

# THE CAVALIER DAILY

Vol. 130, Issue 2

Tuesday, August 27, 2019



ADVERTISEMENT

Have a great idea?  
**WE FUND THOSE.**



Learn more at [jeffersontrust.org](http://jeffersontrust.org)

An Initiative of  UNIVERSITY of VIRGINIA ALUMNI ASSOCIATION





## This week in-brief

CD News Staff

### Two Trinity employees purchase Boylan Heights

Long-term Trinity Irish Pub employees Mike Heyer and Nick Becker and former Mono Loco restaurant owner and chef Michael Lewis purchased Boylan Heights on the Corner. Heyer is currently a managing partner at Trinity Irish Pub, while Becker is a general manager at the Elliewood Ave. bar Coupe De Ville's. Trinity Irish Pub purchased Coupe De Ville's in 2011.

According to Trinity owner Ryan Rooney, Lewis has "been a part of Charlottesville's restaurant scene for years." Mono Loco closed after 20 years in

July 2018. Rooney said Trinity assisted Heyer and Becker in "any way [they] could" during the acquisition and clarified that Trinity did not purchase Boylan. Furthermore, according to Rooney, Becker has never directly worked for Trinity, and Heyer will not continue working for Trinity as the new owner of Boylan Heights.

"We are excited for them and look forward to a friendly rivalry down the street," Rooney said in an email statement to The Cavalier Daily.



CALLIE COLLINS | THE CAVALIER DAILY

Boylan Heights is down the street from Trinity Irish Pub on University Ave.



COURTESY WIKIMEDIA COMMONS

The statue is located by the intersection of W. Main St. and Jefferson Park Ave.

### Petition calls for U.Va. to remove George Rogers Clark statue

Local Virginia activist David Swanson is circulating a petition urging University administration to remove the George Rogers Clark statue from its current location on University property. The statue, located by the intersection of West Main Street and Jefferson Park Avenue, depicts George Rogers Clark riding horseback, confronting a Native American chief. A group of Native Americans are depicted kneeling in front of Clark, while soldiers brandish weapons behind him. The statue's inscription reads "George Rogers Clark: Conqueror of the Northwest."

George Rogers Clark led militia efforts in the Northwest against the British and Native Americans during the American Revolution, and in the years afterwards, headed

attacks on Native American tribes as the U.S. expanded westward.

Anthony Malabad is a rising fourth-year College student and president of the Native American Student Union, an organization devoted to social and cultural activism for Native American issues on Grounds. According to Malabad, University students involved in NASU have varied opinions on what should be done with the statue.

"Some feel the statue needs to be removed, some people feel that it needs to be re-contextualized, but we all agree that the statue in its current form is not good," Malabad said.

### City Council ceases celebration of Jefferson's birthday

Charlottesville City Council recently voted to no longer celebrate Thomas Jefferson's birthday as an official holiday. The celebration of his birthday on April 13 will be replaced with another holiday known as Liberation and Freedom Day, which will take place March 3.

Previously, in the celebration of his birthday — Founder's Day — the University would plant a tree to honor a member of the community who made a long-term contribution. However, the University does not observe Founder's Day as an official holiday. Additionally, University officials attend a formal dinner and luncheon with the Thomas Jef-

erson Foundation at Monticello, awarding recipients of the Thomas Jefferson Foundation Medals in Architecture, Law, Citizen Leadership and Global Innovation.

Mayor Nikuyah Walker initially proposed Liberation and Freedom Day replace Jefferson's birthday June 3. Liberation and Freedom Day will commemorate March 3, 1865 — the day Union Army forces arrived in Charlottesville at the end of the Civil War. Union troops met with city officials near the Rotunda to signal an end of the war and slavery. The holiday will reflect on the emancipation of the over 14,000 slaves in Charlottesville.



RILEY WALSH | THE CAVALIER DAILY

City Council has established Liberation and Freedom Day in place of Jefferson's birthday.



**KEEP UP  
WITH  
THE CAV  
DAILY!**

- 1 Website:** cavalierdaily.com
- 2 Facebook:** "The Cavalier Daily"
- 3 Instagram:** @cavalierdaily
- 4 Twitter:** @cavalierdaily



# U.Va. to offer financial aid to in-state DACA students

The new initiative does not apply to undocumented students without DACA status or out-of-state DACA students

Nafisa Mazumdar & Nik Popli | News Editors

When Nicole Leal, a fourth-year College student and president of DREAMers on Grounds, found out the University would start offering financial aid to in-state Deferred Action for Childhood Arrivals students this fall, she felt that the change “came out of nowhere.” According to Leal, ever since DREAMers on Grounds started at the University in fall 2015, one of the group’s main focuses has been advocating for undocumented students to matriculate financial aid at the University.

DACA was established by the Obama administration in 2012 to allow those who are undocumented and arrived in the U.S. as children to stay in the country. Leal said that while the change is a step in the right direction for the University, it now affects a miniscule percentage of the state population, particularly following the rescindment of DACA by the Trump administration in September 2017. According to a report by the U.S. Citizenship and Immigration Services in 2017, Virginia has more than 12,000 DACA recipients who live and work legally in the state — around 0.14 percent of the state population.

In a statement released on Twitter by DREAMers on Grounds in response to the change, the group highlighted that, after the rescindment of DACA, “as of October of 2017, only renewals are being reviewed; the USCIS has not been accepting any first-time applications for DACA... theoretically by 2025, there could be no undocumented students at the University.”

According to acting University Spokesperson Wes Hester, 22 DACA recipients are enrolled at U.Va. for the fall 2019 semester — 17 of whom are undergraduate students. Only students maintaining valid and lawful status in the U.S. are permitted to enroll in full-time study. George Mason University, however, enrolls more than 250 DACA recipients. GMU, along

with Northern Virginia Community College and Marymount University, is one of three higher education institutions in the state of Virginia that is a partner college with TheDream.US, one of the few scholarships available for DREAMers.

According to Laura Osberger, senior associate for communications and outreach at the State Council of Higher Education for Virginia, each institution decides admission and matriculation policies for undocumented students and students with DACA.

Under federal law, the use of state financial aid funds may not be applied towards students with DACA status, which is why the University is privately funding this initiative.

“We hope this announcement will encourage DACA students from Virginia to consider U.Va. since a financial burden could be lifted,” said Greg Roberts, dean of Undergraduate Admissions, in an email to The Cavalier Daily.

In order to meet DACA eligibility, students must have continuously resided in the U.S. since June 15, 2007 and arrived in the U.S. before the age of 16, among other requirements. The University’s current policy states that DACA recipients should apply through the standard process for admission to U.Va.

For Sebastian Yupanqui, a DACA recipient and third-year Commerce student, his main qualm with applying to U.Va. was not in the rigorous application process itself, but rather affording tuition, considering his ineligibility for federal aid. Yupanqui said he has worked two part-time jobs on top of his schoolwork at NOVA the past two years, which has detracted from his time to gain experience in his desired professional field.

“If I had known about this [change] prior, I wouldn’t have been working these two jobs,” Yupanqui said. “I would’ve focused more on the intern-



ANDREW WALSH | THE CAVALIER DAILY

Eligible in-state DACA students were asked to turn in the corresponding paperwork to Student Financial Services shortly after the new change in University policy was announced.

ship I have right now. With my internship and the two jobs I have, there are some weeks in the summer where I’ve worked up to 70 hours a week.”

Yupanqui turned in his financial aid documents at the beginning of August to Student Financial Services.

Leal also pointed out the lack of transparency on admissions policies and resources for both undocumented students and DACA recipients who apply to the University.

“Undocumented students are allowed to apply, even pay for the fee to find out that they cannot matriculate,” Leal said. “That’s a waste of time, money, energy and hope. There’s nowhere on the website that tells undocumented students — you can do all of this, but we’re still not accepting you, which is crazy unfair.”

According to Leal, DREAMers on Grounds and DACA recipients have had the support of Vicki Gist, assistant dean of students and director of multicultural student services. However, consistent contact with one per-

son may not be enough. Leal also said financial resources for University students who have already matriculated differ from individual to individual.

“[Students] used to have monthly meetings with a couple of deans — Dean Gist being one of them,” Leal said. “And it would be a group meeting with all the DACA recipients, and then a lot of people just stopped coming because they just felt like it was pointless because nothing was really changing or happening and then [DACA] got rescinded.”

Roberts told The Cavalier Daily it is difficult for the Office of Admission to identify DACA high school students during the recruitment process since students rarely self-identify as DACA.

