

THE CAVALIER DAILY

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**NASU
encourages
cultural
awareness
page 6**

**Editorial Board
student
election
endorsements
page 17**

**Young Women
Leaders
Program
fosters more
than
mentorship
page 13**

**“We don’t have safe
spaces on our grounds”**

page 4



EMMA KLEIN | THE CAVALIER DAILY

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This week in-brief

CD News Staff

Miller Center senior fellow Marc Short appointed as Mike Pence's chief of staff

Marc Short — a senior fellow at the University's Miller Center of Public Affairs and former director of legislative affairs for President Donald Trump — has left his one-year fellowship with the Center to return to the White House as Vice President Mike Pence's chief of staff. The addition of Short to the Miller Center faculty in Aug. 2018 was met with criticism and resistance by the University community.

Pence announced the decision in a tweet Tuesday morning, which said Short will be joining the staff in March. A press release from Miller Center communications director Howard Witt described Short as someone who “contributed valuable insights about the Trump administration” at the Center. “During his fellowship at the Miller Center, Short participated in public panels and events, engaged with students and faculty across the University of Virginia, and offered candid insights about the Trump Administration and

our current political system that helped inform Miller Center research,” the release said.

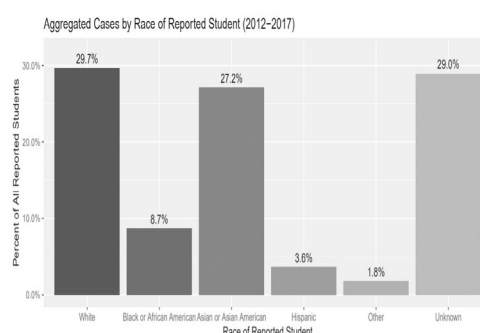
In an interview with The Cavalier Daily, Witt said Short's presence at the Miller Center contributed to the work of the Center's presidential scholars, who interpret the administrative actions of the executive branch — such as the legislative affairs Short himself aided in the Trump administration.

The Miller Center's release also included input from Miller Center director and CEO William Antholis, who congratulated Short and lauded his contributions to the Center. “Marc helped Miller Center scholars and UVA students better understand the Trump administration from multiple angles, giving us a clear-eyed insider's view of a White House operation that is often difficult to grasp — including both the administration's accomplishments and controversies,” Antholis said.



MEAGAN O'ROURKE | THE CAVALIER DAILY

Short served as White House legislative director before assuming his position at U.Va.



COURTESY OF HONOR COMMITTEE WORKING GROUP ON ASSESSMENT AND DATA MANAGEMENT

Since 2012, Asian American students are over-reported to Honor.

Report shows more Asian Americans, international students reported to Honor

The Honor Committee's recently-released Bicentennial Report includes extensive demographic data analysis of the body's reporting rate for students at the University since 2012. Despite some improvements in recent years with regards to disproportional sanctioning for certain demographic groups, reporting rates of Asian American and international students in particular have remained well above the group's student population at the University. White students make up 29.7 percent of reported students but made up 58 percent of the student population in 2017.

However, Asian American students are significant-

ly over-represented among students reported to Honor relative to their representation at the University as they constitute at least 27.1 percent of reported students but are only 12 percent of the University's domestic student population. Despite only making up 10 percent of enrolled students at the University, international students had a nearly 30 percent report rate. African American students are over-represented at 8.7 percent of reported students while making up only six percent of the student body. Hispanic students are underrepresented, making up six percent of students but 3.6 percent of reported students.

Newly renovated McCormick Road dorms to have gender-neutral bathroom

Student Council announced in a Feb. 7 email update to the University student body that all bathrooms in the McCormick Road first-year dormitories currently undergoing renovations — Page, Emmet, Echols and Humphreys — will be re-classified as gender-neutral and will no longer have urinals on every floor.

This statement comes as an update on a multiphase project that began in May 2016 and is projected to end in May of 2020, which includes the renovation of the McCormick Road dorms. While the renovation project will update the 1950s-era dormitories with new community spaces, bedrooms, electrical and plumbing systems, air conditioning systems and elevators, little mention has been made towards the addition of gender-neutral bathrooms in dorms until

the email announcement.

The bathrooms in the newly renovated dorms will not be the first gender-neutral bathrooms on Grounds. LGBTQ Student Services website currently provides an interactive map listing all of the gender-neutral bathrooms on Grounds, the Corner, Downtown and nearby areas for students to reference. There are currently 32 gender-neutral bathrooms on Grounds in locations including Ruffner Hall, Campbell Hall, Minor Hall, 1515 and West Range Cafe. Students are able to submit corrections or updates to the map through email.



SOPHIE ROEHSE | THE CAVALIER DAILY

The renovation of the McCormick Road dorms are projected to end in May 2020.



GEREMIA DI MARO | THE CAVALIER DAILY

U.Va. cancelled classes for the first time since March 2018.

U.Va. cancels classes due to inclement weather

Executive vice presidents Jennifer Wagner Davis, Thomas C. Katsouleas and Richard P. Shannon, M.D. announced the cancellation of classes in a mass email to the University community early Wednesday morning, following a night of snow showers. According to the National Weather Service, Charlottesville received up to three inches of snow fall with the possibility of freezing rain throughout the day.

The University's Office of Safety and Emergency Preparedness updated its Operation Status Board with several modifications to University services. University Transit Service bus

routes were suspended until Thursday morning.

All dining service locations operated under normal hours. All recreation facilities were also open, with the exception of the Memorial Gymnasium. Aside from Clemons Library, all libraries were closed.

The last time the University cancelled classes was March 2018 due to four inches of snow fall.

Informed Retraction reduces Honor hearings, report finds

The Bicentennial Report shows the IR has significantly reduced the number of hearings, case processing needed for adjudication

Geremia Di Maro & Erica Sprott | Senior Writers

The Honor Committee's recently-released Bicentennial Report includes an in-depth review and analysis of the Committee's Informed Retraction (IR) since its implementation in 2013. The report finds that the sanction option has reduced the number of hearings necessary in the adjudication process while also decreasing the number of guilty hearing outcomes.

The IR allows a student who has been reported to the Honor Committee for an alleged act of lying, cheating or stealing to take responsibility both by admitting such offense to all affected parties and by taking a full two-semester Honor Leave of Absence from the University community. A student may only file an IR during the seven-day period after the individual has been notified following the initial witness interview and before any hearing or trial process has begun.

Sanctions are those outcomes of cases in which a student is ultimately considered guilty — whether through an informed or conscientious retraction, leaving the University admitting guilt or through a guilty verdict handed down through an Honor trial.

The Bicentennial Report was released to the public Feb. 11 and is a comprehensive historical and statistical review of the Honor System at the University compiled and analyzed by the Committee's Assessment and Data Management Working Group.

After the IR was incorporated into Honor's Constitution in 2013 via University-wide referendum approved with 64 percent of the vote, the Committee's sanctioning process was immediately altered, according to the report. Between 2012 and 2017, the IR comprised the majority of all sanctioned outcomes and more than 22 percent of all cases.

In an interview with The Cavalier Daily, Ory Streeter, Honor Committee Chair and fourth-year medical student, said the implementation of the IR was quickly followed by a significant increase in the sanction rate for reported cases due to publicity generated by the Committee regarding the new sanction option. Streeter added that the implementation of the IR is one of the most dramatic overhauls in Honor's history of adjudication since the Committee was established in 1912.

"I think a part of that probably is the fact that people were very, very aware of the Informed Retraction," Streeter said. "They saw that it had come into place they knew that reports wouldn't necessarily end in an expulsion for a student who is

willing to take ownership of the mistakes."

For the past three years, according to the report, around 40 percent of reported students have chosen to file an IR. Despite criticism at the time of its approval, the implementation of the IR did not eliminate Honor's long standing single-sanction policy at hearings in which a student found guilty during trial is immediately dismissed from the University.

However, during a University-wide referendum in the spring of 2016, the student body nearly voted to amend Honor's constitution to allow for a multi-sanction system in favor of the current single sanction policy, but the measure failed to receive the required 60 percent majority of the total vote share. Honor's current adjudication process is not considered to be multi-sanction as a guilty verdict after a trial has begun can only result in a student's dismissal from the University. The 2016 referendum would have allowed for alternative sanctioning outcomes even after a hearing had begun.

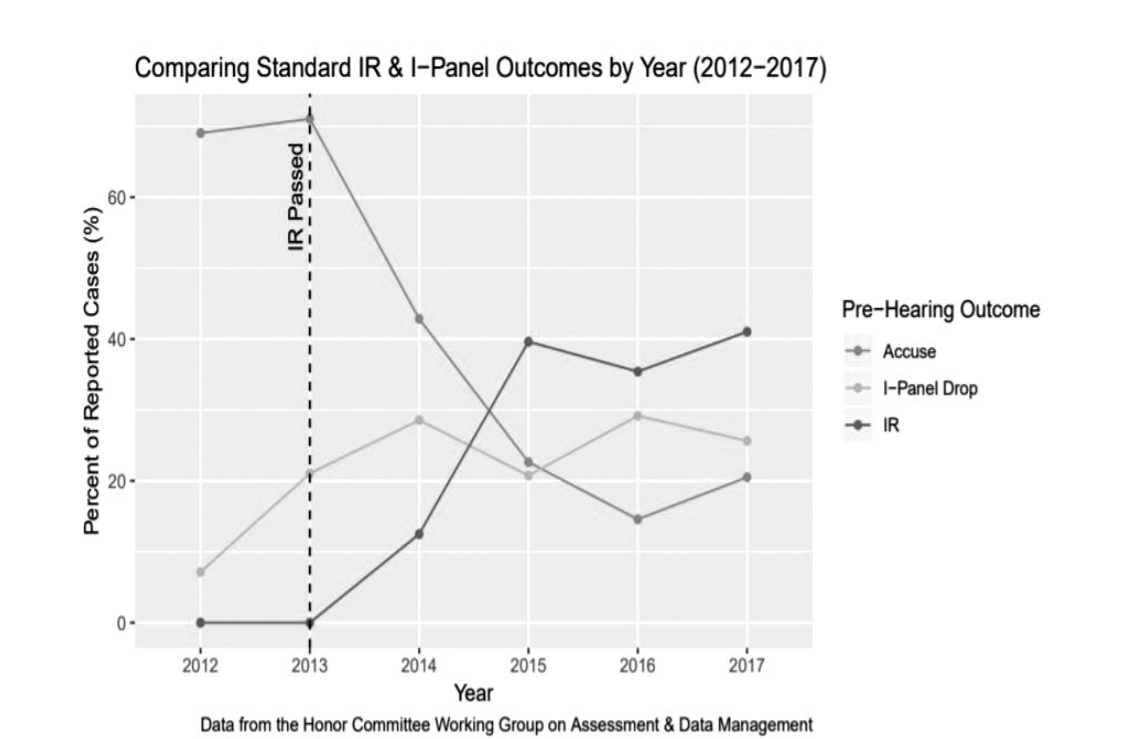
In an interview with The Cavalier Daily, Charlotte McClintock, a third-year College student who oversaw much of the report's development as chair of the Assessment and Data Management Working Group, said concerns viewing the IR as a "plea bargain" are unfounded.

"So what's interesting is a lot of students worried that when the Informed Retraction passed that students who are not guilty would take an Informed Retraction as a plea bargain," McClintock said. "We actually see that the proportion of students who [face] some type of sanction ... relative to students who face no sanction ... has actually stayed relatively constant over that period."

Currently, students may only file a single IR during their time at the University. However, reforms to the process in the spring of 2018 enabled students to admit guilt to several Honor code violations under a single IR claim with the same outcome of readmission into the Community of Trust.

The IR is only one of several processes by which Honor adjudicates cases. For example, if a student commits an Honor violation and wishes to admit guilt to the offense before being reported, the individual may file a Conscientious Retraction in which he or she must make amends with the affected party and is absolved of guilt. The Conscientious Retraction was first approved by referendum which was codified into Honor's constitution 1982.

Once an Honor violation is re-



COURTESY OF HONOR COMMITTEE WORKING GROUP ON ASSESMENT AND DATA MANAGEMENT

Since the passage of the Informed Retraction in 2013, the sanction-option has quickly become the most common Honor adjudication outcome for cases decided before a hearing needs to be held.

ported to the Committee, the accused student then has the opportunity to file an Informed Retraction. Otherwise, the case is brought before an Investigations Panel in which a panel of three Committee members review evidence to decide if there is sufficient cause for the case to proceed to a full trial, where final decisions on the guilty or not guilty verdict of the case are administered. Students may also avoid trial at almost any point by choosing to Leave Admitting Guilt after which students are unable to return to the University.

Between 2012 and 2017, guilty verdicts made up 15.2 percent of all cases, while Leave Admitting Guilt comprised 5.4 percent. Among outcomes where there was no sanction, I-Panel drops made up 22.5 percent of cases, 18.1 percent were not guilty and about seven percent were classified under the Contributory Mental Disorder policy; in which students undergo a psychological evaluation independent of Honor to assess how a mental illness may have contributed to an Honor offense.

In the past five years since its implementation, the IR has "changed the [Honor] system significantly in a number of ways," according to the report. Fewer students have been accused at I-Panels as the proportion of students taking the IR has increased, meaning more cases are dropped at I-Panel. In 2012, before the IR went into effect, only about five percent of cases were dropped at an I-Panel. However, that rate had grown to more than 25 percent by 2017.

"Students with enough evidence in their case to pass the 'more likely than not standard' at I-Panel and be sent to hearing are choosing to make IRs instead," according to the report. "After the introduction of the IR, LAG outcomes and guilty verdicts at hearings decreased and students choosing to make the IR increased by around the same amount, suggesting that students who would have previously been found guilty at a hearing or left admitting guilt are now choosing the IR."

Streeter said the implementation of the IR has encouraged students, who have ample evidence presented against them regarding an Honor violation, to take responsibility for their actions early in the process rather than facing a lengthy adjudication process with a likely guilty outcome.

