

THE CAVALIER DAILY

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IN BRIEF

A summary of what's happened in and around Grounds in the past week

By Hailey Ross, News Editor

SUNDAY, OCTOBER 15

Honor Committee discusses popular assembly, single-sanction debate

Honor Committee discusses popular assembly, single-sanction debate

At its meeting Oct. 15, the Honor Committee continued to plan the single-sanction debate and popular assembly occurring later this fall.

The single-sanction debate, co-sponsored by the Jefferson Literary and Debating Society, will take place Oct. 24 from 7-9 p.m. in Jefferson Hall. Two Honor Committee members and their Jefferson Society counterparts will debate the single-sanction system, which requires the expulsion of a student found guilty of an Honor offense at trial.

Owen Gallogly, a Law student and Hon-

or Committee representative, will be arguing in favor of the single sanction, while Jeffrey Warren, a fourth-year College student and Honor Committee vice-chair for hearings, will be arguing against the single-sanction.

After the discussion of the debate, Ory Streeter, a Medical student and Honor Committee representative, proposed a vote to change the bylaws to use more gender-inclusive language.

After several Committee members expressed that they hadn't had a chance to read the proposed language in the bylaws, the Committee decided to table the vote until next week.

MONDAY, OCTOBER 16

U.Va. announces Hillary Clinton as speaker for Women's Global Leadership Forum

Former Secretary of State Hillary Clinton will be the headlining speaker for the Women's Global Leadership Forum, which will be held at the University Nov. 13-14.

Clinton will be delivering the closing remarks — titled "Women and 21st Century Democracy: The Path Forward — Nov.

14 at 2:30 p.m. in Old Cabell Hall auditorium. Virginia Gov. Terry McAuliffe (D) will introduce Clinton.

Tickets for the event will be available through a lottery to University students, faculty and staff beginning Oct. 26. The Newcomb Hall theater will also host a remote viewing location.

Speakers at City Council meeting express continued frustration

The Charlottesville City Council held a public hearing Monday in which speakers addressed the Council on a number of issues relating to the City's management of and response to the events of Aug. 12 and other white supremacist events, the most recent of which occurred Oct. 7 at Emancipation Park.

A total of 24 speakers addressed the Council during Monday's hearing and spoke on a range of issues including the response of law enforcement personnel to white supremacist events and alleged Council inaction in preventing their occurrence.

"Our people are still hurt, our people are still pained," speaker Don Gathers said. "There has been no recovery, there has been no healing. Can we move to a proactive role though as opposed to being reactive to these clowns when they come into town? Can we plan for some things to prevent them [white supremacists] from

coming here so we are not constantly running around in circles, chasing our tails?"

"We all watched on Aug. 12 as they stood and watched violence and didn't step in," Dan Schleifer said of law enforcement personnel that day. "I want to see them enforce the laws and right now I see no accountability coming from you guys as City Council towards the police."

After the hearing adjourned, Vice Mayor Wes Bellamy responded to the speakers.

"I think it's important for us to definitely acknowledge and empathize with those who have spoken tonight," Bellamy said. "Undoubtedly we owe the community an apology and in several different ways, I think there are a lot of different things we could have done better [and] I think everyone can agree on and attest to that."

TUESDAY, OCTOBER 17

Student Council passes 2017-18 budget



THOMAS ROADES | THE CAVALIER DAILY

Student Council unanimously approved Political Latinx United for Movement and Action in Society, a political action organization advocating for Latinx concerns, as a new CIO during their weekly meeting.

Student Council representatives debated their proposed 2017-18 annual budget during an extended legislative session Oct. 17. Following over an hour of consideration, representatives voted to table the budget until next week's meeting for a final vote to approve.

The budget included the total expenses for each of the 10 Presidential Cabinet Committees, such as Academic Affairs, Diversity Engagement and Safety and Wellness. It also showed expenses for Marketing and Outreach, the Administrative Committees, as well as the Executive Board.

The Presidential Cabinet expenses totaled approximately \$26,000, while the Executive Board budgeted for over \$46,000 and the Administrative Committees' expenses totaled only about \$5,000. The entire budget added to \$78,419.

Over \$60,000, or almost 80 percent, of proposed spending was funded through the SAF, with the remainder coming from Student Council's own funds.

The budget also included a comparison between the proposed budget and the previous year's approved budget. The proposed budget would increase spending by over \$8,600, exclusively from increased SAF spending — it actually reduces non-SAF spending by \$34.

The budget also included more detailed breakdowns of each committee's planned initiatives and the funding they'd requested for those initiatives. These figures drew the representatives' attention for much of the session.

The Athletic Affairs budget received significant scrutiny from various members of Student Council — particularly spending on club sports, which accounts for \$3,850 in expenditures.

Lukas Pietrzak, a third-year College student and representative, specifically criticized a water bottle distribution program in which the Athletic Affairs Committee would help provide water for particularly hot sports games — a line item for \$3,400 from the SAF. He called it a spending rut Student Council needed to escape.

The program requires Student Council to help provide water at sports games with especially high temperatures — 90 degrees or above.

Ian Ware, a third-year College student and representative, seconded the criticisms, saying varsity sports programs have plenty of money to carry this out without Student Council support, and SAF money shouldn't be spent for it.

Ellie Brasacchio, a second-year College student and chair of the Internal Affairs Committee, proposed a motion to end the program.

Several representatives urged other representatives not to cut the item immediately, but to wait until the spring budget.

In the end, the motion did not pass — about five representatives voted to cut the program, but many more voted to preserve it.

Following the period for representatives' comments and amendments, the body voted to table the budget bill until next week's session and the debate resulted in some small changes to be made before the bill was finalized. n? Can we plan for some things to prevent them [white supremacists] from coming here so we are not constantly running around in circles, chasing our tails?"

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Implicit Bias module now required of all first-year students

U.Va. partnered with Housing and Residence Life to administer the module

Maggie Servais and Nick Juan | Senior Writers

For the first time in its history, the University offered a SIS module on implicit bias to first-year students. After piloting the module on Dillard residents, the University moved forward to require all first-years to take it.

Implicit bias is a term that refers to attitudes or prejudices individuals possess which unconsciously impact their actions, decisions and understanding. It affects how individuals view others based on race, ethnicity, gender and other factors.

The University began teaching all incoming first-year students about implicit bias in August 2012. However, the University changed priorities the next year and focused instead on sexual assault prevention — launching the annual first-year Green Dot training in John Paul Jones Arena.

Dean of Students Allen Groves said the Office of the Dean of Students did not return to the idea of implicit bias until two years ago when discussions began about developing an online module addressing the topic.

“We have decided, ‘Look, how do we build a more inclusive community? How do we make U.Va. a place where everyone feels welcome and people are treated equitably?’” Groves said. “We thought about that and we realized that there wasn’t a one fix, but the beauty of implicit bias is that it opens your mind to being willing to have other conversations and to be open to understanding that there is subconscious bias in most of us.”

University President Teresa Sullivan’s Committee on Inclusiveness approved the idea of an implicit bias module. The Office of the Dean of Students took the lead in its development, partnering with Project Implicit — a non-profit organization and international collaboration between researchers who are interested in implicit social cognition.

The module was completed over the summer and was originally intended for first-year students to complete at home in June. Students would then talk with Groves about the implications of module and how to address implicit biases during orientation in July.

Faculty in the psychology department expressed concerns about students taking the module at home without being on Grounds or having the availability of an RA to discuss it with. The administration then reached out to Housing and Residence

Life to discuss releasing the module when students arrived on Grounds for the semester.

Fourth-year College students and Housing and Residence Life Co-Chairs Tyler Ambrose and Josh Jaspers both said they considered the partnership a good fit.

“That seemed to be the natural opportunity that opened up,” Ambrose said. “To have resident staff really help facilitate meaningful dialogue and have the students ready to engage in the topic early on in their U.Va. career.”

A test round of the module was released to first-years in the Dillard residence hall one of the first weeks of the fall semester. The students then had a follow up discussion with their Resident Advisors.

A few weeks elapsed, so the University and Project Implicit could determine if the module had any negative consequences on students — such as whether it made students upset or distraught or if they felt the results they received were a score.

“It’s not a score at all, it’s designed to open your mind to the concept, not to score on how little or more biased you are,” Groves said. “The results of [the pilot] ... were that those negative consequences did not materialize.”

On Sept. 22, all first-year students were informed they should complete module. They would have two weeks to complete it before meeting with their RAs on Oct. 8 for discussion.

First-year College student Tom Conger attended the meeting with his RA along with the rest of his hall, but said he was not particularly impressed with its results.

“It went reasonably well,” Conger said. “Nothing really revelatory about it.”

First-year Engineering student Aimee Barnes was unable to attend the general meeting with her hall but had a one-on-one conversation with her RA. She said they mostly talked about how the module applies to life at the University and how taking it made her feel.

The module started with a pretest asking participants about their previous knowledge of implicit bias, followed by instructional videos and tutorials on implicit bias. At the end, students had the option to click a link to take the actual implicit bias test.

The implicit bias test consisted of a word-picture pairing activity. Pictures of faces of white



RICHARD DIZON | THE CAVALIER DAILY

First-year students attend fall Convocation. All first-years are now required to take an Implicit Bias module and subsequently discuss with their Resident Advisors.

people and black people were briefly flashed on the screen. Students were told to press either a key on the left side of the keyboard every time they saw one of the types of faces or a key on the right side of the keyboard for the other.

Words were also flashed across the screen — positive descriptive words and negative descriptive words. The first round, students were told to pair the positive descriptive words with the one type of the faces by pressing the associated key on the keyboard each time they saw either the face or the word. They paired the negative words with the other face type.

The test measured the reaction time it took students to press the appropriate key after seeing a face or a word. The students then took the test again but the pairings were switched — the positive words were matched with the opposite face and key and same for the negative word. The reaction time of the second round was measured.

The difference between the reaction time indicated where the student’s implicit bias are sit-

uated. For example, if they were faster at linking negative words with black faces, the test suggests they are implicitly biased against black people.

First-year College student Tierney Egan said she did not like the format of the implicit bias test but still found it helpful.

“I think it’s always important for people to realize what they’re thinking subconsciously,” Egan said.

First-year Engineering student Mesgana Dinare said he did not learn anything about himself he did not already know but thinks students should take the module so they are conscious of their unconscious biases.

Conger held a different view about the best way to address implicit biases among students. He suggested taking a more interpersonal approach.

“I think that talking with people about their experiences and talking about what implicit bias looks like and how we can counteract it would be more effective than just learning about the implicit bias test,” Conger said.

Jaspers said he thinks the

module is a good idea and has potential for the future.

“I think it’s an important conversation to have, especially early on in the year,” Jaspers said. “I think it’s a really good practice step that the University is trying to take to make sure that University students are aware of their biases.”

Groves said the module — with some possible changes — will be used again next year for first-year students. It may also be made available to upperclassmen who want to take it, though the situation is not as ideal without guaranteed access to an RA.

“It’s hard to walk up to somebody else and say ‘Hey, let’s talk about race, let’s talk about bias,’” Groves said. “But this allows you to say ‘Hey, you took the module, what’d you think of that?’ and then you have a much easier conversation to confront those difficult issues.”

Local activist starts petition to rename Emancipation Park

Petition calls City Council's choice of name insulting, disrespectful

Bridget Starrs | Senior Writer

The Unity Coalition, a local nonpartisan organization, recently started a petition to urge the Charlottesville City Council to retract the decision to rename Lee Park as Emancipation Park, calling the decision disrespectful, hurtful and insulting.

Mary Carey, a local activist, authored the petition. The petition calls for City Council to rename Emancipation Park “with a name that is more acceptable to the community and in a way that is more transparent and inclusive.”

“I think the name ‘Emancipation Park’ really hurt the African-Americans in this town,” Carey said. “We’ve been through enough with slavery ... It’s still kind of hurtful when I walk around town all day and see that name when you walk down Market Street to the park. You don’t see the names of black heroes, parks for black heroes, things you’d like to see.”

City Council voted to rename Lee Park as Emancipation Park on June 5. The name was not on the list of official recommendations compiled by City Council through

a community survey. The four names suggested at the community panel were Market Street Park, Festival Park, Central Park and Community Park.

Overall, the renaming of the park received positive responses, City Councilor Kristin Szakos said. The name has only recently garnered extensive negative feedback.

“There were individuals all along who disagreed with the name we selected,” Szakos said. “I have heard a lot more positive response to the name than negative, until probably the last week or two.”

Lawrence Gaughan is the executive director of Gov360, a non-partisan activist group that formed the Unity Coalition prior to the events in Charlottesville on Aug. 12. City Council’s decision to rename Lee Park as Emancipation Park illustrates a broader issue the Unity Coalition seeks to address, Gaughan said.

“As a facilitator of the Unity Coalition, we’re totally supporting the petition,” Gaughan said. “But the broader issue is not just chang-

ing the name of the park, but the way that they did it. City Council does things that are irrespective of the black community, and there’s been a tremendous disconnect between City Hall and the black community.”

Because of its historical context, the word emancipation can be hurtful to African-American people, Carey said. City Council’s decision to use it was out of context, she said.

“Historically, ‘emancipation’ is a word that hurts the black community. They don’t think that it should be on a park, especially a park where there’s a Confederate soldier who fought to keep slaves,” Carey said. “So ‘emancipation’, the name, is very hurtful because the word means ‘to unwind’, ‘to be free’, it doesn’t mean that people can use it freely as they want.”

Associate Education Prof. Walt Heinecke edited and gave feedback to Carey on the petition before it was published. Heinecke had previously submitted requests to hold counter-rallies during the Unite the Right rally in August.

“[Carey] asked me to edit the

petition and take a look at it, which I did,” Heinecke said. “I support having the statues removed, and the parks renamed, so Mary Carey, who’s a friend of mine, reached out to me, and asked me about the renaming of the park.”

Heinecke said City Council’s method for receiving input is often flawed and should be a more transparent process.

“I can understand how Mary Carey and other folks in town are upset that [Emancipation Park] got on the list, perhaps without public input or public support,” Heinecke said. “I certainly support reevaluating the name at this point, because if people are upset about it, it should be an open and transparent process by which the parks get renamed.”

Those who want the name changed should not be ignored, Gaughan said.

“It would be great to give the name Emancipation Park to the people who really want the name, but when there’s so many people that don’t like it, that should counter-balance them,” Gaughan said. “It’s emblematic of a broad-

er issue that happens all the time within the black community, even with Democrats on City Council.”

The petition has garnered over 800 signatures on paper and online, Carey said. At a City Council meeting on Monday, Carey gave City Council members a list of park names suggested by individuals who signed the petition.

“I want them to start responding to the people, to their constituents, because we as the people of Charlottesville are part of the city government, and they really don’t listen. So I want them to take notice of and respond to people,” Carey said.

Szakos said she does not know of any plans on behalf of City Council members to revisit the issue.

“We’ve made the decision — it is Emancipation Park,” Szakos said. “I don’t know of any plans on behalf of the city councillor members to revisit that at this point.”

Students react to ‘Clem 2’ renovations

Clemons’ new study space, advising center opened Oct. 4

Colleen Schinderle and Caroline Stoerker | Staff Writers

The second floor of Clemons Library recently reopened for student use Oct. 4 and is the culmination of a series of renovations that started in spring 2016.

The Clemons renovation comes as an implementation of the Total Advising aspect of University President Teresa Sullivan’s Cornerstone Plan, which consists of “pillars” and “stages” to bring the Total Advising vision along.