Leal said high school DACA recipients need substantial guidance on the college application process, considering many students are first-generation. She has met with the Virginia College Advising Corps to offer advisers UndocuAlly training, which provides an overview of the history and policies that affect undocumented youth, as well as resources. The VCAC was founded by the University in 2005 “to address the widening gap in college access for low income, first-generation and underrepresented students,” according to the group’s website.

“A lot of guidance counselors are not prepared,” Leal said. “A lot of them tell [undocumented students] not to pursue college — which is crazy, unfair and disheartening and totally hopeless.”

Roberts explained that the disproportionately low number of DACA students at the University in the past compared to peer institutions in the state of Virginia, such as GMU, was because of the lack of financial aid.

“I believe this is the reason why many of our current DACA students transferred to UVA from a Virginia

Community College after two years instead of enrolling from high school as first-years,” Roberts said.

Roberts also said that the University does not enroll undocumented students who do not have DACA status, per institutional policy. Furthermore, graduate DACA students and out-of-state DACA students are not considered for need-based financial aid.

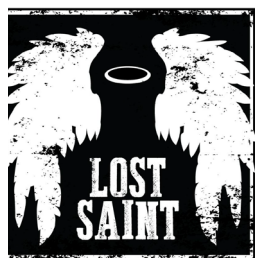
Gov. Ralph Northam (D-Va.) praised the University’s decision to make their financial aid available to those in the DACA program, writing on Twitter that “opening our doors to more students enhances the diversity that we know makes our Commonwealth stronger.”

The new financial aid for DACA recipients will be an “extension of AccessUVA, and funding will be provided through institutional private resources in support of AccessUVA,” according to Hester.

AccessUVA was launched in the academic year 2004-2005 and had previously provided low-income students with packages that were a mixture of grant aid and work-study. However, in fall 2013, the Board of Visitors voted to integrate loans into low-income students’ financial aid packages.

“Students with DACA status are here legally and are considered in-state students for purposes of admissions if they live in Virginia,” University President Jim Ryan wrote in a statement to The Cavalier Daily. “Our view is that they should also be eligible for financial aid, just like other students. It seems to us the right and smart thing to do. Our community is stronger when more students can afford to study here, and this change will help make a difference.”

## ADVERTISEMENT



**We’re looking for self-motivated people to join our team!**

**Seeking hosts, all front of house, bartenders, and barbacks. If you’re the right person, we’re willing to train you. Learn the art of service, cocktails, & wine.**

Get in touch with us at  
[info@taavernandgrocery.com](mailto:info@taavernandgrocery.com)



### NEW DOMINION BOOKSHOP

*Central Virginia’s favorite bookstore since 1924*

At New Dominion Bookshop on the Downtown Mall, you’ll find a cozy atmosphere and a friendly, attentive staff who are interested in literature and readers like you. Take the free trolley from UVA to visit us any day of the week.

☎ndbookshop.com ☎staff@ndbookshop.com  
📍404 East Main St. (Downtown) ☎434-295-2552

# BOV approves President Ryan's 10-year strategic plan

Ryan's plan was initially endorsed by the Board of Visitors May 31 and was made official this month

Annabel Jones | Senior Writer

The University's Board of Visitors met Aug. 2 for a final vote on President Jim Ryan's strategic plan, "A Great and Good University — the 2030 Plan." The vote was unanimous. Ryan's plan builds upon former President Teresa Sullivan's goals, as described in her Cornerstone Plan, which was developed in 2013.

"This is just the beginning of our journey, but I feel like we're on the right path," Ryan said to the Board.

Ryan began work last fall in conjunction with hundreds of people from the University community to imagine this plan. Ryan held town halls in the fall, created the "Ours to Shape" campaign to invite comment, performed stakeholder outreach with different student groups and discussed ideas with fourth-year Commerce student Rambert Tyree, the student member on the strategic planning committee.

Derrick Wang, a fourth-year College student and student Board member, explained why student involvement in the plan is essential.

"If you think about it, students at the University right now have a chance to shape what the UVa. experience will be like for students for another generation or two," Wang said. "Like the next whole four-year cycle of undergraduate students will see the effects of the changes that happen now — the buildings that go up, the schools that are being built — all that kind of stuff."

Ryan's plan includes four overarching goals, 18 sub-goals under the four main pillars and ten concrete initiatives to pursue the main goals. The four overarching goals — "to strengthen UVa's foundation, to cultivate the most vibrant community in higher education... to enable discoveries that enrich and improve lives, and to make UVa. 'synonymous with service'" — are meant to describe a commitment to community, diversity, research and service.

Among the ten initiatives are SuccessUVA, which expands financial aid and other services, and Citizen-Leaders for the 21st Century, which prepares students to be "servant-leaders." The Third Century Initiative aims to recruit teachers, researchers and mentors; Pathways to Research Preeminence serves to stimulate research, and Cultivating Staff Success is intended to support an inclusive workforce. The Good Neighbor Program partners with Charlottesville and neighboring counties to address local challenges; Broadening Our Horizons expands research and partnerships in Northern Virginia, and the Bachelor's Completion and Certificate Programs promotes education for working adults. Additionally, the Open Grounds at Emmet-Ivy will develop the 14-acre site between Emmet Street and Ivy Road, and the establishment of the School of Data Science will introduce a premier school

in its field.

A number of these initiatives include their own goals, meaning that there are about 40 goals in total associated with the ten key initiatives.

Ryan's plan is a roadmap for making the University the best public institution in the nation — and one of the best universities in the world — by 2030. According to University Rector James B. Murray Jr., "what President Ryan has set out, is to be not just a great university, but a good university."

However, the University cannot move forward with each initiative and goal in the "Great and Good" plan immediately, so progress will be made gradually across the strategic plan's 10-year timeline.

"Many of them are very bold, many are very expensive, and the University can not do them all at once," Murray said. "We don't have the manpower or the money to do everything at once, so the President is going to have to prioritize."

Ryan and Chief Operating and Financial Officer J.J. Davis will prioritize the ten initiatives later this fall, once there are estimates about how much the initiatives will cost and which resources will be available to complete these goals.

Funding will come from a variety of possible sources, such as the University's Strategic Investment Fund — which is funding available to the President and Board of Visitors that

is managed as an endowment fund for initiatives that can fundamentally develop a critical area of knowledge or operation — along with philanthropic support, University funds, debt service, state funds and other sources.

In an email to The Cavalier Daily, University spokesperson Wes Hester said the University's implementation of the plan is meant to be flexible and will change as issues arise. However, this process will be directed by the overall sequencing plan, which has yet to be finalized.

So far, the University has made strides in two key initiatives — the creation of a new School of Data Science, which the Board approved but now requires final approval from the State Council of Higher Education for Virginia, and the implementation of the Good Neighbor Program. In March, as part of the Good Neighbor Program, the University tackled living wages announcing that it will pay all full-time, benefits-eligible employees in the academic division and medical center a living wage of at least \$15 an hour, beginning Jan. 1. The Good Neighbor Program will also address housing, local educational opportunities and access to health care in Charlottesville.

As for other initiatives, Wang is looking forward to seeing how Ryan will approach the first goal of the strategic plan — strengthening the University's foundation by improv-

ing the student experience.

"I think he's absolutely right to be pushing for greater support for first-generation and low-income students ... [because] there's a lot of questions about the role of higher education in society right now — whether it's promoting social mobility, or if it's sort of a gate-keeping mechanism that's keeping people out," Wang said. "So, I think that it's good — appropriate — for the University to be thinking really hard about how, as an institution of higher education, it can best serve people and be that mention of not only educating people, but giving people opportunities."

Both Wang and Murray believe that the strategic plan reflects Ryan's inclinations and priorities in leading the University.

"I definitely think this reflects his priorities and how he thinks about higher education," Wang said. "I think he has a strong focus on first-generation students, being a first-generation student himself ... Certainly, the relationship with Charlottesville is something that he is personally interested in as well."

Murray noted the significance of the goals and initiatives outlined by the strategic plan.

"I would cement that this particular plan is unusual in how bold it is and how thoughtful it is," Murray said.

## Welcome Week planning costs approximately \$174K

University Programs Council used the majority of its Welcome Week funds for the A\$AP Ferg concert

Nafisa Mazumdar | News Editor

The University Programs Council began hosting its annual Welcome Week Aug. 23, spending approximately \$174,000 on events to entertain and provide inclusive spaces for new and returning students. Kyle Nguyen, UPC chair and a fourth-year Commerce student, said the goal of Welcome Week is to get all students excited for the start of the new school year.

"A lot of our Welcome Week events are aimed towards first-years, but we're trying to get all undergraduate years as well as graduate students to attend our events as well because they do make up a huge portion of our community," Nguyen said.