McClintock added that students who are claiming IR sanctions likely would have been found guilty during a trial.

"Students who have taken the Informed Retraction in the most recent years are often the same students who would have been found guilty at a hearing in previous years," McClintock said. "Where the proportion of students who have been found not guilty — either by drop by the executive committee, drop by the investigative panel or who are found not guilty to hearing — has stayed relatively the same over the course of the six year period."

Consequently, while the number of hearings per year has rapidly declined overall — from 25-30 cases annually before the IR to less than

10 in 2016-2017 — the number of guilty verdicts has increased, while not guilty has decreased. Between 2012 and 2017, not guilty case outcomes peaked at nearly 40 percent before declining to only 10 percent of all case outcomes by 2017.

By comparison, guilty verdicts made up nearly 38 percent of all case outcomes in 2012 followed by a sharp decline in subsequent years with only 12.5 percent of cases ending with guilty verdicts after trial in 2017.

As a result, Streeter said the implementation of the IR has not only transformed how students are adjudicated for Honor violations but the internal operation of the Committee itself.

"Hearings are a monumental endeavor," Streeter said. "They require tremendous work by dozens of people [and] hours and hours and hours of preparation to make sure that we do that job well. And so when you go from having 35 a year down to less than 10 ... [it is] without a doubt, less work for the Committee."

Streeter also said the significant decrease in internal case processing and other operations related to the conduct of Honor trials has allowed the Committee to reflect on its adjudication process and its outcomes through efforts such as the Bicentennial Report. He added that such a data driven review likely would not have been possible for the Committee to carry out before the implementation of the IR.

Student leaders call for more spaces for minority students

The current Multicultural Student Center is too small to meet the needs of the minority community, student leaders say

Ali Sullivan | Senior Writer

For front desk assistant and second-year College student Alberto Serra, the Multicultural Student Center is a place he can go at any time and be greeted by both familiar faces and make friends with new ones. Located in the basement of Newcomb Hall, the MSC at its busiest is abuzz with the sounds of music, conversation and laughter among students and fingertips against keyboards. MSC staff work to make sure the space is not just another study spot for students, according to Serra.

“Usually, we have music playing and students talking to each other and doing work, but also really talking to each other,” Serra said. “There’s a lot of laughing, and I mean obviously that changes if there’s events or if the MSC is closed it’s much more quiet because of the speaker, but usually it’s very lively and talkative but also not super loud.”

Founded in Oct. 2016, the MSC offers a space for marginalized or underrepresented communities — which comprise roughly a third of the University community — yet the center hits its maximum capacity at 49 people. The center is led by Natalie Romero, student director and third-year College student, who said that the space oftentimes lacks the square footage necessary to accommodate the various communities it serves.

“The Multicultural Student Center and the LGBTQ center serve a fifth of the population plus, and the space only holds fifty people, and the LGBTQ Center holds even less,” Romero said. “There are days when people are looking for a space to hang out and chill, and it’s full, so they don’t come in here or they leave.”

Vilas Annavarapu, third-year College student and chair of the Asian Leaders Council — an umbrella organization with 14 Asian/Asian Pacific American constituent organizations — said that the MSC provides a haven for underrepresented communities at the University. This haven replicates the University’s ideals of active student interaction and dialogue. However, the space is tucked away in the windowless basement of Newcomb — an invisible and non-central space on Grounds.

“Iconically, you think of the Lawn as a space that’s public, well-positioned, supposed to be accessible to all different students — a space where faculty and students interact with one another,” Annavarapu said. “That’s what UVA. constantly parades as the idyllic space for its students. The story for minority students and students of color is quite different.”

Calls for expanding the MSC

The discrepancy between the minority student population at the

University and the space available in the MSC has inspired Latinx members in the University to call for their own space on Grounds. Romero said that the Kaleidoscope Room, located on the third floor of Newcomb, holds potential to transform into a Latinx student center — however, when she pitched the idea to faculty last summer, she was quickly shot down.

“I was told, basically, that getting a Latinx student space would then mean that other groups would also want their own spaces, and that’s something that wasn’t feasible ... why were we dividing the students, essentially,” Romero said. “Bunching us all up together isn’t celebrating our differences. Our differences do need to be celebrated.”

Upstairs from the MSC, the Kaleidoscope Room originated in 2004 as the Center for Cultural Fluency. Borne out of efforts spearheaded by the Minority Rights Coalition — which oversees several minority student organizations at the University — the center was established in the wake of a racially-charged year that culminated in the racially-motivated assault of former Student Council candidate Daisy Lundy. Lundy, a Korean and African American student, was forcefully slammed into the wheel of her car by a man who also made a racial slur about her candidacy.

Initially envisioned to be a space serving the same purpose as the current MSC — one that would promote cross-cultural dialogue and a safe space for underrepresented communities — the Center for Cultural Fluency is no longer in existence. The Kaleidoscope Room was officially repurposed in 2010 — today, the space is like any other reservable room in Newcomb Hall.

Vicki Gist, assistant dean of students and the director of multicultural student services, said in an email statement to The Cavalier Daily that she has not had any in-depth conversations about the creation of a Latinx student center, although she is aware of the desire that persists within the community.

“Many higher education scholars have conducted research that shows it is beneficial for students of color on predominantly white campuses (and underrepresented/marginalized students in general), to have multiple places where they feel validated and can build community, including cultural centers,” Gist said. “From what I’ve seen, the Multicultural Student Center has become one such place on grounds, and I regularly see Hispanic/Latinx students utilizing the space.”

The lower level of Newcomb houses a variety of student groups — The Cavalier Daily, the MSC, the LGBTQ Center and the University

Guide Service. Due to renovations, U-Guides moved in January 2018 from Pavilion VIII to what was formerly the Media Activities Center, a computer room in the Newcomb basement.

“We’ve been asking to be added to the computer room for so long,” Romero said. “U-Guides do allow other people to be in this space, but you can’t book this space ... It used to be a computer room, so you’d see students in here on their computers all the time.”

Romero said that aspirations to expand the MSC into other unused areas in Newcomb have gone unrealized.

“I’ve mentioned [expanding the MSC], but I really didn’t feel like I was going to get anywhere, so I didn’t try to pursue that conversation because I was getting closed doors,” Romero said.

Al Ahmed, a fourth-year Curry student and president of the Muslim Student Association, said he has run into the same closed doors as the MSA has pushed for more prayer space for Muslims students around Grounds. Muslim students currently have the option to pray in the Meditation Room on the fourth floor of Newcomb Hall, but the space can oftentimes get overly crowded when students try to pray in between classes. Ahmed says that the MSA has continually called for



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Founded in late 2016, the MSC offers a space for marginalized or underrepresented communities — which comprise a third of the University community — yet the center hits its maximum capacity at 49 people.



RILEY WALSH | THE CAVALIER DAILY

Student leaders say the MSC is the only safe space for underrepresented communities. The Kaleidoscope Room in Newcomb Hall — which was built in 2004 — was initially dedicated to promoting cross-cultural dialogue and a safe space for underrepresented communities, but was repurposed in 2010. Today, the Kaleidoscope Room is like any other reservable room in Newcomb Hall.

expanded on-Grounds prayer space over the last year and a half, but the University has yet to take concrete action.

“It’s been like one person to the next,” Ahmed said. “First, I talked to Dean Gist about it. Then, she said she talked to her higher-ups. [I talked to] Dirron Allen and different administrators and deans ... They’ve been saying ‘we’re working on it, we’re considering you guys, we’re brainstorming possible spaces,’ and that’s been the response we’ve been getting for the past year.”

Space isn’t always physical

Joseph Malasa, a fourth-year College student and president of the Organization of Young Filipino Americans, said the University sometimes neglects to advocate for the spatial needs of minority communities.

“When we think about the Lawn rooms and fraternity houses that have these endowed and alumni-given spaces, when we think about the University — not really blaming the University — there hasn’t been enough fundraising for people of color in order to feel like they have a space where they belong,” Malasa said, in reference to the attempts of Latinx students to have their own student space on Grounds while receiving minimal support from the University.

However, Malasa explained that the issue transcends physical space and that the University must acknowledge and advocate for the needs of minority students.

“It’s not so about who deserves the space or who doesn’t, it’s how can we build an institution that can understand the needs of multicultural students,” Malasa said. “Even multicultural students have a lot to learn. I’m still learning every day about how to navigate these large

systems — how to get my micro needs into the macro conversation about what the University thinks is important for students.”

Annarapu echoed this sentiment, saying that there exists insufficient academic space for students of color. In Oct. 2018, the ALC released a report entitled “We Are Not Invisible: A Report for Academic Reform.” Of the various concerns detailed in the report, the ALC in particular calls for the creation of diverse academically oriented spaces, namely through the establishment of an American Studies department. Departmental status would allow students more flexibility and choice in choosing courses related to Asian-American Studies. Currently, the College only has an American Studies program.

“We don’t place enough value on academic space for students of color — what does it mean when you create classes or departments that really focus on ethnic studies? What are the spaces and academic communities you’re creating there?” Annarapu said. “U.Va. is really really bad about both of those things, and there needs to be active efforts to think consciously of why these spaces are important, and what meaningful steps we can take to make them more accessible.”

What the MSC offers

Although some students hope for increased University involvement in Multicultural Student Services, they are grateful for the existing designated space for student activities. Both Romero and Malasa agree that catering from outside companies in the MSC is important to events organized by different cultural groups. Romero says that allowing outside catering is necessary to authentically celebrate cultures represented in dif-

ferent events.

“U.Va. catering does not meet the cultural diversity of the students and their food,” Romero said. “If we want food that isn’t U.Va. catering stuff, then we can’t really order it. We don’t eat those foods, or the way [U.Va. catering is] going to make it isn’t the way that the local catering group will make pupusas.”

Beyond freedom of food choices, Romero and Malasa believe that the MSC most importantly offers validation to minority students who may feel that their concerns and needs aren’t heard elsewhere at the University. Although Dean Gist said the MSC is not the only safe space for minority communities on Grounds, Romero disagrees.

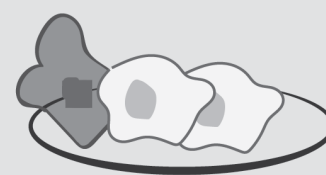
“We don’t have safe spaces on Grounds,” Romero said. “No matter how much U.Va. wants to say that we do — we don’t. That’s just reality.”

Malasa said an inclusive University — one in which communities all feel secure — requires policy that enshrines the needs of minority students while providing those students with the resources necessary to making their voices heard.

“Organizations with privilege, institutions with privilege, and other students that have the privilege to feel like they have enough space are able to say ‘Do we really need more space for multicultural students?’ — that leads to a lack of a policy solution,” Malasa said. “It’s not that there isn’t a policy solution that can be made — the question is why aren’t we allowing multicultural students to be given resources so they can figure out a better policy?”

UPCOMING EVENTS AT THE MSC

**BLACK SOUND,
BLACK
HISTORY**
Thursday: 5:30-7PM



**FREE FOOD FRIDAY:
DARDEN FUTURE
YEAR SCHOLARS
PROGRAM**
Friday:
11:30AM-1:30PM

**PLUMAS
OPEN
MIC**
FRIDAY: 7:30-8PM



Native American Student Union works to raise cultural awareness

In 2018, 19 individuals or 0.12 percent of the University's undergraduate student population identified as Native American or Alaskan

Riley Walsh, Caitlin St. Amour and Rachel Zentmayer | Photo Editor and Staff Writers

At the University, the five member Native American Student Union has taken on the difficult task of representing their ethnic group and addressing cultural appropriation that has taken place at both the state level and within the University community in the past couple of weeks.

"Right now we're pretty small in terms of actual numbers and membership," Anthony Malabad, third-year College student and NASU president, said. "However we are, in the rules, very inclusive. You don't have to be Native to join. It's just open to Native students, allies — really anyone who's interested in the culture and learning more about Native community and Native issues."

NASU core members task themselves with fighting for the rights of and organizing events for students from indigenous backgrounds at the University. Their recruitment actively targets mainly students who self-identify as being of Native American heritage when they apply but is open to all students.

In 2018, 19 individuals or 0.12 percent of the University's overall undergraduate student population identified as Native American or Alaskan — indicating lower enrollment from 2009, when 26 individuals identified as Native American or Alaskan and represented 0.18 percent of the undergraduate student body. Currently, 16 individuals who identify as Native American or Alaskan are in the College, while two are in Engineering and one is in Commerce. Since 2009, there have been no students who identify as Native American or Alaskan in Batten, Architecture or Curry.

"We do partner with Multicultural Student Services — they give us a list of incoming first years who identified Native on the ... [self-reported demographic data on SIS] coming in, and we reach out to them through email," Malabad said. "We also are at the activities fair and at a lot of events at the very beginning of the year that Multicultural Students Center puts on."

Second-year College student and vice president of NASU, Fernanda Yepez-Lopez, is the organization's representative to the Minority Rights Coalition. She is also one of the University's 19 students who identifies as Native American this year. Yepez-Lopez said she got involved in NASU her first year because of outreach efforts by the University and credits the community with bringing attention to incidents on Grounds that are often overlooked.

"If I wasn't involved in the [NASU] community there are a lot of things that I wouldn't find out," Yepez-Lopez said. "People who are hurt within the [NASU] community don't necessarily want to talk about it with people who are not from that community, and obviously the people who are oppressing might not know that they're oppressing

ing or don't want to acknowledge it. So a lot of people are left out of the loop of what it's like to be a minority community at UVA."

In light of recent events, such as the confrontation caught on video Jan. 20 between a Native American activist Nathan Phillips and students from Kentucky's Coventry Catholic High School in Washington D.C. — where the students mocked Phillips — Malabad has seen the organization shift into a role as an advocate for Native Americans, both individually and through partnerships with other organizations in the Minority Rights Coalition.

"I think definitely since I've been here we've stepped up into a more of an advocacy role and partner, done a lot more partnerships with BSA and LSA and other organizations through the MRC, the Minority Rights Coalition, sort of in response to things that happen, [such as] August 2017, but also we're involved with sort of political issues that affect the different marginalized communities within Minority Rights Coalition and sort of help them out in terms of volunteering in terms of promotion for their campaigns," Malabad said.