In an email to The Cavalier Daily, Kathryn Densberger, director of the Dathel and John Georges Student Center, stated that the new center was placed in Clemons due to its ideal and familiar location.

“Students are quite comfortable in this building, so this is really a way to bring services most directly to where students already are,” Densberger said.

Densberger also said that the space’s transformation into a fully functioning advising center will be gradual. Several services are slated to begin this fall, with more and more resources being added as the academic year progresses. Full services and programming should be in place by the start of the fall 2018

term.

“In January, the front desk will be staffed with knowledgeable student employees who will help to run the space and will also be able to direct their peers to resources for support, information, or opportunities,” Densberger said. “I also expect that a number of offices will begin to hold regular office hours in Center ... By fall of 2018, I hope to be offering a pretty full slate of programming in the space.”

Student’s reactions to the renovated Clemons space are generally positive, with students expressing favorable opinions of both the study space and Clemons as a whole.

Third-year College student Kyle Bruce addressed the library’s new modifications and said it’s long been a favored study spot for him.

“When I was a first year, Clem 2 was where I did most of my work — or at least tried to — and it looked very similar to the first floor,” Bruce said. “I like this new design though — it’s very modern. Now the space allows for this type of collaboration in addition to the advising component it boasts.”

Second-year College student Andrew Orgel also gave a favorable review of the new space, but noted that its popularity does have a downside with its high noise levels.

“Nice setup — I like the extra study space and the glass rooms,” Orgel said. “It gets pretty loud when it’s crowded.”

Second-year College student Brooke Adams said she appreciated the addition of the new advising space in Clemons.

“I like how all the career and graduate school counseling services have moved to Clem 2,” Adams said. “Seeking guidance has now become so much easier since it is all located in the same space. I also really like all the additional study rooms making finding a place to study as a group a little less of a hassle.”

As a part of the first pillar of the Cornerstone Plan, improvements to the second level of Clemons began in the spring of 2016 after the University received a philanthropic gift so the area could be renovated into the Dathel and John Georges Student Center. The Clemons advising area will be used for “ac-

ademic, career and personal advising,” and have a much different focus than what the often times more noisy and teamwork-oriented Clemons 2 of the past offered.

The first advising-related event in the new space is scheduled to take place during Course Advis-

ing Days held Nov. 1 and 2 from 12 p.m. to 4 p.m. Eleven offices will be participating with representatives on hand to answer individual questions. Many offices will be giving brief presentations as well.



RAYMUNDO MORA | THE CAVALIER DAILY

Students study in the newly renovated second floor of Clemons. The floor also hosts an advising center for students to seek guidance.

How the Board of Visitors get their seats

Campaign contributions, politics and qualifications in appointing members to U.Va.'s governing body

Reade Pickert | Staff Writer



KATE BELLOWS | THE CAVALIER DAILY

Board members are often University alumni, former University faculty or parents of University students.

On Nov. 7, the Commonwealth of Virginia will vote for its new governor and indirectly determine future appointments for the Board of Visitors of 15 public colleges across the state, including the University of Virginia.

The governor has the power to appoint the 17 voting members of the Board. The 19-member board serves as the governing body of the school, voting on issues such as the budget, the proportion of out-of-state students and costs of tuition.

The Board also appoints a student member and a faculty member, although they serve one-year terms as non-voting members.

Of the 12 voting Board members who live in Virginia, 10 have contributed to the Democratic Party or a candidate affiliated with the Democratic Party in 2017. Only three of these 10 have also contributed to the Republican Party or an affiliated candidate in 2017. All data was collected using records available from the Virginia Public Access Project.

Vice Rector James B. Murray Jr., said it is not surprising that

Board members are making contributions to political campaigns and parties.

"It might be desirable if the process were entirely apolitical, but it is highly politicized and always has been," Murray said.

For the 2017 Virginia gubernatorial election, several Board members made significant contributions to Democratic candidate Ralph Northam. None of the appointed Board members who live in Virginia have contributed to the Gillespie campaign.

Robert Hardie, who was appointed to the Board in June, donated over \$125,000 to Gov. Terry McAuliffe's gubernatorial campaign in 2013 and over \$32,000 to Democratic gubernatorial candidate Ralph Northam's campaign in 2017. Barbara Fried, who was appointed in 2014, has donated \$113,000 to political causes just this year, including \$31,000 to the Northam campaign. Thomas DePasquale, appointed in 2016, has donated close to \$130,000 to Northam since 2015.

Although significant financial contributions may help political

officials create closer relationships with potential appointees, the appointment process includes multiple checks and balances to minimize political favors or political interests.

The Appointment Process

The Secretary of the Commonwealth oversees gubernatorial appointments to over 300 commissions and boards across the state, including the University's Board of Visitors.

Before making suggestions to the governor, the secretary reaches out to the presidents of public institutions to discuss current board makeup, what perspectives or experience may be missing from the board and names of any people who may have expressed interest for a position. At many schools, including the University, the school's alumni association will also send a list of suggested appointees to the governor. As of 2001, the Office of the Secretary of the Commonwealth has shared this information with the Virginia Commission on Higher Education Board Appointments. Former Gov. Mark Warner created the VCHEBA through an

executive order as his first act in 2001. It was later codified in 2005 and has been altered over the years. The commission aims to provide the governor with a list of appointees for the Board of Visitors for institutions of higher education in the Commonwealth that have the experience and skills necessary to successfully govern.

Murray suggested the idea of the commission to Warner and chaired it from 2001 to 2009.

"Under Governor Warner, I think the majority of the college presidents in the state would tell you that their boards improved dramatically," Murray said. "They ended up with people who understood something about higher education [and] were competent to pass judgment on the performance of the administration."

The governor appoints the members of this commission according to rules set out by the Virginia state code. The governor is not obligated to use the VCHEBA's appointment suggestions. According to Secretary of the Commonwealth Kelly Thomasson, McAuliffe has accepted the ma-

jority of appointment suggestions made by this commission when making his final decisions. After the governor announces his appointments, the Board appointees must be approved by the General Assembly.

When the party changes in the governor's mansion, often all the current members of the Board are replaced with new members as their terms end, Murray said. This kind of upheaval strains the Board's ability to understand a university's key issues and factors influencing long-term financial and policy strategy.

Thomasson said turnover is common when there is a change in the political party of the governor. She added there is also turnover for any Board under a governor of the same party and even a second term of the same administration. "It's not just about money — it's about value systems and beliefs, and any governor is going to tend to appoint people to boards that they feel share their beliefs and vision for how the state should move forward," Thomasson said.

Earlier this year, for example, McAuliffe renewed the term of only one appointment made by former Gov. Bob McDonnell — that of John Griffin. Three other McDonnell appointees were not reappointed.

Criticisms questions related to on the Board were raised

After the failed ouster of University President Teresa Sullivan. The Board, led by then-Rector Helen Dragas and then-Vice Rector Mark Kington, asked Sullivan to resign after only two years of leading the University.

Pointing out that none of the Board members at the time had a background in higher education, the same article in the New York Times Magazine questioned the qualifications of the appointed Board members to effectively run an institution. There were concerns that members of the Board were appointed not because of their qualifications but as a reward for large campaign contributions.

Walter Heinecke, a member of the Executive Council of the Faculty Senate and an associate education professor, helped organize the rallies that took place on the Lawn supporting a reinstatement of Sullivan. Heinecke is personally critical of the gubernatorial appointment process for Board members.

"I think basically everyone knows that this is part of a sort of campaign contribution payback," Heinecke said. "It leads to a certain class of types of people who end up

being governing board members at U.Va., and it's usually people who are very wealthy, who are tied to corporate interests and bring that perspective to their job as governing board members."

When the Board came to the University for its September meeting, activist group U.Va. Students United echoed this sentiment, distributing a "What You Need to Know" Board factsheet across Grounds. On the flyer, UVASU said, "Often, the governor will give spots to campaign donors, and Board members will use their seats for little more than political foot-holds."

U.Va. Students United did not respond to multiple requests for comment.

George Gilliam, a University history lecturer and former chairman of the State Board for Community Colleges, said it is rare that a Board member is appointed as a result of political donations.

"There's always one or two whose qualifications are the size of the checks that they wrote to the governor's campaign, but those aren't many," Gilliam said.

DePasquale said using political contributions to catch the governor's eye is not the best way of getting him or her to know one's name.

"Is there a linkage between contributions and the governor knowing your name?" DePasquale said. "Well that is a way for him to know your name ... that's

kind of the lazy man's way."

Instead, he says current Board members have demonstrated an ability to add value to the Board.

Thomasson said that putting Board appointments together is similar to solving a puzzle. "It's really about the big picture — less about the individuals, but how those individuals are going to complement each other and really make up the big picture of the board," Thomasson said.

When making appointments, McAuliffe focuses on promoting diversity through different perspectives, geographic backgrounds, ethnicities, age and gender, according to Thomasson.

In general, the majority of Board appointees are University alumni, former University faculty or parents of University students. Virginia law mandates that at least 12 of the sitting Board members must be University alumni. Of the 17 appointees, 14 are University alumni.

Gilliam said there is a perceived bias to gubernatorial appointments, reflecting people the governor knows. Although Gilliam believes this to be the case, he personally does not mean this as a criticism.

"They've met a lot of people, and they know a lot of people," Gilliam said. "They do go through the vetting process that I described, and most of these appointments have to be confirmed by the General Assembly."

Thomasson said that there were often times when McAuliffe appointed people who he did not know or had no history of supporting him or his party.

"We make reappointments of people who Governor McDonnell put on the board," Thomasson said. "[They are] people who maybe if you looked at their political giving history have been Republicans their entire lives, but they happen to be a value add for whatever institution or board they happen to serve on."

Heinecke said his biggest concern is a lack of socioeconomic diversity on the board. Board members' occupations include company executives, financial investors and lawyers.

"It's really hard for someone who comes from a very, very wealthy background or a corporate background to understand what it's like to be a low-income student in need of financial aid here," Heinecke said.

Since Board members are not reimbursed for any travel or lodging expenses, Heinecke said it might be necessary to look into reimbursing members in efforts to make it possible for a lower-income perspective to be added to the board.

Is there a better option?

Following the failed ouster, Media Studies Asst. Prof. William Little, wrote an opinion piece for The Washington Post calling for a change in the Board appointment

system. Little suggested that the University establish a selection committee comprised of University alumni, faculty, administration and business leaders to nominate and appoint Board members.

Little declined to be interviewed for this article.

DePasquale said he believes switching to an election process would bring the most "electable" man or woman to office but not necessarily the most qualified. DePasquale supports the current appointment system.

"It's not a random system," DePasquale said. "It is a system where we empower someone to be our governor — we ask him to staff these institutions across the board."

Murray said that although there may be a better way, taking away the governor's power to appoint members of the Board is not politically feasible.

Still, others like Heinecke said Virginia should look into ways to make Board appointments more democratic and diverse.

"If the way that governing board members become governing board members is not so public and not so democratic, it's problematic for the functioning and mission of public universities," Heinecke said.



Choose one: fight, flight or fume

Why to stop avoiding conflict

Kristen Murtha | Life Columnist

I've never been a particularly confrontational person. When faced with fight or flight conflict, I most often pick the lesser-known third option — shut down entirely. Rather than choose between two extremes, I do neither and instead nod benignly along to whoever is doing the fighting or wait it out until they fly. It's been my go-to strategy for as long as I could remember. It doesn't matter the context — whether I am getting scolded by my mother for leaving my childhood bedroom a mess or someone cuts me in line during the morning Starbucks rush — I do not engage.

A few weeks ago, I found myself faced with a situation that even I, queen of the non-reaction, could not stand to let slide. I was with a few friends at a crowded concert on the Downtown Mall, standing fairly close to the stage, when two freakish-

ly tall teenagers stepped in front of our view. This alone was not enough to lead me to action — I simply chalked the situation up to an unfortunate risk of general admission concerts and that it really was not under anyone's control. However, the near constant public displays of affection that they were demonstrating proved to be too much. Not only was I not able to see the band perform, but all I could see was two 16-year-old children enthusiastically attached at the mouths.

After simmering in the crowded venue for a solid 20 minutes, during which I was unable to see one of the band's better-known songs performed, I boiled over. With some coaxing from my friends, neither of whom were particularly excited about getting involved, I tapped the boy on the shoulder. The two of them sprung apart like shrapnel, and I asked if they wouldn't

mind cooling it on the PDA for a few songs, or letting my friends and I move forward so that we could see better. Rather sheepishly, they let us slide past, free to enjoy the rest of the concert without their unique contributions.

I left the Downtown Mall riding an undeniable high, due in part from the music and the experience from our much-improved vantage point and from the admittedly not-so-ground-breaking realization that I could easily rectify a situation like this one by simply addressing it. For the rest of the week, I was thoroughly inspired. I politely asked if the girl whose classical music was audible through her headphones in Alderman if she wouldn't mind turning it down. I politely excused myself from a fruitless conversation with an acquaintance so that I could finish an assignment I was working on.

All the while, I was thinking to myself — "why haven't I been doing this all along?"

Normally, in the interest of avoiding the unpleasantness of an argument, I most often choose to not engage in any kind of confrontation. By avoiding conflict with other people, I was creating so much more conflict within myself. Rather than simply taking a stance, I would instead stew over the issue for hours — or days — letting my annoyance turn into resentment or obsessing over what I could have done differently to avoid the need for an argument in the first place.

Realistically, I'm not always going to be able to say exactly what is on my mind. Various social rules dictate when I can and can't engage in a conflict. Out of respect and in the interest of my grade, I can't tell my professor that I am too busy to write the paper he has assigned me

and that his class is not my priority. And in the interest of human decency, I can't simply tell a friend that I think her problem is trivial, or that I think he is handling something all wrong. But that doesn't mean there aren't still healthier ways of addressing these issues than sitting around and thinking about how frustrated they make me.

There is a reason people developed the fight or flight instinct — both are more satisfying than ignoring the problem. The momentary discomfort of addressing something head-on is absolutely worth the relief I feel when I get it off my chest. So far I've been seeing more clearly, studying without interruption and spending a lot less time in my own head.

Students organize runathons in wake of Aug. 12

Together we run confronts hatred with love and running

Grace Amorosi | Life Feature Writer

Disgusted by the events of Aug. 12, a group of students from the University planned Together We Run, a series of runathons to be held in Charlottesville, Washington D.C., Miami, Fla., Austin, Texas and Charleston, S.C. The runathons are meant to send a clear, unified message against the hatred displayed by the neo-Nazis and white nationalists, who staged the August rally in Charlottesville that turned chaotic and violent.

Participants in the runathons have three hours to run as many miles as they can. Friends and family agree to sponsor each mile participants run. The money raised benefits local charities in each of the five cities, as well as the YWCA's Stand Against Racism campaign.

Together We Run: United States is the national runathon in which people can participate if they do not live in one of the five cities. This national movement is a remote runathon — not an actual event. Participants log as many miles as they can, on their own, between Sept. 8 and Dec. 12.

The students hope to send and receive a positive message of support and unity in each of the communities in which they host a runathon. Fourth-year Commerce student Andrew Page is one of the eight students, planning Together We Run. Page hopes to get two things out of Together We Run — a monetary benefit for the organizations and a response from the community to the tragedies that occurred in Charlottesville.

