push him more to shoot," senior guard Malcolm Brogdon said. "London is a guy that always wants to get someone open before himself — he's super unselfish."

Perrantes leads the team in assists with 3.95 per game. However, he is also one of the best shooters on the team. The Los Angeles, Calif. native leads the team in three-point field goal percentage by a wide margin with an astounding 53.4 percent clip.

Perrantes has helped fill the scoring void left by Justin Anderson, who left for the NBA after last season.

The Cavaliers also need to continue improving their defense, which has come a long way since the beginning of the season.

"I think we're playing better



Sarah Dodge | The Cavalier Daily

After being challenged to be more aggressive on offense, Perrantes is leading his team, and the ACC, in three-point shooting.

collectively on defense," Bennett said. "Our defense is such a team defensive system. We were tied a little tighter together, and I think we're in sync a little more than we were when we played them [Virginia Tech] last time."

Bennett really stressed sharpening up the defense after the tough loss against the Hokies earlier in the year. The results have been astonishingly successful, as Virginia as held its last

four opponents to an average of just over 48 points per game.

Virginia's defense will be tested against a Duke offense that has been hot as of late. The Blue Devils have averaged more than 79.4 PPG over their last five contests.

Tipoff is set for 4:30 p.m. Saturday. The game can be viewed on ESPN.

Virginia pack line is back and as great as ever

In an absolutely shocking turn of events on a Tuesday night two weeks ago, Virginia men's basketball Coach Tony Bennett did the unthinkable. Struggling on the road against ACC bottom-dweller Wake Forest — a team that currently has one conference win this season — the Cavaliers were at risk of dropping their fourth road game against an unranked ACC opponent in as many tries. So to give his team a little spark in the second half, Bennett sent his team out in a zone defense.

This was seemingly blasphemous to Virginia fans. The massive success Bennett has brought to the program during his six-year tenure has rested on his stifling pack line defense, so to turn away from it at such a critical moment seemed to spell disarray. I can't claim to remember every minute of Virginia basketball under Bennett, so I don't want to say a zone was unprecedented, but the scheme has

certainly never been turned to in a moment of desperation like that.

MATT COMEY
Sports Columnist

While we'll all remember the ending of the Wake game best, in reality, it was an all-around ugly affair ending in a 72-71 win that gave no relief to a general unease about the Virginia defense. Virginia had held an opponent under 60 points just once over the previous seven outings, including giving up 70 to Virginia Tech in early January. In 2015, the only time Virginia gave up 70 or more in an ACC regular season game was in a double-overtime affair at Miami.

But then, as if Darius Thompson's buzzer beater broke some sort of evil curse, the pack line was resurrected. After giving up 45 points to the Demon Deacons in the second half of that contest, Virginia held No. 16 Louisville to just 14 points in the first half of the very next game. Virginia never looked back, and has now held opponents

to 50 points or fewer in four consecutive games — the first time a Bennett-coached team has ever done that.

Specifically, in the last four games against Louisville, Boston College, Pittsburgh and Virginia Tech, the Cavaliers have given up 47, 47, 50 and 49 points, respectively. In terms of defensive efficiency — the number of points allowed per 100 possessions — three of Virginia's top four performances of the season have come in that four game stretch.

And it's not like these were four cupcake teams. Virginia's one other sub-50 defensive performance of the season came in the season opener against Morgan State, but that team is 5-17 on the year and 3-6 in the Mid-Eastern Athletic Conference. With the exception of Boston College — who really is as futile on offense as they looked — the offensive talent of these most recent opponents is well above average. Tech is scoring 74.3 points

per game, which is good for a tie for 153rd out of the 351 Division I teams, while Louisville and Pitt are both scoring 78.4 a game, good for a tie for 61st in the nation. Tuesday's performance was particularly sweet, given that Tech dropped 70 against the Cavaliers just six weeks ago.

No, this isn't on the same level as holding Harvard, Rutgers and Georgia Tech under 30 points as the Cavaliers did last season. In fact, Virginia held 15 different opponents to 50 or fewer last season, compared to just five thus far this season. But remember that the shot clock was reduced from 35 seconds to 30 seconds, giving Virginia opponents more opportunities to score. Looking at defensive efficiency, the Boston College and Louisville games both would have been top-10 performances last season — though even when you look at defensive efficiency, these recent games still don't come close to the three aforementioned sub-30

games.

The most promising aspect of this defensive surge is the timing. Last season, Virginia started the season impeccably, but seemed to peak in late January and begin declining after the Justin Anderson finger injury. Even when Anderson returned, the Cavaliers never got back to dominating in the way they did earlier in the year.

In these last few games, Virginia is again looking like the unstoppable force of the height of last season, but instead of storming out of the gates on top, the Cavaliers have slowly built up to this point — albeit with a few stumbles along the way. Here's hoping this is a sign of sustained dominance to come with deep post-season runs to cap off the season.

Matt Comey is a weekly Sports columnist for The Cavalier Daily. He can be reached at m.comey@cavalierdaily.com or on Twitter at @matthewcomey.

Men's lacrosse looks to get back on track

Inside Lacrosse ranks Cavaliers preseason No. 7

Mariel Messier
Senior Associate Editor

The Virginia lacrosse team capped off last year's season with a disappointing 19-7 loss to Johns Hopkins in the NCAA tournament. Otherwise, the Cavaliers had an overall record of 10-5, which is by no means disappointing overall for the program. However, with the Virginia lacrosse team's definition of success, their 0-4 record in the ACC fell short of their standards.

Competing in one of the most competitive lacrosse conferences in the country brought about challenges for the Cavaliers, especially with the loss of key players due to injury.

Luckily for Virginia, those key players — senior attackman James Pannell and junior defenseman Tanner Scales, will be returning this season, along with eight returning and healthy starters.

In fact, both Pannell and Scales will be taking along a greater leadership role on the team this year, as they were both named this season's captains, along with senior midfielder Greg Coholan, the team's leading scorer.



Courtesy Virginia Athletics

Defender Tanner Scales returns after his sophomore season was cut short by injury.

"I'm just enjoying every moment of it," Scales said. "I'm really excited to get back out there, and at this point it's been over a year since I've gotten to play."

It is no surprise then that the Cavaliers will be looking to get back

on track in both the ACC and on the national stage. For a team that has made 22 Final Four appearances and won five national championships, losing in the first round of the NCAAAs just will not cut it.

"You can't dwell on the past," Coholan said. "This is a new team and a new year. We're just going to take it day by day and progress, and hopefully there will be success in the end."

The defense features a fairly experienced crew for the Cavaliers. Scales, a third-team All-American, is back after missing the entire season last year. Sophomore Logan Greco, who started 13 of Virginia's games last year as a freshman, finished last season with four caused turnovers. Scott Hooper, another sophomore, will return to the defense again after forcing seven turnovers last season.

"We were so young defensively last year," Coach Dom Starsia said. "With all of those guys back, you just feel that experience and confidence on defense... We may have to hold down the fort a bit on defense while a younger offensive group gets their feet on the ground."

After graduating key players Ryan Tucker and Tyler German, the midfield will welcome back some

returners and feature some newcomers. Coholan led the pack, returning as the team's leading scorer, with 39 goals and 53 points last season. Junior Zed Williams will surely make his presence known on the field as well, with 20 goals and 17 assists. Junior AJ Fish, who appeared in all 15 of last season's games, is another likely a starting option.

The midfield features quite a few new additions to the Virginia squad. Freshman Ryan Conrad, the MVP of the Under Armour All-America game, is the first No. 1 recruit that the Cavaliers have gotten in a few years. Conrad, along with freshmen Ryan Lamb and Phil Poquie, ranked the No. 18 and No. 12 midfielders, respectively, should fill in the gaps that Tucker and German left.