Nguyen also said UPC is trying to reach a more diverse audience through its events through co-sponsorships with other student organizations, which may not have the

same resources as UPC to showcase their organization's mission and culture. Other organizations may apply to co-sponsor events with UPC, which are approved or disapproved bi-weekly by UPC's Ad-Hoc Outreach Committee.

"We're trying to try to get ... a diverse lineup of events so that we can reach all students at the University," Nguyen said. "We're student run, so it's our duty to actually put on events that students want, that they enjoy. And they can help them make their time here at UVa. feel worthwhile and help add some happiness in their lives."

Nguyen cited an upcoming "Welcome to Bollywood" event being held later this fall alongside the Indian Students Association as an example of successful co-sponsorship.

For Welcome Week activities, the group allocated about \$130,000

of its funds for the week towards the A\$AP Ferg concert, according to Nguyen. The first Welcome Week event, CarniVILLE, which took place in the McIntire Amphitheater Friday evening, was UPC's iteration of a carnival, with food vendors and games.

UPC also held a screening of the DC Comics superhero film Shazam! on O-Hill field Sunday evening as part of Welcome Week. Other events in Welcome Week include Rotunda Sing — a night of performances from University choir and a capella groups — which will be held on the Lawn Aug. 28. UPC will also host shows by The Daily Show comedian Jaboukie Young-White Aug. 29 and hypnotist Tom Deluca Aug. 30.

Rotunda Sing will cost UPC approximately \$4,000, according to Nguyen — an increase of \$500 from last year's Rotunda Sing event.

Young-White and Deluca will cost approximately \$19,000 and \$5,500, respectively — last year, Deluca had cost \$4,200. CarniVILLE cost UPC roughly \$8,000, and the screening of Shazam! cost \$1,500. A further \$6,000 was spent by the UPC Marketing Committee, who, Nguyen clarified, does not organize events but rather promotes the group's events and purchases branded merchandise.

According to Nguyen, UPC receives its funding through the student activities fee paid by students in their tuition and fees. The regular session student activities fee for the 2018-19 school year for both in-state and out-of-state students was \$50.

The A\$AP Ferg concert was followed by the Hoos Home event — a new school-year welcome back and kickoff event sponsored by UPC in conjunction with Housing and Residence Life, Intramural-Recreational

Sports and UVa. Dining.

The University administration promoted the concert and Hoos Home as alternatives to the Wertland Street apartment and house parties — also referred to as "Block Party" among University students. In a University-wide email, Dean of Students Allen Groves expressed concern about personal safety at Block Party.

"While [Block Party] is not in any way affiliated with, or sanctioned by, the University, it is a great concern for many of us, given the size of the crowd and the demonstrated potential for negative (and highly serious) incidents to occur," Groves wrote in his email. "Sexual assault, dangerously crowded balconies, underage drinking, and other risks inherent in large crowds of individuals you do not know are all very real concerns."



# New students officially welcomed in convocation ceremony

Students heard from President Ryan and College alumna Donna Byrd during Sunday's ceremonies

Jennifer Brice | Senior Associate

First-year students of the Class of 2023 and transfer students gathered on the Lawn Sunday evening for their convocation ceremony, which was followed by an additional ceremony inducting new students into the University's longstanding tradition of the Honor system. New students heard from student leaders as well as University President Jim Ryan and Donna Byrd, an entrepreneur and College alumna. There are 3,920 students in the Class of 2023 and 623 transfer students of the Class of 2021 and 2022.

The convocation portion of the events began with remarks from Dean of Students Allen Groves and Ryan, who were followed by Ellie Brasacchio, fourth-year Batten student and president of Student Council, and Shannon Cason, fourth-year College student and chair of the University Judiciary Committee.

As convocation speaker, Ryan told students to step outside their comfort zones in order to grow as students and individuals — alluding to an anecdote from his own childhood in which he was faced with fear of Disney World's Space Mountain roller coaster. Ryan encouraged students not to be afraid “to cross that bridge, or to build one, if it's not already there, and get on the ride.”

“The lesson I drew from this, the one that stayed with me, is that if you really want to do something, don't let your fear of the unknown prevent you from trying,” Ryan said. “For some of you college itself may be your own personal Space Mountain, which is why I'm so thrilled to see all of you here, and I want to congratulate you on making it this far.”

First-year College student John Ellard said he was particularly encouraged by Ryan's speech because it reassured him that he and his peers were sharing the same uncertainty as they enter the year.

“He kind of talked about how even



RILEY WALSH | THE CAVALIER DAILY

The convocation ceremony took place on the Lawn and included speakers such as President Ryan, College alumna Donna Byrd, Student Council president Ellie Brasacchio and UJC chair Shannon Cason.

if everyone kind of seems cool, they may not be,” Ellard said. “Everyone's nervous and in the same boat. So that kind of made me feel better.”

Byrd was the keynote speaker for the second half of the ceremony devoted to Honor induction and advocated the importance of the community of trust to life on and beyond Grounds. Byrd was the founding publisher of The Root, an online publication aimed at the black community, and the founder of BlueButterfly,

a digital startup that aids families throughout the funeral planning process. As a student at the University, Byrd received her bachelor's degree in American government and was chair of the Honor Committee.

Byrd told students that the moral qualities central to upholding the community of trust are essential to leadership in society outside of the University.

“With honor and trust present, people are able to learn from one another, reach across the aisle, build coalitions and solve difficult problems,” Byrd said. “When honor is absent and trust breaks down, universities, corporations, communities and nations cease to function ... Without trust, we don't have common facts, we don't have a common reality, and we are unable to create solutions to the problems that plague our society.”

Alex Spratley, fourth-year College student and the Honor Committee's vice chair for hearings, introduced Byrd and likewise emphasized the significance of Honor to the student experience on Grounds. Spratley said the Honor system and individual students' role as members of a community of trust contribute to their sense of ownership of the University.

“Leave tonight certain that it is yours and begin your college careers confident in the knowledge that you and your peers, united in your com-

mon sense of goodness and responsibility, will rise to the challenges ahead, both temporary and lasting, together,” Spratley said.

Similarly, Cason spoke to students' ability to be empowered members of the University community when discussing UJC and the tenets of student self-governance. Cason explained the role of UJC and the First Year Judiciary Committee in upholding the University's 12 Standards of Conduct, noting that a student who is accused of a violation will be adjudicated by an entirely student-run governing body.

“This is because we all know it's in our own best interest, or at the very least, are willing to reflect upon ourselves and the situation at hand to the greatest possible good,” Cason said.

Brasacchio's message to students also touched on this sense of community and active contribution to the University by ensuring the new students of their right to feel a sense of belonging and ownership on Grounds. Brasacchio related this to her own experience of coming to terms with her identity as a first-generation college student, and how this experience at first made her feel unwelcome at the University.

As she came to realize how being a first-generation student so significantly affected her time at the University, Brasacchio said she a mission

to advocate for low-income and first-generation students, and she began to create a conversation and cultivate a community around the issue. Brasacchio ran on a platform of accessibility in her campaign for Student Council president and proposed the creation of a new financial accessibility committee to address the marginalization of low-income students at the University.

“So to all of you, I want to be clear, you belong here,” Brasacchio said. “And you deserve to be here. Even if sometimes it feels like this Rotunda is looking down upon you and that these Grounds were not made for you, I promise you it is no mistake that you are here today.”

It is tradition for each new student to be gifted a nickel and copy of The Honor Men Poem, written by James Hay Jr. in 1903. The Seven Society made a donation of \$1,777.77 to the First-Year Council that was announced after a first-year student read the letter addressed to their class. Students are also invited to sign a copy of the Honor pledge following the ceremony.

Second-year College transfer student Donovan Jones said the convocation ceremony made him excited to start the year — “definitely [to] try new things, get out of my comfort zone a little bit and try to find myself more when I'm here.”

## ADVERTISEMENT

Interested in becoming Catholic?  
Are you already Catholic and missing the sacrament of Confirmation? Or maybe First Communion too? If yes, please consider participating in this year's Rite of Christian Initiation of Adults (RCIA) at St. Thomas Aquinas University Parish on Alderman Road. Weekly classes start August 28, and are from 7:00-8:30 in classrooms 2 and 4 at the church. For additional information please contact Deacon Tony at [tditolve@gmail.com](mailto:tditolve@gmail.com).