"Bringing people together to one particular event speaks volumes to hordes," Page said. "Hopefully the number of people who attend these events will be a lot, and that will send a pretty clear message."

For fourth-year Engineering student Amy McMillen, organizing Together We Run is a practical response to the hatred of the Aug. 12 events.

"As I watched the events become national news, I felt a strange combination of heartbrokenness and depersonalization," McMillen said in an email to The Cavalier Daily. "I did not want to believe that white supremacists and neo nazis came to a place that I call home. Once I heard Andy had the idea for TWR, I thought it was a really great way for me to confront and process my emotions in an action-oriented manner."

One emphasis of the runathons is local engagement with communities.

"We're trying to work with local city people and local newspapers to make it a community-based event," Page said.

Third-year Commerce student Anna Kuno believes supporting local charities creates a stronger personal connection with individual cities while maintaining the event's focus on eliminating racism.

The money raised from each runathon benefits local charities in the five cities. The Charlottesville event benefits the Heather Heyer Foundation, the D.C. event One

Nation Indivisible, the Austin event the Austin Justice Coalition, the Charleston event the Emanuel African Methodist Episcopal Church and the Miami event the Community Justice Project. The proceeds from Together We Run: United States go to the YWCA's Stand Against Racism campaign.

The organizers look to obtain help from more local sponsors in the weeks leading up to the events. So far, Random Row — a Charlottesville brewery — has agreed to host fundraisers and Richmond-based Health Warrior Superfoods is sponsoring Together We Run as a whole.

The organizers strategically chose the locations for the runathons.

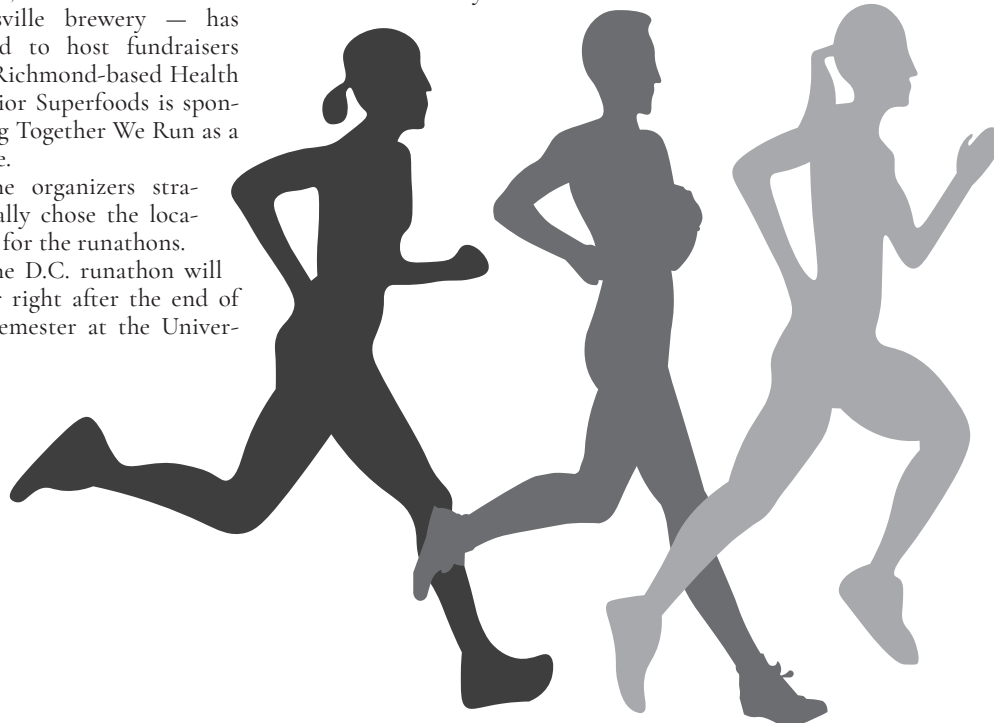
The D.C. runathon will occur right after the end of fall semester at the University.

"The thought behind D.C. was that most of U.Va. are from [northern Virginia]," Page said. "We're hoping people will come out to that while they're home."

Kuno initially wasn't sure how, if at all, she could respond to the events of Aug. 12. For her, Together We Run has been a way to grapple with not only the events in Charlottesville but also tragedies happening in other cities.

"My first

reaction was shock," Kuno said. "Then I wasn't sure how to react, if there was even anything I could've done. I think that this is a way for others who shared a similar feeling of uncertainty as to how to respond in a positive manner ... I'm hoping it gives other people an outlet to take action against what happened."



XHOSA SCOTT AND MATT GILLAM | THE CAVALIER DAILY

The students hope to send and receive a positive message of support and unity in each of the communities in which they host a runathon.

Who cooks the best eggs on Grounds?

We've cracked the code for a delicious breakfast

Sadie Goodman | Food Columnist

We've 'cracked' Eggs are a central element of every shopping list. They're versatile, cheap and delicious. You can have your eggs fried, baked, hard boiled, over easy — there are so many ways to enjoy this simple dish. I ate a lot of eggs back home, and I found myself missing that component of my daily breakfast when I arrived here at the University. Yes, they have "eggs" at Newcomb, Runk and O-Hill, but I soon found myself craving more than the same scrambled and hard boiled styles day after day. I knew I was minutes away from delicious egg filled breakfasts — I just had to find them.

1. To remind myself once more what I was trying to escape, I had breakfast at O-Hill. It was, as I've

come to expect, good but not great. They weren't the farm-fresh eggs and savory, crispy breakfast potatoes I was craving. The O-Hill breakfast bar satisfied any essential need for nutrition, but could not satiate my passion for great flavor.

2. The first stop on my journey beyond the realm of the dining halls was Bodo's Bagels. Bodos is one of Charlottesville's most iconic restaurants with its cheap, filling sandwiches, scrumptious salads and smooth, flavorful assortment of cream cheeses. I ordered a plain bagel with egg, tomato and muenster cheese. The bagel was warm, soft and delicious, providing the perfect base for the egg and other ingredients. The egg at Bodos has

a good texture — it tastes like a real egg and has a much better consistency than the scrambled egg options available in the dining halls. A filling, warm and delicious sandwich for under six dollars — including a large lemonade — is hard to beat.

3. On a lazy, dreary Sunday morning, when Café Caturra and Fig have lines out the door, where else are you to turn for a delicious, filling plate of eggs and toast? The College Inn, of course! The service was quick. The menu was not at all dull and the food was delicious. The College Inn has the concept of a greasy plate of eggs and potatoes down to a science. The eggs were perfectly over easy, the toast was crisp and the potatoes had excellent

texture and flavor. This breakfast satisfied all my cravings and left me with a smile on my face.

4. My Tuesday morning took a turn for the better when I paid a visit to The Pigeon Hole. This picturesque blue building is perched in the middle of Elliewood Avenue. I stopped in one morning before class and enjoyed a delicious plate of — you guessed it — eggs! The Pigeon Hole offers the most diverse selection of egg dishes of all the places on this list. The menu even had a section describing the cooking styles of eggs they offer — a nice touch for an indecisive customer. I ordered my typical plate of two eggs over easy with wheat toast. The eggs were delightful, the yolk soft and runny but the white

fully set — a perfect over easy egg. The toast was excellent as well. Overall, the Pigeon Hole exceeded my expectations, and I truly enjoyed my meal.

This egg-citing adventure pushed me to explore the various breakfast options available on in Charlottesville. There's no need to power through Newcomb eggs day after day — no need to consume the hardboiled eggs from O-Hill if you desire more. The Pigeon Hole is the fanciest of the four, but it can be a bit pricey. Bodos is reliable, quick and delicious every time. For a classic breakfast that gives the most bang for your buck, I'd head to The College Inn. But really, wherever you end up, you can't go wrong with a plate of eggs and toast.

Top 10 ways to get in the Halloween spirit

Get spooky with it

Ashley Botkin | Top 10 Writer

1 Prepare your Halloween costume

Halloween costumes take a lot of planning. It's important to find something unique yet practical. You want to show off your creativity but still be a recognizable character. You also don't want it to be too complicated or time-consuming to make because it's inevitably going to be ruined when you get trashed during Halloween weekend. In case you're off to a late start, here are some ideas— Sexy Thomas Jefferson, Edgar Allan Ho, Sexy UPD Officer or Sexy UTS Bus.

2 Make spooky treats

If the Halloween season doesn't make you want to gobble up an entire pumpkin, we need to have a talk. This time of year, the only thing running through your veins should be the sweet aroma of pumpkin spice, apples and maple. If you are a little behind on the whole pumpkin spice thing, you've got some catching up to do. Go on Pinterest for five minutes, and I promise you will have more ideas than you know what to do with. I'm talking mummy brownies, brain cakes and spider pops. Go big or go home.

3 Perform a seance

What better way to prepare yourself for Halloween than to perform a real-life seance! Gather up some friends, candles and food, and try to contact someone from beyond. A genuine ghost will really step up your decorations this year and maybe you'll even make a friend. If you're not entirely sure about the seance process, I'm sure there's a wikiHow article with a step-by-step process somewhere.

4 Explore the steam tunnels

If you really want to up the ante this year, try exploring the steam tunnels. Not only will the unknown darkness raise the hairs on your neck, but the fear of expulsion will also loom over your head! That's right folks, exploring the steam tunnel is 10 times scarier than any haunted house because there are real-life consequences. Imagine the disappointment on your mom's face when she finds out you've been kicked out of college for climbing in some tunnels, and the embarrassment you feel from getting a job at McDonald's and then living in your parents' basement forever. It's terrifying!

5 Spook up your dorm/apartment

How do you expect to get in the Halloween spirit if you don't create a spooky atmosphere? It's pretty much impossible. Hit up your local antique store or Michaels for some fun decorations. Grave robbing could dig up some unique pieces to complete your aesthetic. Maybe there are a few chemistry labs that have some cool looking mixtures that could double as potions. If you're having trouble finding a real witch's broom or mummy wrappings, store bought is fine.

6 Carve a pumpkin

You may not think pumpkin carving is especially spooky, but I promise you it is. Sticking your hand in the innards of a pumpkin is so creepy and gross, especially when it's all cold. Even though you know what you're about to touch, there is something so unsettling about scooping everything out. It's literally the pumpkin's guts. What's scarier than pumpkin guts on your hands? Maybe the haunting memory of taking a young pumpkin's life so soon. But at least your decorations will be super cute and festive!

10 Think about the future

Graduation ... job searches ... a mortgage! Imagining life as an adult is scarier than any knife-wielding clown or headless horseman. Just filling out a resume will strike fear straight into your heart and soul. And don't even get me started on taxes. Living in a world where you can't wake up at noon every day or skip class whenever you want is spine-chilling. Please be careful with this one, it's the scariest and most powerful of all. Perform seances all you want, but you can't stop the future from sneaking up on you — no matter how hard you try.

9 Go to a corn maze

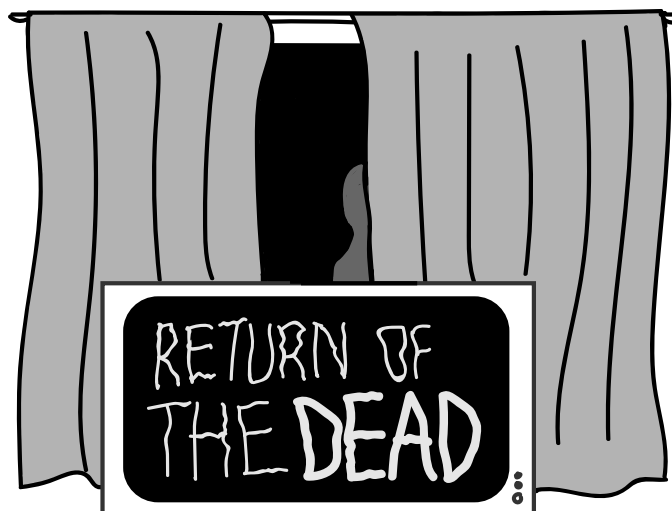
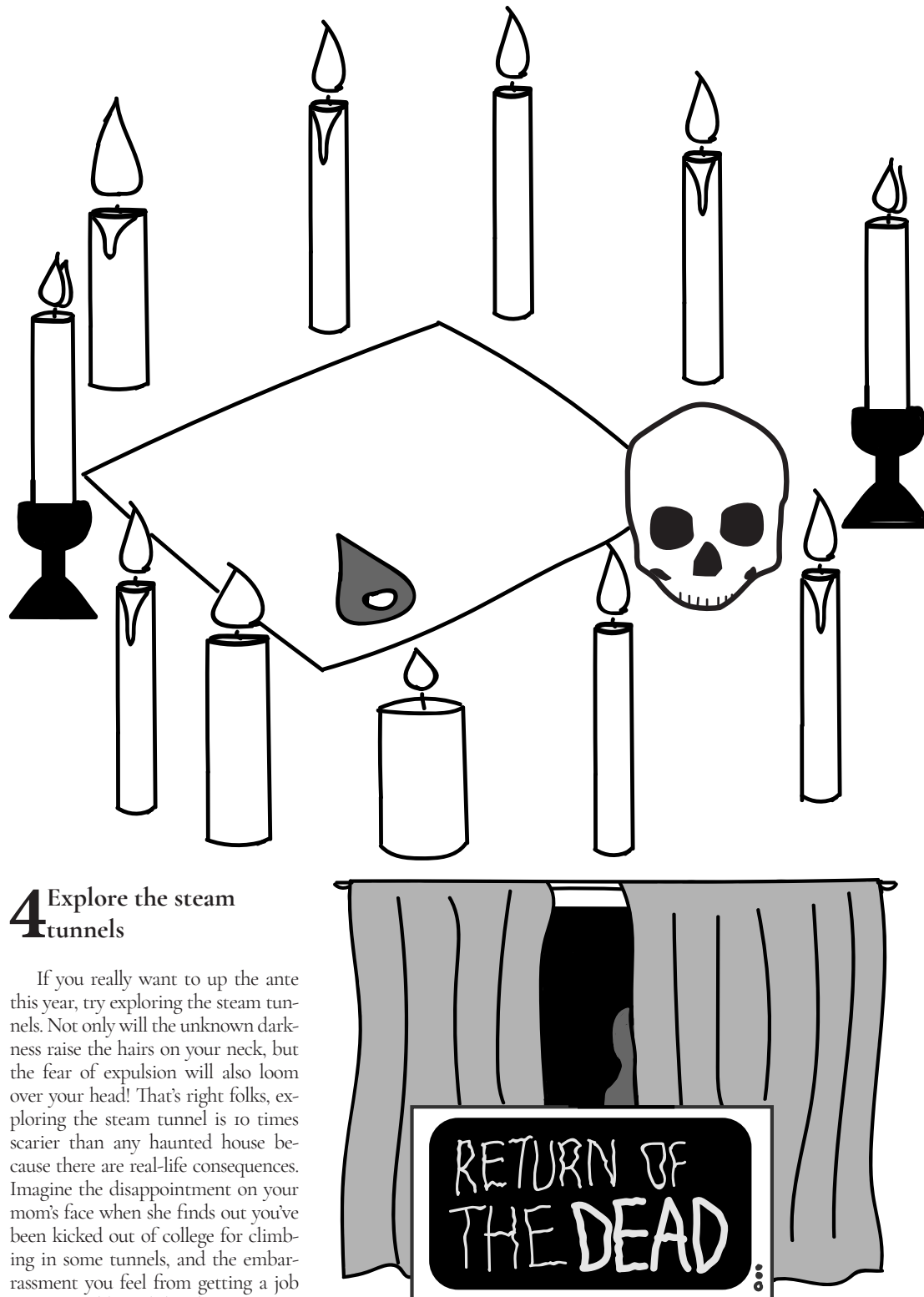
Corn mazes are so fun and festive, that is, until you can't find your way out and you're stuck in miles of corn. A little bit of panic gets you in that Halloween spirit faster than anything else, and what's Halloween without a little fright? It's very spooky as it starts to get darker. You can't find your way out, and "Children of the Corn" keeps flashing in your mind. But don't worry, someone will find you — eventually.