The LSM position this year for Virginia will likely be filled by junior Michael Howard. Howard gained a lot of experience last year, appearing in all 15 games. Junior Matt Barrett, who was No. 1 in the ACC last season with saves, will return as the starting goalie, and should again be one of the best goalies in the nation.

Virginia's attack will welcome back the presence of Pannell, who has 57 goals and 16 assists over his

last two and a half seasons. Junior Ryan Lukacovic will also have a big presence for the Cavaliers this season, as last season he was one of the most consistent players, scoring a point in every game. The third player in that mix could be sophomore Mike D'Amario, who actually made his collegiate debut last year against Loyola.

Virginia's first contest comes against No. 11 Loyola Maryland Saturday at 1 p.m. at Klöckner. The Cavaliers last met the Greyhounds in Baltimore last season, and came out victorious with a score of 13-12.

"They're no easy team," Coholan said. "They've played us really well every year, and we just have to be prepared to play a full 60 minutes and get after it."

Virginia hopes to start out their season on a high note before entering conference play in less than a month. Ultimately, the Cavaliers hope to gain back their place in both ACC and NCAA postseason competition.

"Our conference is tough," Starsia said. "We've played these guys year in and year out, and we'd certainly like to get some of those bragging rights back."

Family vibes

Mikayla Venson on sisterhood, support of women's basketball program

Porter Dickie
Feature Writer

For sophomore guard Mikayla Venson, family means everything. When it came to choosing a college basketball program, one of the main reasons Virginia flew to the top of her list was its proximity to her close-knit family.

In addition to the closeness to her biological family, Venson was drawn to the Cavaliers because of the "family atmosphere" it provided her right on the court at JPJ and all across Grounds.

"I just really got a family vibe, and I loved [it]," Venson said about her recruiting visits. "I came countless times to games and just to visit the campus, and I loved it every time I came. I loved the players [and] the coaches."

To find women whom you consider sisters is a challenging task, but Venson says she has found over a dozen of them on the Virginia squad. In particular, she has found guidance and sisterhood in senior guard Faith Randolph.

"I have learned a lot from [Randolph] on and off the court," Venson

said. "[I've learned] how to approach the game, how to be that leader and be vocal when I need to [and how to] be that positive influence to everyone."

Venson, who has been with the program for nearly two years, is far and away the Cavaliers' main scorer, currently averaging just over 15 points per game. With Randolph out since early January after breaking her thumb, Venson has really had to "step up [her] game even more... and [be] a leader."

Being that leader has meant doing much more than scoring a few extra points every game. Venson said one of the biggest ways she has had to grow since her days as a rookie is becoming something of a big sister to the freshman and "[talk] to [them] when they need me and being that positive role model that they want to look up to."

In every family, there is a mother. For the Cavaliers' family, the mother figure is undoubtedly Coach Joanne Boyle.

"[Coach Boyle] wants you to... succeed off the court and really help you grow as a basketball player and a woman," said Venson. "I love sitting down with her about anything — my

grades, how school is going, how basketball... is going. So, she really talks to me with a lot of wisdom, and I really love sitting down with her."

Having a family structure to lean on is important when things, such as ACC play for the Cavaliers, are not always as successful as one hopes.

"Everything doesn't always go as we suspect," Venson said. "We go through a lot of adversity, but I think at the end of the day, the will to fight through things and have each other's backs [is what gets us through]."

For Venson, her personal goals for the rest of the season are to win all remaining ACC games and go into the ACC Tournament confident.

"[We have] passion for the game and want to get better everyday," Venson said. "I just want us to finish out confident and have fight in us."

Despite high hopes for the remainder of their season, Venson turned to the mantra of Coach Boyle: "it is more than just basketball."

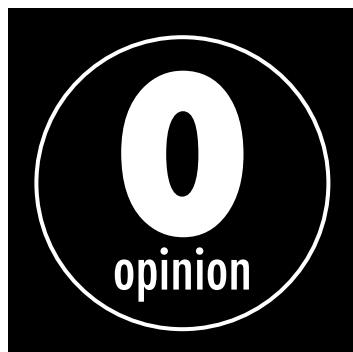
"[We just have to] know that we are sisters at the end of the day," Venson said.

Virginia faces off against Syracuse Thursday night at John Paul Jones Arena.



Kiley Lovelace | The Cavalier Daily

Sophomore guard Mikayla Venson chose to play for Coach Joanne Boyle for the "family atmosphere" surrounding the program.



LEAD EDITORIAL

Vote for Option 2

The non-binding pursuit of a multiple-sanction honor system should not be controversial

Comment of the day

“I think you are missing the point of concealed carry. People carry to have it on their person. To suggest that someone would leave a gun laying on a table in a library or on the steps of a building is insane.”

“Akjax” in response to the editorial board’s Feb. 4 lead editorial, “Guns — not an answer to sexual assault.”

Corrections

In the Monday, February 8 edition of The Cavalier Daily, an article stated the altering of the language of the Honor Committee’s constitution would lead to the implementation of a multi-sanction system. The altering of the language gives the Honor Committee the option to implement a multi-sanction system.

This spring, students will vote on two amendments to the Honor Committee’s constitution. One of them pertains to the single sanction and contains two options, one which affirms the single sanction and another which grants the committee the power to “impose lesser sanctions,” allowing for the establishment of a multiple sanction system. Although we as an editorial board are divided in our views of the single sanction, we share the belief that Option 2, which would allow for the possibility of such a system, is the right choice for students.

If Option 1 passes, then nothing changes except for the formal inclusion of the Conscientious Retraction and Informed Retraction in the single sanction clause of the committee’s constitution. Alternatively, if Option 2 passes, then there would no longer be a constitutional barrier to a multi-sanction system, though the change would not formally implement such a system. The committee would then form

an independent review commission composed of various members of the University community who would rewrite the existing Honor by-laws to recommend a system with multiple sanctions.

Introducing a change as significant as a multiple sanction system cannot happen overnight. If the committee were to implement such a system it might require several years to do so, as has been the case with other schools’ honor systems, according to the committee. If the student body passes Option 2 of the amendment, then this transition will be much easier, as the independent review commission will rewrite the by-laws as necessary in order to create the structure to support a system with multiple sanctions.

Additionally, while this outcome would not necessarily mean that the committee will adopt a multiple sanction system, it would bring us a step closer toward envisioning what such a system could look like at the

University. Per the committee, if Option 2 were to pass, then there would be “extensive polling of the student body to determine what type of multiple-sanction system students prefer.” This information would be valuable in understanding how our peers would want a multiple sanction system to operate if the committee were to adopt one at the independent review commission’s recommendation.

With the struggle to maintain institutional memory in our student organizations, given our high student turnover rate, every time the single sanction comes under scrutiny future committees will come upon the same barriers: a need for research and time to organize and implement a new system. Option 2 would allow this current committee to get that process underway for future ones. We owe it to future students of the University to make this shift easier should they decide they want this system.

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.

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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.

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Time for guaranteed paid leave

The United States lags the industrialized world in providing a crucial benefit

This past week marked the 23rd anniversary of the Family and Medical Leave Act of 1993, or FMLA, a law signed under President Bill Clinton requiring all U.S. employers to offer 12 weeks of unpaid leave to full-time workers to care for newborn children or other family members. The law has been heavily criticized by some, particularly in the Republican Party, who believe government should not have control over employers' policies. Sen. John Boehner called it "another example of yuppie empowerment."