## YOUR SUCCESS BEGINS WITH OUR SCHOLARSHIP

Choose a health care career with the U.S. Army Health Professions Scholarship Program (HPSP). Qualifying students may be eligible for full-tuition at an accredited medical school, a sign-on bonus of \$20,000, reimbursement for books, plus a monthly stipend of more than \$2,000. To learn more about U.S. Army HPSP opportunities, visit [healthcare.goarmy.com/qd75](http://healthcare.goarmy.com/qd75)



# feast!

## GIFT CARDS • STUDY SNACKS • CARE PACKAGES

*Take the trolley, we're just a few blocks from Grounds • 416 W. Main Street • [feastvirginia.com](http://feastvirginia.com)*



**FUN FOOD GIFTS**  
*send care, when you can't be there!*



*Refuel with a quick visit  
to our vintage coffee truck!*



**GIFT CARDS**  
MAKE IT A MEAL PLAN 

*just because they've flown the coop,  
doesn't mean you can't pack their lunch!*



UVA'S MOST REQUESTED SANDWICH:  
The Prosciutto & Mozzarella

*Join us for Lunch, Grab n' Go or Order Online* CALL TO ORDER • 434.244.7800



# **Health Insurance Hard Waiver Program**

**Deadline -  
August 30, 2019**

**Enroll or waive  
today!**

**TAKE ACTION NOW!**  
**AVOID BEING BILLED**





# First Watch is Charlottesville's new brunch spot

First Watch is a new option for pre-football game brunch cravings this fall

Maggie Trundle | Food Columnist

College students love brunch. There is nothing like waking up on a Saturday or Sunday morning and heading to a favorite brunch spot with a group of friends. Charlottesville has plenty of standout spots, including Fig, The Virginian and The Villa. This past spring, Charlottesville was gifted its very own First Watch restaurant, a healthy brunch chain. Its convenient location, amiable atmosphere, reasonable pricing and diverse appeal are reasons why First Watch should be added to all brunch bucket lists.

## Accessibility

The establishment's location in Barracks Road Shopping Center makes First Watch an easily feasible stop via a roughly 5-minute drive, a 30-minute walk from dorms, a short bus ride or an inexpensive Uber. Its close proximity to the other storefronts in Barracks also helps make brunch and grocery shopping in the same outing easier than ever. First Watch is also wheelchair accessible.

I went to First Watch on a Monday a little before noon and had no issues with parking or waiting for a table. However, brunch time on weekends can get chaotic. I have experienced long waits and difficulty finding parking on Saturdays or Sundays around noon. When you have that healthy brunch craving and want to try First Watch, be aware of the time of day and how hungry you are — you may have to wait!

## Atmosphere

First Watch has a fitting atmos-

phere that aligns with its advertised healthy, homemade and natural options. The building is designed with simple but modern pieces and plenty of booths, tables and seats at the bar. If you are in need of a little sunshine and fresh air, there is an outdoor patio with ample seating.

While this isn't a problem during weekdays, the restaurant can get quite noisy with lively chatter, clinking glasses and the usual sounds of a bustling restaurant. Consider potential noise levels before you try to dine with your grandparents during peak hours. First Watch is open every day from 7 a.m. to 2:30 p.m., so try to find the optimal time to brunch without the hectic crowds.

## Affordability

For a restaurant that markets healthy food, I think the prices are relatively affordable, as most meals fall around \$10. Healthy establishments closer to Grounds like Corner Juice and Juice Laundry are just as pricey, if not more. As healthy restaurants tend to be on the pricier side, I think you will definitely get a bang for your buck at First Watch. The A.M. Superfoods Bowl was \$8.99, relatively comparable to a Corner Juice smoothie bowl. However, I think the smoothie bowls from Juice Laundry and Corner Juice taste fresher, juicier and offer a greater variety of flavors — although, you do get formal, sit-down service at First Watch. Additionally, the A.M. Superfoods Bowl is chia-pudding based, while the smoothie bowls at Juice Laundry and

Corner Juice are more fruit-based.

## Appeal

I went to First Watch with my mom and my brother, so I tried a few things off the menu. It offers everything you could ever want from a brunch menu — while they market themselves as a healthy and naturally-sourced eatery, there really is something for everyone. The menu includes pancakes and waffles to satisfy those with a sweet tooth, as well as more traditional breakfast options like eggs, bacon and potatoes.

I ordered the Healthy Turkey Omelette at \$9.99 — an egg white omelette with turkey, spinach, onions, tomatoes and Feta with a side of whole grain toast. Although it was very simple, this omelette felt healthy and flavorful without seeming overstuffed. This option would definitely be great for someone who prefers a simple and lower calorie option.

My mom ordered the A.M. Superfoods Bowl filled with coconut milk-based chia pudding, topped with bananas, strawberries, blueberries, blackberry preserves and homemade granola. This came with a side of whole grain toast with almond butter and sea salt sprinkled on top. Almond butter is less salty than peanut butter, so I thought the sprinkle of sea salt was a nice touch. This option is perfect for anyone who prefers a sweeter, more fruit-based breakfast. Chia pudding is a great, healthy way to start the day as it is packed with antioxidants and quality protein. First Watch's large portion size is very



MAGGIE TRUNDLE | THE CAVALIER DAILY

First Watch has a fitting atmosphere that aligns with its advertised healthy, homemade and natural options.

filling.

The best thing I tried was the \$4.99 "Million Dollar Bacon." This side dish consisted of thick and well-cooked strips of bacon cooked with brown sugar, black pepper and cayenne, finished with a maple syrup drizzle. The syrup wasn't overpowering but helped add sweetness to the salty bacon alongside the brown sugar glaze.

When you're first seated at First Watch, the servers bring out both water and a pot of hot coffee to the

table, which is a nice touch for caffeine-lovers. Unfortunately, when we ordered a green juice to review, they never brought it out. As we walked out the door, I realized that we had still been charged for the juice. This attests to the service, which has fallen short of my expectations on all three occasions I have been. However, it has never truly taken away from my experience, and the servers are as friendly as can be. Overall, First Watch is a worthwhile brunch stop this upcoming semester.

# How to survive your first week back at school

Note — it doesn't have to be as hard as you think

Isabel Salken | Food Columnist

Welcome back, Hoos! It's that bittersweet moment of arriving back on Grounds, greeted by old friends and maybe the warm, familiar humidity that hits you when you start the trek from Gilmer to Wilson. Or maybe it's all new to you, and you're a little lost — like we all were our first week — and it takes some extra time to get yourself around. The only thing that can make these moments harder is being hungry.

Here are some things you can do to limit hunger and have a successful syllabus week:

## 1. Pack snacks

I think it's about time people stop worrying about being embarrassed by carrying a lunch box. Most of the time, if you're the one

with the snacks, people are jealous. Especially at this time of year, when the weather is humid and hot, you'll want to keep yourself hydrated and energized. If you need some inspiration, you can read about some of my favorite snacks in this article. You'll certainly catch me with a Perfect Bar, GoMacro bar and Siggi's yogurt with fruit in my bag at all times.

## 2. Eat breakfast

The common mantra of "breakfast is the most important meal of the day" is something to be taken seriously when it comes to college. If you get into the mindset of eating breakfast during syllabus week, it'll become a good habit throughout the semester. You might be tempted to skip this when you acciden-

tally forget to set your alarm or press snooze one too many times, but that is most definitely not the move. If you have a kitchen, maybe take the time to hard boil eggs the night before or prepare some overnight oats to take with you alongside some fruit or toast. If it's your first year, make sure you plan in time to hit the dining hall in the morning, or at the very least, prepare this dorm-friendly oatmeal for yourself.

## 3. Have groceries on hand

After a long day, it would be nice to have some quality food that can keep you comforted if you're beginning to feel homesick. Trader Joe's makes a convenient, frozen vegetable fried rice that makes for a great meal when mixed with extra

veggies and a protein of choice. Or you could opt for one of these.

## 4. Say yes to spontaneous plans with friends, but no to those that will add to your stress

There's a fine line between forcing yourself to go out because it's the first week and you feel like you should and just being plain tired. Know yourself and know the difference because it's just the beginning of the semester, and there will be plenty of other times! Maybe instead, suggest meeting for dinner or lunch with friends. This allows you to simultaneously bond with others while catching up on a meal. I love grabbing a sandwich and/or smoothie at Corner Juice, especially if you're opting for something light. Eating outdoors at Trin or grabbing

a bagel from Bodo's are all great and affordable options also available on the Corner.

All in all, remember to approach everyday with a positive outlook, and don't put too much pressure on yourself. It's the start of a new year, with new opportunities around every corner. Try not to let the food get in your way, and certainly do your best to stop it from dictating your schedule. Be prepared and open-minded. You can make it a great year or not — the choice is yours!