According to Yepez-Lopez, minority groups around Grounds often rely on one another for support and information, particularly through the Minority Rights Coalition.

"If something happens to one of the other groups that's in the Minority Rights Coalition, we usually find out," Yepez-Lopez said. "As soon as Anthony and I learned about the incident with the [Kappa Sigma bid day] pictures, we told the Minority Rights Coalition right away. They do the same for for whenever something happens to them. So it's a very interconnected community. Like we all struggle in different ways, but there's no hierarchy in that suffering."

When images surfaced on Instagram and Twitter Feb. 3 showing multiple men of the Kappa Sigma fraternity in a case of what appeared to be cultural appropriation as they donned Native American attire on fraternity bid day, NASU's role in advocacy kicked into gear in response. In addition, several Zeta Tau Alpha women were criticized for wearing sombreros and holding maracas as part of chapter-sponsored big-little reveals in a social media post that has since been deleted.

"Cultural appropriation isn't just an issue that affects the Native community, it's something that affects all minority communities, and as we have shown recently it's been going on for a long time"

Anthony Malabad, NASU President



RILEY WALSH | THE CAVALIER DAILY

Third-year College student Anthony Malabad is president of the Native American Student Union.

Two days after the incident, NASU posted a statement on Facebook in response to the events and called the specific incident at the fraternity both "incredibly disrespectful" and an act of "blatant racism."

"To the community, we ask that you show your support by getting educated on cultural appropriation and the history behind ethnic groups' traditions," the statement said. "The true travesty in this situation is that these two students are not alone in their ignorance."

Along with their statement on Facebook, NASU have been planning a series of events and outreach programs aimed at educating the IFC and ISC about cultural appropriation, starting with the open letter released Feb. 15, entitled "Not Your Costume."

The criticism of the photographs that emerged on social media underscored the racial dynamics of the University's Greek system. Inter-Fraternity Council and Inter-Sorority Council chapters at the University are often predominantly white, and the photos symbolize what some people view to be a system unwelcoming to minority students.

The IFC released a statement later that evening condemning the actions of Kappa Sigma fraternity members during IFC bid day events. The statement described the attire as "prejudiced and culturally insensitive," also labeling the actions as a form of cultural appropriation. The IFC also said it would work with the University and Kappa Sigma leadership to further investigate the actions depicted in the photo.

"The president of the chapter of Kappa Sigma reached out to me directly and apologized and he said that he's looking forward to meeting with me and with NASU ... to apologize in person, but to also work with initiatives going forward and to sort of open a dialogue, which I think will be good for both of our communities," Malabad said.

In the letter, NASU called on the University's Office of Fraternity and Sorority Life, the Inter-Fraternity Council and the Inter-Sorority Council for more accountability by the fraternities and sororities in their own constitutions and their relationships with the University, including "increased investment in the education of the history of racism in Greek life and a commitment to increasing the accessibility of Greek life to students in marginalized communities."

"We're sort of creating [a] campaign about cultural appropriation that's supposed to be getting off the ground, actually within the next day or two, because cultural appropriation isn't just an issue that affects the Native community, it's something that affects all minority communities, and as we have shown recently, it's been going

ing on for a long time," Malabad said.

The letter points to the current controversies over blackface and appropriation as proof of the practices that have existed at the University since the 1800s and lingered into the present.

"[The acts of appropriation] lack the respect of traditional cultural heritage and history, as well as the consent from these communities before embracing sacred aspects of their cultures," NASU said in the open letter. "In these acts, there is no acknowledgment of the violence and struggle that our communities have had to suffer in order to continue practicing our traditions. Our heritage is not a costume. Our cultures should never be trivialized or minimized."

Various student organizations, such as the Latinx Student Alliance, Organization of Young Filipino Americans, Queer Student Union, Asian Leaders Council and the Black Student Alliance have signed the letter in solidarity with NASU.

NASU has organized events that celebrate Indigenous culture in the University community and Charlottesville, including an annual powwow held on Grounds and plans to host a major upcoming event in partnership with the Kluge-Ruhe Museum of Aboriginal Art at the University. The Kluge-Ruhe Aboriginal Art Collection is, according to the museum's website, "the only museum outside of Australia dedicated to the exhibition and study of Indigenous Australian art."

The group's first annual powwow has held in 2015, but in 2018, the powwow was canceled for unspecified reasons, according to a Facebook post by NASU.

"Since NASU is a small organization, we have to focus on some things," Yepez-Lopez said.

"This year we decided not to do the powwow, so we have been able to take time to tackle the issues that are surfacing now."

NASU is planning multiple major events in the next year open to the entire University community, but their low membership may pose a problem, Malabad said. Much of their event advertising is done through their Facebook page.

"In April, we have a large event that we're going to be putting on with Kluge-Ruhe, the Aboriginal Art Museum that's over by Pantops," Malabad said. "So we're working on them on sort of a celebration of Native cultures from Australia and the United States and other places as well... That's in April of this year. Next year we're hoping to put on the powwow again. But we're going to see if we're going to need more membership to do that because that's quite a large task, especially if we're doing it ourselves."

U.Va. lab studies Alzheimer's disease

Kipnis Lab discovers the connection between the lymphatic system and neurodegenerative diseases

Swati Srivastava & Divya Shan | Staff Writer

Recently, the Kipnis Lab led groundbreaking research that linked waste removal in the brain to Alzheimer's Disease. Jonathan Kipnis, the director of the University's Center for Brain Immunology and Glia and chair of the department of neuroscience, and his team of researchers discovered that insufficient waste drainage in the brain was associated with impairments in learning and memory.

The scientific community used to have different ideas about how waste — such as cellular debris and large molecules — was removed from the brain. Initially, researchers thought that this waste was removed through the blood-brain barrier, a system that can mediate excretion from the blood to the brain.

However, in 2015, the Nedergaard Lab in the University of Rochester discovered a new waste removal mechanism — the glymphatic system.

The glymphatic system is a waste removal pathway with spaces along the brain's blood vessels that allow the exchange and drainage of brain components — such as cerebrospinal fluid, or the liquid around the brain and spinal cord — along the brain membranes.

After this discovery, researchers in the Kipnis Lab wondered how the glymphatic system affected other systems in the brain.

"And of course, now that we have another component, another system that is able to remove waste from the brain, now what's interesting is trying to figure out how all of these systems communicate with each other and if one becomes impaired, how that impacts on the function of the other systems," said Sandro Da Mesquita, a postdoctoral researcher in the Kipnis Lab involved with this study.

Having studied the role of the lymphatic vessels in the brain, the team was interested in investigating a potential connection between the glymphatic system and these vessels, which transport organic molecules and drain cerebrospinal fluid in the brain.

"What we were wondering, is if this system that drains CSF [cerebrospinal fluid] is somehow connected and is able to influence this recirculation through the glymphatic system," Mesquita said.

Through experimentation, Mesquita and his fellow researchers discovered the relationship between the lymphatic vessel function and behavioral capabilities in mice.

ities in mice.

"If you dampen the function of these vessels in adult mice, that leads to behavioral impairments," Mesquita said. "Seeing that this was the case, we wanted to see if, with aging, these lymphatics would become impaired."

After seeing that lowered vessel function is associated with behavioral impairments in mice, researchers in the lab began to investigate whether aging — which relates to behavioral abnormalities — also affects vessel function. The team observed that aging impeded the ability of lymphatic vessels to function properly.

The lab also discovered that a decrease in the lymphatic function caused an increase in the accumulation of amyloid beta — a sticky protein that accumulates in the brain and disrupts communication between brain cells. This protein is the main component of plaques that disrupt neuron function in Alzheimer's Disease, implying that poor lymphatic vessel function is potentially involved with it.

The next step, Mesquita said, was to think about potential ways to rescue the lowered function of vessels. The Kipnis Lab used a specific protein that acts as a growth factor for lymphatic vessels, and that improved the function of the lymphatics.

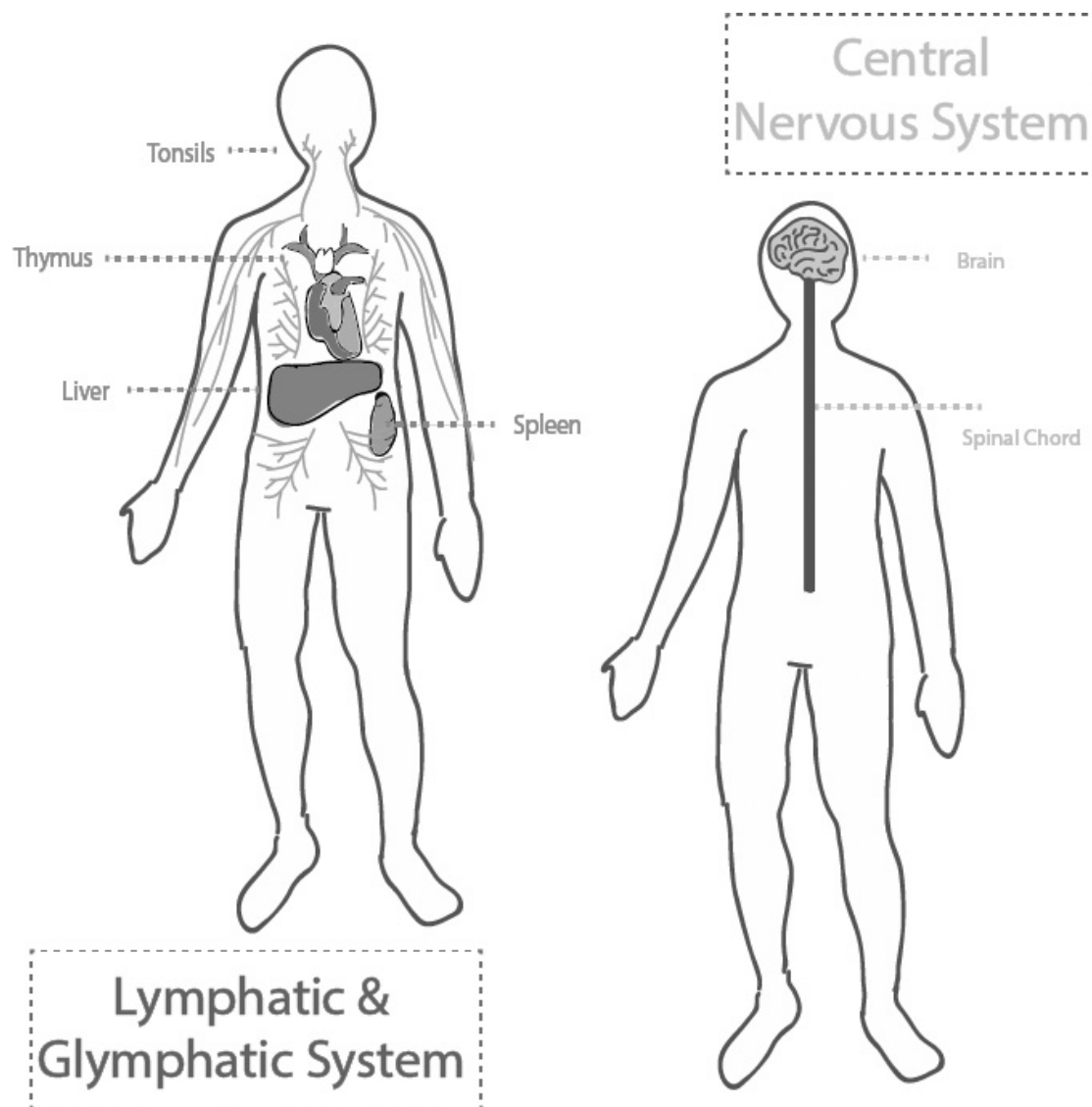
"Through this approach, what we saw is that we were able to increase the diameter of the lymphatic vessels," Mesquita said. "These vessels in old mice, they started to drain more macromolecules from the cerebrospinal fluid."

Enhancing lymphatic vessel function not only boosted the mice's cognitive capabilities, including learning and memory but also helped glymphatic recirculation, supporting the idea that the two systems are connected to each other.

According to Mesquita, immune therapies for Alzheimer's Disease might be more effective if waste and crucial brain components can be effectively drained and recirculated via the lymphatic vessels.

So far, Kipnis Lab's research has been published in the National Institute of Health's list of most promising advances in 2018 and the prestigious science journal Nature.

Josh Barney, senior marketing and public relations specialist at the University's School of Medicine, pointed out the study's relevance as envisioned by the National Institute of Health in an



TYRA KREHBIEL AND JACOB DEANE | THE CAVALIER DAILY

Researchers studied the different waste removal systems within the brain and their impact on neurodegenerative diseases.

email to The Cavalier Daily.

"The NIH is a wonderful supporter of basic science — fundamental science that advances our knowledge of human health and serves as the foundation for future treatments and cures," Barney said. "The recognition of the discovery by Dr. Kipnis and his team speaks to the finding's great potential importance to our understanding of Alzheimer's dis-

ease and the effects of aging on our cognitive abilities."

While current therapies for Alzheimer's disease focus on bringing disruptive proteins to healthy levels, this study instead highlights the importance of lymphatic vessels in paving a new path for therapies.

Kipnis said in an email statement that the lab is also trying to examine how meningeal lymphat-

ic cells are distinguished in various neurodegenerative diseases.

"The goal is to target meningeal lymphatics as a therapeutic target for brain diseases," Kipnis said in an email.

He further said that the lab is working to better understand the lymphatic vessels in order to potentially use them as the target of new therapies.



After 11 suspected cases of norovirus, outbreak wanes

According to the Department of Student Health, the circulation of norovirus has returned to baseline levels

Zoe Ziff | Health & Science Editor

A sudden outbreak of norovirus in the University community late January has slowed to normal levels after 2 confirmed cases and 11 suspected cases, according to Dr. Meredith Hayden, director of general medicine of the Department of Student Health and Wellness. As of Feb. 14, there are no new confirmed cases of norovirus.