8 Watch some spooky movies

There are two ways to watch scary movies. One way is to watch it with all the lights on, windows open and during the middle of the day. The other way is to brave it in the middle of the night in the pitch-black like a "real man." There's also a secret third way to watch scary movies, which is to not watch them at all. I am not a real man because the last scary movie I watched was in eighth grade, and I told myself I would never again. If you can't work yourself up to a scary movie, then try some scary soundtracks to fill you with a little less fear.

7 Devour some candy

The most beautiful part about Halloween is the bulk bags of candy. The season gives you an excuse to buy as many bags as you want and claim you're going to hand them out for Halloween. Also the fun size means you can eat more, right? If you hoard your candy right, then you can make it last maybe through the whole weekend. And once you run out of your Halloween candy, hit the stores again post-Halloween candy sales!



Parallel 38: Back on the scene

Take a trip around the world right here in Charlottesville

Tucker Wilson | Food Columnist

Thanks to its always-growing restaurant and bar scene, Charlottesville has established itself as a known foodie city. However, its status may not be entirely coincidental. The City of Charlottesville lies on the 38th Parallel, a latitude line that runs through us as well as some of the food capitals of the world — Spain, Italy, Greece, Lebanon, Turkey and the Napa Valley to name a few. The 38th Parallel is a mild, temperate region across the globe that lends itself to the cultivation of fine food and wine. Some might say that Charlottesville's connection to the line has contributed to the city's food prowess. And in 2013, experienced sommelier and restaurateur Justin Ross decided to turn that idea into a restaurant of its own.

However, Parallel 38 is a res-

taurant we almost weren't able to keep. After several years in Stonefield just past the Barracks, Parallel 38 closed its doors in January of this year — some thought for good. However, the restaurant had already won the hearts of Charlottesville, having won Best New Restaurant of 2014 from C-VILLE Weekly. Their closing was a hit to Charlottesville's burgeoning food scene, and it seems they couldn't keep their doors shut forever. As of just a few weeks ago, with a sleek new location on West Main just a step away from Grounds, Parallel 38 is ready to reclaim their spot on critics' lists.

The restaurant combines Italian, Greek and Middle Eastern influences into a hip and modern tapas bar. Decorations are sleek and subtle, and the bar is lit

only by tiny, individually placed spotlights. Walls are slate gray or jet black and often placed at sharp angles in the small, loft-like space of the interior. Soft, wordless funk beats play over the speakers and diners upstairs are lit by cool blue lights overhead. Parallel 38 has the vibe of the complete modern restaurant — suave, sophisticated and exciting.

But unlike the decor, the food takes us back to a more classical era. Some dishes stand out as modern twists, like beef tartare served with quinoa and molded into a perfect cylinder, but many of Parallel 38's standout dishes are more traditional — cheesy Italian meatballs, hummus dip with homemade pita and garlic-sauteed shrimp and onions.

Classic fare at Parallel 38, however, still manages to stay ex-

citing through bright flavor combinations and regional variety. Combining the small plates feels natural, like pairing the acidity of marinated artichokes with sweet, cool tzatziki dip or matching Italian risotto and calamari. Parallel 38 is not about a single dish, but the shared experience of consuming many.

I will say this idea of an overarching experience also meant that one dish did not manage to blow me away. The closest was crispy cauliflower thoroughly seasoned with Indian masala, but even that did not stand out as the shining star of the meal. Every dish I had I would absolutely eat again, yet there were none that I will be reminiscing about for days to come. Tapas at Parallel 38 work best in tandem rather than standing out as single dish-

es, complementing one another to create an overall dining experience.

However, if there's one thing Parallel 38 can deliver, it's experience. I am partial to tapas-style dining and the atmosphere it creates, but Parallel 38 goes far beyond just serving tiny portions and having an extensive menu.

Parallel 38 combines a killer theme, a fast-paced atmosphere and an assortment of worldly food to bring you around the globe and back again in one night. It's perfect for joining a friend — or several — around a shared experience or taking family out to prove your hip restaurant taste and worldly palette. And with their opening happening just a few weeks ago, now is the perfect time to get in and get it while it's hot.

Skip Western Europe and fall in love with somewhere else

Study abroad is meant to confront you at every turn

Sean Rumage | Life Columnist

I hate to admit it, but I'm one of those people. You know, the ones who start sentences with "When I was in [insert exotic location here]" or always find a way to relate the conversation at hand to their favorite, annoyingly repetitive stories from their time abroad — or their cheesy blog. Yes, despite my best efforts, I do it, and I'm not proud of it. But I think it's worth pausing for a moment and considering why this phenomenon is so prevalent not only here in Charlottesville but on college campuses around the country.

Study abroad is an innately selfish activity. We travel overseas not for the benefit of others, but rather for individual growth, learning and, yes, enjoyment. And that's okay! But it is extremely important to be mindful of this fact, especially as I promote studying abroad in less-often explored locations, many of which are poorer than the United States and/or have dark, European colonial pasts. It is tricky to only partially integrate yourself into a community, and it is crucial to remember that while you may be there to benefit your learning, the people and culture itself are not. What you experience is their life, their reality —

not a show. Therefore, gain what valuable lessons and reflections you can, but remember to respect your position as a guest and outsider in that society.

Though this column focuses on study abroad, I believe its major takeaway holds true for other types of travel and international experiences as well. When first looking to go abroad, don't just look at Western Europe — your Barcelona, Bath or Brussels — but rather at less common destinations — Beirut, Beijing or Buenos Aires, for instance.

We are drawn to Western Europe because it's easy. The tourist trail is already well-worn, so finding information on what to see and how to see it is no struggle. In Jordan, on the other hand, four friends and I almost perished in the desert due to misinformation on a government tourism website. Transportation and economic systems are familiar and easy to navigate. Whereas, in Nicaragua, you must master the art of bartering and ask lots of questions to make sure you end up on the right bus. Wi-Fi is everywhere — a stark comparison to the difficulty of sending even an email in many parts of Ethiopia.

But the point of study abroad

is not to do what's easy. After all, if all we want is comfort, we might as well stay here within the Charlottesville cocoon. The goal of a semester or year overseas is to learn things we didn't even know we needed to learn — to be confronted by other perspectives and ways of life we never knew existed.

Studying abroad in Western Europe can absolutely be an enriching, impactful experience. But if you aren't married to the idea, I strongly urge you to leap further from your comfort zone and immerse yourself in an experience that will more consistently and deeply challenge your understanding and view of the world.

In Jordan, I relearned the days of the weekend — Friday and Saturday — and struggled to determine my role within a deeply loving and hospitable culture that still features a number of misogynistic practices. In Ethiopia, I discovered the complexity of saying no, conquered the squat toilet and learned — the hard way — that men aren't supposed to share hotel rooms to save money — or else their "homosexuality" will be the talk of the town. In Israel and Palestine, I had a gun pointed at me for the

first time in my life and finally began to grasp at the oppression that characterizes the existence of millions of individuals all around the globe.

My purpose here is not to blindly trash studying abroad across the Atlantic. If you're on the fence about going abroad and the relative comfort of Western Europe is the only thing that can lure you outside of the United States, then by all means, study in Spain or France. If there is a specific program in Italy or the United Kingdom that you believe fulfills your academic goals in a way no other school can, please go and do it. If your parent is a nervous wreck about their baby being thousands of miles from home, and they are extremely comforted by the familiar physical and social infrastructure of places like Ireland or Portugal, take what you can get and cross the pond.

But if, on the other hand, your personal study abroad goals or constraints do not require you to stick to Western Europe, go somewhere else. Interested in learning or improving language skills? Study Spanish in Argentina or Ecuador, French in Cameroon or Morocco, Portuguese in Brazil or English in Belize or the

UAE — sorry, German and Italian students. Want to see some of the most famous sites in the world? Head to Peru or China and visit Machu Picchu or the Great Wall.

While you are able to — and should — take the path less traveled by. Regardless of where you spend your time abroad, it is undeniable that certain parts of the globe offer more frequent opportunities for deeper reflection and personal growth. Navigating European markets does not confront or overwhelm you in the same way as a Moroccan souk, nor will the average Brit you meet on the street view life as differently from you as the typical Turk. Both experiences are valuable, but the latter undoubtedly causes more common and intense introspection — a critical ingredient for personal change.

No matter where you end up, make the most of it. Get frustrated. Ask why. Experience something that takes your breath away. Experience something that makes you want to scream. Learn how to communicate without a common language. Try something new so often that it becomes old. Learn. Grow.

But most importantly, go.



Football set to take on Boston College

The Cavaliers will look to clinch a bowl berth on Homecomings weekend for the first time since 2011

Rahul Shah | Sports Editor

The Cavaliers (5-1, 2-0 ACC) are one win away from earning bowl eligibility and will look to clinch that sixth win Saturday when ACC opponent Boston College comes to Scott Stadium.

Despite what the two teams' records indicate, Saturday's game against the Eagles (3-4, 1-3 ACC) will be a tough one for Virginia. Boston College is coming off of a huge 45-42 win over Louisville, who was ranked as high as 17th in the country just two weeks ago. The Eagles will be looking to build on the momentum they've gained and win a game on the road against a surging Virginia team.

Virginia will have its hands full going up against Boston College's freshman running back AJ Dillon. Last week against Louisville, Dillon went off for 272 yards and four touchdowns on 39 carries. Virginia Coach Bronco Mendenhall talked about going up against such a physical running back like Dillon.

"It will be a different test ... You have to have a stomach for contact in this kind of game because your gap is your gap regardless of the number of times the 240-pound back smashes in there with another body puller," Mendenhall said. "You can't ever get tired of taking that on. That's the kind of game Boston College likes to play."

Senior quarterback Kurt Benkert talked about the challenges the Virginia offense will face, going up against Boston College's defense.

"They're really big up front, their DBs [defensive backs] are tall, lengthy guys, and they're aggressive, they're not afraid to come in and hit somebody," Benkert said. "Same with their safety, they use their linebackers in a lot of different ways ... so it's just going to be about staying focused and seeing it as it's happening."

In addition, Benkert talked a little about going up against the Eagles' senior defensive end, Harold Landry, who will look to disrupt Benkert's rhythm and play Saturday.

"He's got a really good motor, he's strong, he's really strong; I think it was ... Louisville or Clemson, one of the two games I was watching, that he just one-armed a tackle right into the quarterback," Benkert said. "That's impressive so he's a — he looks like a freak to me on film, so we'll see how he is on Saturday."

Virginia is heading into Saturday's game with a lot of confidence, having won four games in a row, including two straight ACC games.

"It's really good," Benkert said. "We know we have a really good defense. We know that we have a really good offense that hasn't hit our full potential yet, and we know that if we keep making improvements each week, we'll get where we want to be."

"Now that there have been some results that have gone in our favor, there's an air of confidence and expectations that they would be disappointed if they don't play at a certain level or have the success in terms of wins and losses," Mendenhall said.

Even though the team is just a win away from a bowl game, Mendenhall knows the team has to focus on playing one week at a time. That means the focus this week should be on playing Boston College and coming away with a win.

"We will acknowledge [the prospect of bowl eligibility]. I don't have a thing to say about it right now," Mendenhall said. "Haven't mentioned it to our team ... I think any additional talk about it, again, you've heard me say the term 'interference.' Anything that's not helping us play this week with our assignments and improving our technique and our intensity is just a waste of time."

However, despite the team focusing on Boston College, this does not mean they haven't thought about going to a bowl game.

"Sure, the team has that goal," Mendenhall said. "They're anxious to return to postseason play, to see and feel what that's like."

The Cavaliers will also look to con-

tinue forcing turnovers this weekend against Boston College. They have nine turnovers through the first six games of the season so far. Turnovers have been coming at a faster rate compared to last season for the Cavaliers. The team had nine turnovers throughout the entire season last year. The uptake in turnovers has been another striking number that has showcased how much better the team is this year than it was last year.

Mendenhall attributes this increase in forced turnovers to the ability of his coaching staff to continue helping players improve over time, as they gain more and more experience.

"Experience and coaching and time," Mendenhall said. "Coach Howell, there's a reason I brought him with me here. I think he's a very, very good football coach, not only schematically, but technically."

The game between Virginia and Boston College is scheduled to start at 12:30 p.m. Saturday at Scott Stadium.

Players to Watch

#3

Senior free safety
Quin Blanding

Blanding has been superb for the Cavaliers this season and has been a big reason Virginia's defense has been so good. Blanding is coming off of his second-straight ACC Defensive Back of the Week award and continues to tally up tackles. As one of the ACC's leading tacklers the last couple of years, Blanding picked up another 10 this past weekend against North Carolina and has now recorded double-digit tackles in more than half of his games at Virginia. This type of play on the field is a reason why North Carolina struggled throwing the ball, only picking up 46 passing yards this past weekend.

Blanding's leadership in the locker room has also been instrumental, as Virginia's defense as a whole has performed very well this season. It will be interesting to see if Blanding can continue his stellar play and help Virginia slow down a Boston College offense that put up 45 points this past weekend on Louisville.

#6

Senior quarterback
Kurt Benkert

The last couple weeks have given Benkert some challenges in the passing game, as both Duke and North Carolina were able to generate some pressure on him and take away his go-to deep balls. The senior adjusted well in both games, passing for three touchdowns after two early picks against Duke and completing over 60 percent of his passes against North Carolina. The tough stretch doesn't get easier against Boston College, who boasts one of the best secondaries in the FBS. The Golden Eagles have allowed opposing quarterbacks to pass for only 203.4 yards per game — a figure which was inflated by Louisville quarterback Lamar Jackson's 322 yard performance last week — and have intercepted nine passes, tied with Virginia for No. 12 in the FBS.

Benkert will once again have to exercise great care this week — he can't expect to make the early mistakes he did against Duke and come out scot-free again. He has been very successful in the short passing game in the last two weeks, so look for offensive coordinator Robert Anae to employ a West Coast offense again to pick apart and wear down Boston College's secondary.



Virginia versus Boston College — a breakdown

By CD Sports Staff

The Virginia football team has a shot at earning a bowl berth this weekend as they get set to take on Boston College. With it being a home game during Homecomings weekend, there is certainly plenty of excitement surrounding the team. Only a year after finishing 2-10, Virginia will be looking to secure its first bowl berth since 2011. Here are some players and keys to watch out for this weekend, as Virginia looks to come away with a win and a bowl berth.

The Keys

Keeping composure on defense

For the most part, the Virginia defense continued this season's dominant play against North Carolina last week, shutting the Tar Heels out in the first half and completely neutralizing their passing game. However, it only took two poor plays — resulting in runs by freshman running back Michael Carter — to get the Tar Heels back into the game. The runs were similarly designed and both occurred in the third quarter, so the defense didn't seem to adjust as effectively as it has this season. Boston College will be similar to North Carolina in that the team relies heavily on its run game, devoid of a consistent quarterback.