Though unpaid leave has been a national standard since Clinton signed the FMLA into law, paid leave is far less common. According to the Department of Labor, only 12 percent of private sector workers have access to any paid leave, and it is far less common among low-income workers. This is the case despite substantial evidence affirming the benefits of offering paid leave. According to a 2014 report by the White House Council of Economic Advisers,

NORA WALLS
Opinion Columnist

"many businesses would benefit from offering more workers paid family leave as it improves retention and helps workers be more productive on the job." Besides the economic benefits, paid leave allows parents to spend more time at home, benefitting their children's health. Additionally, the same report noted "the U.S. lags all other advanced countries in providing paid family leave." It further suggested that the resulting decline in women's participation in the workforce has left the U.S. economy lagging behind that of other developed nations. So while opponents of paid leave might argue it is financially impractical to offer paid leave, it seems to be quite practical everywhere but here.

The issue of paid leave has gained attention recently as successful companies such as Amazon, Netflix and Microsoft have implemented new policies offering paid leave to their employees. Netflix made headlines for offering up to a full year of paid leave

for all employees. These companies have been praised in headlines for treating their workers so well, but these policies are not just CEOs deciding to be generous — they are good business. In addition to the benefits cited above, reasonable leave policies like these attract better workers who will stick around longer, an obvious win for any business.

Despite the clear advantages, the fact is the majority of employers in the United States choose not to offer paid leave,

people would disagree with that statement. Presidential candidate Sen. Ted Cruz has said, "I think maternity leave and paternity leave are wonderful things. I support them personally. But I don't think the federal government should be in the business of mandating them." It is nice to know Sen. Cruz thinks paid leave is so wonderful, but that does nothing to help the 88 percent of private sector workers who cannot take time off to care for their families without forfeiting their salaries.

The only Republican nominee who has suggested any government involvement in the issue of paid leave is Sen. Marco Rubio, who proposes a 25 percent tax credit to employers who offer workers a minimum of four weeks paid leave. The issue with Rubio's plan is that employers are already aware of the substantial benefits of offering paid

leave, and still the vast majority refuse. Additionally, Rubio's suggested policy would likely appeal more to higher-paying, white collar employers, doing little to aid low-income workers who most often lack paid leave. Both former Secretary of State Hillary Clinton and Sen. Bernie Sanders have advocated for federally mandating 12 weeks of paid leave, though only time will tell if such mandates would actually pass through Congress.

While paid leave remains a controversial issue in U.S. politics, we remain the only developed country so severely lacking in it. Paid leave would be better for American mothers, fathers, children and businesses. If businesses will not implement it themselves, the government ought to intervene.

Nora's columns run Wednesdays. She can be reached at n.walls@cavalierdaily.com.



So while opponents of paid leave might argue it is financially impractical to offer paid leave, it seems to be quite practical everywhere but here.

which is why it ought to be legally mandated. Of course, many

The ugly side of the NFL

The game should become safer and more science conscious

Last Sunday, quarterback Peyton Manning won the Super Bowl — with his highlight pass being a two-point conversion — when the Denver Broncos upset the Carolina Panthers 24-10. As the confetti floated down and Manning adjusted his pre-made Super Bowl championship hat, a thought kept creeping into my head: what was really being put into these football games?

This thought didn't appear out of thin air — four days before I read an article that discussed how magnetic NFL quarterback Ken Stabler had suffered high Stage 3 chronic traumatic encephalopathy, or CTE, the degenerative brain disease believed to be caused by repetitive head trauma. A week before that, I read about how former Giants safety Tyler Sash's brain had also been diagnosed with CTE, which had "advanced to a stage rarely seen in someone his age."

As these stories lingered in my head, the typical enjoyment I got from watching football games slowly began to fade away. Football became too real and too quick. C.J. Anderson, Josh Nor-

man, Cam Newton and Peyton Manning were no longer football players dressed in colorful uniforms and wearing branded helmets — they became human beings on a field, risking the prospect of a long-lived and healthy life for the sake of others' entertainment. I realized that when playing this sport, these players are not only risking physical harm, as any athlete in any sport does, but they are also risking their brains.

According to the NFL, players sustained "a total of 271 concussions across preseason and regular-season games and practice in 2015." This is actually an increase from previous years of approximately 31.6 percent. Helmet-to-helmet contact accounted for about 92 of the 182 regular-season concussion a rate of 50.4 percent. What is most disturbing to me, though, is the fact that some players are willing to hide concussion symptoms. Some of these players, including Philadelphia safety Malcolm Jenkins, have admitted to doing this in order to avoid leaving the game and showing any signs of weakness.

The NFL hasn't completely dismissed this threatening reality of the sport. In fact, it has taken important measures in recent years to detect concussions on the field at the moment that they occur, mainly by putting independent neuro-trauma consultants on the sideline. These measures have led to a huge increase of diagnoses of concussions in the field, which officials like to attribute to an increase of surveillance instead of actual instances.



These player are not only risking physical harm, as any sport does, but they are also risking something much more valuable than a knee or a hip — their brains.

Additionally, the NFL has adopted a total of 39 rule changes aimed at improving the safety of its players. These include moving kickoffs from the 30-

yard line to the 35-yard line to increase touchbacks. The changes serve not just as evidence that the NFL is being responsive to these revealing findings about former football players, but also that the safety of the sport has a good chance to improve. The NFL needs to realize that football is not just a sport that generates a lot of money, but one that does so at the drastically high risk of brain damage to its players.

In light of these new findings, many opponents of the game have surfaced. Critics have called for a boycott of the game, calling it "despicable" and un-American. However, I believe this is not the response we should take or how we should treat one of this nation's biggest sports. Football, as Roger Goodell likes to say, shouldn't wait for science.

The NFL needs to invest in new safety measures and technology in order to protect those who generate most of the sport's value: the players.

These types of safety measures and technologies should be spearheaded by the people who are best equipped to find the best results. Specifically, the NFL should work closely with Dr. Bennet Omalu, who discovered CTE in 2005, and Dr. Robert Stern at the Boston University, another doctor leading the efforts to understand the connection between concussions and CTE.

It's difficult to enjoy a sport when one knows the players are risking their own long-term health and safety for the sake of our entertainment. If we want fans to truly appreciate the beauty and value of football, while at the same time lowering the risks of brain damage to players, the NFL needs to take the necessary measures to ensure a safe, low-risk version of the sport.

Carlos's columns run Thursdays. He can be reached at c.lopez@cavalierdaily.com.

Cupid comes clean

Dr. Arthur Simon's Log
2.08.2016
9:38 a.m.

NICHOLAS GIBISER
Humor Writer

Today was my first session with a new patient named Cupid. I entered the therapy room promptly at 9 a.m. to find a winged baby sitting on my couch, sobbing quietly into the Honesty Quilt. I immediately realized I had forgotten to wash Richard Pilker's urine off of the Honesty Quilt after he had revealed to me his paralyzing fear of old, Portuguese women the afternoon before. After making the mistake of speaking to the apparent child with coos, wild hand gestures and general "baby talk," Cupid began thrashing about the room, his wings knocking my posters of Freud and Frasier off of the

walls. He calmed after around five minutes. Transcript below.

AS: I want to apologize for any offense I caused. I thought you were a lost child.

Cupid: Lost in a therapist's office, doc? You think someone left their kid in a freakin' therapist's office at nine in the morning?

AS: Well I hadn't realized I'd scheduled an appointment with the Cupid.

Cupid: Yeah, yeah — I'm the Cupid. Can I smoke in here?

AS: Of course. Let's start with that little incident.

Cupid: Oh, that? Yeah, a guy tends to get a bit upset when every single person he meets talks to him like a baby. And I'm under a lot of stress right now — it's my busy season.

AS: Interesting. And how do you cope with that stress? Do you have any productive outlets?

Cupid: Well I'm changing my diaper every two hours, I'll tell ya that. Who's got time for outlets when you're in charge of making people fall in love all over the freakin' world? I don't have time to catch my breath.

AS: Do you think that could be because of the smoking?