# New Year’s resolutions for the new semester

We asked students for their resolutions, albeit without the typical fireworks and champagne

Elise Kim & Pauline Povitsky | Life Editors

As a new semester peers around the corner, the few days leading up to the start provides University students critical time to reflect on past semesters and brainstorm any changes — or “New Year’s resolutions” — they would like to make in their college lifestyles.

However, the inevitable disappointment linked to New Year’s resolutions is a sensation all-too familiar to most — feelings of hope, optimism and mantras of “this year will be different” while ultimately tossing goals in the trash a few days later. To prevent this and encourage success instead, University students have provided their own aspirations and advice to start and end a new semester on a high note.

Second-year College student Justin Magill spoke of past time-management mistakes and a desire to tackle this fall with a fresh mindset. Magill strategically planned out his classes for the upcoming semester based on his first-year experiences with

morning classes. He described his aim to maximize his productivity throughout the day.

“[This semester] I scheduled my classes later so that I actually sleep enough,” Magill said. “I’ll then try to go to the library more often in-between classes, so I can get my work done and have more free time in the afternoon.”

Whether it’s a library or a coffee shop, University students may find that certain places become easily associated with an activity or habit. Second-year College student Justin Logan is mindful of the connotations he will be creating in his new living space.

“I’m in a house this year with some of my friends, so ... I’ll just have to establish early on that there are times that I have to shut the door and just get work done while I’m in the house,” Logan said. “If I can establish that early on, then I think it’ll be easier to maintain throughout the year.”

Although incoming first-year Engineering student Nicholas

Yantiss does not have a prior semester to compare, he conveyed his intentions to take advantage of the ample and diverse opportunities the University has to offer.

“Now that my schedule is more flexible and curated, I want to make the most of my day ... so that I’ll have more time to immerse myself in student life,” Yantiss said. “Finding a club where there are other people with similar interests [to me] will be something I want to take advantage of.”

While it can be easy to create goals or resolutions, it is often difficult to implement them. University students have prepared various strategies in order to set themselves up for success. Some students rely on agendas, while others are meticulous about their course schedules.

In an email to The Cavalier Daily, fourth-year College student Isabelle Rennert commented on the use of a planner in order to be reminded of her

schedule and short-term goals.

“Honestly, just writing what I have to get done that day in terms of work in classes helps, so that I can have a visual reminder,” Rennert said.

While all the aforementioned resolutions address practical goals and intentions, second-year College student Rachel Roenicke imparted advice specifically geared towards mental and emotional care.

“Don’t put too much pressure on yourself,” Roenicke said. “Don’t compare yourself to others too much because you’re your own person, and you have your own strengths and weaknesses.”

Third-year College student Alex Markiewicz also emphasized the importance of focusing on personal goals rather than making comparisons among other students. She explained that concentrating on what other students are doing can make personal motivations or achievements feel less dignified. She noted that students should feel rewarded af-

ter accomplishing their goals, no matter how small.

“You should take the time to feel rewarded,” Markiewicz said. “Some people look at something that’s impressive and move on to the next thing. Let’s say you do well on an exam. You should celebrate a little bit. You shouldn’t move on to the next thing so quickly.”

Markiewicz finds that making goals goes hand-in-hand with balance. Although academic goals are significant, she detailed that goals should also be diversified to make space for other areas of interest.

“There isn’t time for everything ... Focus on what’s important and [that] you’re doing those things to your best ability,” said Markiewicz, “You should be doing something small every day that makes you happy.”

# How to elevate your avocado toast

Revamping a millennial classic

Sadie Goodman | Food Columnist

I love avocado toast, but who doesn’t? Unfortunately, sometimes — no matter how perfectly ripe your avocado or how crispy your toast — it just tastes average and dull. I found myself growing tired of the same routine, so I decided to spice it up. I created three delicious and easy recipes, so you can experiment with these foolproof recipes in order to rejuvenate your love for avocado toast.

**The Breakfast Staple**  
**Ingredients:**  
1 egg  
Olive oil  
Sourdough bread  
Half of a large, ripe avocado  
Salt  
Pepper  
Crushed red pepper

Start by adding about 2 to 3 teaspoons of olive oil to a nonstick pan over medium heat. I love adding a few shakes of crushed red pepper to the oil to give the egg a little extra depth of spicy flavor.

While the oil heats up — in

about 2 minutes — I like to get started toasting my bread so everything can come together at once. Once the oil is hot, cook your egg in whichever style you prefer. I enjoy my egg sunny side up, but if you accidentally crack the yolk — like I do every other time — scrambled eggs work wonderfully.

As the egg cooks, cut your avocado and mash one half with a fork while it is still in the skin. I find mashing the avocado this way makes for a better consistency and fewer dirty dishes. If you want to add even more flavor to this dish, you can use guacamole instead of avocado.

When your toast is perfectly golden and crisp, spread the avocado with your fork and season with salt, pepper and crushed red pepper.

When your egg is almost ready, season with salt and pepper in the pan and carefully transfer to the toast. Finish with a dash of crushed red pepper and you have a delicious, easy and nutritious breakfast in under 10 minutes.

**Savory Snack**  
**Ingredients:**  
Goat cheese  
Avocado  
Za’atar seasoning  
Sourdough bread  
Salt  
Pepper

This toast is super easy to prepare and is a perfect after-class or pre-library snack.

Begin by toasting your bread, so it is crisp and golden — I prefer a little more crunch with this version. As your bread toasts, mash half an avocado in the skin. This is a great use for any leftover avocado in the fridge as well.

Once your toast is ready, spread the avocado and season with salt and pepper. Next, crumble goat cheese on top and spread gently with your fork. If you detest goat cheese, feta will work as a substitute.

Finish your toast with a sprinkle of za’atar seasoning blend and enjoy!

**Protein-Packed Lunch**  
**Ingredients:**  
Wheat bread  
Avocado  
Salt  
Pepper  
Tuna salad  
Cherry tomatoes

This recipe creates an enticing, open-faced toast dish. By now, you know how this works — toast your bread until it is golden brown and crisp. It’s extra important to have a firm, crispy piece of toast for this recipe, otherwise your open-faced sandwich will be a soggy mess. You need the bite from the bread to balance out the softer, more creamy tuna salad and avocado.

Mash half of an avocado and spread generously across the bread. Top this with salt and a little pepper.

I love making this lunch when I have leftover tuna or chicken salad in my fridge — both taste great. Spread a few forkfuls of tuna salad over your mashed avocado.

If the tuna salad is a little under

seasoned, feel free to add extra salt and pepper at this point. I used the tuna salad from Ivy Provisions and it was delicious.

For a garnish, I like to chop some cherry tomatoes and place them on top. They mix well with the other veggies in the tuna salad.

I hope you enjoy these recipes because they’ve sure saved me a few wallet emptying trips to Corner Juice. These recipes are both quick and easy, and they will definitely fill up a busy college student.



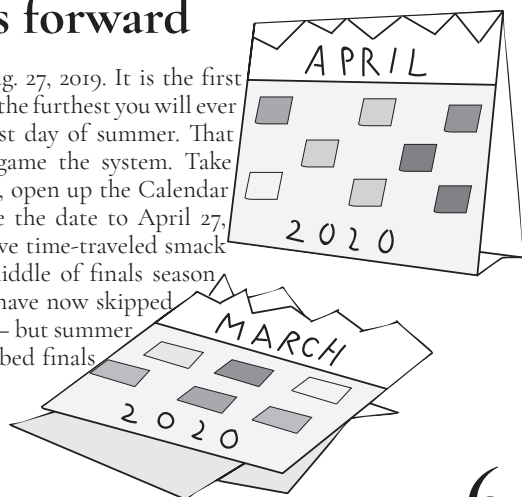
# Top 10 ways to never leave summer

How did Phineas and Ferb get 104 days off anyway?

Ben Rosenthal | Top 10 Writer

## 1. Set your calendar eight months forward

Welcome to Aug. 27, 2019. It is the first day of class and the furthest you will ever be from the first day of summer. That is, unless you game the system. Take out your phone, open up the Calendar app and change the date to April 27, 2020. Sure, you've time-traveled smack dab into the middle of finals season for classes you have now skipped the entirety of — but summer is just five bombed finals away.



## 2. Never change out of shorts

Remember those boys in fifth grade who wore basketball shorts no matter what, even if it was Dec. 15, and it had just snowed 16 inches? Of course you do — those guys were the coolest and toughest kids around. And they might have been onto something huge. You know how they say “dress for the job you want, not the job you have?” Here's a revelation— dress for the season you need and not the season you're in.