Freshman running back A.J. Dillon ran a track meet in Boston College's upset at Louisville — putting up a whopping 272 yards and four touchdowns — suggesting the Golden Eagles may have found a way to revitalize their offense. Virginia needs to limit chunk runs from Dillon to prevent Boston College from finding a rhythm — but more importantly, if he does turn loose on a big run, the defense has to show the composure to tighten up immediately.

If the defense can roll with the punches and keep up enough stamina to make some big run stops, Boston College will be forced to test the stout Cavalier secondary — a battle that doesn't bode well for the Golden Eagles.

Staying Focused

Virginia has played way beyond any expectations coming into the season. Coming off of a 2-10 season, most thought Virginia would have showed significant improvement in the Mendenhall era had they won four or five games all season. But the Cavaliers sit at a surprising 5-1 with a chance to clinch a bowl game. The excitement surrounding football at the school hasn't been higher the last couple of years, so it can be easy to lose sight that there is still football to be played against a good team like Boston College. Virginia has been able to stay focused and continue picking up wins this season, as evident by their four-game winning streak. It will be interesting to see if they can continue that pattern this weekend with a bowl game on the line.

REASON TO REMEMBER THE NAME

If you were to walk around Grounds and pick a random student, it's likely he or she could name a good portion of the basketball team. After a key game, it's common to hear discussion in class, whether bemoaning a loss or celebrating a victory.

However, if you were to try the same exercise with the football team, the same students would struggle to remember a single player. It's common for students to swipe into a football game just for the Sabre Points, which exist solely to increase the odds of getting a ticket to a basketball game.

There's a reason for this relative ambivalence about football, as Virginia hasn't been very good, or even decent, since most students have gotten here. Even when Virginia has shown enough potential to get students to believe — before Menden-

hall's first game, or at home games against Notre Dame in 2015 and Louisville in 2016 — those who believed in the team got burned. This string of painful seasons has left the fan base calloused. Losses can't hurt if you stop caring about wins.

However, it's time for fans to open themselves back up again — this team has earned another try. This week, Virginia received votes in the Coaches Poll Top 25 for the first time in five years, signaling a return to competitiveness.

More importantly for fans, the team has been fun to follow. Compelling players have been racking up accolades for the Cavaliers, including on a national scale.

On defense, senior linebacker Micah Kiser and senior safety Quin Blanding are currently ranked first and second in the ACC in tackles,

as they both were last season and the season prior. Blanding has more career tackles than any other active FBS player, and the fourth most in Virginia's history.

On offense, senior wide receiver Andre Levrone ranks first in the ACC and fourth in the NCAA FBS in yards per reception, and senior quarterback Kurt Benkert has the third most career touchdowns in program history.

There's no sense in waiting until next year to give Virginia football a try, as this may be the best team we have for a while. With winnable games against Boston College and Pittsburgh in the next two weeks, there's no better time to try caring about Virginia football again.

Of course, none of this is to say that the Cavaliers won't break fans' hearts if they reinvest — no team can avoid that, as Virginia basket-

ball fans have learned in recent NCAA tournaments. Virginia may have games where they struggle, as the Cavaliers will likely be underdogs in all four of their final games.

However, the team has done everything fans could ask. They went on the road and handed Boise State their worst home loss since 2001 and took care of rivals Duke and North Carolina.

At the beginning of the season, I outlined what a reasonably successful season would look like for the Cavaliers. While it's still early, the Cavaliers are outpacing what almost any fan could have expected — it's time for fans to return the favor.

Kiser and Blanding passed up NFL opportunities to return to Virginia for one final year, and they've both had careers so remarkable it's fair to wonder whether their jerseys

get retired some day. Benkert may be the best Cavalier quarterback since Matt Schaub left over a decade ago.

These seniors have given fans more than enough reasons to remember their names. If fans start caring about Virginia football again, I think they'll enjoy the experience.

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SORTING OUT TONY BENNETT'S DEPTH CHART

In less than a month, the Virginia men's basketball team will take the court at John Paul Jones Arena against UNC Greensboro for its first game of the season. As with every year, Coach Tony Bennett must replace the contributions of some key players — but this season, no one expected him to have to do this much. The transfers of guards Marial Shayok, Darius Thompson and forward Jarred Reuter last season, along with the dismissal of forward Austin Nichols, leaves Bennett with some roles he may not have thought he would have to fill at the start of last season.

Fortunately for Bennett, he has some solid young talent to work with, along with some veteran leaders. How these uncertain pieces might fit together is anyone's guess. Below are my predictions for how the depth chart will end up as the non-conference schedule plays out.

Guards/Ball Handlers

Starter: Sophomore guard Ty Jerome
2016-17 stats: 4.3 PPG, 1.5 APG, 1.6 RPG

Bennett brought Jerome on as the successor to former star point guard London Perrantes, and with another offseason of development, he is set to take over as floor general. The New Rochelle, N.Y. native burst into the rotation by scoring in bunches in some big moments and solidified himself as a deep threat, shooting .397 beyond the arc. He will have to improve on shot selection and defense to stake his claim as the starter, but all signs point to Jerome being Virginia's point guard of the future.

Backup: Graduate student guard Nigel Johnson
2016-17 stats (with Rutgers): 11.3 PPG, 2.0 APG, 3.3 RPG

After the slew of transfers in April, Bennett picked up Johnson to fill the guard void after his solid junior season at Rutgers, where he was second on the team in scoring. Johnson is not much of a three-point threat, but he is a great driver and above average rebounder for his 6'1" stature. Because of Bennett's defensive mentality, Jerome's 6'5" frame gives him the edge as a defensive tone-setter, but look for Johnson to give the Cavaliers a scoring boost and take over the point if Jerome struggles.

Wings

Starter: Senior guard Devon Hall
2016-17 stats: 8.4 PPG, 1.9 APG, 4.4 RPG

As one of Bennett's two remaining seniors from last year's team, Hall improved his scoring last season by almost double from 2015. He is one of the team's best perimeter defenders and is versatile enough to guard multiple positions. With two years as a starter under his belt, Hall isn't going anywhere.

Backup: Sophomore guard Kyle Guy
2016-17 stats: 7.5 PPG, 1.3 APG, 1.7 RPG

This may seem like a tough call, but despite Guy's scoring ability, Hall gets the nod over him for his defense and well-roundedness. Fans will undoubtedly see a lot of Guy this season after some breakout performances last year, but he will have to be more consistent on both sides of the ball to break the starting five. Regardless, his ceiling is becoming the go-to scorer on the team, and that could warrant him a leap to a starter at some point, potentially as a sixth man giving a scoring-lift off the bench.

Starter: Sophomore forward Mamadi Diakite
2016-17 stats: 3.8 PPG, 0.2 APG, 2.6 RPG

Diakite brought massive potential to the rotation after a year of development and showed flashes of solid play throughout the season. Bennett limited his minutes considerably, but when he got going, Diakite was a shot-blocking machine and shot at a .543 clip in limited attempts. The Guinea native will continue to develop as a wing defender, and if he can improve his outside scoring, he may enjoy a breakout year.

Backup: Redshirt freshman forward De'Andre Hunter
2016-17 stats: n/a

A highly touted scorer out of high school, Hunter can be a boon to Virginia's offense if he can find his stroke. His size gives him solid potential as a defender and scorer on the wing, and if packaged with Hall, Hall can slide to the two guard for better matchups. His defense may start off raw as with many of Bennett's freshmen, but Hunter's scoring prowess could earn him some big minutes early on.

Bigs

Starter: Senior forward Isaiah Wilkins
2016-17 stats: 6.8 PPG, 6.0 RPG, 1.1 APG

The best defender Bennett has, Wilkins embodies heart and hustle with beastly play on the inside. The Cavaliers sorely missed his rebounding and lockdown defense while he was ill during the 2016 postseason, but with a healthy Wilkins returning, Virginia's defense can revert to its top form again.



RICHARD DIZON | THE CAVALIER DAILY

Coach Tony Bennett may look to shake up Virginia basketball's starting lineup during nonconference play before ACC competition begins.

Starter: Redshirt freshman forward Jay Huff
2016-17 stats: n/a

If there's one big shake-up Virginia fans should expect, it might be Huff taking the reins as starting center. Huff gives Bennett his first seven-foot stud since Mike Tobey, but Huff offers upside as an outside scoring threat. Like Hunter, his defense remains to be seen, but after a year of pack-line development, don't be surprised if Huff breaks out early and nabs a spot in the roll call.

Backup: Junior center Jack Salt
2016-17 stats: 3.7 PPG, 4.1 RPG, 0.4 APG

Salt improved immensely as a defender last year, shutting down some of the ACC's best big men when the team needed him most. However, his main offensive contribution comes as a rebounder — he struggles as a scorer. Salt will likely start over Huff in the early going, but if the redshirt fresh-

man finds his scoring stroke early, Salt may find his role changed to defensive specialist.

Bennett will have many pieces shifting around as he tries to build a contending lineup. With all the potential he has to work with, we may not see the dust settle on a pecking order until ACC play comes around.

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LEAD EDITORIAL

Revamp U.Va. alert system

Given the recent white supremacist demonstrations, the administration needs to reevaluate the purpose of its alert system

University communications regarding public safety are used to notify students and staff of relevant safety issues which could pose a threat to University students and staff. These alerts are often for issues in the general vicinity of Grounds but can also reference events outside of Grounds if the danger to the University community is deemed high enough. The recent white supremacist events have challenged the scope of the alert protocol. The recurring presence of white supremacists in Charlottesville has had a profound impact on members of the University community, and the current alert system has not adequately addressed that impact. To protect

students, the University should better use the alert system to inform the community about potential dangers.

Following the Oct. 7 white supremacist rally in Emancipation Park, members of the University community took issue with the fact that the University Police Department did not send out an alert to warn students and staff of the torch-carrying white supremacists chanting “You will not replace us” and “We will be back.” The rally lasted approximately 20 minutes, after which the group disbanded. Some students felt that the recurring nature of these rallies demonstrated a need for an alert, if only to dispel rumors and show that the University

was aware of the event. Regardless of whether the University should have alerted the community in this particular instance, the fact that there was a contingency of students who felt at risk as a direct result of the rally demonstrates the need for a more robust communication procedure in the future.

In its effort to fully respond to these events, the University must change the way it responds to this specific type of threat. Richard Spencer and his fellow white supremacists have clearly demonstrated their intentions of returning to Charlottesville, and made good on that intention by returning Oct. 7 for a fourth

rally. The recurring nature of these rallies requires a response outside of the typical protocol offered by the administration. Regardless of the location of these threats within the city, they pose a danger to members of the community. The specifics of this new response system could take a range of forms. The University could establish an external partnership with the city through which students can receive alerts concerning white supremacists activity if they so choose, or incorporate of these events into the current protocol for the University alert system. Regardless, the University must increase the efficacy of their communications with the community regard-

ing public safety.

The University is making strides towards creating a safer environment for students and staff, such as resolving to enforce the ban on open flames on the Academical Village and designating the space a facility. This effort should promote open communication between the administration and the wider University community. Establishing a more encompassing alert system would serve to greatly improve the University’s ability to proactively combat the presence of white supremacy in Charlottesville.

THE CAVALIER DAILY

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KEEP MARIJUANA ILLEGAL IN VIRGINIA

The societal costs associated with marijuana use and abuse are too high to justify legalization

Since trends towards decriminalizing the possession of marijuana and legalizing its use for recreational purposes have gained traction in the United States, Virginia lawmakers have considered whether or not to change Virginia's laws governing the use of marijuana. Democratic gubernatorial nominee and current Lt. Governor Ralph Northam has voiced his support for decriminalizing the possession of small amounts of marijuana, while the Virginia State Crime Commission is currently sponsoring studies gauging the effectiveness of such a change to the Commonwealth's laws. Even though other states have decided to legalize the recreational use of marijuana, Virginia should maintain its current laws criminalizing the possession, consumption and trafficking of cannabis. The costs of legalizing marijuana simply do not compensate for the benefits legalization might bring.

Proponents of marijuana legalization argue that taxing legal marijuana sales would boost government revenue. According to a study conducted by the Tax Foundation, "Marijuana tax collections

in Colorado and Washington have exceeded initial estimates, and a nationwide legalization-and-tax regime could see states raise billions of dollars per year in marijuana tax revenue." Proponents of marijuana legalization also argue that it should be the choice of adults to consume marijuana or

society legalization would bring would outweigh the costs.

When considering the effects of legalization, it is easy to only look at the qualitative benefits. However, the quantitative arguments against legalization present a stronger case, even if it requires more than a cursory glance to

many forms, but many of them come from medical costs associated with marijuana consumption and the negative effects marijuana has on its users. According to Thomas Strouse, M.D., "Heavy recreational use of cannabinoids can adversely affect the brains of young people ... Related to the continuing development of brain structures and functions." He argues that legalized use of marijuana — even if restricted to those of age — will inevitably lead to greater accessibility to those under age, as we have seen with alcohol and tobacco products. He also states that "chronic marijuana use is connected with what, in popular culture, has been called slacker behavior — increased risk of dropping out of school, lower achievement, diminished IQ and probably lower life satisfaction — not to mention addiction, physical dependence and withdrawal symptoms."

Unfortunately, our culture has adopted a more relaxed view of marijuana use. Proponents of legalization argue that other drugs like alcohol and tobacco present greater societal costs even though the possession and consumption of

those substances is legal for those of age. It's true that the health costs from alcohol and tobacco use pose a burden to our society. Given that, why would we then legalize yet another substance which will pose even more drug-related costs? According to the Drug Abuse Warning Network, marijuana contributed towards 455,668 emergency department visits in 2011.

When considering whether to legalize marijuana or not, we must weigh the benefits of drawbacks legalization would bring. While physicians often argue that the medicinal use of marijuana presents significant benefits to patients, arguments in favor of recreational use fail to outweigh the negative aspects of legalization. Instead of ignoring the arguments against legalization because they are currently unpopular, we must consider the heavy costs when altering Virginia's current laws governing marijuana use.

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“It's true that the health costs from alcohol and tobacco use pose a burden to our society. Given that, why would we then legalize yet another substance that will pose even more drug-related costs?”

not, and that criminalizing the possession and consumption of marijuana infringes upon personal freedoms. The Drug Policy Institute even uses the words of John Stuart Mill — one of the fathers of individualism — to defend its support of legalization. However, these points fail to address the complex nature of legalization and don't prove that the benefits to

appreciate the costs legalization would bring. Opponents often call these costs societal costs. It's fruitful to examine the costs associated with another, widely available and legal drug — alcohol. The \$8 billion in tax revenue generated from alcohol does little to offset the nearly \$200 billion in social costs attributed to its use.

Marijuana's societal costs take

REMOVE THE MURAL IN OLD CABELL

The Student's Progress' reflects poorly on U.Va.'s values

The architecture and design of the University should reflect our values. This is not a new opinion, as evidenced by the perpetual debate over the Confederate plaques on the Rotunda, or more controversially, representations of Jefferson himself around Grounds. Nonetheless, there is merit in scrutinizing our surroundings. As a community, we should be alert to imagery that directly refutes standards such as the Community of Trust. Unfortunately, there are clear examples of where the University fails to meet these standards. Lincoln Perry's mural, "The Student's Progress," in Old Cabell Hall is antithetical to University values.