Cupid: No, it's not because of the freakin' smoking. It's because little Annie Weathers is about to fall in love for the first time in Essex at 1:00 today, and then Chauncy Fellows is about to meet his future fifth wife in Manhattan at 1:05. Oh, and then it's over to the Valdes Peninsula by 1:07 where two Magellanic penguins will become enraptured with each other.

AS: You... you deal with penguin love too?

Cupid: They mate for life! It's BEAUTIFUL.

AS: I think I'm beginning to see the problem here. Here, I want you to get under the Honesty Quilt.

Cupid: This thing smells like piss.

AS: Put it on. Now you, Cupid, are responsible for making so many people fall in love all over the globe. But when's the last time you were in love?

Cupid: Me? Oh, I fall in love every freakin' day of my life. But no one wants to bang a 2200-year-old man with a baby's body. Besides, I'm... I'm...

AS: Go on. You're what?

Cupid: I'm impotent! There, now you get it. I gotta freakin' stab myself with one of my ar-

rows just to get it up.

AS: I think the problem might be that you're equating love with physical pleasure. If you begin to...

Cupid: ...Oh, hold on Doc. Just got an emergency message. Someone named Lilly Simon is about to fall in love with some semi-professional athlete down at the train station.

AS: Lilly Simon? That's my wife!

Cupid: I have to go!

AS: Get back here! Come back here you sonofa —

Cupid flew out the window before I could catch him. The session ended at 9:33 a.m., and I began this transcription at 9:38 a.m.. I suspect my marriage will end somewhere between 9:45 a.m. and 9:53 a.m. Happy Valentine's Day.

The adventures of a Valentine's Day oversized teddy bear

I wake up in a horror, as if from a terrible dream. My lungs try to expand, heaving my chest to its limits, but I am trapped under the weight of something immense. My eyes try to adjust to their surroundings, but the darkness is so consuming it leaves my ears ringing and my balance uncertain. I am able to move my legs, and as I do so a whimper eaks out from above me. More shuffling ensues, and a sliver of light, almost imperceptible, shoots above my head and shines itself on the face of that which has been impeding my movement. It has matted fur, cold black eyes and a felt nose. Its smile is sewn on, disguising the true pain the creature is in. It is me. Or at least it looks just like myself. It whimpers again, and it is obviously not here by choice. I whisper, "where are we?" I can see the bear's face contort as it tries to push a glue-like tear from its plastic eye. "Hell," it

PATRICK THEDINGA
Humor Editor

whispers back, and I hear the faraway sounds that seal my fate.

"Welcome to Walmart. This Valentine's Day, pick up a gift for that special someone in your life, and save a little extra here for those dinner plans later tonight."

My mind starts to race, trying to piece together some semblance of an exit strategy, but it is too late. I hear the doors slide open as hundreds of lazy husbands and boyfriends stride in, looking for a last-minute gift that will absolve them of their most recent failings. My load begins to lighten. More light shines through the prison, packed with bears like myself, who only wished to sit in the bedrooms of children who would appreciate us and not use us as pawns in a larger manipulation. Countless bears cry out in a panic as they are ripped from each other, never to be seen again. The bear on top of me is crying now. It keeps

whimpering, over and over again, "Please not me, oh please not me, I just want to be loved, please not me." It's a chilling refrain I will never forget. I watch as a teenager, no older than 17, grabs the bear by its head and swings it over his shoulder. For the first time I see my surroundings completely. The wires of my cage are thin and menacing. It smells like antiseptic and it burps. I stare at the fluorescent lights, hoping to blind myself from what I know is in store for me. Just as my vision fades into black and white, the shadow of a hand appears over me. I have just a moment to let out a single "NO!" but no one hears me. I am lucky. The man is relatively young and well-dressed, and for a moment I think it may not be that bad. But when we get to his car, he does not buckle me in, and I am thrown around the interior as he speeds towards his beloved.

I am left in the car for hours. It is stuffy and hot inside his garage,

and at one point I even hope I will suffocate before his fiancée arrives. But that is not to be my fate. She finally arrives, and I can see why I am here. She deserves more than just me, but how could this man know that? He has not witnessed the pain and loss I have, and as such he cannot appreciate this woman to treat her to more than a simple stuffed bear the size of an adolescent. She sits me on her lap the entire trip to the restaurant, and I watch them eat from the car. They seem happy, something I will never feel now that I am so far from my home. They hold hands and stare into each other's eyes, and for a moment I remember the young bear with whom I was trapped. We had maintained eye contact for the entirety of our knowing each other. It had kept us connected, feeling hopeful in the face of inevitable agony. That bear is probably stuffed in that teenager's trunk right now.

The trip back to the man's home

is long and silent. I am still on the woman's lap, facing out toward the road; I do not wish to see what goes on behind me. I am last in our single file line to his bedroom, where I am cast on the floor directly in front of the bed. My body lands in such a way where I cannot move my head, and I witness all of it. The tearing of clothes, the thrusts and moans of carnal pleasure, every second is laid out in front of me. My eyes burn during all of it, and in this moment I curse my maker for not sewing on eyelids. I hear the click of the television, and a theme song starts to play. "So no one told you life was gonna be this way." The couple claps along to the theme, and one of my eyes falls from my face. Too little, too late.

Patrick Thedinga is a Humor editor. He can be reached at p.thedinga@cavalierdaily.com.

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UPCOMING EVENTS

Thursday 2/11
UPC Presents: Open Mic Night, 10 p.m., Open Grounds
Alumni Association Presents: Bingo Night, 7-9 p.m., Alumni Hall
Thriving Cities Project Presents: Suketu Mehta: The Secret Life of Cities, 5-6:30 p.m., Nau 101
Women's Basketball vs. Syracuse, 7 p.m., John Paul Jones Arena
Queer Brown Voices: Book Talk Presented by Salvador Vidal-Ortiz, 3:30 p.m., Bryan Hall Room 231
Digital Marketing: Clicks, Likes, and Followers, 6-7 p.m., HackCville

Friday 2/12
Best Buddies Presents: Valentine's Day Semi-Formal Dance, 7-9 p.m., Ern Commons
UPC and Hot Kids Comedy Present: Valentine's Day Movie Roast, 7-11 p.m., Newcomb
UPC Presents: Palentine's Day, 10 p.m. - 1 a.m., Newcomb Theater
Cavalier Daily Valentine's Day Photo Booth, 12:30-5 p.m., South Lawn

LGBTQ Center Presents: Love is Love, 4 p.m., Peabody Hall
Men's Tennis ITA National Team Indoor Championship, 9 a.m., Boar's Head Sports Club

Saturday 2/13
McIntire Department of Music Presents: Cello Master Class with Carl Donakowski, 1-3 p.m., Old Cabell Room 107
American Medical Student Association Presents: Fig Fundraiser, 11 a.m. - 9 p.m., Fig Bistro
Black Student Alliance Presents: Black Ball, 7-11 p.m., Alumni Hall
Men's Tennis ITA National Team Indoor Championship, 9 a.m., Boar's Head Sports Club
Men's Lacrosse vs. Loyola Maryland, 1 p.m., Klockner Stadium

Sunday 2/14
Men's Tennis ITA National Team Indoor Championship, 9 a.m., Boar's Head Sports Club
Wrestling vs. Chattanooga, 1 p.m., Memorial Gymnasium