On the morning of Jan. 29, laboratory analysis confirmed the first two cases of norovirus, according to Hayden and Dr. Christopher Holstege, executive director of Student Health. The same evening, Holstege sent a University-wide email informing the student population of an outbreak of norovirus.

Noroviruses are a group of various viruses that cause inflammation and pain in the stomach and intestines and bring on sudden symptoms such as nausea, diarrhea, vomiting, headaches, body aches, fever and headaches. Symptoms usually last one to three days, but a person can remain contagious for a month

after symptoms fade, according to the Virginia Department of Health.

"It is violent in how fast it erupts and can lead to marked dehydration and electrolyte abnormalities if prolonged or with some students who have coexisting health disorders," said Holstege in an email statement to The Cavalier Daily.

According to the Center for Disease Control and Prevention, outbreaks of this virus are common in universities, as shared living and eating spaces allow the virus to spread more easily.

University-wide norovirus outbreaks have occurred in the past. In 2014, 18 students infected with the virus were hospitalized within 24 hours, and many other students reported stomach discomfort.

During both the 2014 and 2019 outbreaks, Student Health coordinated with Housing and Residence Life, as well as the Thomas Jefferson Health District — whose range encompasses the University — to try and control the infection.

University spokesperson Anthony de Bruyn said Housing and Residence Life has provided additional cleaning in response to the outbreak.

The Thomas Jefferson Health District — the district under the Virginia Department of Health that includes Charlottesville and neighboring counties — was notified the same day the diagnosis of norovirus were confirmed. Kathryn Goodman, the public information officer for the Thomas Jefferson Health District, explained that after an agency notifies the health department of a potential outbreak, the health department and the agency are in daily communication about the status of the spread and measures for containment. This includes keeping in contact with infected persons and reviewing measures with the agency to prevent future outbreaks.

Laboratory testing for the potentially infected — a stool analysis that tests for the presence of

various pathogens — is encouraged by the Department of Health, but Student Health does not commonly administer tests for norovirus after confirming an outbreak.

"Lab confirmation was only obtained in two patients," Hayden said. "We do not typically test the stool to absolutely confirm the virus because it is very expensive and does not alter the management plan for the patient."

There is no vaccine or any medication specifically for noroviruses. Since noroviruses are not bacteria, antibiotics are not an effective mode of treatment for the virus. Recommended treatment includes drinking copious amount of liquid to prevent being dehydrated and staying home from classes and other activities until a few days after all symptoms have disappeared.

"Norovirus is always a concern because it can spread so easily, which is why it's very important for people to take preventative measures," said Goodman in an email

statement.

Goodman, Hayden and Holstege all emphasized the importance of hand washing to prevent infection of norovirus rather than using hand sanitizer. This is because the scrubbing motion associated with hand washing can lift norovirus particles off of the skin, while hand sanitizer may not remove microbes and is not effective against norovirus. Other measures — including avoiding sick individuals and not sharing eating utensils — were outlined in Holstege's mass email.

"We believe that prompt communication with students helped to control the spread of this illness among the campus community," wrote Hayden in an email statement to The Cavalier Daily.

U.Va. hospital opens renovated inpatient unit

Recent updates made to University hospital postpartum wing provide accommodations for mothers, infants and their families

Cecily Wolfe | Staff Writer

After setting a hospital record of delivering over 2,000 babies in 2018, the University hospital opened its renovated inpatient unit Jan. 21, 2019. This ward is for new mothers, infants and expectant mothers who require additional monitoring before giving birth and is located on the section of the eighth floor known as 8 Central. The unit had been closed since last April for remodeling.

The renovation of 8 Central is part of a larger effort to create a more welcoming environment for patients throughout the hospital. Specifically, 8 Central is one of the last areas to be upgraded on the eighth floor, which houses the OB-GYN, labor, delivery and postpartum services for women and their families.

According to Karin Skeen, the administrator for women's and children's services in the University's Children's Hospital, 8 Central was the culminating step in redesigning the hospital experience of children, from arriving at the hospital to give birth to the day babies leave with their families.

"In an earlier phase of the project, we renovated the entire labor and delivery unit," Skeen said.

"Those were major renovations ... This phase is completing ... how we wanted the whole thing to work together."

Skeen mentioned that repairs and improvements began over two years ago, with a period of planning preceding that. During the past two years, construction teams have moved from unit to unit. This could occasionally be challenging, Skeen explained, as the hospital continued to admit patients.

"There were a lot of moving parts to make it all work because what we couldn't do was interrupt service," she said. "We still had women coming in to deliver babies. We had to keep a spot open for them, and we utilized space on the seventh and eighth floors to do that."

This occasionally required shuffling women and children amongst various wings and modifying these wings based on the types of care and procedures needed. While other sections were being upgraded, 8 Central became the substitute labor and delivery unit, and then, during the renovation of 8 Central, women and newborns were directed to other

wards on the eighth floor.

"We used our space very strategically," Skeen said. "It required a lot of communication, a lot of planning for each phase of the construction to make sure we didn't interrupt the care we were providing. However, I would say we got through the entire project with no major hiccups."

The renovations included 15 remodeled postpartum rooms adjacent to labor and delivery rooms, as well as a newborn assessment area, a reoriented staff workroom that facilitates frequent monitoring of newborns and a centralized nurse station that permits hospital staff to oversee all of the individual rooms from the same place. Skeen specifically highlighted quieter, more well-lit rooms remodeled to give patients more privacy, re-tiled bathrooms and pull-out couches that provide people staying with the mother and child with more comfortable accommodations.

Certain rooms also cater directly to mothers that need specialized care following pregnancy. Feedback from patients, said Skeen, is largely positive, particularly in that accommodations are



COURTESY UVA HEALTH

This ward is for new mothers, infants and expectant mothers who require additional care.

clean and more secluded.

Third-year Nursing student Eleni Lazarides spent time on 8 Central after the renovations were completed as part of her clinicals, which are opportunities for nursing students to gain hands-on experience with patients and the hospital.

She noted that the rooms seemed more spacious and well-organized, featuring slimmer pieces of furniture, linen bins, bathroom sinks and shelves that enable patients, doctors and nurses to easily move around the rooms as needed.

"It's more streamlined," Lazarides said. "It's also definitely

less cluttered and a much more minimalist approach to care."

8 Central has been open to patients for almost a month now and is officially the designated inpatient unit for mothers and their babies. However, even though renovations for the seventh and eighth floors were just completed, Skeen continues to look ahead and plan for future adjustments.

"On the seventh and eighth floor, we fill up our spaces most of the time, so we always have to be thinking about how are we going to manage if our volume grows more," Skeen said. "If there is an opportunity, we will expand."



On a journey to support refugees

Batten's Center for Social Entrepreneurship wields the power of documentaries to expose valuable refugee experiences

Max Patten | Staff Writer

In a turbulent and ever-changing news cycle, it is important not to lose track of systemic humanitarian issues like the global refugee crisis. Beyond government shutdowns, national political turmoil and other foreign developments, refugees from Syria, Venezuela, Somalia and many other nations still need accommodations and a platform on which to build their lives.

The One Journey Festival, an organization founded in 2017 by refugees of the 1991 Croatian civil war, seeks to help displaced people by celebrating diversity and combating the "growing nativism and apathy towards a humanitarian crisis of historic scale," according to the organization's website.

The University's Batten School of Leadership and Public Policy will host One Journey Festival in Garrett Hall Feb. 28, as they screen "4.1 Miles" and "From Damascus to Chicago," two acclaimed documentaries portraying the current refugee crisis from vastly different viewpoints. The screening is the third in a series at the University meant to combat negative associations with refugees.

"4.1 Miles", directed by Daphne Matziaraki and distributed by the New York Times, is a 20 minute documentary covering Coast Guard captain Kyriakos Papadopoulos, who saves incoming refugees from drowning off the coast of a small Greek island. The film was nominated for "Best Documentary Short Subject" during the 2017 Academy Awards for its potent and immersive perspective focusing on a day in the life of a volunteering hero. In being set abroad it showcases obstacles and traumas that refugees can face in the process of fleeing their war-torn countries.

The second film to be shown, "From Damascus to Chicago", is directed by Colleen Cassingham and Alex Lederman and runs only 12 minutes long. It revolves around a Syrian refugee family adjusting to city life in Chicago, focusing around a dance class the daughters enroll in to establish the difficult but rewarding process of adapting to a new life while being forced to flee from an old one. The film is relatable to Charlottesville's role as a new home for refugees. Jack DiMatteo, a student organizer and Batten Master of Public Policy candidate, believes it "will show our common humanity and give us hope that when we welcome in the world's most vulnerable peo-

ple, we can all thrive together."

After the short films, a panel of experts — comprised of Tim Cunningham, director of The Compassionate Care Initiative at UVA/, Batten Alumnus Matt Tully and Farah Ibrahim, a Charlottesville-area refugee from Iraq — will share refugee stories and discuss the challenges and roles communities can play in helping them integrate into new communities. Charlottesville, according to 2017 statistics from the local International Rescue Committee, is itself home to 3,500 refugees from over 32 countries. DiMatteo hopes the broad range of experiences presented by the panelists will provoke "a sense of urgency to get involved" within the University community.

"I think it's really important for humanitarian organizations, human rights organizations, concerned citizens [and] universities to keep reminding ... the public of the facts ... for decades we've been welcoming and receiving and accepting tens of thousands of refugees," said Batten professor Christine Mahoney, the moderator of the upcoming panel and author of "Failure and Hope: Fighting for the Rights of the Forcibly Displaced" in an interview with Arts and Entertainment. "We've incorporated them into our economy. They've made our communities richer ... culturally richer and economically richer."

Humanitarian issues need to be addressed in a new way, according to Mahoney, who suggests that traditional methods of relief are "all about providing temporary lifesaving food and medicine, which has failed when we are looking at 10, 20 and 30 year crises." For understanding how to resolve these issues on a longer term scale, Mahoney and others at Batten hope to use impact investing and social entrepreneurship methods that can allow refugees to "permanently rebuild their lives."

The screenings Mahoney hopes, will also reinforce the vast and often underappreciated differences between how governments handle refugees in Europe versus the United States.

"You have a situation like Europe where, because it's physically contiguous to areas that are having conflict, people can more easily get there on foot or by boat as you've seen in the news. And so there you have people flooding in ... and in the in-between they're not allowed to work at all," Mahoney said.

The situation abroad contrasts heavily with the one in the US, where Mahoney says, "Once refugees come here, they've already been vetted usually for years." According to her, thorough vetting processes, enforced by the Department of Homeland Security, ensure that refugees in the US do not pose a threat.

Once vetted, Mahoney says that the process of integration and entering into the labor market is quick. "They get partnered through these dense networks of support NGOs [non-governmental organizations] all across the United States that help them get integrated into their communities, as happens here in Charlottesville."

While mainstream news highlights refugee tension, Mahoney's experience suggests a vastly different picture of peaceful integration in Charlottesville.

"I have friends who have kids in the public school system — and their children love the fact that they have these really diverse classrooms right like they can learn about different religions and different foods and different cultures from all around the world," said Mahoney. "It creates essentially a more cosmopolitan feel in Charlottesville than we would have otherwise, and I think a lot of people appreciate that."

The panel will complement the documentaries through telling more positive, misconception-combatting refugee stories.

"We see refugees be some of the most committed American citizens, voting every year because they're really excited about starting over and starting over in a place where they have freedoms," said Mahoney. "So I think that is the story that I'm excited to hear some of the panelists talk about and to see in the [films] and to share from my own research."

Films like "4.1 Miles" and "From Damascus to Chicago" and the conversation surrounding them provide a way for UVA. students to connect and empathize with experiences unimaginable from their own limited perspectives.

"If you've grown up in Charlottesville for example, and you go to UVA, it's really hard to imagine what it's like to flee for your life from Syria and be on a boat with human traffickers trying to save your children," said Mahoney.

Recent University projects, like 2017 Architecture gradu-



4.1 MILES

By Daphne Matziaraki

DAMASCUS TO CHICAGO

By Colleen Cassingham & Alex Lederman

UNIVERSITY OF VIRGINIA, GARRETT HALL



WITH FOOD BY CAVA AND PANEL DISCUSSION



COURTESY ONE JOURNEY FESTIVAL

The screenings and panel discussion will take place on Feb. 28 in Garrett Hall.

ate Atthar Mirzha's "Impossible Courage"— a virtual reality simulation of the experience of North African asylum seekers, demonstrate a willingness among students to connect directly with the victims of systemic and global issues that have yet to be solved.

"Different UVA. student groups and different schools are trying to continue to organize events that that allow that to happen," said Mahoney.

Third year College student Anya Karaman, a volunteer with the IRC in Charlottesville and organizer of the event, believes that the format of film will be a powerful draw even for those not in tune with the refugee conversation.

"I think people — especially at UVA. — are really in tune with media," she said. "I think people will want to come out and at the very least watch a film screening even if they don't intend on learning the issue."

"4.1 Miles" and "From Damas-

cus to Chicago" will be screened in Garrett Hall on Feb 28. Tickets are free with registration through eventbrite.com.

Sartorial Spaces: The colors of love

Students paint a portrait of love at SHHO's Color Theory event

Sydney Bradley | Senior Writer

The theme was love and the colors were warm and the people were dancing. In a dark room with a stage, a colorful projection of shades of baby blues, golden yellows and fuzzy pinks stood behind the DJs. On the dance floor, people moved with a freedom nostalgic of a 1970s disco club party. There was energy, and there was love.

This past Valentine's Day weekend on Feb. 15, the Student Hip Hop Organization invited students to join them at the Southern Café and Music Hall in Downtown Charlottesville. "Color Theory: Love" was a ticketed event offering students a space to dance, listen to music and socialize. The theme — both color and love — was captured in the warm pallets of the posters and translated into a collection of colored lights and projected montages onto the walls of the Southern. The warmth of the colors coupled with the warmth of the music sets curated by student DJs left the room feeling just cozy enough to dance without losing the energy.