I do not reject this mural based on my personal aesthetic preferences, for the depictions within this mural condemn themselves. In particular, in a back alcove of this mural, there's a vivid depiction of a professor-student sexual relationship. In this scene, we can observe a professor frantically handing a naked, cowering female student her bra and underwear from a Pavilion window. In the left field, the viewer can see the professor's haggard wife climbing the stairs to the front door, holding groceries.

For one, this relationship emulates a clear power imbalance. This

student is young, most likely an undergraduate. The professor has multiple sources of power — his age, his status at the University, his status living in a Pavilion and very likely, his power as her personal instructor. It is not ludicrous to wonder the degree to which this sexual encounter was consensual, given these

“Not only does this mural strip the female student of her dignity, but also there's a very valid concern that sexual representation depicted within the mural is non-consensual.”

inherent imbalances. Not only does this mural strip the female student of her dignity, but also there's a very valid concern that sexual representation depicted within the mural is non-consensual.

For the most part, the lack of pushback at the University for commissioning this work of art, beginning in 1996 with its completion in 2012, is startling. Sponsors of the mural include former President John T. Casteen III, the Office of President and the University

Council of the Arts. To say that the University does not endorse this artwork would be a lie — money speaks louder than words. Even UVA Today's 2012 piece on the mural is frighteningly out of touch, labeling the mural as a backdrop to "a lifetime of learning." The artist's intent behind the mural is simi-

Grounds.

As Lincoln Perry states, "He chose a woman because, he said, 'I wanted someone who was not breezing through life, and it seems to me that women have more of an uphill battle than men. I wanted her to be having a hard time. Life is hard, and certainly school is hard.' Indeed, life for University women is hard. It becomes harder when real experiences of trauma are rendered for the sake of, in the words of Elizabeth Hutton Turner, vice provost for the arts, "...an adventure. It is a fascinating journey for anyone who wants to take it." This frivolous language towards real issues of sexual assault feeds into, whether innocuously intended or not, rape myths that perpetrate rape culture. Surely, to label this panel an "adventure" deems this experience normal for the average co-ed. Surely, to paint this mural as a "hard time" doesn't mean to equate a bad day to sexual misconduct. Unfortunately, for female students, or any victims of assault, we don't have the privilege of viewing this mural lightly.

I understand there are counter-arguments for the mural to remain untouched. Esteemed art historian Paul Barolsky has pushed back against its removal, claiming "that tampering with the panels would

set "a dangerous precedent," asking, "If you start to cover up paintings that offend one person or another, where do you draw the line? Should I not teach Italian masters because of nude figures?" My response to that statement would be a counter-question: "Is art unable to be regulated to reflect the University's values?" The argument against removal is an argument for upholding the status quo, a vote for the slippery slope intellectual fallacy.

We can protect students and project our values through the art the University pays to present on its walls. But lying to ourselves that this mural doesn't represent more than "adventure" represents a gross naivety among donors who view "A Student's Progress" as simply that. For too long, we have danced around this argument, allowing the emperor to wear no clothes. In Shannon's case, she may not have had a choice to stand naked on the sidewalk. We should remove this red dot mural. I suggest deep green — the only color rich enough to blot out the scenes of before.

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TRUMP'S RHETORIC HAS INFECTED REPUBLICAN POLITICS

Fear mongering has become a political norm

Ever since his entrance into the political realm, President Donald Trump has coarsened our political rhetoric. During the 2016 Republican primary, Trump consistently berated his opponents with personal attacks and made outrageous claims, such as insinuating that Sen. Ted Cruz's, R-Texas, father was involved in President John F. Kennedy's assassination. Quickly, these outrageous statements became the norm, and so did his appeals to racism. As USA Today accurately pointed out, Trump has used his platform to turn the racial dog whistle into a bullhorn. He did this by playing on Americans' fears, calling Mexican immigrants "rapists and murderers," stoking fears of Muslims by proposing a travel ban, as well as implying that the beating of a Black Lives Matter protester was justified. After witnessing Trump's successful ascendance to the presidency, and his appeal with the base, down-ballot candidates have started to adopt his rhetoric. The spread of these blatant appeals to racism and xenophobia is bad not just for the GOP, but for the United States as a whole.

Unfortunately, this is not a new phenomenon in American politics. President Richard Nixon employed

these appeals to America when pioneering the Southern Strategy. Nixon, in an attempt to swing the post-Civil Rights Act south, which had previously been Democratic, ran on thinly veiled racial appeals to "law and order." Though these appeals to racism and fear existed, they did not infect the mainstream of the Repub-

who have participated in the trend, the two who most exemplify it are Roy Moore, Alabama Republican senatorial candidate, and Corey Stewart, chairman of the Prince William County Board of Supervisors. Moore has said horrific things about Islam, specifically that they should not be serving in Congress and that

during his campaign where he advocated "preserving the heritage" of the confederacy and attended events with white nationalist Jason Kessler.

One could argue that these two candidates, while empowered, do not represent Republican politics — however, following their astonishing success, their rhetoric is being adopted by more mainstream candidates. Specifically, I am speaking about Gillespie, who has adopted that rhetoric after his surprisingly close primary race against Stewart. In the Virginia gubernatorial race, Gillespie has attempted to link Democratic nominee Ralph Northam to the MS-13 gang due to his support for immigrants, as well as advertising claims about sanctuary cities making us unsafe, which are completely untrue. It is clear that Gillespie is hoping to capitalize on Trump's rhetoric in order to win the governorship, despite the fact that his attacks are completely untrue and pander to the worst elements of American society. It is unfortunate he has chosen to embrace Trump style politics, because unlike Trump he has a detailed platform with proposals that can be debated intelligently. If Gillespie continues on this current path, he will be demonstrating to other Republicans that the

dissemination of these appeals, not a debate on the issues, are necessary for electoral victory.

Politicians in the GOP should not fan the flames of these prejudices, even if it is the surest way to electoral success. Even after his horrible and divisive campaign, it is Republicans who have embraced Trump and served as apologists and imitators of his ideals. This rhetoric needs to be stamped out and its adherents should be driven to the fringes of Republican politics. The election of Trump has given these individuals a platform for which to spread their hateful ideals and it is up to Republicans to stop this from becoming the norm. Politicians should seek to be the moral leaders of our society and bring out the best in their citizens through their campaigns. If Republicans continue on this path, it will show America that the surest way to electoral victory is not a battle of ideas, but fear mongering. If this strategy continues to be successful it will bring out the worst in our society and ensure that these rhetorical appeals never stop.

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Politicians in the GOP should not fan the flames of these prejudices, even if it is the surest way to electoral success.

lican party. One only has to look at the video of Sen. John McCain, R-Ariz., going against his supporters to say that then candidate Barack Obama is an American and President Ronald Reagan denouncing racism at an NAACP convention, to know that these appeals were once not common at all.

After Trump's election, these appeals became all too common. Though there are several candidates

their religion is incompatible with the U.S. Constitution. Has has expressed these beliefs by arguing that current Rep. Keith Ellison, D-Minn., should not be allowed to serve in Congress due to his religion. Stewart has also used this rhetoric while running a surprisingly close primary campaign against current Republican gubernatorial nominee Ed Gillespie in the 2017 Virginia gubernatorial election. He came to prominence

BE A BETTER ALLY

It's up to every student to support minority groups and commit to a more equitable U.Va.

The University has long needed a more engaged network of allies for its minority and marginalized communities. Last year, more allies should have attended the Queer Student Union's February march to support transgender rights. More allies should have written messages of support on the Eliminate the Hate campaign's "Love Speech" walls, and this year, more allies should attend the UndocuAlly Trainings hosted by DREAMers on Grounds. The fact that white supremacists returned to Charlottesville on Oct. 7 only makes this need more obvious. No, we shouldn't be surprised at the presence of hateful ideologies in our community. But that hatred's growing confidence should prompt every student to commit more seriously to the pursuit of justice at the University and in Charlottesville, especially if they've considered themselves allies before.

In the Minority Rights Coalition's "Unpacking Privilege" training program, we define allyship as committed support for a marginalized community with which one doesn't personally identify. Rather than taking charge of minority advocacy efforts, allies play a supporting role — present to amplify and endorse minority voices. Allies are critical for the success of mi-

nority advocacy. This is not to suggest that minority communities need their hands held by majority-identifying students. But particularly at a University that continues to struggle with the homogeneity of its student body, allies exponentially increase the impact and resonance of student resistance efforts. Recently, The Cavalier Daily's Benja-

Marginalized communities need allies to make meaningful change.

min Burke argued that the notion of allyship creates unnecessary division between minority and majority-identifying communities. Burke's argument, however, misses the point of minority advocacy and thereby fails to discredit the idea of allyship. Activists are not working for a world where one's identities don't matter. Activists are working for a world where we can respect and acknowledge difference without rigging the system in favor of some identities, and against others.

In "Unpacking Privilege" we also

discuss privilege — the special rights or opportunities available to individuals according to their identities. If you've never before been horrified by injustice at this University, that's a privilege. Plenty of students do not have the ability to ignore Islamophobia on Grounds or threats to AccessUVA. But there's no way to ignore

torch-bearing terrorists traipsing through Charlottesville. And that means there's no way to ignore the need for change — systemic, yes, but also personal. Charlottesville's recent violence forces every student to feel the heft of their reactive inertia — we must change our behavior in some way so as to translate our horror into meaningful progress.

We must all be better allies, and there are many ways to change our behavior for the better. The first type of allyship is participation in direct

action. Protests play a critical role in galvanizing our community to think critically about its failings. In the past, allies have been needed to Occupy the Rotunda to resist hate speech and to protest the Trump administration's Muslim travel ban. More recently, allies have been needed to show solidarity with athletes like Colin Kaepernick at Scott Stadium and to support the efforts of groups like U.Va. Students United. Students can be informed about many opportunities for direct action by liking minority and activist organization Facebook pages or joining multicultural listservs.

As I've written previously, however, direct action is not the only form of resistance. A second type of allyship involves education and attendance. Whether you're able to participate in protests or not, find sensitivity trainings like Safe Space, Green Dot, UndocuAlly or Unpacking Privilege to attend. Support educational initiatives like the Latinx Student Alliance's Follow the X campaign or the Muslim Students Association's Islam Awareness Month events. Go to the general body meetings of Feminism is for Everyone or the Queer Student Union. Developing empathy and understanding for the lived experiences of those different from you plays a powerful

role in preparing our community for larger, more systemic change in future.

Other forms of allyship fall somewhere between the spectrum ranging from personal development to direct action. You can participate in discussions of how to bring the University community closer together, make phone calls for socioeconomic diversity or work outside the system of student groups and CIOs. You can support Charlottesville community groups such as Cville Pride or Showing Up for Racial Justice.

The bottom line is this — add one new habit to your routine that responds in some way to the increasingly-evident evils around us. And then, of course, begin to incorporate more and more various forms of allyship. But start wherever you need to, because the most important thing is being better now about minority allyship than we've been before. Marginalized communities need allies to make meaningful change. And with Nazis on our doorstep, there is no excuse for apathy.

JACK CHELLMAN is a Viewpoint writer for *The Cavalier Daily*. He can be reached at opinion@cavalierdaily.com.

H

HUMOR

As the weather turns colder and the leaves turn orangier, students all across Grounds may be thinking about dumping that long-distance summer fling from back home. Well, they're in luck because we've compiled a list of ways to do it without emotionally scarring them too much. Thank me later.

1. "I'm pregnant with someone else's baby."

The good old pregnancy scare. It'll send even the most committed boo thang running to the nearest bus out of town. Save this one for after you've had one too many trips to the dump-

ling truck — if you have a food baby, it's only half a lie, right?

2. "I can't do long distance. I need constant cute couple pictures to post on my Instagram."

Everyone knows that cute couple pictures are a total like-trap, and you need to have a steady stream to post to the 'gram. By the time he gets here to visit, everyone will have already posted cute pics at Carter Mountain and yours will just get lost in the fray. You have to stay on the top of your game if you want to get to 1,000 followers, and long distance just won't cut it.

3. "After seeing Justin Timberlake at A Concert for Charlottesville, I realized that I have a weird thing for 36 year old men with goatees."

Honestly, who doesn't have a thing for Justin Timberlake after that performance? He might be old and have a wife and child, but damn. Like, damn. Sorry babe, but he brought sexy back and I don't ever want it to leave.

4. "I need to focus on school."

While this one sounds like an obvious cop out, it doesn't have to be completely false depending on your situation. By "school," you could mean that hottie who sits on the other side of your 200 person psych lecture. And hey, on the off chance that he talks to you, you need to have your options open. When I try to focus on school, I end up focusing on the literally thousands of hot guys my age who are literally everywhere across grounds. Sorry, former lover, we just have to break up.

5. "I'm taking a vow of celibacy and joining a convent in Spain."

This one works really well if you drop it right before you study abroad. If he questions this lie's legitimacy, you'll have a plane ticket to prove it. Just make sure he doesn't see that your suitcase is full of crop tops and clubbing clothes. International data charges and entire oceans of separation will make it really easy to keep this swerve going for at least a few

weeks. Hopefully, by the time you get caught, he'll have moved on with someone a little less cute than you.

6. "I accidentally got married."

"I was out one night at Trin, casually sipping yet another vodka cranberry, as a sweaty guy aggressively grinded on me, when I saw him. We locked eyes from across the room, and he awkwardly pushed his way through the crowd to me. When he finally reached me, he grabbed my face in both his hands. 'I love you,' he said looking deep into my eyes. At first I was annoyed, since he spilled my vodka cranberry, but then as I looked at him. I mean truly looked at him, and I felt as though I was staring at the missing half of my own soul. We left the bar hand-in-hand, smiling like teenage girls who just found out they put 'One Tree Hill' back on Netflix. We hopped in an Uber, and the rest is history. My bad, bro."

7. "I'm going as a 'single person' for Halloween."

I mean, if you aren't in a rela-

tionship, that's what most people's Halloween costumes are trying to convey anyway. Who can knock you for authenticity? If you want a truly legendary costume, planning starts NOW! Step one, lose the boyfriend. Step two, get lit.

8. "It's my life goal to be a spinster cat lady, and you're really getting in the way of that."