WEEKLY CROSSWORD SOLUTION

By Sam Ezersky

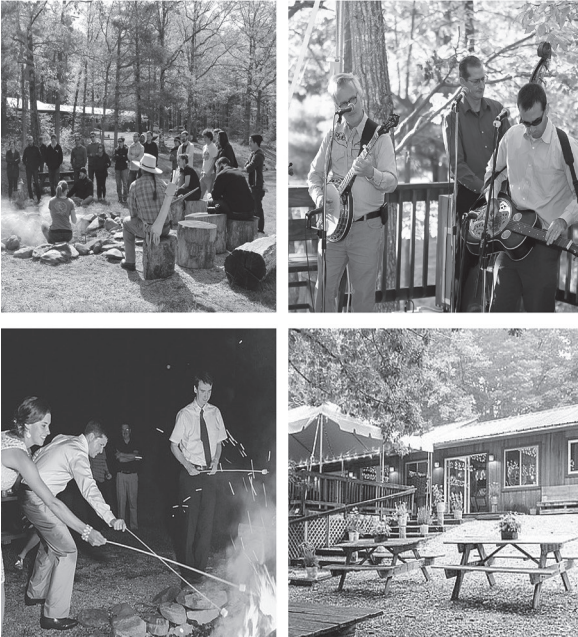
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*NEXT WEEK'S PUZZLE CAN BE FOUND IN MONDAY'S ISSUE

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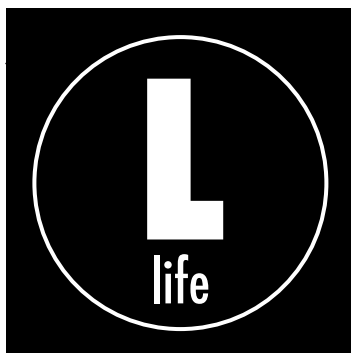
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Drew Friedman
Feature Writer

For those somewhere between completely in love and celebrating Singles' Awareness Day — or SAD — this Valentine's, Charlottesville has the cure for your lonely heart.

Bake 'N Bike, a program of Charlottesville's Community Bikes, will deliver homemade scones on the romantic holiday. Community Bikes Advisory Board member Anne Dunckel said the volunteer-run event involves making cards and baking scones, then delivering the goods via bicycle.

"Volunteer cyclists who dress up as fun Valentine characters... [make] the cards and the scones," Dunckel said. "They'll go bike across town and go deliver the scones to the people."

The profits from the Bake 'N Bike event go toward funding the free bike program through Community Bikes to provide transportation to those without it. In addition, biking supports an entire community of cyclists within Charlottesville.

"[Bake 'N Bike is] a really fun event that gives some visual representation to the cyclists," Dunckel said. "If you're driving around or walking around, you're bound to see one of these people riding a bike in a silly costume."

In addition to biking, singles can celebrate "Galentine's Day," a term coined by the popular tele-

vision sitcom "Parks and Recreation." Local shops are taking this concept to a new level with the Galentine's Pop-Up Market Feb. 13.

Arley Cakes Owner Arley Arrington, who is participating in the event, said the market will include items like cards, orchids, art and clothing.

"The idea is to get either little gifts for friends or just get something for yourself," Arrington said. "One of the goals would be letting go of the idea that Valentine's Day is only for people who are in a relationship."

Proceeds from the market will go to The Arbor, a local non-profit organization which works with survivors of human trafficking.

"We're really excited to celebrate accomplishments amongst women," Arrington said. "I think if we can use that to benefit women who need a leg up in our community, then that would be even better."

In addition to Valentine's Day events in the Charlottesville area, there are also many events happening on Grounds.

Sunday, video and sketch comedy group Hot Kids Comedy will roast the 2010 film "Valentine's Day." Second-year College student Alexis Ferebee, vice president of Hot Kids Comedy, said the event is one way to avoid the typical romantic aspect of Valentine's Day.

"It's kind of nice to have an outlet where people can [joke about] something Valentine's Day themed, or not necessarily have to

do something that is super romantic," Ferebee said.

The roast material during the movie will include prepared jokes and improvised comedy. Ferebee said the movie roast combines two forms of entertainment into one event, making fun of the romance normally associated with the holiday.

"It's so much fun to watch a movie like that and just ruthlessly roast it," Ferebee said. "It's something you always do in your mind, but to do it out loud can be fun."

On a more serious note, University students will perform the show "The Vagina Monologues" on Valentine's Day. Second-year College student Arrietta van der Voort, director of this Sunday's production, said the show comprises monologues about female experiences in the world.

"[The show is] a representation of diverse women and a diverse group of women's stories and all the different experiences that are a part of being a woman, whether universal or individual," van der Voort said.

Every year on Valentine's Day, actors perform "The Vagina Monologues" around the world. Eve Ensler, the original writer of the show from 1996, intended for the monologues to be malleable over time.

"[The Valentine's Day edition of the show is] a special edition... of the script every single year," van der Voort said. "Some pieces are included that weren't last year, some pieces were taken out that



Courtesy Community Bikes | The Cavalier Daily

Volunteers on bikes deliver scones to the Charlottesville community in the Valentine's Day spirit.

were in it last year and... all the proceeds [go] to charity."

By addressing often-avoided topics, "The Vagina Monologues" encourages the audience to confront potentially uncomfortable concepts about the ways women interact with the world, van der

Voort said.

"It can make people uncomfortable and can force people to confront things they're uncomfortable with, [but] it also really brings people together and it really creates a community in a very unique way," van der Voort said.

Top 5 date spots on Grounds

Most romantic, unusual destinations at U.Va.

Annie Mester
Life Columnist

1. Einstein Bros Bagels in the Bookstore

With about three square feet of space for lounging and ropes surrounding you, you'll feel like you're in the VIP section of an upscale club. The rope may be synthetic and not as swanky as the one in Roots, but at least you won't be surrounded by a million hungry people yelling for an El Jefe over a wall of glass. Originality points for not picking Bodo's. Another romantic note: the Bookstore doors open on their own, so there's no reason to stress over chivalry!

2. New Dorms

As a resident of Old Dorms my first year, I am still extremely bitter about the amenities of New Dorms. Have you seen those lounges? With 360-degree aerial views of Grounds, you're basically on top of the Empire State Building — minus the New York City skyline and all the people. Watch a recording of a Broadway show on one of the TVs while barricading the door with couches so no one can get in to ensure your date remains as private as those glass windows allow. If you're not a first year, breaking in may be hard, but it will be a good story to tell your kids in 20 years.

3. The AFC

While there may be other ways to break a sweat while on a date (I'm of course referring to nerves), the AFC is a wonderful place to foster budding affection. During the first hour, hold hands on the treadmill. It's a test in both coordination and dedication, and you'll be able to gauge true compatibility with your date based on how long you last. The next hour should be spent in the hot tub, but only in appropriate bathing suits. The last hour can be spent planning to run a half-marathon together over smoothies, assuming the tandem running was a success.

4. N2Go

N2Go big or go home, right? Romanticism, characterized by a short walk through an equally short selection of food options and recyclable containers. Get two slices of pizza and put them together to make a heart shape — this may require some advanced fork and knife skills, because we all know dining hall plastic utensils never quite cut it. The combined use of muscles and ingenuity will surely make it a date to remember. This has potential for a speed-dating situation: one meal swipe, one date, repeat!

5. The Rotunda

Rather, the little tunnel behind the wall blocking the entrance to the Rotunda. It's close enough, and isn't tunneling on the list of things to do before you graduate? Talk about how annoying the renovations are and how great the capitals look. Keep in mind the time of day when choosing your outfit — consider the implications of a late-night date versus a daytime one. Bring a picnic (or your N2Go) and eat it together on the Lawn — a heat lamp may be necessary, but hope your date is steamy enough you won't need it.

For more top date spots on Grounds, check out cavalierdaily.com.

LOVE CONNECTION: THE U.VA. BACHELORETTE

Fourth-year finds love after whirlwind five dates

Alex Stock
Love Guru

Tuesday, our Bachelorette Paige went on five dates at Starbucks on the Corner from 6-9 p.m. While every guy

brought something to the table, only one could emerge with Paige's "rose." Did she choose the boy who turned out to be an old friend, the boy described as "good looking" or the boy two years younger with whom she "felt chemistry"?