During the first set, a projection of a baby blue montage of movies such as "Moonlight" and "The Truman Show" established a deep atmosphere — a collision of cool and warm, inviting movement and immersion. When disco classics like "Got To Be Real" by Cheryl Lynn or "I'm Coming Out" by Diana Ross were cued, the crowd jolted to the floor and sang, swayed and bopped.

In the center of the dance floor was a girl dancing freely. Her burnt

orange velvet two-piece absorbed and reflected the lights around her. With each flip of her hair and bounce to her dance, she shimmered. A smile seemed to never leave her face.

"Once a month, when I actually leave the house, I flex on the fit," she said about her outfit. The top was a cropped tank-top with two silver, metal circles linked at the strap. Her pants, with a lightweight denim over-shirt tied around the waist, were reminiscent of the 1980s and 1990s style of loose joggers, most famously worn by MC Hammer. On her feet, she wore fluorescent white Skechers, adding to the comfortable and nostalgic 'fit.'

The warmth of burnt orange was scattered throughout the crowd, appearing in knit crop tops and silk button downs.

With pink hair and golden undertones, another student danced with her friends in the crowd. Her colorful hair fell lightly onto her shoulders, meeting her brightly colored, Mondrian infused geometric shirt. Like many others, she wore black plants — a staple for nightwear.

Matching the warmth of the yellow projection and colored lights, a student DJ wore a red, silk, embroidered button down that moved with his body as he danced on the stage. Over the shirt, he wore a yellow statement necklace that fell like a soft chandelier from beneath the color of the shirt. The red shirt, contrasting with the bright yellow



ARIANA GUERANMAYEH | THE CAVALIER DAILY

With each flip of her hair and bounce to her dance, she shimmered. A smile seemed to never leave her face.

background behind him, permitted a new color experience of the night — golden.

As students continued to sing and dance to songs like Frank Ocean's "White Ferrari" and Beyoncé and Jay-Z's "Drunk in Love," the golden lights reflected off of shimmering faces who were hugged by the warmth of the room.

The night concluded with shades of pink — the same hue that blinds two lovers at the first glimpse of falling for the other.

Students dressed to express whatever they needed to express — love, individuality, companionship, freedom. As they all danced, the movements of their bodies were echoed by the movements of their clothes. The constant motion of energy and bodies kept a flowing stream of love in the air and on the floor.

That night, SHHO painted a portrait of love with a palate of warm lights, intoxicating soundscapes and a room filled with friends, strangers and lovers.

The takeaway — dress warm and love more.



ARIANA GUERANMAYEH | THE CAVALIER DAILY

Matching the warmth of the yellow projection and colored lights, a student DJ wore a red, silk, embroidered button-down that moved with his body as he danced on the stage.

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No 'best defender' on the nation's best defense

Metrics show individual strengths, rather than a dominant star, define the Virginia defense

Alec Dougherty | Columnist

If anything in life is certain beyond death and taxes, it may very well be that the Virginia men's basketball team will consistently have the best scoring defense in the country.

Virginia Coach Tony Bennett has his team on track to boast the best defense in the NCAA for the fifth time in the past six seasons. His signature "pack-line" defensive strategy has brought the Cavaliers to yearly national dominance, and despite roster changes this year, his team only allows a measly 54.6 points per game.

Though a newfound offensive spark has differentiated this Virginia team (21-2, 9-2 ACC) from that of years' past, this team has additionally changed in a less obvious way.

There is no single star defender.

There has always seemed to be a face of Virginia's defense every year — one player that suffocates his man at every matchup and makes countless hustle plays. One can point to ACC Defensive Players of the Year Malcolm Brogdon and Isaiah Wilkins — and ACC All-Defensive Team honoree Akil Mitchell before them — as anchors of a defense no one wanted to play.

Now that Wilkins has graduated, no single player can claim to be the team's best defender — and that's not a bad thing. Many players bring some indispensable defensive skills to the fold, contributing to another year of pack-line dominance.

To see where certain players thrive in Bennett's system, let's look at some telling advanced metrics for leading Cavalier defenders, as well as some major impacts each has made.

Junior guard Braxton Key

With a similar length and game to Wilkins, Key was looked to as a major candidate to replace his role as the team's best lockdown artist. Thus far, Key has more than delivered, ranking first in the country with a 81.8 defensive rating.

This metric takes into account isolated defensive metrics, including the amount of blocks and steals a player makes, as well the amount of times a player is bested one-on-one.

Key has been consistently called upon to take on tough defensive assignments as a lengthy forward that can generate constant pressure. He turned in perhaps his best performance against then No. 9 Florida State — known to be one of the lengthiest teams in the ACC — helping hold all of the starting Seminole guards under 10 points.

The transfer junior has also



RILEY WALSH | THE CAVALIER DAILY

Junior guard Braxton Key has been a key contributor to the Virginia defense in his first season with the Cavaliers after transferring from Alabama.

proven to be far and away the team's best rebounder, hauling in 5.9 per game. Since every offensive possession carries weight with the Cavaliers' incredibly slow pace of play, Key has given them many extra opportunities to get points and keep the ball away from their opponents.

Junior forward Mamadi Diakite

After two years of logging reserve minutes, Diakite has taken a giant leap forward as a starter this season, with much of the credit going to his improved defense. Diakite currently leads the ACC in fewest points-per-play allowed in man-to-man defense by a fairly wide margin at 0.51.

The Conakry, Guinea, native has adapted to his role as a rim protector against power forwards by finding a knack for blocking shots. He has registered a block in 18-straight games.

Most recently, Diakite starred with a block-party in a monumental showdown at North Carolina. The junior blocked four shots and helped hold star Tar Heel freshman forward Luke Maye to only four points, after he averaged more than 20 points in the three prior

games.

The point guard duo: junior Ty Jerome and freshman Kihei Clark

The backcourt pairing of Jerome and Clark gets lumped together because they have proven to be incredibly effective on the floor together. Jerome has become well known as the leader of Virginia's improved offense and for his incredible three-point range, but he also has a case as the team's best defensive guard. He leads the team with 1.5 steals per game and 2.1 estimated defensive win shares, indicating he is the most valuable defensive player in contributing to wins.

Meanwhile, Clark has established himself as arguably the best on-ball defensive guard on the team his short time in Charlottesville. He ranks behind Diakite at fourth in points-per-play allowed in man-to-man in the ACC with 0.57, earning an apt nickname of a "pest" for his aggressive style of play.

Functioning together, the pairs allow Virginia to keep its ideal pace and limit guard scoring. Clark often presses from the start of a defensive possession, preventing high-tempo teams from running the floor. This allows Jerome to sit back and

plug up the lane, using his 6-foot-5 frame to keep opposing guards out of the paint. Working in tandem, they have been able to slow down the ACC's best point guards — including Duke freshman Tre Jones and North Carolina freshman Coby White — from initiating their quick-strike, pound-the-paint offenses.

Sophomore forward DeAndre Hunter

Though he doesn't lead the team in a statistical category, Hunter may very well be the team's most well-rounded defender. A likely top-10 pick in this year's NBA draft, the sophomore has shown he can guard any position with his length and athleticism.

His defensive prowess was on display in Virginia's latest win at No. 20 Virginia Tech. Guarding fellow NBA prospect sophomore guard Nickeil Alexander-Walker, Hunter starred by holding him to 4-14 shooting, including 0-6 from beyond the arc. Hunter registered a key block and shot-clock violation in the second half on Alexander-Walker, before a highlight-reel steal and dunk that quieted the Hokie crowd for good.

It is this conglomeration of defensive studs that makes Bennett's

system so effective and insulates the team from the drop-off a team may experience after the departure of a defensive star. West Virginia — known for its trademark "Press Virginia" aggressive defensive style — suffered that fate this season after losing National Defensive Player of the Year Jevon Carter to graduation. Coach Bob Huggins' squad went from a NCAA Tournament Sweet Sixteen appearance with Carter in 2018 to having the worst record in the Big 12 Conference this season.

All of this considered, Bennett may find his team is better off without a single player expected to carry the team's defensive load. After all, 2016 — when Brogdon won National Defensive Player of the Year — was the only year Virginia did not top the country in scoring defense.

It's looking like they will accomplish the feat once again this year, though, with a group of gritty, hard-nosed defenders leading a star-by-committee approach towards defensive dominance.

No. 12 men's lacrosse loses 14-13 to No. 13 High Point

Cavaliers' strong start is not enough in up-and-down game

Vignesh Mulay | Senior Associate

Following a 1-1 start to the year, the No. 12 Virginia men's lacrosse team lost a tight match 14-13 to No. 13 High Point Monday at Klöckner Stadium.

Virginia (1-2, 0-0 ACC) scored three consecutive goals in under five minutes to kick off the game, securing an early 3-0 lead. Sophomore attackman Matt Moore got things started with his fifth goal of the season. Junior midfielder Dox Aitken and sophomore attackman Ian Laviano each added a goal soon after Moore's opener.

Before the Cavaliers could extend their lead any further, High Point (4-0, 0-0 Big South) responded with a 5-0 run spanning the first and second quarters. Sophomore attackman Asher Nolting — one of the Panthers' top goal scorers — kicked off High Point's run.

In the final eight minutes of the quarter, the Cavaliers scored four more goals, and the Panthers added two as the first half ended with the game knotted at 7-7.

In addition to being tied at halftime, Virginia and High Point were neck-and-neck statistically too. Virginia only had one more shot and one more ground-ball than the visitors. The two teams were also level in shots on goal.

Just like in the first half, Moore started the scoring in the second half with an unassisted goal. Moore's second of the day was the first of four goals scored in a matter of 30 seconds in the

third quarter.

The Cavaliers and the Panthers went back and forth the entire period, with Virginia barely holding onto a 12-11 lead going into the final 15 minutes.

High Point scored three straight in the fourth quarter to take a 14-12 lead with two minutes left. Virginia freshman midfielder Jeff Conner notched a crucial goal to cut the deficit to one with a little over a minute remaining in the game.

The Panthers won the ensuing faceoff which meant the Cavaliers had to get aggressive to try to force a turnover. While High Point were able to take 40 seconds off the clock, Virginia sophomore goalkeeper Alex Rode caused a turnover to give the Cavaliers a chance. Coach Lars Tiffany then called a timeout with just 12 seconds left to set up the game's final play.

The Cavaliers had an opportunity to tie the score late in the game as Moore got a shot off from point-blank range, but a save from High Point senior goalkeeper Tim Troutner Jr. secured the Panthers an impressive road win.

"Let's first give credit to the High Point goalie," Tiffany said. "What a fantastic performance all game with 17 saves. Especially in the fourth quarter he shut the door on us for the most part, we couldn't sneak one by him."

High Point's offense was led by Nolting's four-goal performance,



DOROTHY WANG | THE CAVALIER DAILY

Freshman midfielder Grayson Sallade scored a goal for Virginia against High Point.

while eight Panthers supplied the other 10 goals. After High Point took care of No. 2 Duke earlier in the month, the undefeated Panthers produced yet another statement win against Virginia, solidifying their status as a top team.

For the Cavaliers, Laviano, Moore and Aitken combined for nine of the team's thirteen goals, while Moore also contributed

four assists. All-ACC junior attackman Michael Kraus was held to no goals and just one assist.

"We've allowed our men to play fast and enjoy competing, throwing the ball, and taking chances," Tiffany said. "But there were ... some where we forced the issue a little too early."

Virginia will next travel to New Jersey to face Princeton

Saturday Feb. 23, for the team's second road game of the season. Face-off is set for 12 p.m.

No. 3 Virginia tops No. 20 Virginia Tech, 64-58

Cavaliers beat rivals for second time this season

Emma D'Arpino | Associate Writer

During rivalry week, in-state foes No. 3 Virginia and No. 20 Virginia Tech squared off for round two of the Commonwealth Clash. During the Monday night game, the Cavaliers (23-2, 11-2 ACC) picked up their second win over the Hokies (20-6, 9-5 ACC) this season as they won 64-58 on the road.

When the Hokies traveled to Charlottesville earlier in the season — with both teams ranked in the top 10 at the time — Virginia picked up a dominant 81-59 win over the visitors. The Cavaliers were able to secure the 22-point victory back in January with 58.5 percent shooting on field goals and 54.5 percent shooting beyond the

arc. Three players scored in double figures for Virginia that night, with sophomore guard DeAndre Hunter recording 21 points, junior guard Kyle Guy scoring 15 points and junior guard Ty Jerome adding 14 points along with 12 assists to the scoreboard. For the Hokies, sophomore Nickeil Alexander-Walker and junior Ahmed Hill led the way with 19 and 14 points, respectively. As a team, they shot 43.2 overall and 33.3 from three.

During Monday's matchup, the story unfolded differently. Neither team dominated in the opening half, with seven points being Virginia's largest lead and three points being Virginia Tech's largest lead.

With 46.2 percent shooting

overall and 35.7 percent shooting from three, the Cavaliers put up 32 points in the first 20 minutes of the game. Over half of those points came from Guy, who recorded 17 points on six-for-ten shooting, which included four three pointers.

Turnovers, however, continued to be an issue for Virginia, as they committed eight turnovers and conceded six points on turnovers in the first half.

Most of the early offense for the Hokies funneled through junior Kerry Blackshear Jr. The 6-foot-10 forward had 15 points on seven-for-eight shooting in the first half. Without senior Justin Robinson, though, the Hokies struggled on

three-point shooting, converting on just 15.4 percent of their attempts.

The three-point struggles persisted for Virginia Tech in the second half, allowing the Cavaliers to slowly build up to 48-38. Just as the Hokies started to chip away at the double-digit lead to make it a five-point game, Jerome knocked down a huge three-pointer to keep Virginia Tech at a distance. From there, the Cavaliers grew their lead to as large as 13 points before finishing with a six-point victory.

While Guy's shooting cooled off in the second half, he still finished as the leading scorer for the team after putting up 23 points. Jerome and Hunter also put up dou-

ble figures, with Jerome recording 16 points on six-for-ten shooting and Hunter putting up 10 points.