## 3. Refer to everyone as “dude”

Summer is a time of year, but it is also a state of mind. While the more obvious characteristics such as the heat, humidity and lack of stress from midterms are usually associated with summer, its intangibility might be what matters most. In other words, if you hold the summer spirit in your heart, no change in time — or climate — can take summer away from you. One way of keeping the summer spirit flowing is to refer to everyone you meet — peers, professors and police officers — as “dude.” If you don't believe me, try it on the next person you meet. If you tell me you don't feel like it's July 15, but you're on a tropical island with a cool, crisp appetini in your hands after saying that, then you're lying.

## 4. Subsist entirely on ice cream

Ah, ice cream. It's the iconic treat for the summer heat. While ice cream trucks dissipate around September, the University has soft-serve ice cream in our dining halls year-round. And, as fortune has it, it's one of the three things you can find in O'Hill that isn't raw! If you're like me, an upperclassman on a swipes-limited meal plan, this may not be the path for you. But if you're a first-year and you're open to the “Freshman 15,” get ready to taste that sweet summer bliss.

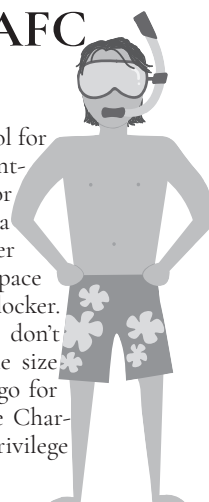


## 5. Pull the trigger on that inflatable kiddie pool

If you're renting an off-Grounds house and you haven't deeply considered buying an inflatable kiddie pool off of Amazon and setting it up in your front lawn, then you're doing it wrong. At least, that's what I tell myself to normalize this little dream of mine. One of my favorite summer pastimes is hanging by the pool, and what better way to keep that part of summer flowing year-round than to have your own pool? Given the state of the housing market, it's probably the only property you'll own for at least nine years.

## 6. Live in the AFC pool

If you don't want to buy a pool for your rental house, consider renting a house inside of a pool. For just a small fee, you can rent a space inside of the AFC locker room year-round. Sure, this space happens to be the size of a locker. Okay, it is a locker — but don't be dissuaded. A property the size of such a gym locker would go for \$1500 in New York City. The Charlottesville rental market is a privilege in comparison.



## 8. Sleep in 'til noon every day

Full disclosure in the interest of journalistic integrity — I do not sleep in. Biologically, I simply cannot. The latest I had slept in this entire summer was 8:30 a.m. But for people more fortunate than myself, I imagine a key part of summer is the ability to sleep half the day away, skip a delicious breakfast because it was already lunchtime by the time you woke up, accomplish absolutely nothing with your day because you slept through half of it and go to bed in order to repeat the cycle time and time again. If you can't tell, I'm a bit bitter about my poor sleeping genes.

## 9. Never do any assignments

Hail Mary option here. You don't want to mess with your Google calendar, you live in an apartment so the inflatable pool isn't an option, your skin crawls when you say the word “dude” — dude, you have nothing left to lose. Except your GPA. What I truly love about summer isn't the weather or the pool or the sleep — it's the freedom ... from homework, tests and papers. But here's the truth — as long as you don't do any of those things, you can maintain that summer freedom year-round. Sure, your GPA will suffer, but your summer vibes will thrive. Just make sure your parents can't access your grades.

## 7. Turn fall break into an “abridged beach week”

If you've ever experienced beach week, then you've experienced true summer. You made it to Miami, Myrtle or — if you're cheap like me and my friends — the hopping, nightlife-full town of Corolla, North Carolina, and enjoyed a week of sun-kissed bliss. Rather than wait until spring break to hop back on the beach week train, take advantage of the lovely, mid-October, four-day Fall Break and make your way down to Mexico. While the colder temperatures may initially seem like a downside, think about how empty the beaches will be!

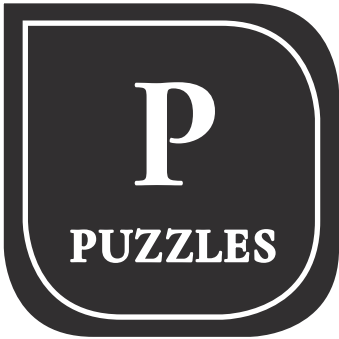
## 10. Be thankful for Virginia humidity

If you aren't willing to completely tank your GPA to maintain the feeling of summer, just step outside. Charlottesville's humidity will keep the air temperature summer-esque well into October. If you close your eyes and tune out the sounds of your friend whining about that biology midterm, it will feel just like you're on the beach in Cancun.