Date 1: Two old friends meeting over coffee



Zach

Name: Zach
Year: Third-year
Major: Foreign Affairs and East Asian Studies
Hometown: Vienna, Va.

Zach: We actually knew each other from before because we went to Hong Kong together in summer 2014.

Paige: Zach is more like a friend for me. We know a lot about each other and know what's going on in our lives. We talked about the clubs we are in together.

Zach: I feel like a good way of putting it is this: if you were to think of chemistry in terms of colors, orange and brown and slate grey would be comfortable and warm chemical reactions whereas bright blue, pink and green would symbolize exciting romantic reactions. I would most definitely characterize this as a warm and comfortable chemical reaction.

Paige: The conversation with Zach was mostly academic, and it was mostly a friend-like conversation. It definitely felt like I'd known him for years.

Zach's date rating: A warm and friendly 6
Paige's date rating: 7



Paige

Name: Paige
Year: Fourth-year
Major: Public Policy and Spanish
Hometown: Westport, Mass.
UVa Involvement: Casa Bolivar, IRO
Ideal date: Tall and extroverted.
Ideal date activity: Going to the downtown mall.
Deal breakers? Smoking is a no-go.
Describe a typical weekend: I usually wake up and go to Bodo's. No weekend is typical after that.
What makes you a good catch? I am down to earth.
What makes you a less-than-perfect catch? I can be demanding sometimes.
Describe yourself in one sentence: I get what I want and I work hard to get it.

Date 2: Does the good-looking guy win the girl?



Dhillon

Name: Dhillon
Year: Fourth-year
Major: Commerce
Hometown: Vienna, Va.

Dhillon: She was good looking — that was a nice surprise. She was pleasant to talk to.

Paige: Dhillon was very cute.

Dhillon: We talked about our travels. We talked about sarcasm and Tinder and our [mutual] friend Phillip. I didn't feel like there was an especially romantic vibe.

Paige: There wasn't a great feeling of chemistry — we had a nice conversation, but it didn't feel like it was flowing naturally.

Dhillon: We exchanged numbers at the end. I'll probably text her and say hello, but I think there was more of a friend vibe.

Paige: I didn't learn much about him until the end. We exchanged numbers, but I don't really plan on texting.

Dhillon's date rating: 4
Paige's date rating: 6

Date 3: A smooth date... but is there more?



Trevor

Name: Trevor
 Year: Education graduate student
 Major: Higher Education Administration
 Hometown: Dade City, Fla.

Trevor: It was exciting. She's really smart. I said, "Hey, how are you? I'm Trevor." I've had my fair share of unbalanced conversations, but this one was really well-balanced!

Paige: I feel like I'll get along with him on a friendly basis. He's about three years older than I am, so I got more of a mentor vibe.

Trevor: Her desire to pursue both a Master's and Ph.D. is impressive. She's traveled the world, which is awesome. She likes the south and I'm from the south. I learned a lot in a short amount of time.

Paige: Trevor and I were both very interested [in] cats — he didn't freak out when I showed him a picture of a cat.

Trevor: Dating someone is not on the top of my mind. [But] it was nice to do something like this to get to meet somebody on this level, and I haven't done it in a while.

Paige: We exchanged numbers, but I don't think there was a romantic connection.

Trevor's date rating: 7.5

Paige's Date rating: 7

Date 5: Does lagging energy thwart our last date?



Matt

Name: Matt
 Year: Third-year
 Major: Economics and Psychology
 Hometown: Washington, D.C.

Matt: My first impression was that she was very nice. [Paige] seemed very relaxed and ready to jump into it since I was her fifth date.

Paige: It was a very flowing conversation — it wasn't awkward or anything.

Matt: The conversation was very smooth at first, but toward the end we ran out of things to talk about.

Paige: I didn't really learn that much, and it felt like a lot of me talking. We went on my Instagram, and he asked me how hard my Instagram game is.

Matt: We talked a lot about Spanish and her passion for Spanish. I've taken Spanish for 12 years, but that didn't really come up.

Paige: I don't know how he's feeling about it — we didn't exchange [numbers] because of the short amount of time, but I'd like to continue the conversation.

Matt: I think going forward we'll say hello around Grounds. I got more of a friend vibe, [so] I don't think there would be a second date.

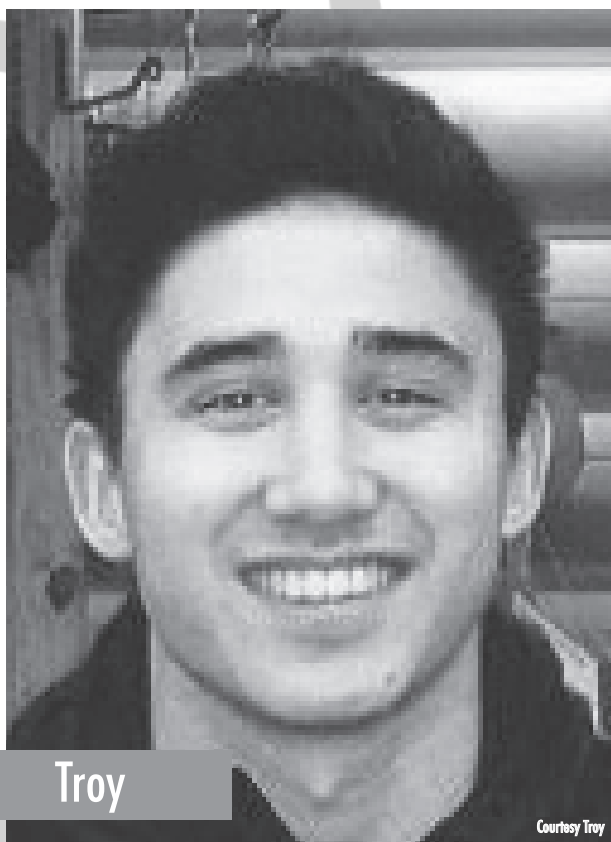
Paige: I'd be open to a second date. We only had a short conversation.

Matt's date rating: 6

Paige's date rating: 9

♥ Congratulations, Troy! ♥

Date 4: A second-year guy with plenty of charm



Troy

Troy: I was nervous at first, but once I got to talk to her, it was really smooth. She was easygoing too, which makes it a lot easier and a lot more fun.

Paige: We both loved Spanish, and we were both transfer students after being waitlisted at U.Va.

Troy: We talked a lot about Spanish. We both share that interest, and we talked about studying abroad — I hope to study abroad, and she's been to so many places.

Paige: We both seemed very interested in each other and got along very well. We took a Snapchat together.

Troy: I'm not sure what the vibe was. I'm definitely going to keep in touch though, and whatever happens happens.

Paige: We exchanged numbers at the end, and we'll probably text. He might come visit me on Friday, and he told me he was glad he did this. I definitely felt more of a mutual interest.

Troy: We exchanged numbers. I'd say there's a possibility of another date.

Troy's date rating: 8

Paige's date rating: 10

Name: Troy
 Year: Second-year
 Major: Pre-Commerce
 Hometown: Leesburg, Va.

*At the end of five dates, only one boy could be our eligible bachelor to receive Paige's "rose."
 Paige chose to give the "rose" to Troy, commenting, "Troy was definitely my favorite guy."*

A&E

arts & entertainment

Arts and Entertainment Staff Writers

Each month, Arts & Entertainment staff members compile a list of their current favorite tracks hoping to help readers find their new go-to jam. Look out for occasional themed playlists and solid tracks from a wide range of genres every month. Celebrate or bemoan Valentine's Day with this week's love-themed edition.

1. "Let's Get it On" by Marvin Gaye

This classic slow-jam is sure to start your Valentine's Day off right. Whether you want to make your significant other feel incredibly uncomfortable with lyrics like, "If you feel like I feel, baby / Then c'mon, c'mon," or clearly tell your friend you have more than friendly feelings, let Marvin Gaye communicate for you this holiday.