Overall, the Cavaliers shot 46 percent on field goals, 40.7 percent from three and 58.3 percent from the free-throw line. They also committed a total of 13 turnovers, allowing the Hokies to get 13 points off of turnovers.

Virginia Tech finished the night scoring just three three-pointers and going 39.7 percent on field goals. Blackshear ended up with 23 points, while Hill had 16 points.

Next on deck for the Cavaliers is a matchup against No. 18 Louisville Saturday. The game is scheduled for a 12 p.m. tip-off from Louisville, K.Y.



Kindling friendship through mentorship

Young Women Leaders Program: Powerful women inspiring, educating and guiding other powerful women

Sierra Krug | Feature Writer

When third-year Curry student Nicole Baker first entered the University, she knew she wanted to make her college experience meaningful by immersing herself in something she's deeply passionate about. After encouragement from her friends, Baker decided serving as a mentor in the Young Women Leaders Program (YWLP) might be the path for her. In joining the program, she was prepared to be selfless and take on mentoring a young, middle school aged girl — what she didn't expect was to be paired with a little girl who would help Baker herself grow and develop as a strong woman and leader.

The two worked together in the program for two years — a year longer than the standard mentoring partnership — but the girls' relationship can hardly be described as work. The two formed an instant connection, which has continued to strengthen even after Baker switched from mentoring to a more administrative position, interning for YWLP and the Women's Center. Through YWLP, both girls found a lifetime friend, a meaningful source of support and a lifetime sister.

When people hear the word “mentorship,” many envision a perfect person instructing a younger, inexperienced, often lost individual. This misconception about what it means to serve as a mentor is one of the many things Young Women's Leadership Program strives to elucidate.

Founded in 1998 by former Curry Prof. Edith “Winx” Lawrence and her former graduate student Kimberly Roberts, YWLP is a mentorship based program that recognizes the potential of all women to become successful leaders. The program pairs middle school aged girls with undergraduate University students to create a relationship in which they bring out the strongest assets in each other. University students are paired with mentees from local Buford, Burley, Jouett and Sutherland middle schools.

In its 21 years on Grounds, YWLP has continued to grow while holding true to its original purpose. Associate Program Director Jaronda Miller-Bryant works on the administration side of YWLP. She spoke on program's origins and the vitality of its commitment.

“There's actually research to support the idea that when young girls reach middle-school

age, their self-confidence begins to decline and they become less and less sure of themselves,” Miller-Bryant said. “Lawrence noticed this in her then middle school aged girls and launched this program as an effort to counteract some of those challenges young girls face around this age.”

There are numerous factors that go into determining who could best benefit from the program. The “little sisters” — the term for the middle school aged mentees — are the primary focus of the program, so the program coordinators work with school counselors from various middle schools to ensure they select the most appropriate candidates.

“Some girls may be struggling and some are already leaders, so we try to get a good demographic of both those who are already excelling leaders and those who need a little push in the leadership direction,” Miller-Bryant said.

Miller-Bryant explained that the program should not be mistaken as a project working to target “at risk” girls by any means. The program seeks to pair young girls who possess great potential with older, college aged girls who can help them tune into their strengths, to develop and thrive using their natural skills.

“I think when people hear mentoring they automatically assume that the girls are ‘at risk,’ but that's not generally how we operate — we try not to think of things as a deficit,” Miller-Bryant said. “We want to pull out the girls' strengths, so using words like ‘at risk’ can be a problem. Part of [our goal] is to reframe the language that we use and steer away from any negativity.”

Big sisters take a Curry class called “Issues Facing Adolescent Girls,” which offers curriculum and guidelines for the bigs to follow in order to help cultivate the best bond with their little that they can. The girls are encouraged to tailor the mentoring experience to their littles specifically and what they need from the relationship. The curriculum serves as a general guideline for the experience — not a strict, detached rulebook.

While each big-little relationship is entirely different, the YWLP mission statement remains the same across all chapters and between all pairs.

“The mission statement is ‘confidence, connection, autonomy,’” said Mentoring Coordinator for YWLP Sarah Tucker



COURTESY NICOLE BAKER

Nicole Baker and her “little sister” after they found words in magazine to describe their personal attributes.

Jenkins. “The thought behind it is that we're trying to help middle school girls foster those three important pieces of themselves because everyone can get there, but we all need a little extra help in middle school.”

YWLP seeks to ensure bigs and littles work together to learn more about each other and themselves, all while adhering to the values expressed in their mission statement.

“We want our pairs to be partnerships,” Jenkins said. “So certainly the bigs have knowledge for the littles, but we really believe it goes both ways and while the little sisters may have a little less life experience, there are other types of knowledge that they have that bigs may not have.”

The mutual growth element is what really sets this program apart from others. Though the littles are and will always be the priority, the program doesn't see its mentors as powerful people sent to “fix” anyone. They're sent to develop a beautiful, sisterly bond to genuinely grow and learn from one another.

Prior to taking on a more administrative role as a YWLP and Women's Center intern, Baker has served as a big sister for two years. She revealed that during

“one-on-one” times with their little sisters, mentors don't focus on curriculum-based activities.

“Our role is to be like a sister or friend to them when we hang out with them,” Baker said. “It's purely to spend quality time together so we don't feel like another parent or teacher. I genuinely want to be a friend who's just a little more experienced in life and who's been through the same things that my little has.”

Being a big sister means more than just helping a middle schooler with homework, laughing with them and talking through what life throws at them — although it does consist of all of those things. One of the paramount elements of the relationship is having that pseudo-sisterly bond.

“I'm the baby of my family — I just have an older brother — so having a little sister through YWLP was a really cool experience, it was something I've never gotten to have before,” Baker said. “YWLP makes relationships feel really genuine, it actually is a pairing with someone really close to you, who becomes like a member of your family.”

YWLP recruitment for fall 2019 begins this spring. Though the program may seem like just

another extracurricular opportunity to some people, for big sisters like Baker, the program has taken her University experience to the next level. Through YWLP, the littles enter a journey with their bigs nurturing their self-confidence and leadership potential, but the bigs are rewarded with an experience of their own as their littles too, inspiring and changing their lives.

“For me, personally, my college career would look extremely different if I hadn't been a part of YWLP,” Baker said. “It led me to meet so many different people I wouldn't have come into contact with otherwise. YWLP is full of people ... young and old with huge hearts who really want make a difference, so having that bond together is a really special thing you get to share.”

Virginia Riding Team: Looking beyond competitions

Despite a competitive regional reputation, the University's club equestrian team puts friendship and camaraderie above all else

Charlie Teague | Feature Writer

Founded in 1976, the Virginia Riding Team is a club sports team open to University students of all years with an interest in riding horses. With 65 riders, 4 coaches and over 30 team horses, the team is a competitive force that has accumulated numerous accolades over the years, including the 2018 American National Riding Commission Novice Championship title and has qualified for 10 American National Riding Commission Championships. As a co-ed club organization, the Virginia Riding Team welcomes riders of a wide variety of experience levels.

"Most riders on our team would come in with some form of experience," Coach Laurie Turner said. "We probably get one or two a year that have no experience whatsoever."

Additionally, over the last five years, the team has experienced immense growth in membership — a trend that appears to be continuing. Turner said the class of first-years that entered the University in the fall of 2018 was one of Virginia Riding's larger incoming classes.

"This year was a big year for us," Turner said. "I think... it was about 20-ish [new members], which is high."

When joining the team, students pay a \$175 club fee and can choose to purchase either the one-lesson-a-week package, which costs \$1100

per semester, or the two-lesson-a-week package, which costs \$1800 per semester. The vast majority of students who join the team already own riding equipment, while beginner riders either borrow or purchase their own equipment, which can vary in pricing.

The team trains at The Barracks Farm, a private farm owned by Coach Claiborne Bishop and her husband. Located about six miles from central Grounds, the Barracks is complete with a full riding arena, a large outdoor jump course and 60 acres of fenced paddocks. Team members typically practice at the Barracks twice a week but are free to go out and ride up to seven days a week with an instructor's approval.

According to second-year College student Jason Mabry, a typical riding lesson entails almost as much horse care and grooming as it does actual riding, and members must arrive about a half hour early to prepare the horses.

"You get your bridle ... and then go to the stall, pick [the horse's] feet, take it out ... brush it and then tack up," Mabry said. "And then after [the lesson] we wash all of the horses' legs off ... sponge them down, brush them off, make sure there are no saddle marks. And then we have to put them away [and] make sure they're cooled down so they don't colic."



EMMA KLEIN | THE CAVALIER DAILY

Riding lessons involve not only riding horses, but also learning about horse care and grooming.

The club's president, fourth-year College student Caroline Powell, said her duties involve her in virtually all of the team's activities.

"I'm a liaison between the coaches and the team as a whole," Powell

said. "I help the coaches with scheduling, members if they have any problems with life in general or on the team ... I make sure I'm a little bit involved in every aspect."

Though stressful and time consuming, Powell said her role gives her a unique and valuable perspective on the team.

"All of us have a really great opportunity to ride a bunch of horses and to get to know each other, but as president, I have more of a chance to be out there and see everybody ... growing and ... have a really lasting connection to everyone," Powell said.

In contrast with the all-encompassing role of the president, the club's captains spearhead team participation in competitions, called horse shows. Virginia Riding competes in Zone Four Region Two of the Intercollegiate Horse Show Association. Of the team's roughly 65 members, about 15 typically represent the University in shows.

"As a captain, I'm in charge of ... the forms for the horse shows," said Zoe Lewczak, second-year College student and team co-captain. "So I go to the college registrar every week before a horse show and make sure everyone's in good academic standing."

Virginia Riding also hosts shows at the Barracks during the academic year, a massive undertaking for the captains and the rest of the team's leadership.

"We have to order the ribbons,

we have to confirm the judge, confirm the concessions," Lewczak said. "We have to make sure our prize list and entry blanks are sent out. We have to make sure the other schools register their riders ... It's a very big process, and it takes at least a month to plan."

Still, for all the pressure and prestige of these high-level competitions, Lewczak emphasized that the rewards of being a Virginia Riding member also come, in large part, from the more mundane bonding activities the team does regularly. These include pasta dinners, movie nights and mixers with other teams such as Club Golf and Rowing.

Activities like these help in cultivating the familial bond that, for coaches and members alike, lies at the core of the Virginia Riding Team. According to Turner, despite the many differences in home states, academic interests and riding experience among the team, the members' shared interest in horses allows them to form lasting, meaningful relationships.

"It's just a great group of friends that happen to have horses as the common bond that brought them together," Turner said. "[When] prospective students come and tour the barn, they ask what is the best part of Virginia Riding. If I have other students nearby ... every single time they say the best part is the people."



EMMA KLEIN | THE CAVALIER DAILY

Club member of The Virginia Riding Team practicing at Barracks Farm.

A Chinese chicken dish with a bit of a kick

Try this homemade, spicy and authentic Szechuan chicken recipe

Anna Liu | Food Columnist

I want to share a traditional Chinese dish -- Szechuan chicken. This recipe is named after the region in China it originates from -- the Sichuan area. However, Szechuan chicken is made very differently in the U.S., which is why I want to share this recipe with everyone -- you all deserve the true, authentic recipe, which comes from my hometown, Guizhou, China.

First of all, in the U.S., Szechuan chicken is over fried, very greasy and oddly sweet. Sometimes, the American version of Szechuan chicken doesn't even include pepper, which is a staple ingredient used in China. In China, Szechuan chicken is really spicy, and it is definitely not sweet. Different families in China may have different Szechuan chicken recipes, but I have found that the taste does not

differ much. Again, fair warning -- unlike American versions, my authentic dish is extremely spicy.

If you're looking for authenticity and the true Chinese experience, you've come to the right recipe. Thias dish is more popular in the southwest area of China, where people add peppers to everything. It is also super easy to cook and to store. Whenever I have leftovers, I will eat the chicken with leftover rice the next day.

Make sure to drain any water after the chicken is cooked -- this dish should not be a soup.

Any leftovers can be incorporated into other meals, including fried rice, pastas and noodles. You can also add some bok choy or any other vegetables for more color and nutrients! Just make sure you cook the vegetables once the chicken is almost done, as to

not burn them. You could also cook this for a dinner party with friends, so they can get a taste of real Chinese cuisine -- but make sure to warn anyone with a low spice tolerance!

Szechuan chicken is also a perfect dish for winter because the spicy peppers will help you stay warm. It will also give you a whole new experience of Chinese food -- the kinds of experiences you won't find in P.F. Chang's. Once you try this recipe, I guarantee that you will fall in love with this dish -- you won't go back to Americanized Szechuan chicken ever again!

Give this a try if you want to shake up your typical frozen-meal dinners, or even if you just want to experiment with your spice tolerance.

Prep Time: 15 minutes

Cook time: 20-30 minutes

Servings: 5

Ingredients:

1 whole 5 pound chicken

3-5 spicy red peppers

4 teaspoons of soy sauce

3 tablespoons vegetable oil

2 slices of ginger

2 cloves of garlic

Directions:

1. Cut the chicken in small pieces, similar to the size of small potatoes. You could ask the butcher in grocery stores to help you do this.

2. Cut the ginger and garlic into small pieces.

3. Cut the red pepper into very small pieces. You can even use a garlic press to do so.

4. Heat the oil in a large fry pan for four minutes over high heat.

5. Put the ginger and garlic into the pan and stir for two minutes.

6. Turn the heat to medium-high. Put the chicken in and stir until they are all half-cooked.

7. Put the half-cooked chicken in a bowl. Put red peppers in and stir for four minutes.

8. Stir in chicken and add four teaspoons of soy sauce. Then add four cups of water.

9. Turn the heat to medium-low. Cover the fry pan and wait for 15-20 minutes.

Pizza recipes for every meal

A list to fulfill a pizza lover's dream

Ally Donberger | Food Columnist

I am a huge pizza fan. However, sometimes my go-to order from Papa John's -- pepperoni and sausage with extra sauce -- seems too routine. I realized that pizza is actually very versatile, and the amount of different pizza recipes is quite extensive. I also think pizza should not exclusively be a dinner or lunch food -- the classic pizza dish can be altered to fit any meal of the day.