SUPPORT STUDENT JOURNALISM

Donate online at  
www.cavalierdaily.com/page/donate





WEEKLY CROSSWORD PUZZLE

Dan Goff | Puzzle Master

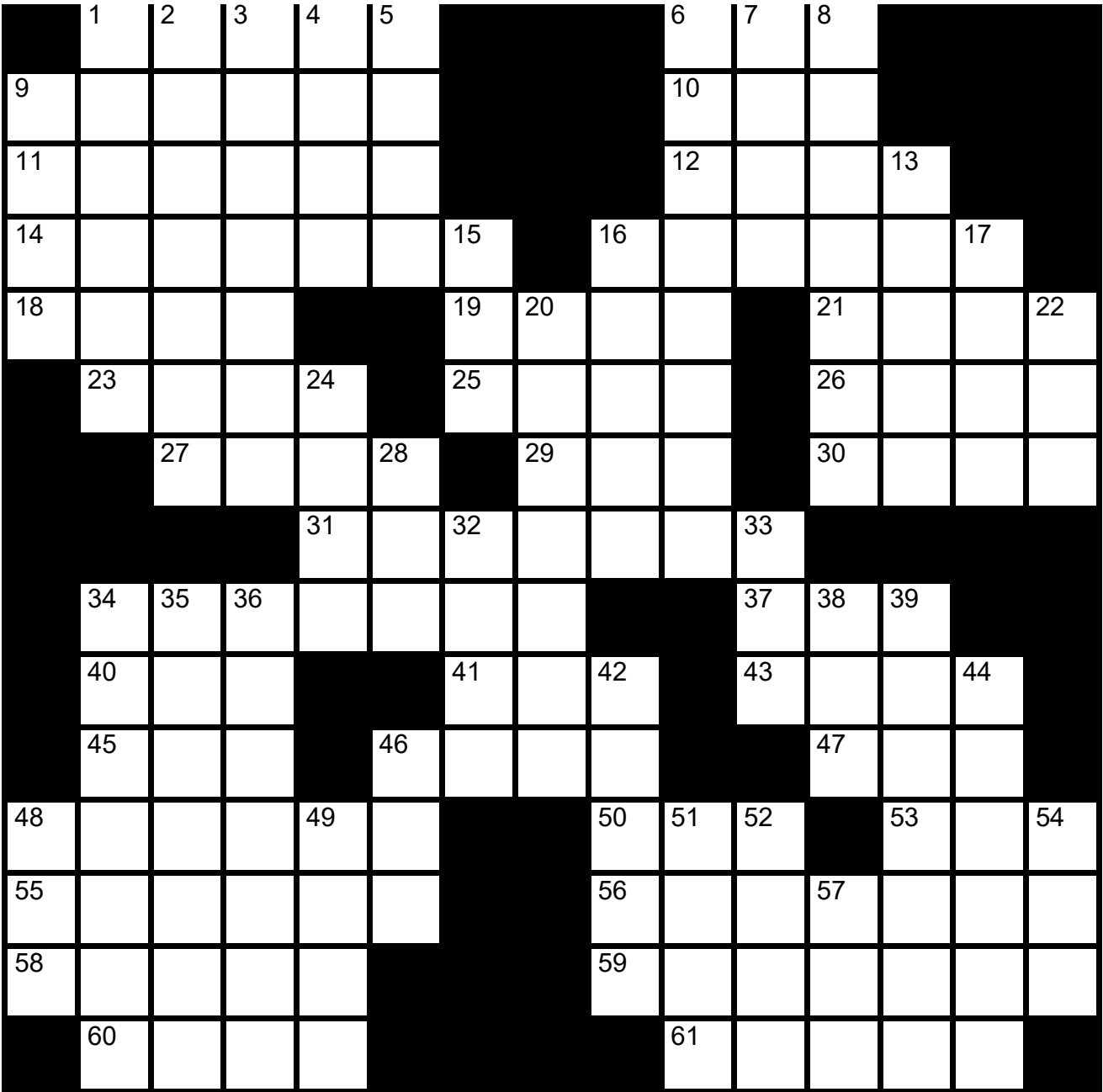
\* THE SOLUTION TO THIS PUZZLE CAN BE FOUND IN THE NEXT ISSUE

Across

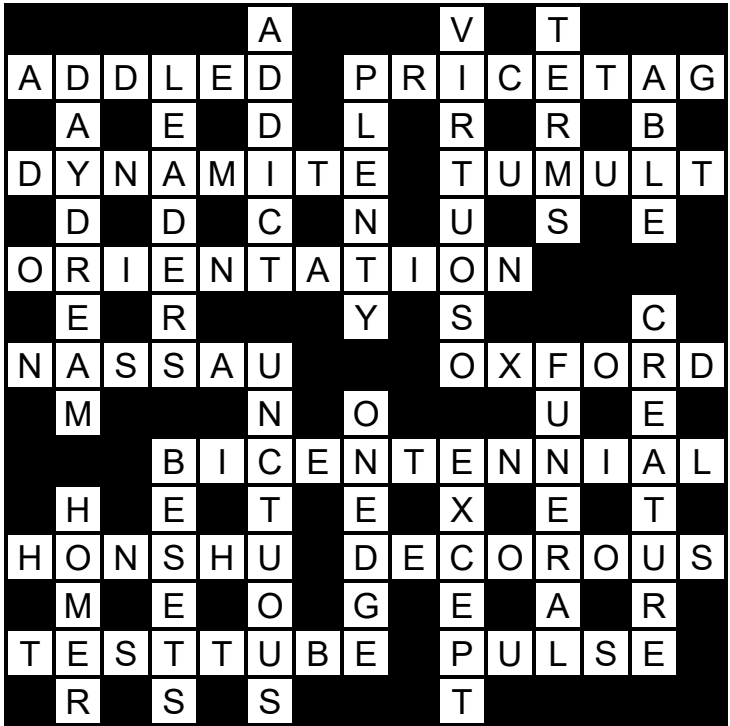
- 1. Mountain nymph
- 6. Allow
- 9. Organization known for "building peace in the minds of men and women"
- 10. Band known for "Shattered (Turn the Car Around)"
- 11. The second S of SIS
- 12. Not new
- 14. Vulnerable
- 16. Functional, practical
- 18. If you're 14-across, then you're \_\_\_
- 19. "\_\_\_ be alright"
- 21. "I'll handle the situation" — two words
- 23. Tiny cut
- 25. Cryptozoological water bottle brand
- 26. Religious image
- 27. With "-back," relaxed or easygoing
- 29. Female marital title
- 30. Period preceding Easter
- 31. Walkway beside a river or canal
- 34. Fruit similar to a peach
- 37. Egyptian cobra
- 40. Not Bambi, but Bambi's mom
- 41. With "out," relax or be lazy
- 43. "\_\_\_ 'n greet"
- 45. Abbreviation for the last month of the year
- 46. Greek queen of the gods
- 47. English "non-musician" Brian
- 48. Extensive area of land
- 50. Music genre — the middle letter is sometimes an ampersand
- 53. "Running on fumes" means you're out of \_\_\_
- 55. Pigs
- 56. New(ish) security step when logging in with your virginia.edu information
- 58. Formal agreements
- 59. Fixed sum of money paid each year
- 60. Whisper onomatopoeia
- 61. Cher's onetime partner

Down

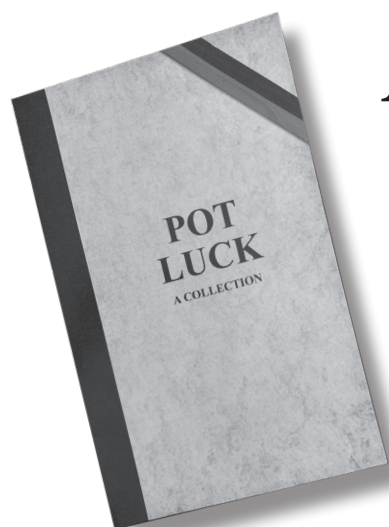
- 1. Varieties of agate
- 2. Rewrite a word, to correct it
- 3. Northern European country
- 4. Four in a standard deck
- 5. Hagia Sophia became famous largely for this feature
- 6. Two-word, unofficial alternative to SIS
- 7. Absence of effort
- 8. Small European plant, or a set of three
- 9. Functions
- 13. Derogatory, cone-shaped cap
- 15. Don't employ a professional, \_\_\_
- 16. Uber, mega
- 17. Simba or Aslan



\* SOLUTION FROM LAST ISSUE







## A Collection of Quotes... *full of* Humor and Wisdom

*"We are not afraid to follow truth  
whenever it may lead, nor to tolerate  
any error so long as reason is left free  
to combat it"*

— Thomas Jefferson

*"We are all in the gutter, but some of  
us are looking at the stars."*

— Oscar Wilde

*A lot of times people don't know what  
they want until you show it to them"*

— Steve Jobs, THE WEEK MAGAZINE

COMING SOON to the University Book Store!

## APPLY FOR A PARENTS FUND GRANT

Unforeseen Financial Hardship? Email [RainyDayFund@virginia.edu](mailto:RainyDayFund@virginia.edu).

THE 2019-20 GRANT CYCLE FOR THE UVA PARENTS FUND IS NOW OPEN!

PLEASE VISIT:

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

OR CONTACT (434) 924-7638 OR [acp5y@virginia.edu](mailto:acp5y@virginia.edu)  
FOR MORE INFORMATION

The UVA Parents Fund is dedicated to enhancing the undergraduate student  
experience through grants and allocations to diverse groups across Grounds.

APPLY BY SEPT. 30, 2019



UVA  
Parents  
Fund



Charlottesville's favorite spot  
for antiques, vintage decor  
and one-of-a-kind treasures.

  
circa

1700 Allied St. near 250/McIntire Rd. Interchange.

434.295.5760

[www.circainc.com](http://www.circainc.com)

MONDAY-SATURDAY 10-5:30 • SUNDAY 1-5





# Welcome Back UVA Students!

Need clothes or furniture?  
**Shop Goodwill®**



## Your Local Goodwill Stores

440 Gander Drive

34 Mill Creek Drive

[www.goodwillvalleys.com/shoponline](http://www.goodwillvalleys.com/shoponline)

**You Donate & Shop. We Train. People Work.**

[www.goodwillvalleys.com](http://www.goodwillvalleys.com)

**MICHAEL,  
EXTREMELY PROUD  
OF YOU AND YOUR  
DRIVE!  
JUST WANNA CRACK  
YOUR RIBS!!!  
MICHAEL**



**GYN questions?**

*We've got GYN answers.*

Whole Woman's Health of Charlottesville

- GYN Care
- Next Day Appointments
- Abortion Services
- Free Pregnancy Testing
- STD Testing
- Walk-In Plan B

**Give us a call at (434) 973-4888**

2321 Commonwealth Drive Charlottesville, VA 22901  
[www.wholewomanshealth.com](http://www.wholewomanshealth.com)





# Previewing 2019 Virginia men's soccer

The Cavaliers set their sights on an elusive eighth national championship

Akhil Rekulapelli | Senior Associate

After the 2018 season ended with a heartbreaking loss to ACC rival Notre Dame in the third round of the NCAA championship, No. 12 Virginia looks to not only extend the nation's longest NCAA tournament appearance streak — 38 years — but add an elusive eighth national championship to the storied program's trophy case.

Given that the ACC boasts seven teams in the United Soccer Coaches' preseason top-25, and four in the top 10, nothing will be guaranteed for the Cavaliers. In fact, seven of Virginia's 16 matches will be against teams ranked in the preseason top 25, including a rematch against the 2018 national champions and preseason No. 1 Maryland Terrapins at Audi Field in Washington, D.C.

## Key Matchups

No. 1 Maryland (Sept. 2)

When Virginia and Maryland last played, the Terrapins were an unranked and overachieving underdog facing the then-No. 7 Cavaliers. The rematch early in 2019 will be a much different story as Virginia has a lot to prove against the defending national champions.

Although Maryland has lost its starting goalkeeper Dayne St. Clair and five other key members of last year's team to graduation in addition to breakout senior forward Paul Bin to a torn ACL, the Terrapins' roster still features a lot of talent. Sophomore midfielder William James Herve had 9 points in 20 appearances in 2018, while senior center-back Johannes Bergmann and junior right-back Ben Di Rosa return to anchor a Maryland defense that allowed just 0.7 goals per game.

Virginia and Maryland's 82nd meeting will prove to be an exciting one as the Cavaliers try to upset the Terrapins who have only lost one of the last nine matches between the two teams.

No. 10 Duke (Sept. 13)

Last year, the then-No. 23 Blue Devils came into Klöckner, after losing their three previous ACC contests, and proceeded to shock the Cavaliers who had been unbeaten over their last eight matches. This year, the Cavaliers will travel to face No. 10 Duke, hoping to secure a win in Durham for the first time since the 2011 season.