- Maggie Snow

2. "Carol Brown" by Flight of the Conchords

This song, in which Flight of the Conchords singer Jermaine Clement mourns his numerous romantic failures, is one of the band's strongest songs. It's also a perfect song to help you wallow in singleness. Featuring a choir of bitter ex-girlfriends, this is a perfect, light complement to Valentine's angst.

- Christian Hecht

3. "The River" by Bruce Springsteen

"The River" is both depressing enough for lamenting singles on Valentine's Day and sweet enough for the happy couples (damn them).

- Flo Overfelt

4. "Can't Help Falling in Love" by Ingrid Michaelson

Elvis's original version of "Can't Help Falling in Love" is a classic in its own right, but Ingrid Michaelson puts her own unique twist on the song, turning it into a slow, beautiful piano ballad. This modern cover may be more romantic than its predecessor.

- Ellen Adams

5. "Lay All Your Love On Me" by ABBA

Lively, catchy and straight to the point, ABBA's "Lay All Your Love on Me" is sure to communicate exactly what hopeless romantics are looking for. Its distinct melody is perfect to serenade any crush or long-time lover with this Valentine's Day.

- Helen Edwards

6. "Sunday Candy" by Donnie Trumpet & Social Experiment

"Sunday Candy" is a gospel-inspired song about the sweet bliss of waiting to see a lover or significant other. This collaboration between the Social Experiment, a group including Chance the Rapper, Donnie

Trumpet, Peter Cottontale, Nate Fox and Jamila Woods, is a heartfelt track to make listeners crave the same honest and meaningful relationship the singers are praising.

- Alexis Jones

7. "Personality" by Lil Dicky ft. T-Pain

Hey fellas, have you been avoiding the gym for a few months? Do you feel like this Valentine's Day won't go well with your less-than-stellar physique? Don't worry. Lil Dicky's got another way for you to find love. Hint: it's with your personality.

- Karim Saoud

8. "Wasting Time" by Taylor Bennett ft. Simone Bisous

This soulful hip-hop song discusses the desire for an intimate knowledge of another person and the importance of chasing after them. Whether listeners are alone or in a relationship, Bennett's song describes the level of intimacy Valentine's day embodies. His emphasis on closeness paired with the unpredictability of life also makes this song a fitting motivator for anyone wasting time debating if they should get to know a special person in their life.

- Kyle Canady

9. "Sure Thing" by Miguel

Miguel schools listeners on the meaning of true love in this smooth R&B song. The Los Angeles crooner employs inspired metaphors to

reassure his lover of his strong feelings. On paper, these analogies are undeniably cheesy, like, "You be the match, I'mma be your fuse," but Miguel delivers them in his warm, sensual voice, and all is forgiven.

- Rose Montgomery

10. "Lucky" by Jason Mraz

"Lucky" is not the typical love story or sappy, cliché song played on repeat during National Singles Awareness Day. Mraz's soft voice soothes and brightens whoever happens to listen. This honest, uncomplicated song is light and reassuring, acknowledging the possibility of your best friend also being your partner for life. The sincerity found within the innocent lyrics offers a reprieve from the constant flow of spontaneous, empty words so many artists spout for a profit.

- Anna Morgan

11. "Swept Away [Sentimental Version]" by The Avett Brothers

It's a stripped down, genuine, non-corporate song overflowing with simple and sincere love. This may or may not describe the modern Valentine's Day, but listeners can all agree this tune at least matches the ideals of a day devoted to love.

- Michael Crawford

12. "The Night We Met" by Lord Huron

This one is geared towards those who have no other option this Valentine's Day than to be alone with their memories. Lord Huron's haunting ballad of loss is just as sad and lonely as the tempo suggests, and the lyrics cut even deeper: "I don't know what I'm supposed to do, haunted by the ghost of you / Oh, take me back to the night we met."

- Henry Harris

13. "Us" by Regina Spektor

"Us" is not just a love song, but a compelling love story in itself drawing listeners in until the very last note. Spektor's beautiful voice coupled with the regal sound of a grand piano is a dramatic pairing. While the song may not seem like an outright love story, the lyrics speak of a romantic drama involving two outlaw lovers who refuse to conform to the wishes of those around them. The track itself is a striking jewel of a love song.

- Julia Stembridge

14. "Love Myself" by Hailee Steinfeld

This song is the perfect Valentine's Day jam for anyone spending the day alone. Steinfeld's upbeat anthem — a double entendre about being confident in oneself, and of course, masturbation — exemplifies how those without dates this weekend might feel.

- Vondrae McCoy

Find the full playlist below or on the Arts & Entertainment section's Spotify page at CavalierDailyAE. Tune in next month for another installment.



QR Code links to playlist above

Sean Cassar | The Cavalier Daily

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Sexy mood-setting songs

A&E chronicles best R&B songs to groove to this Valentine's Day



Courtesy Wikimedia Commons

Queen Bey makes the top of A&E's list of the sexiest Valentine's Day songs with "Speechless."

Jordan Best
Senior Writer

For some couples and ready-to-mingle singles, Valentine's Day is not nearly as exciting as Valentine's night. When gifts, formalities and consumption of chocolate lead to something

steamier, nothing sets the mood better than the perfect song choice. A perusal of Spotify's "Romance" playlists brings up a variety of choices with titles such as "Spooning," "Pure Seduction" and the cleverly named "Sexy as Folk." The common theme? Songs to have sex to.

While it may be tempting to

thumb through a collection of lovey-dovey folk songs, there's no greater genre for Valentine's Day than R&B. Having rightfully earned the moniker of "baby-making music," the rhythm and blues genre succeeds with its focus on balladry, smooth production and plenty of innuendo. The following are just a few R&B offerings to make this Valentine's night one to remember.

Beyoncé's "Speechless" may be one of her least-known songs, but it is an obvious precursor to her later sensual work such as "Rocket." The former sets a more fitting, sexier mood with her languid enunciation, the euphoric synthesizers and the final refrain of "yes" crescendoing into infinity.

"Motivation" by Kelly Rowland benefits from explicit lyrics and a rap segment from Lil Wayne rife with allusions to rainforests and dishwashing. This Destiny's Child forgoes Beyoncé's smooth vocals for shrill falsettos and suggestive come-ons to perfectly convey the kinkiest intentions.

"Do Me, Baby" by Prince is

more a continuous sigh than an actual song as the artist warbles and wails, hoping his lover will, unsurprisingly, do him all night long. The song is best suited for those who prefer getting straight to the point.

Toni Braxton wins the award for sexiest female R&B voice with her river-deep alto moan on "You're Makin' Me High." Her vocals create the perfect accompaniment for lyrics such as, "The very thought of you / makes me want to get undressed."

"Promise" by Ciara may not be as straightforward as the previous song, but it thrives on subtlety and sweetness. Conducted with a breathy upper register paying homage to Prince, "Promise" is a love letter celebrating the idea of eternity and is perfect for couples in serious relationships.

Ginuwine is best known for the thumping "Pony," featured in "Magic Mike," but the song's cult status diminishes some of its sex appeal. His less familiar "So Anxious" retains his penchant for narrative lyrics clearly stating his intentions with his partner.

"Primetime (feat. Miguel) —

Cloe Martini Remix" by Janelle Monáe revels in the quiet and solace of the night as two star-crossed lovers promise to always be there for each other. The duet is a perfect play between Monáe's vocal versatility and Miguel's swagger.

"Unstoppable" by Lianne La Havas may be the cleanest song on the list, describing love in galactic terms while backed by jazzy orchestration. La Havas croons about how "the stars will guide the way / in the dead of space / you will be my one and only," mirroring the universality of love and the overwhelming experience of connecting to another person.