I have compiled a list of my original pizza recipes so that you can enjoy pizza at any time of the day. For breakfast, start the day with a refreshing slice of watermelon pizza. For lunch, enjoy a quick-and-easy naan pizza. A classic homemade pizza recipe is perfect for dinner. End your delicious day with a slice of cookie pizza to satisfy your sweet tooth.

These four recipes are perfect if

pizza is what you're craving. These recipes are fun twists on a classic favorite and are quick, easy and cheap. They are adequate servings for just one person, but are great options to make with friends as well. With these recipes, pizza no longer has to be limited to dinner and can be enjoyed anytime of the day!

Lunch — Pesto Chicken Naan Pizza

Ingredients:

1 naan flatbread

1 tablespoon of pesto

¼ cup of shredded rotisserie chicken

¼ cup of shredded mozzarella cheese

Directions:

1. Turn oven on to the low broil setting.

2. Shred the rotisserie chicken until the desired amount of chicken is obtained.

3. Line baking sheet with aluminum foil.

4. Lay out naan on the aluminum foil.

5. Spread out desired amount of pesto across naan.

6. Sprinkle naan with mozzarella cheese until pesto is covered.

7. Add desired amount of chicken on top of the cheese.

8. Place the pizza in the oven and keep a close eye on it until the cheese is golden brown. It should only take a few minutes depending on the power of the broiler.

Dinner — Homemade Pizza

Ingredients:

Refrigerated pizza dough

¼ cup of red sauce

½ cup of fresh mozzarella cheese

1 package of pepperoni

Directions:

1. Preheat oven according to pizza dough instructions. I recommend the Wegmans Brand.

2. Slice the mozzarella cheese.

3. Shape dough into desired pizza shape on a prepared baking sheet.

4. After shaping the dough, add sauce to cover the entirety of the dough, leaving the edges for the crust. My

favorite is Ragu pizza sauce.

5. Cover the sauce with slices of mozzarella cheese.

6. Next, top pizza with pepperoni.

7. Place in the oven, and cook according to the pizza dough's instructions

8. Take out of oven once the crust is golden brown and cheese is completely melted. Allow the pizza to cool for five minutes before enjoying.

Breakfast —Watermelon Pizza

Ingredients:

1 watermelon

2 teaspoons of vanilla yogurt

6-8 blueberries

1 sprinkle of granola

Directions:

1. Slice the watermelon into triangular wedges.

2. Layer each wedge with a heaping spoonful of vanilla yogurt and smooth across entire wedge.

3. Top the yogurt with blueberries and sprinkle with your favorite granola -- I recommend Kind Peanut Butter Whole Grain Clusters!

Dessert — Chocolate Chip Cookie Pizza

Ingredients:

Premade chocolate chip cookie dough (I used the Nestle Toll House brand)

1 can of chocolate frosting

1 regular pack of M&M's

2 crushed Reese's Peanut Butter Cups

Caramel sauce

Any other desired candy or sauce toppings

Directions:

1. Preheat oven according to the instructions on the cookie dough packaging.

2. Spread cookie dough into a circular shape on a prepared baking sheet.

3. Bake according to the dough's instructions and allow cookie to cool completely before proceeding to step four.

4. Once the cookie is cool, spread a layer of chocolate frosting across the top.

5. Next, sprinkle M&M's, Reese's Peanut Butter Cups and crushed Oreos across the top of the icing.

6. Finally, finish with a caramel drizzle across the entire cookie.

7. Enjoy with a scoop of vanilla ice cream or serve alone.



VOTE IN STUDENT ELECTIONS

Higher student turnout would make student government more effective and responsive

Student government elections are right around the corner, meaning University students will have an opportunity to choose their representatives. With a new University president, a School of Data Science on the way and more students engaging in activism around Grounds, one would think that participation in student elections would be incredibly high as students would wish to make their voices heard. While hopefully this year will be different, past levels of turnout in student council elections have been an embarrassment, with a pathetic 18.77 percent of eligible students caring enough to vote in last year's election for Student Council President. It is imperative to increase involvement in elections. Doing so would not only result in students having more influence in the political process but would also result in a more responsive and effective student government.

University Board of Elections has made participating in election incredibly accessible. Voting is open from Feb. 26 at 10

a.m. until March 1 at 4 p.m. and every student can vote online at uvavote.com. The normal hurdles that students experience with voting, such as changing voter registration or getting to their voting precinct do not apply. Information on student government elections is everywhere — on Grounds, online and through endorsing contracted independent organizations or student me-

in five voters couldn't be bothered to find the time to vote, it is much easier for outside organizations such as the University administration to ignore resolutions passed by Student Council or other groups. So not only is the vast majority of the student body who doesn't vote in UBE elections forfeiting the right to pick their own representatives, but they are making it much

be successful by appealing to a small portion of the University community, such as gaining the support or endorsement from CIOs that are very active in the electoral process. As such, these representatives can get elected without worrying about the concerns of the student body as a whole. Higher voter participation would force candidates to listen to the whole University

percent of eligible voters cast a ballot. The fact that turnout is higher than average among the youngest voting groups is a positive sign that it may increase in the years to come. Hopefully this trend will continue this year as more students become involved in the political process due to the increase in student activism on Grounds. Simply put, making the idea of student self-governance a reality and increasing voter turnout in the upcoming student government elections is within our grasp. However, this can only happen if students participate in this year's elections. If you choose not to vote in the upcoming elections, you are forfeiting the ability to choose who represents you, hindering the student government's ability to effectively do its job and relinquishing your moral authority to complain about the University.



If we want student government to be more receptive of the concerns of the student body, turnout must be much higher.

dia organizations. The only thing preventing students to vote on who will represent them is apathy, and that voter apathy makes it more difficult for student government groups to effectively represent the student body.

When turnout in student elections is as low as it is, it seriously hinders student groups' ability to represent students when negotiating with the administration or other agencies in the Charlottesville community. When over four

more difficult for whoever ends up winning to adequately represent them. If those elected to positions in student government don't have a strong mandate from their electorate, all students are harmed, no matter who ends up being elected.

In addition to giving student government more leverage to accomplish its goals, higher voter participation would result in more responsive representatives. Many candidates can currently

community, and therefore would force them to be more responsive. If we want student government to be more receptive of the concerns of the student body, turnout must be much higher.

There is a glimmer of hope for the future of student government elections — turnout for last year's race for Second Year Council president reached 48.79 percent, higher than any other office. Additionally, fall elections for First Year Council saw 30.11

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THE CAVALIER DAILY

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LEAD EDITORIALS

STUDENT ELECTION ENDORSEMENTS

The Cavalier Daily Editorial Board has endorsed a total of 18 candidates for this spring’s student elections. Composed of the Executive Editor, the Editor-in-Chief, the two Opinion Editors and their Senior Associate, the Editorial Board offers commentary on local and national issues as they relate to the University community. In line with its mission, the board conducted endorsement interviews for candidates seeking election to Student Council, the Honor Committee and the University Judiciary Committee. To qualify for an endorsement, candidates were required to be running in a contested election.

The board will be withholding its endorsement for Student Council President until after the Cavalier Daily and University Board of Elections’ Student Council Presidential Debate on Monday, Feb. 25.

HONOR COMMITTEE ENDORSEMENTS	<p>A total of nine candidate running for the Honor Committee elections interviewed with The Cavalier Daily Editorial Board seeking endorsements for the 2019 student election cycle. Out of these candidates, four of them were from the College of Arts and Sciences, two were from the School of Engineering and Applied Science and three were from the Batten School. From the pool of candidates, the board elected to endorse Mary Beth Barksdale, Derrick Wang, Alex Spratley and Lillie Lyon from the College, Sally Greenberg from the Engineering School and Alex Blake and Harper North from the Batten School. These candidates demonstrated a profound depth of knowledge regarding issues pertaining to Honor and an ability to propose a concrete plan for the future of the organization.</p> <p>From the College, Barksdale emphasized the importance of educating and engaging with the University community in order to more effectively complete the mission of Honor. Wang asserted the importance increasing transparency within the organization, including publishing attendance records and requiring contact with constituents, in addition to implementing implicit bias training more regularly. Spratley pressed the importance of establishing a mandatory “Honor Talk” for orientation of international students as well as going to computer science and math classes to discuss expectations of Honor within those classes in order to limit the instances of Honor violations. Finally, Lyon advocated for overhauling and streamlining outreach and education in addition to creating an internal organizational culture that gives individuals more agency to improve the organization.</p> <p>From the Engineering School, Greenberg promoted more education within the Engineering School such as giving presentations to ENGR courses and urging professors to be direct and specific about their Honor policies.</p> <p>Lastly, Blake and North are running on a joint ticket for the Batten School positions. Both expressed concerns about the apathy that many Batten students have toward Honor and supported increased engagement within the Batten community, including an Honor-sponsored “Batten Hour.”We were very impressed by all of the candidates we endorsed and strongly believe that Honor will be in good hands if students elect these individuals next week.</p>
STUDENT COUNCIL REPRESENTATIVE ENDORSEMENTS	<p>A total of eight students came to The Cavalier Daily Editorial Board seeking endorsements for Student Council representative from the College of Arts and Sciences, with an additional student seeking an endorsement for the Engineering School Student Council representative position. Of these candidates, the Board elected to endorse seven individuals — six from the College of Arts and Sciences and one from the Engineering School. We have chosen to endorse Matthew Foreman, Omar Metwally, Ally Kammerman, Isabella Liu, Aneesha Goodala and Hunter Wagenaar from the College and Shivani Saboo from the Engineering School. These candidates exemplified clear goals for future policy and a true desire to represent their constituency in the best manner possible.</p> <p>The College of Arts and Science incumbents — Foreman, Metwally and Kammerman — expressed insightful visions for their futures in Student Council. In his platform, Foreman supports implementing a wider range of ethnic classes that are available to students, especially in the Latinx community. Metwally plans to reorganize current structures within Student Council, such as putting money and lobbying efforts behind passed legislation, increasing outreach to other organizations and doing away with large discretionary funding for executive uses. Kammerman, one the longest serving representatives seeking reelection, desires to increase community involvement by getting to know the student body, increasing outreach and attending contracted independent organization meetings.</p> <p>A three time representative for the Engineering School, Saboo also possesses the experience and initiative to continue making progress in the role. Saboo’s platform rests on increasing minority representation and involvement within Student Council, as there appears to be a current disconnect between the general student body and the governing body.</p> <p>The current first year representatives — Liu and Goodala — expressed a diverse plan of initiatives and an abundance of excitement to begin working on them. Liu’s platform includes plans to focus on student wellness by ensuring funding for initiatives such as free menstrual products. She also desires to increase support for marginalized groups in the community. Goodala, in her interview, expressed concern regarding Title IX changes that force students to login to NetBadge, taking away anonymous reporting. She also plans to increase communication between representatives and the student body.</p> <p>Though, Wagenaar would be new to a representative position, he is familiar with the inner-workings of Student Council, as he has served as the vice chair of outreach. He is running on a platform that includes rolling out gender-neutral first-year housing and reviving the Student Health Advisory Board. We believe all these candidates have the vision and policies to continue the important work of moving the University forward by making it a more accessible and equitable place for all students.</p>
UJC REPRESENTATIVE ENDORSEMENTS	<p>This year, The Cavalier Daily Editorial Board has chosen to endorse four candidates running for University Judiciary Committee representative. Of the eight total candidates seeking election, we chose to endorse three from the College of Arts & Sciences — Shannon Cason, Gabby Cox and Chirag Kulkarni — and one from the School of Engineering and Applied Science — Camille Cooper. All of the candidates we have chosen to endorse presented insightful and forward-thinking platforms that we believe will bring progressive change to the University community.</p> <p>Regarding UJC representative candidates from the College, all of the candidates we chose to endorse demonstrated clear initiatives regarding what they wish to change about the Committee. As a current UJC executive member and a former chair of the First Year Judiciary Committee, Kulkarni demonstrated clear experience and vast knowledge of UJC’s internal structure. If elected, he plans to seek the chair position so that he can better advocate for accused student support, mental health awareness during trial processes and improving the demographic breakdown of UJC.</p> <p>Cason, a UJC Educator, presented several policy ideas in an effort to help develop healthy drinking habits within the University’s student body. In addition, she wants to focus on spreading awareness regarding UJC’s mission and hopes to improve UJC’s ability to treat all students with equal respect regardless of minority status. Also from the College, Cox plans to focus on implicit bias on the part of judges in UJC trials. She hopes to implement cheaper implicit bias training as well as increase diversity within UJC.</p> <p>Seeking to represent her peers in the Engineering School for another year, Cooper plans to improve the structure of UJC by promoting transparency and communication between the executive board and other levels of the Committee. As a current representative and previous UJC educator and member of the FYJC, Cooper aims to focus on recruiting students from the University School of Nursing, the School of Architecture and the School of Engineering.</p> <p>As a Board, we strongly believe that all of the candidates we have chosen to endorse exemplify the University’s dedication to leadership and student self-governance and would make positive contributions to the community if elected. and their Senior Associate.</p>



Want to respond?

Submit a letter to the editor to opinion@cavalierdaily.com

H

HUMOR

One poorly formatted email from Dean Allen Groves can change everything. Every year, Housing and Residence Life successfully exploits their student laborers into processing hundreds of Lawn applications, and yours stuck out — you're going to be on The Lawn next year! Congratulations! As I sit in my rocking chair and listen to the dull roar of ramp construction, I figured I would share some of the lessons I've learned over my time living on this illustrious academical turf. Follow my advice and next year you'll peak in college.