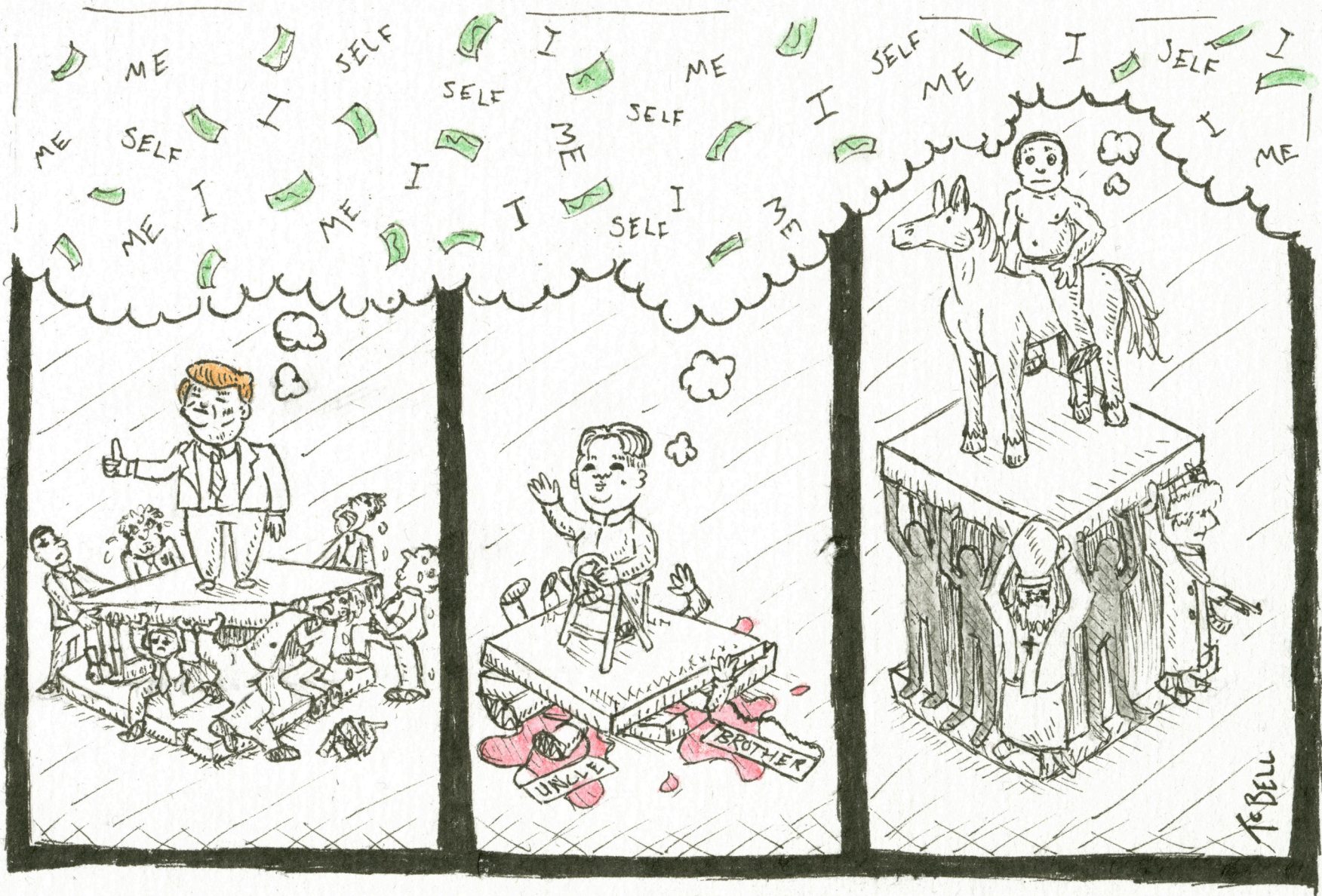
Let's be real, at the rate most of our love lives are going, this is going to become a reality eventually. We might as well embrace it. Besides, cats are adorable! No boo thing can compare. Bonus: if your now ex-crush ends up being weird or clingy, you'll have an army of cats to protect you. It's a win-win.

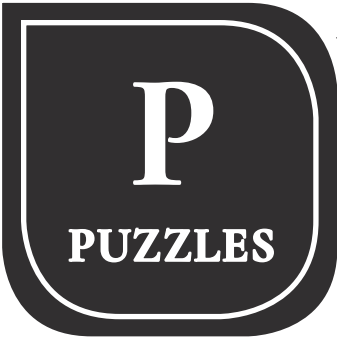
KATIE MCCRACKEN is a Humor columnist. She may be reached at humor@cavalierdaily.com

C

CARTOON

TRAVIS BELL | THE CAVALIER DAILY





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WEEKLY CROSSWORD PUZZLE

Dan Goff | Arts and Entertainment Editor

Across

1. Slang for overweight people
7. NOT the event going on this week, but a related one (in a high school context)
11. Colorless, odorless gas also called dimethyl
12. Honey-soaked Middle Eastern dessert
15. Position
16. Elevated
17. Accents placed over n's
18. Dry cracker
19. Member of major population group of Western Africa, Horn of Africa
20. "The cure to what ___ you" (minus the "s")
21. To the ___ degree
22. Slang for lover
24. ___ to action
26. State in Western India
27. Slang for modern type of camera
29. "I ___" — children's image search book series
30. Flower whose seeds might be found in muffins
32. Comparable, parallel
35. Sheep noise
38. Members on a ship
39. Urgent request
42. Sphere, often of light
43. Hawaiian necklace
44. Shocks into motionlessness
45. Popular band The Chain___
47. Lifts up, as a flag
48. Canada city
49. Not a softie

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50. Spoken words, as a speech
51. British slang for snackers
52. Stocking material
53. "Sleep sickness"-inducing fly
9. Where burners are located (2 words)
10. Utilized an opportunity "while the sun shone"
12. Lowest layer of something
13. To no ___ (unsuccessfully)
14. Tarantino flick "___ Bill Vol. 1"
23. Type of palm tree
24. Ornamental horse saddle
25. More than enough
28. Composition often used for violins
31. Cat's screech, maybe
33. Not laid-back
34. Moves through melting snow, maybe
35. City known for cream pies
36. Weapons stronghold
37. Leading away from the mouth
40. Complete
41. Donkeys
43. Russian Communist Vladimir
44. As a verb, drench in water — as a noun, drunk person (slang)
46. Stringed Japanese instrument
47. ___ Under the Lights (upcoming homecoming event)
49. Dynamite

Correction

In the Oct. 12, 2017 issue in the article, "Six City Council candidates seek two open seats," it was incorrectly noted that Kenneth Jackson did not respond to a request for comment for the article. Jackson did, however, return the request for comment, but there were scheduling issues with arranging an interview. The article has been updated online to note The Cavalier Daily was unable to schedule an interview with Jackson prior to the print deadline of the article.

*SOLUTION FROM LAST WEEK’S PUZZLE IS TO THE LEFT



"I want to speak for people, who don't have microphones. Our goal as a band is to stick up for the human race. We see the world, and we try to make it better in the limited time we have here."

This is how frontman Jacob Hemphill describes the philosophy surrounding his band SOJA — also known as Soldiers of Jah Army. The reggae group, based out of Arlington, Va., started as a group of friends in middle school and has since become a Grammy-nominated, international success. SOJA has performed in nearly 30 countries and has attracted a plethora of die-hard fans, who follow them around the world.

SOJA spent the summer touring America. Since then, they have taken two months off and will begin a tour in South America and Mexico starting Nov. 1. They wouldn't leave the country, however, before playing a show in front of their home-state crowd.

SOJA will perform at the Jefferson Theater in Charlottesville Oct. 21 and proceeds from this show will benefit the Heal Charlottesville Fund. SOJA's new album, "Poetry in Motion" will be released Oct. 27 — the entirety of the album having been recorded in Dave Matthews Band's studio here in Char-

lottesville. In anticipation of this show, Hemphill spoke with The Cavalier Daily about Charlottesville, the state of the country and their newest album.

Arts & Entertainment: So you're coming off a huge summer tour, and after some time off, you guys are going to spend November and December in South America and Mexico, promoting your new album "Poetry in Motion." What is your mindset like going into such an extensive international tour?

Jacob Hemphill: We feel like we're back. I mean, we're obviously used to touring a ton. That's our M.O. It's who we've always been. But this record feels like the best thing we've made in awhile. And when you have a good record, one that the musicians love, there's an excitement to get out on stage and rock the songs.

AE: The Oct. 21 show is your first in Virginia — your home state — since the events of Aug. 11 and 12 in Charlottesville, and you've announced that this show will benefit the Heal Charlottesville Fund. What made you feel that you needed to play here, in front of your home crowd, before you leave for South America?

JH: Charlottesville, to us, is a Mecca of creativity. It's where we rehearse, where we record, where we mix and

arrange our music. It's the home of our management, Red Light. We had to watch what happened, and it just felt like ... what? Wait, where? So we gotta play there first. Start this tour off right. Treat Charlottesville the way we see it: love.

AE: How is music used as a healing tool?

JH: Everyone uses it differently. My dad always told me that a microphone is a responsibility, should you choose it. It's a potentiality. It could just be nothing, but it could be so much more. It could be an affirmation of the beauty and connection of the human condition. It could be love to pain, it could be adversity to conflict. That's what we try to do. Just do something good, and let the rest follow. Hopefully good follows good. And we see it every day in our fans. It's the best part of the job — the beautiful reaction. The human condition.

AE: The album's first released single, "Bad News," focuses on very real issues such as the country being in "two pieces," as well [as] watching bad news and tragedy on TV. Can you describe what went into writing this song? And what is the effect that you hope this song will have on those who hear it?

JH: This song is saying, look, we're divided. We disagree on this Donald

Trump is the president thing. Okay. We get it. But how are we making anything better by screaming and yelling? Everyone preaches to their own choir, and no one gets s—t done. Now, more than ever ... It's time to come together.

I'll give an example. My neighbor is an awesome guy. When I say awesome, I mean awesome. Deep sea fisherman, super chill wife, cool kids, helps others — including me — every chance he gets. One of the good ones. One day we were shooting the s—t about whatever, and he said something, and I thought 'holy s—t I think he voted for Trump.' Immediately my mind forgot everything amazing I knew about him, if even for a split second, and I became the media, the noise, the garbage. I had to kick myself. 'He is awesome. The earth is lucky to have him here. I am lucky to have him here.'

People vote for all different reasons. And I don't give a s—t who anyone voted for. This country, this world, we need each other. Not dividing lines in the sand of hatred and misunderstanding — no. We need love and compassion for all our kin. And that's every person, animal, plant, ecosystem — everything. That's what the song means to me.

AE: Can we expect to hear some new tracks from "Poetry in Motion" at the Charlottesville show? Maybe some

of the songs that haven't yet been released?

JH: I don't want to give anything away, but f—k yes.

AE: Reggae is not a mainstream genre but it's one that is strongly emerging. What is it about reggae that you fell in love with and made you want to make a career out of it?

JH: Bob Marley. The songwriter who can make any human feel like the song is dedicated to him, no matter who he or she is, is the ultimate songwriter and the best kind of human. Bob Marley. Forever.

AE: You have played at practically every major festival imaginable. What is it to you that makes a festival so special and what is one of your best festival memories?

JH: Too many memories, man. Mostly watching my brothers get on stage, bare their souls, burst into balls of fire and collapse in exhaustion. And watching the crowd in joyous celebration. It's all one big circle. It's just like life. We either keep feeding each other or we keep starving each other. When it's the former, it's poetry in motion. When it's the latter, it's just noise and haste.

Jacob Hemphill, along with the rest of SOJA, will play at the Jefferson Theater Oct. 21.

'Black Monologues' prove to be incredible, essential

Third year of new tradition is just as powerful as ever

Dan Goff | Arts and Entertainment Editor

For a University not known for having packed audiences at theatrical events, the notion of a performance selling out every night is impressive, to say the least. The notion of a performance selling out every night, weeks in advance, is almost inconceivable — but still, the Black Monologues exist.

Though only in existence for the past three years, the Black Monologues have already staked their claim as one of the most well-known, anticipated and, most of all, necessary theatrical performances at the University. For those unfamiliar with the Monologues, they typically consist of a collection of speeches and skits — a total of 28 this year — that address the black experience in America and often the black experience at the University itself.

Held in the relatively small and bare Helms Theater and utilizing just a wooden crate as a prop, the Black Monologues might at first seem underwhelming. But once its members take the stage, the viewer realizes just how overwhelming the entire production is.

Jessica Harris and Rawdah Fawaz, Director and Assistant Director, respectively, gave a taste of the overwhelming events to follow when they took the stage before the show. They said that a range of emotions were expected — "You might even want to cry." The directors went on to say, "We welcome all these emotions," encouraging audience members to laugh, snap their fingers or respond verbally to the monologues as they saw fit.

Then it was time for the monologues to begin. As expected, the subjects of the skits quickly moved to the events of Aug. 11 and 12, starting with "For My Safety." This segment featured second-year College student Keiara Price discussing her choice method of dealing with the events' fallout. "Let's play a game called 'Were You at the Rally?'" Price said, explaining that the game could be played with any University students wearing "khaki pants and Hawaiian shirts," with "any white professor that marks both sides as 'morally wrong'" and even with "your president, T. Sully."

A later speech entitled "A Call to Action," presented by third-year College student Triston Smith, took a more grim and serious stance on the current political state of America.

"I am wondering why nobody is fighting with us," Smith said, later adding, "This is your call to action. If nobody else is fighting for us, we must fight for ourselves."

"Master Jefferson" was another notable speech, presented by fourth-year College student Madison Tatum — one of the standout performers of the night.

"I know of your University. Do you know of mine?" Tatum said, addressing a hypothetical Jefferson.

This was one of the most impressive monologues of the night, with topics focusing on the University's history of slavery and its relation to the country at large.

"America sold its innocence on auctioning blocks to the highest bidder," Tatum said, describing the country as the "land of the free where I was enslaved and told to behave."

One of the most thought-provoking monologues was "Suspension," starring first-year College student Victoria Hodge and fourth-year College student Michael Scott. The skit depicted the mental agony of deciding between whether to attend protests or to focus on schoolwork. Hodge pondered if the "biggest legacy of the Black Power movement" concerns studies and scholarship, adding that student interest in Black Studies is necessary to keep the classes in existence. Scott acted as the opposing viewpoint, reprimanding Hodge for her lack of involvement in student protest.

The later skit "Taboo: The U.Va. Blues" addressed similar struggles of black students at the University. Featuring third-year College student Tiara Sparrow and first-year College student Salem Zelalem, the joint monologue described some of the many racial inequalities at the University. "I have to be twice as good, twice as fast," said Sparrow.

Zelalem was another unforgettable performer, delivering dramatic

and sometimes tragic monologues. Her "LAT Monologue" was one of the last of the night, and it presented a compelling analysis and critique of the University's decision to require incoming students to take an implicit association test.

Zelalem criticized the University's technique as focusing on "a few bad apples instead of rotten roots," adding that institutions nationwide typically showed preference for a certain demographic.

"They [systems of power] keep happening to favor straight white men on accident," she said, in one of her several moments of scathing sarcasm of the night.

Zelalem also had a memorable speaking role in "For Your Entertainment," the only repeated skit from the previous year's Black Monologues. In it, the entire cast acted as terrifyingly gleeful, agreeable marionettes in a casting call for "black bodies."

"You need our Black bodies ... How many more do you need?" one cast member said.

Zelalem “Places, everyone!” Zelalem said at the end of the monologue. Every cast member collapsed on the stage as the sound of a gunshot rang out.

The Monologues maintained a steady alternation between the heart-breaking and hilarious, encompassing many aspects of black culture. “Sister / Brother to a Little Black Boy / Girl” was one of the most sobering presentations of the night, in which Hodge and third-year Batten student Nathan John both described what it’s like to grow up black with a sibling among rampant police brutality. “She’s young, but I’m sure she’s seen the videos ...” said John.

“Being the sister of a little black

boy is where life and nightmares converge,” Hodge said.

Tatum brought back the humor with “Black Rhythm Matters,” the hilarious, second-to-last skit. She described her experience marching on the Rotunda in a monologue that started off serious but took a turn when she said she realized something was off. “The damn whites were off-beat again,” she said.

“Black Rhythm Matters” was the perfect penultimate monologue for the night, as Tatum’s talent for humor was in full force.

“I just wanted to be emotional, and extra, and yell at Theresa ...” Tatum said. “I just feel like if my life really mattered to you, you would learn to clap on beat.”

The laughter was undeniably loudest during this skit, as Tatum coined the word “caucacity” and said, “We’re gonna add a rhythm module to your Netbadge.”