"Untitled (How Does It Feel)" by D'Angelo is commonly heralded as the quintessential R&B song. Sonic elements merge perfectly in the track — the barely discernable lyrics, the layered electric guitar and D'Angelo's passionate, culminating screams. Along with its infamous music video, "Untitled" will continue to provide couples and lovers with the perfect soundtrack for many Valentine nights to come.

Facing 'burning darkness'

University Spanish Theater Group brings heartbreaking production to life

Maggie Snow
Staff Writer

Last weekend, the University Spanish Theater Group gave four performances of "En la Ardiente Oscuridad (In the Burning Darkness)," a play centered around the arrival of a new student at a 1950s Spanish institute for the blind. The cast and production team included members of the University Spanish Department faculty, students and others who volunteer their time to offer low-cost shows in Spanish to students.

The actors obviously worked hard to master small yet important mannerisms in order to accurately capture the experience of blind individuals in this setting. Actors altered behavioral patterns associated with seeing by avoiding eye contact with people to whom they were speaking, staring blankly into the audience and carefully watching their steps while gripping furniture to guide themselves across the stage. At times, it was strange watching these portrayals, especially when actors stared into the void while giggling or made eye contact with audience members during somewhat awkward hugs or inti-

mate moments.

In under two hours, the cast delivered an incredibly moving performance. Snippets of Beethoven's "Moonlight Sonata" played throughout, providing the perfect accompaniment to tragic scenes and giving the audience brief moments to digest the inherent darkness of the play's setting. Even for practiced listeners and prepared Spanish students, scenes with complex dialogue and fast action proved difficult to follow without the aid of English synopses or proper knowledge of the play's plot.

Following a fight between new student Ignacio (Nasser Meerkhan) and jealous peer Carlos (Tony Pasero-O'Malley), the latter ruminates on the evolution of his ideas about blindness. In these final moments alone on stage, Pasero-O'Malley delivered the most poignant monologue of the entire production. His attention to detail, show of confidence and dramatic facial expressions proved almost too heartbreaking to watch. His body shook, his face gained color rapidly and he began to weep, going so far as to spit on the stage in anger, realizing he would remain blind, piteous and alone despite his participation in the conflict, which resulted in the death of Ignacio.

In his unique position, Carlos explained the play's title in truly tragic fashion, forced to accept his life "in the blinding darkness," where he was

unable to clearly see the truth in situations or the faces of those he loved. This intense closing scene solidified the vastly impressive performance

produced by these dedicated students and faculty.



Courtesy Celeste Delgado Librero

The cast of "En la Ardiente Oscuridad" posed for a cast photo in full costume last weekend.



Meg Thornberry
Health and Science Editor

Breaking down the orgasm gap

A look at why women report reaching climax significantly less often than men

In the seminal 1989 film, “When Harry Met Sally,” Sally (Meg Ryan) shows an incredulous Harry (Billy Crystal) how women fake orgasms after he claims that he’s left every woman he’s ever been with satisfied.

A study conducted 25 years later found that over 20 percent fewer straight women than men report having orgasms most or every time they have sex.

A few explanations have been offered for this phenomenon, dubbed as “the orgasm gap.” The

first is that everything from Hollywood movies to descriptions of the pull-out method in high school sex education put the emphasis on the male orgasm, sometimes even indicating it is the male who determines when sex is over.

Another suggestion says women are often unable to orgasm due to stress. This may be due to factors like worries about how they look during intercourse, whether they are performing “correctly,” providing and reacting enough for a partner or that they might not be orgasming the “right” way.

Finally, some suggest this may simply be due to a lack of working knowledge of women’s anatomy and pleasure, as well as a lack

of communication.

“There is so much fear of asking about what feels good, or for women to speak up about what they would like,” said Lisa Speidel, a Women, Gender & Sexuality lecturer. “I think this ties into our stereotypical expectations of what it means to be feminine and masculine, and if you really buy into these roles, that means silence in the bedroom.”

For women, sexuality plays a significant role in determining the size of the orgasm gap — more lesbian women report having orgasms most or every time they have sex than straight women, and slightly fewer bisexual women do. The percentage is almost exactly the same for gay

and straight men, but about seven points lower for bisexual men. However, the percent of lesbian women who say they orgasm most or every time they have sex is still lower than the percentage of bisexual men.

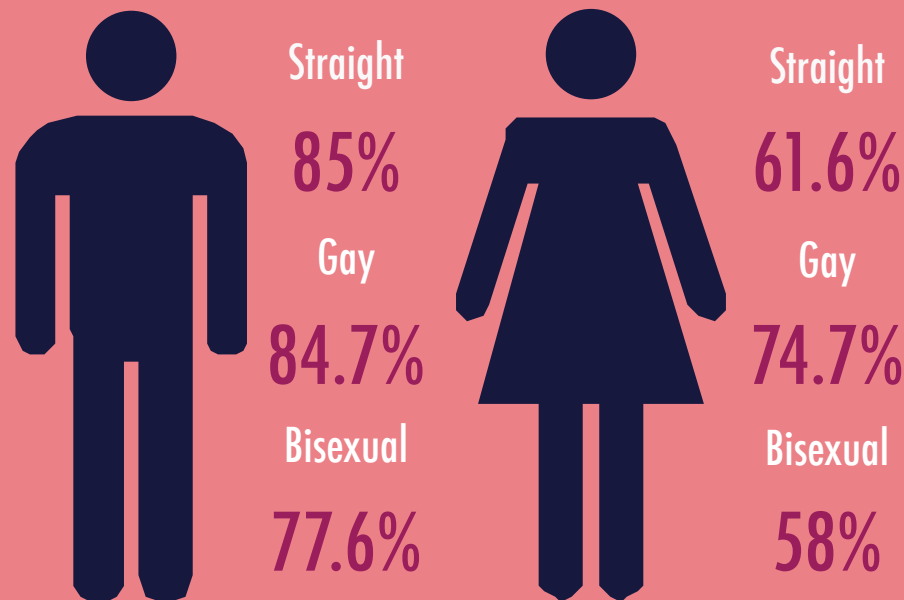
“I identify as a gay man, so I don’t have personal experience having sex with a woman,” fourth-year College student Jason Jones, a LGBTQ center volunteer, said. “But I feel like in the queer community, there’s a lot of sex-positive conversation, so that might be why lesbian women have more orgasms than straight women, and gay men have as many as straight.”

According to Speidel, most people’s two main sources of in-

formation about sex are from the extreme ends of the spectrum — high school sex education that tends to be either abstinence-only or fairly fear-based teachings about protection, procreation and disease; and porn. While porn can contain positive representations of people enjoying their sexuality, much of it provides unrealistic portrayals of what both men and women enjoy, and is especially inaccurate in regards to how it shows women orgasming, Speidel said.

“There is very little comprehensive education out there that addresses such issues as respect, consent, communication, desire and pleasure,” Speidel said.

Orgasm Rate



“When people do get information, I think they often believe there is a cookie cutter approach to pleasure and enjoyment, without realizing that each person is different, and again, when we don’t have communication skills, we aren’t able to find out that when we are with someone, you have to learn about his or her body as a new entity, not the same as everyone else.”
Lisa Speidel, Women, Gender & Sexuality lecturer

“I don’t know how intensive high school sex education programs have gotten, but I think as time progresses, I think people will get more educated, but I don’t think it’s nearly where it needs to be,” Miriam Desta - first-year College student

In 2005, undergraduates were asked to label the clitoris on a diagram, 70.8% of women were successful, and 75.2% of men were. When asked if “most women will have an orgasm from (penis-vagina) intercourse,” 75.2% of women answered correctly, and 67.3% of men did.

Morgan Hale | The Cavalier Daily

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