1. Don't put yourself in a box

After condensing yourself into a 600-word resume, it can be easy to think that UVA. only values you for your involvements. Do they care about you as a person, or have they just reduced you to your leadership position and commodified you into a selling point for the school? Either way, you're more than your extracur-

riculars — although it is a bit weird that every person who's held your leadership position has gotten a Lawn room. Be yourself. Don't allow the University to put you in a box. No matter how alluring that box may seem. Even when they fasten your name to the door of the box. Even when you realize you worked for years and voluntarily applied for a chance for UVA. to put you in a box.

2. The grass is always greener on the other side

Midway through the year, maybe you'll wish you had a larger room, or maybe you'll want a smaller room so that it would appear that you have more friends. Maybe you'll wish you were on the East side, enjoying the quiet with various deans — maybe you'll wish to be on the West side, as various deans attempt to quiet the enjoyment. This is normal. The grass is always greener on the other side, as they say. And this year, you have the privilege to live in a space where this old saying is also literally true. Just like your excitement about your room, the pleasant-colored grass

outside your door will fade, and it might start to look better across the way. This could be a moment to reflect on why you're never satisfied. Why do you always seek the next, better thing instead of focusing on what you have? Are all the things you're working toward just arbitrary indicators of status, as meaningless as a cramped, toilet-less room? Thankfully, the University's illimitable mind-freedom found a way to totally avoid such self-reflection. Pretty soon, Facilities Management will come by, utterly destroy the space outside your room and months later replace it with thousands of dollars' worth of artificial, carpet-like sod. Voilà, your grass is the greenest! Now, just apply this same superficial strategy to your internal doubts and you'll be fine. Phew, that was a close one. What was the point of that dumb old saying, anyway?

3. Get ready for clout

The only people who love Lawn rooms more than administrators who need to retire are secret societies. Now that you have a Lawn room, you're instantly more worth-

while to these groups. — but don't worry, they also really value you as an individual. If you're still trying to get tapped, this is your (room's) time to shine. Some groups like the Z Society already have 9 Lawn rooms in the bag, but don't worry, you still have a chance, 10 sounds way better than 9 in their alumni newsletter. Other groups like the IMPs actually wait to take new members until after the list of Lawnies comes out, just to ensure that they always have a room. Congrats! You now have a 1/47 chance of getting tapped! But again, if it happens, it's totally because they like you as a person.

4. Get used to talking with tourists

The Lawn is a public space, and you can expect strangers to walk by you and talk about you every day as if you're an exotic creature in a zoo exhibit. Perhaps they've heard about Lawn rooms on a tour. If so, they'll congratulate you for being one of the best students at the University. "What an honor!" they'll say. "You must really be something!" they'll add. "You are the greatest person

I've ever met!" they might think. They'll often follow up with "What are you involved in?" (see #1). If you're at all humble, you might politely shake your head and say that you're just lucky to be here. After a while, though, it'll get to you, but since you're such a great student you shouldn't have trouble finding a cure for your new-found impostor syndrome. If you have so little self-awareness as to accept such exaggerated compliments, don't worry. You'll enjoy living on The Lawn just fine.

5. Have fun

In all seriousness, enjoy The Lawn. Living among 54 bright peers is special, and never again will you have the opportunity to live in the heart of Grounds, serve as the face of the school and spend the entire year coming together with your neighbors to complain about it.

ZACH SCHAUFFLER is a *Humor Columnist for The Cavalier Daily*. He can be reached at humor@cavalierdaily.com.

Top 5 tips for future Lawnies

C

CARTOON

If midterms were a person

Gabby Fuller | Cartoon Editor

...IS IT POSSIBLE TO CONSUME COFFEE THROUGH AN I.V..?





WEEKLY CROSSWORD PUZZLE

Dan Goff | Puzzle Master

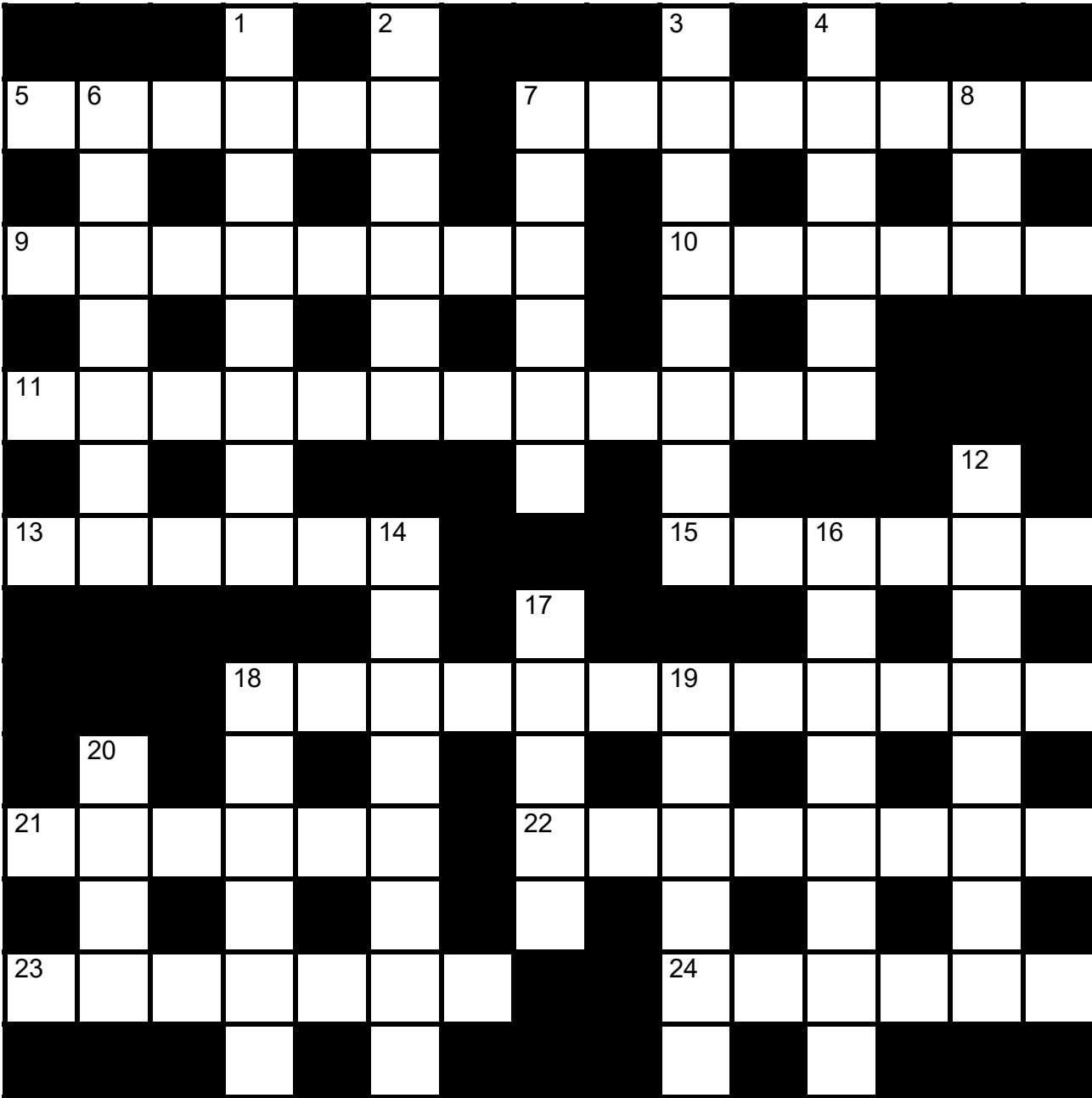
* THE SOLUTION TO THIS PUZZLE CAN BE FOUND IN THE NEXT ISSUE

Across

- 5 The Downtown ___ is a high-end restaurant on the Mall
- 7 Summary
- 9 One who goes to a conference or gathering
- 10 Orange blossom, clover, buckwheat — to name a few
- 11 Alto woodwind instruments of the oboe family
- 13 Short tree with an enormously thick trunk
- 15 Push one's way into a space — two words
- 18 Johnnie Walker and Balantine's are examples of this — two words
- 21 Foul, rancid
- 22 Michael Pollan's book describes a "dilemma" about this type of eater
- 23 This Wednesday, for University students — two words
- 24 Collective works of an artist

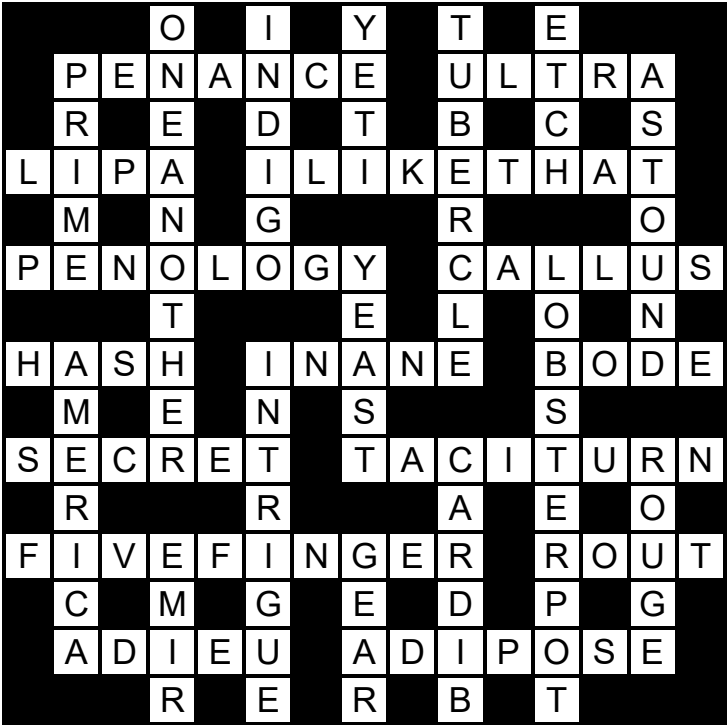
Down

- 1 I never quite understood the difference between this two-word organization and a cappella
- 2 Open, uncultivated country spaces in Southern Africa
- 3 Small and insignificant — often used to describe "town"
- 4 States personal thoughts
- 6 On one of our 23-acrosses last semester, a student broke a 19-down in this well-known building
- 7 To be filled with intense anger
- 8 We got 23-across because road are ___
- 12 One who argues in an inane way
- 14 "The Lion King" on ___
- 16 Very severe, serious



* SOLUTION FROM LAST ISSUE

- 17 To get a spot on 14-down, you must be a very talented ___
- 18 Bad handwriting
- 19 Apparently this structure can't withstand the force of a snowball
- 20 Things took a ___ for the worse

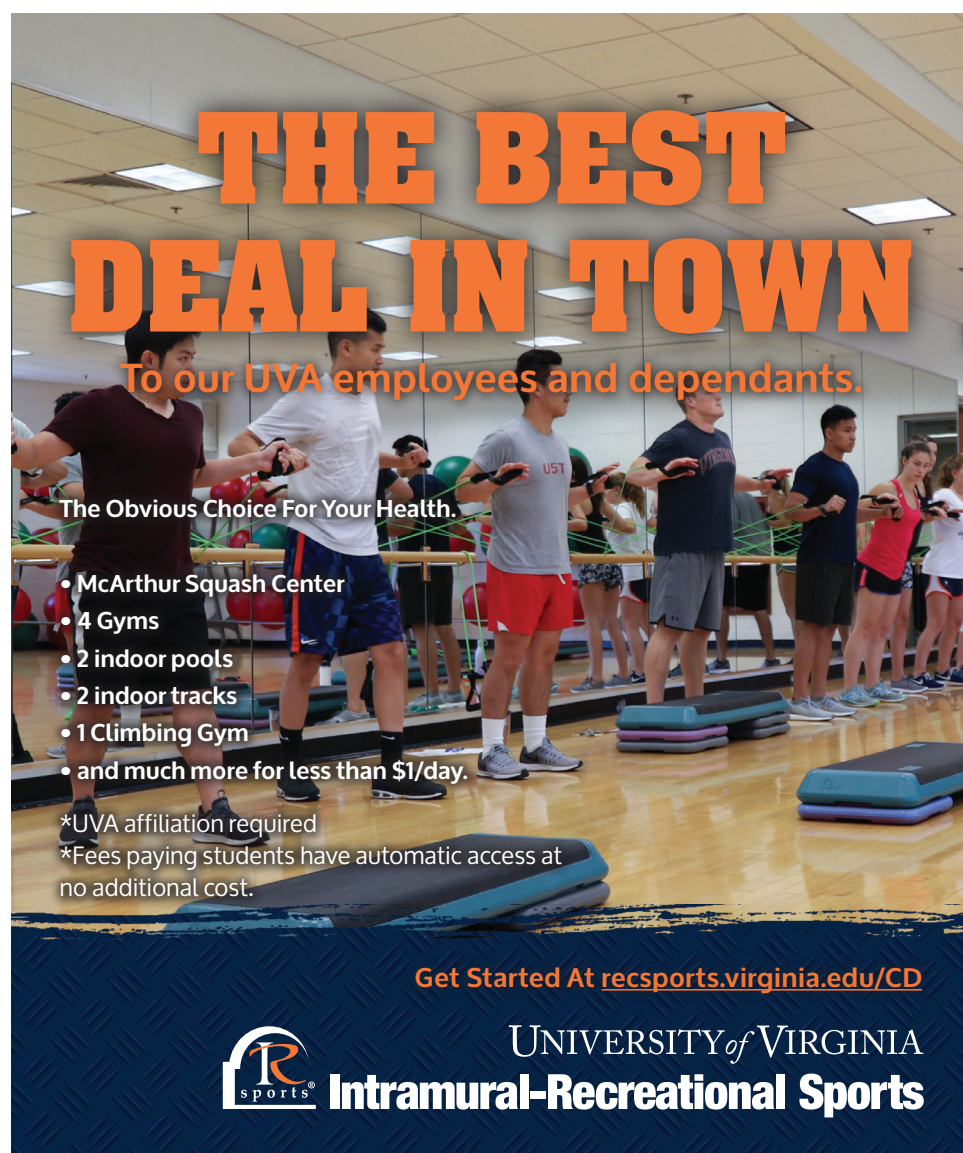




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