Then, Tatum was joined by the rest of the cast for a rousing and impressive final monologue — “Who Are We.”

Everyone on stage assumed various poses as the song “We Are Family” played in the background. “Who are we?” the actors said in unison. “We’re the black-a— monologues.”

It was a notably positive way to end a performance filled with many difficult, sobering realities of race. The combination of all the sketches, with their vastly differing themes and tones, made for a beautiful, realistic portrayal of the black experience at

the University and in America — an accomplishment for which the Black Monologues have become famous in just three years.

And this is just a sampling of the 28 monologues. Other notable segments included a skit in which Price and second-year College student Kai Millner criticized the 7 Society for their passive hanging of banners, a touchingly romantic speech in which Tatum told the audience how to “make love to a black woman” and “Dear Mama Africa,” in which John described the identity crisis that comes from not truly knowing one’s roots.

Clearly, there is no way to do the Black Monologues justice in an article. The one takeaway here is that simply reading about this production is not

sufficient. Experiencing it in person is the only way to truly understand the power contained within these speeches and skits.

The Black Monologues have shows this Thursday, Friday and Saturday. Though sold out, extra tickets are held at the door for those willing to arrive early.



Breast Care Program improves cancer prognoses

Advances in screening, treatment intended to improve detection

Catherine Wiedmann | Senior Writer

The University Cancer Center’s Breast Care Program has been on the cutting edge of advances in both the screening and treating of breast cancer, earning accreditation by the American College of Radiology as a breast imaging center of excellence.

In 2014, 239,109 people in the United States were diagnosed, according to the Centers for Disease Control and Prevention’s webpage on breast cancer. In the same year, 41,676 people died from breast cancer.

Breast cancer is typically detected by mammograms, which are X-ray images of the breast. Mammography reduces the risk of dying of breast cancer by around 40 percent. As technology improves, those numbers will continue to grow, said Jennifer Harvey, division director of breast imaging and co-director of the University Cancer Center’s Breast Care Program.

The recommended start age for women to get mammograms varies, but Harvey said that women should begin getting annual testing at the age of 40.

“Although [breast cancer is] less common for women in their 40s, it tends to get aggressive,” Harvey said. “Because of that, we really do need to find it early. Only about 25 percent [of breast cancers] are undiagnosed under the age of 50, but they account for about a third of breast cancer deaths. It certainly is less common but certainly not rare.”

Harvey said that as long as women are in good health, they should continue to receive annual mammograms.

At the University Medical Center, women have two options for their mammograms — 2D or 3D.

Traditionally, mammograms are

2D, like standard X-rays, and are available widely throughout the country. The Cancer Center implemented 3D mammograms over five years ago, and now, over half of examinations use this technology.

“Probably about 60 percent of the mammograms we do now are 3D, also called tomosynthesis,” Harvey said. “Instead of a single image of the breast, a machine takes 11 to 15 low dose X-rays at different angles over the breast and those are reformatted to 1 millimeter [image] slices.”

These slices allow radiologists to look at the various levels of the breast to spot any abnormalities, rather than just a single, comprehensive image.

By providing a more in-depth look into breasts, 3D mammograms finds around 30 percent more instances of breast cancer. Often, those cancers identified tend to be characterized as invasive types that are in danger of spreading to lymph nodes under the arms, Harvey said.

In addition, the typical 2D mammography results in 10 to 12 percent of women being asked to return because of potential abnormality on the image, according to Harvey. Extra pictures and an ultrasound can determine whether an abnormality actually exists, but 3D mammography limits the need for this step, meaning that almost a third less women get called for extra pictures.

Because most women over the age of 40 receive annual mammograms, the Cancer Center does 60 to 100 screening examinations daily.

One way the Cancer Center reaches more women is through a mobile mammography bus which is capable of performing 25 mammograms daily, according to the Cancer Center’s webpage.

Another improvement to breast cancer screenings has recently been implemented at the University Health System’s Mammography Center Northridge, which has begun to use screening ultrasounds.

“To my knowledge no one else in this area has the technology,” Harvey said.

The new machine, installed in the last month, uses sound waves to look for breast cancers rather than X-rays. This allows women who have dense breast tissue to get more accurate results.

“When we add ultrasound to a mammogram, we can find about 30 percent more cancers for women with dense breast tissue,” Harvey said. “Ultrasound cancers are dark on white tissue so we can see cancers on ultrasound that we can’t see on mammography [where they show up as white on white tissue].”

Though the screening ultrasound technology was implemented in the last few weeks, other testing measures have been used by the University Health System for much longer.

The Cancer Center’s High-Risk Breast and Ovarian Cancer Clinic has been working with patients for the past 15 years. The clinic determines risk based on family history and genetic testing, which further sets the University apart from other medical centers.

“Most hospitals don’t have a high risk clinic,” Harvey said. “[Our practitioners] are great at figuring out if somebody is at risk, and if so what kind of imaging and other tests they may need.”

If screening detects that a person has breast cancer, there are two options — attempting to save the breast through breast conserving therapy or removing the entire

breast in a mastectomy.

Standard breast conserving therapy has three components.

“The first component is an operation where we remove the tumor from the breast ... typically called a lumpectomy,” David Brenin, chief of breast surgery and co-director of the University Breast Care Program, said.

The second component consists most commonly of a sentinel lymph node biopsy, which checks to see if the cancer has spread under the arm to the lymph nodes.

Once the tissues heal from surgery, the patient undergoes the third component — radiation therapy on the breast.

Whole breast radiation is the standard method of radiation therapy and requires patients to receive treatment for a few minutes a day at a radiation facility. The process takes between three-and-a-half weeks to six-and-a-half weeks.

A separate option for radiation therapy is intraoperative radiation therapy, and is fairly unique to the University.

“We can actually give all the radiation during surgery,” Brenin said. “With two brief operations the patient’s treatment is completed with a total time of two hours.”

Intraoperative radiation therapy is available at a few locations throughout the state, though the exact treatment varies among centers.

“[Other centers are] using a technique that we believe is inferior to what we’re doing now,” Brenin said. “We have a special way of doing it that we believe is going to be shown to be better.”

One of the University’s newest studies into treatment options starts Friday and looks into ultrasound

ablation combined with immunotherapy.

“[The treatment is] using ultrasound waves to ablate, or heat up, the breast cancer in the breast or lymph nodes underneath the arms and cause a local immune response,” Brenin said. “We’re going to ramp up that immune response with a drug [that] ... tells white blood cells to attack tumor cells.”

Breast cancer typically does not elicit a significant immune response from the body on its own, so the treatment attempts to help increase the body’s response through focused ultrasound and medication.

The University is working to better treat breast cancer, especially for more advanced stages. This study hopes to help accomplish that.

“For patients with stage four breast cancer unfortunately the prognosis is not great,” Brenin said. “We’re starting to investigate at UVA and elsewhere new treatments ... to improve our ability to treat patients with advanced stage breast cancer.”

Patients diagnosed with stages one or two have a better outlook, according to Brenin.

“[For] patients with stage one breast cancer, more than 95 percent of them will be alive in five years,” Brenin said. “With stage two, more than 85 percent will be alive in five years. The prognosis for breast cancer has improved greatly over the past 10 years.”

Improvements in detection and treatment of breast cancer have led to these results, Brenin said, and the University looks to further improve on them for the future.

Study finds exercise correlated with healthier cells

Lab group utilizes MitoTimer reporter gene to identify physiological effects of aerobic exercise

Anna Christou | Staff Writer

The Centers for Disease Control and Prevention recommends that adults perform at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise per week to gain health benefits. A recent study by Cardiovascular Medicine Prof. Zhen Yan's laboratory at the University has revealed the impact of exercise at the cellular level. According to Yan's findings, published in "Nature," exercise improves the health of mitochondria by triggering the removal of damaged mitochondria. Yan's lab is a part of the Center for Skeletal Muscle Research at the Robert M. Berne Cardiovascular Research Center, and it focuses on the molecular mechanisms of exercise and the impact of exercise on health. Several ongoing projects in the lab include studying the impact of exercise on mitochondria and skeletal muscles, the benefit of exercise in protecting against diseases and the effect of maternal exercise on the health of offspring.

Yan's project that studied the importance of exercise on mitochondrial health received funding from the National Institutes of Health. Yan pub-

lished his findings with Laurie Good-year, associate professor of medicine at Harvard Medical School, Dr. Mondira Kundu from St. Jude's Children's Research Hospital's Pathology department and University Assoc. Biomedical Engineering Prof. Jeff Saucerman.

In order to study mitochondrial health, Yan's lab focused on mitophagy—the process of degrading damaged mitochondria. However, according to Yan, mitophagy occurs only in a small section of mitochondria, so finding a way to accurately measure this process was a challenge.

An important milestone in the progress of this study was the lab's development of MitoTimer. MitoTimer is a reporter gene for a fluorescent protein that targets mitochondria and assesses mitophagy. The color the MitoTimer gives off shows whether mitochondria are healthy or damaged and undergoing mitophagy. Consequently, the development of MitoTimer provides a mechanism of assessing mitophagy in cells. Yan then used this technology in his study on exercise.

"We used a couple of physiological models of endurance exercise in mice

combined with novel technologies of mitochondrial reporter gene ... And molecular genetics to ask the question how endurance exercise helps removal of damaged/dysfunctional mitochondria," Yan said in an email to The Cavalier Daily.

After using MitoTimer to study the cells of mice that were undergoing endurance exercise, Yan's lab found that exercise induced stress in a portion of the mitochondria of the cells, which then initiated the process of mitophagy. As a result, undergoing mitophagy allowed the cell to remove damaged mitochondria and become healthier.

According to Yan, this study on exercise-induced mitophagy offered further insight into why and how exercise is so beneficial for health and preventing disease. However, Yan said she still has questions she would like to investigate.

"We need to figure out how activation of mitophagy and occurrence of mitochondrial stress/damage are coordinated," Yan said. "In another word, we want to know how our cells figure out where the damaged mitochondria

are and mobilize the mitophagy machinery to remove them."

Shana Pack, wellness program director of Hoo's Well, said being physically fit can improve all aspects of well-being. According to Pack, although people used to only consider exercise as benefiting physical health, well-being consists of a variety of aspects, including mental, emotional, physical and social health.

First-year College student Katherine Lake agrees that exercise benefits many components of health.

"Exercise is important both from a physical and mental standpoint," Lake said. "While it keeps the body physically healthy, I think it also has positive impacts on the mind — releasing endorphins and making someone happier."

Pack said that one reason that some people do not exercise frequently is because they get out of the habit of exercising. In order to make exercise a habit and an enjoyable activity, Pack said that people should connect their values to physical activity. For example, if someone greatly values family,

Pack suggests that the person find ways to partake in physical activity as a family, such as by going on walks together.

"The other piece is starting small and being realistic not only in your goals — fitness goals — but being realistic with when and where it works," Pack said.

Pack also said that research findings, such as

Yan's study, show the benefits of being physically fit will help to encourage more people to exercise.

U.Va. team competes in Collegiate Inventors Competition finals

'Phoenix-Aid' invention aims to provide cost-efficient wound care globally

Irena Kesselring | Senior Writer

The Collegiate Inventors Competition gives college students the opportunity to present their inventions to be judged on the basis of degree of originality, development level of the product, potential benefit to society and level of student initiative. A team from the University, headed by fourth-year Engineering student Ashwinraj Karthikeyan and sponsored by Bala Mulloth, assistant professor of public policy, placed in the finals of the competition with an innovative product called "Phoenix-Aid."

Karthikeyan began working on the project after taking Mulloth's "Innovation and Social Impact" course in spring of 2016. He maintained contact with Mulloth over the summer and then asked Mulloth to be his faculty advisor in order to apply for grants. As a faculty advisor, Mulloth said he helped Karthikeyan by going over his business plan with him and providing him connections facilitate the growth of his project.

"I believe [Karthikeyan]'s going to have a really life-changing technology — it's rare to see students who are actually developing a product as opposed to a service,

so he's not building an iPhone app or just another software," Mulloth said. "He's actually building something which is patentable — in fact, he's patenting it right now — so I like the fact that it's a real product-based innovation rather than a service-based innovation."

Karthikeyan founded the company InMEDBio to address the need for better wound care technology. Also, he said he is focused on growing issues in the modern world, such as chronic wound issues associated with diabetes and prevent site infection. To work towards this goal, Karthikeyan and a team of fellow undergraduate students developed Phoenix-Aid.

Phoenix-Aid is a multi-layer wound dressing system that addresses what he and his team calls "the three ABCs of chronic wound healing" — "A" stands for accelerated healing, "B" for blocking pathogens and "C" for comforting the wound. Karthikeyan said that the system not only has implications for wound healing and infection prevention, but also that it serves as a cost-effective, more efficient replacement for gauze.

"I actually started this because

someone I knew passed away from a surgical site infection," Karthikeyan said. "They had gotten the surgery, and the surgical procedure was actually fine ... But she didn't know that she had an infection on the surgery wound. Because of that, it sort of got worse, and eventually, she passed away from it."

The Collegiate Inventors Competition is one of many competitions the team has entered. So far, they've won \$120,000 in grants and are currently in the process of obtaining a patent for Phoenix-Aid.

Anthony Scharf, program relations coordinator for the National Inventors Hall of Fame, in an email statement spoke about the Collegiate Inventors Competition and the implications of winning.

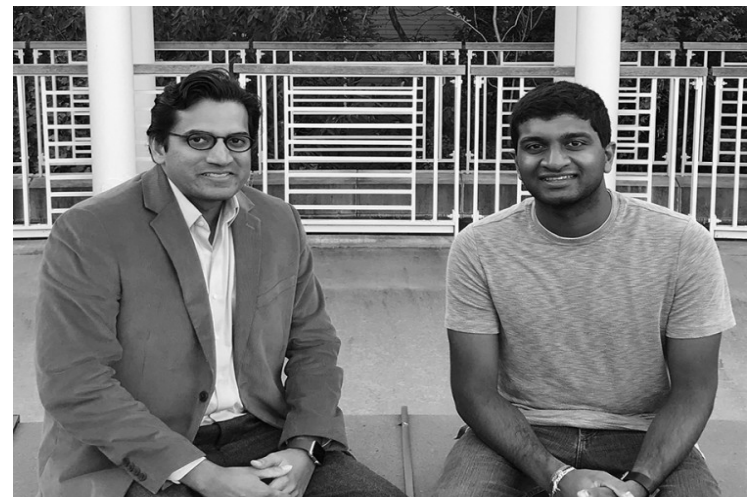
"The Collegiate Inventors Competition was founded in 1990 to encourage and drives innovation and entrepreneurship at the collegiate level," Scharf said. "The Competition brings together the nation's brightest college minds to showcase, recognize and award their cutting-edge research and discovery."

Placing as one of the 12 finalists in the Collegiate Inventors Com-

petition not only provides teams the opportunity to interact with experts in their respective fields and gain feedback, but also substantiates the importance of finding an alternative solution to wound care. After graduating, Karthikeyan plans to go full-time with the project.

"Winning a competition like this

validates the need for a solution," Mulloth said. "It'll de-risk investors when they talk to [Karthikeyan] because they'll see he's proven his mettle, not just through grants and research but also actually winning competitions ... But most importantly, he's really getting the word out on a national level."



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The undergraduate team, led by fourth-year Engineering student Ashwinraj Karthikeyan (right), is sponsored by Asst. Public Policy Prof. Bala Mulloth (left).



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