When the two teams face off in September, the Cavaliers will see a familiar face on the pitch. Graduate transfer defender Sergi Nus tore his ACL late in the 2017 season, sat out the 2018 season and transferred to Duke after graduating from Virginia. Nus — a two-time All-ACC player — is set to play an important role in the Blue Devils' defense, which posted eight clean sheets in the 2018 season.

No. 16 Virginia Tech (Oct. 25)

Since the two rivals began playing each other, Virginia has won 31 out of 38 matches against Virginia Tech, only losing two matches in 2004 and 2005. Last year, the Cavaliers and the Hokies drew 0-0 after a hard-fought double overtime thriller.

Virginia Tech returns 10 of their 11 starters from last season and will be an even better team given the expected maturation of the six underclassmen starters in their 2018 campaign. As the rivalry game will be the Cavaliers' penultimate regular season match, a victory against the Hokies could give Virginia momentum going into the ACC Tournament.

## Players to Watch

Junior midfielder Joe Bell

In 2018, Bell was one of the two Cavaliers to play all 17 matches for Virginia, tallying one goal and five assists while also serving as co-captain with senior defender Robin Afa-mefuna. Although the statistics may not always show it, the New Zealand native is a crucial playmaker for the Cavaliers. His ability to pick apart defenses with well-timed passes and score the occasional game-winning goal — as he did against No. 19 New Hampshire last season — will be essential for Virginia.

Bell's talent and skill were even recognized on the professional level as Norwegian club Viking FK aggressively pursued him over the summer, especially after Bell captained New Zealand to a Round of 16 finish at the 2019 FIFA U-20 World Cup. Nevertheless, to the delight of Virginia fans, Bell decided to return to Charlottesville and captain the team for the second year in a row.

Junior goalkeeper Colin Shutler

For the first 15 games of the 2018 season, Virginia graduate goalkeeper

Colin Shutler was an impenetrable wall, posting eight clean sheets along with an ACC-leading 79.6 save percentage. However, Shutler was unable to play the final two matches due to injury, missing the entire NCAA tournament. This year, the 6-foot-1, 185-pound Shutler returns to action to play an important role in leading a new Virginia back line, which lost several key players including freshman phenom Aboubacar Keita who decided to sign with MLS club Columbus Crew SC after his lone season at Virginia.

During the 2018 season, Shutler had two marquee performances, posting seven saves against Maryland and eight saves against Virginia Tech over 220 minutes of play. If Shutler can continue his fine form and avoid injury, he will once again serve as a valuable piece for a Virginia team that has its eyes set on a conference and national title.

Virginia kicks off the 2019 season against Pacific University Friday night at Klöckner Stadium. The match will be broadcasted on ACC Network Extra.

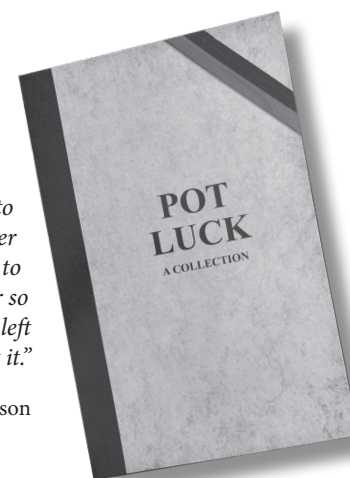
## HAPPY FIRST DAY OF CLASSES!



FROM THE CAV DAILY COPYCAT

## ADVERTISEMENT

### A Collection of Quotes full of Humor and Wisdom



“We are not afraid to follow truth whenever it may lead, nor to tolerate any error so long as reason is left free to combat it.”

— Thomas Jefferson

“We are all in the gutter, but some of us are looking at the stars.”

— Oscar Wilde

“A lot of times people don't know what they want until you show it to them”

— Steve Jobs, THE WEEK MAGAZINE

COMING SOON to the University Book Store!

## ADVERTISEMENT



Join us in our beautifully restored c. 1820 building for the most acclaimed cuisine in town!

Serving lunch Tuesday - Friday 11 'til 2:30  
Dinner Wednesday - Sunday from 5 o'clock  
Best Sunday Brunch around... 10:30 'til 2:30  
333 West Main Street www.tavernandgrocery.com



# Preseason roundtable: Football key questions

Taking a look ahead as the Cavaliers look to improve on a successful 2018 campaign

CD Sports Staff

Virginia football's 2019 season is rapidly approaching, and the Cavaliers start off with a critical matchup against ACC Coastal opponent Pittsburgh. The CD sports staff breaks down some key questions for Virginia as the Cavaliers enter the 2019 campaign with high hopes.

## What is your record prediction?

**Vignesh Mulay, Sports Editor:** After finishing with a 7-5 regular season record in 2018, Virginia will need to be at its best to improve its performance. The Cavaliers will likely fall to perennial national power Notre Dame and face massive challenges against Florida State and Miami, assuming the two teams return to their traditional strength. However, the latter half of Virginia's season is much easier as the team will end the 2019 regular season with six winnable games. With a quickly maturing offense and a well-established defense, Virginia can realistically use a strong late-season run to finish the regular season slate with a 9-3 record.

**Zach Zamoff, Sports Editor:** I predict Virginia will finish 8-4. Two of the Cavaliers' most difficult games are outside the Coastal division, against Florida State at Scott Stadium and against Notre Dame in South Bend, Ind. In addition, they have two away games in the Coastal — against Pittsburgh week one and against Miami — that will be undoubtedly tough. Virginia has never defeated the Panthers at Heinz Field in Pittsburgh, Pa., and hasn't beat the Hurricanes at Hard Rock Stadium in Miami Gardens, Fla., since 2011. Then, the Cavaliers end with a string of Coastal games in which they should be favored, but aren't cakewalks — especially at North Carolina and home against Duke — before ending with a toss-up against Virginia Tech. I say Virginia drops a couple of tough non-division contests early before ending the season by beating the Hokies and winning the Coastal title.

**Caroline Lund, Senior Associate:** Coach Bronco Mendenhall has guided Virginia football to back-to-back bowl appearances in his past two years, and will look to do so again in 2019. The Cavaliers are prepared to improve on their 7-5 regular season record and have the potential to finish 9-3 with the return of senior quarterback Bryce Perkins, who ranked third last year in the ACC in total offense. However, with the loss of key players like tailback Jordan Ellis and All-ACC wide receiver Olamide Zaccheaus, Virginia's offense will have to come together around Perkins to be successful. The team will likely fall to Notre Dame, Pittsburgh and North Carolina. Miami, which lost

to Virginia in a 16-13 upset in 2018, will also pose a threat.

**Akhil Rekulapelli, Senior Associate:** After a 7-5 regular season that featured a mid-season upset against then-No.16 Miami finished with devastating overtime losses to Georgia Tech and Virginia Tech, Virginia enters the 2019 season having lost key pieces on both offense and defense. On offense, thousand-yard rusher Ellis, and Virginia's all-time receptions leader Zaccheaus have both found new homes in the NFL. On the other hand, Virginia's defense — which was 20th in the FBS for total defense — loses two-time All-ACC selection safety Juan Thornhill, cornerback Tim Harris Jr. and third-team All-ACC linebacker Chris Peace. Nonetheless, with the return of preseason All-American senior cornerback Bryce Hall, a mature defensive line and the dangerous Perkins at quarterback, Virginia will surpass the seven-win total of last year's regular season. The Cavaliers will start off the season with an away win at Pittsburgh and a Jefferson-Eppes Trophy win over still-rebuilding Florida State, but will fall to Notre Dame and Miami in consecutive road games. However, given that this is a team that lost three games by four points or less last season, I think a more seasoned Virginia will have learned from these razor-thin defeats and win out the rest of the season to finish 10-2, setting up a date against Clemson in the ACC Championship and a possible New Years' Six berth.

## What is the most important game in the schedule for Virginia?

**VM:** Virginia certainly doesn't have an easy schedule in 2019 and there are plenty of games that will play important roles. The opener at Pittsburgh will set the tone for the season, a midseason matchup against Miami could be a crucial turning point and the Georgia Tech game may very well decide the ACC Coastal race. However, the most important game for the program and Virginia fans alike will be the Cavaliers' annual regular season finale against in-state rival Virginia Tech. If it can break its 15-year losing streak and overcome the Hokies, Virginia could not only win the division but also bring joy to thousands at Scott Stadium.

**ZZ:** Miami is the most pivotal game in the schedule for Virginia. Of course, every game matters for the Cavaliers — Pittsburgh stands out as a tone-setter and Virginia Tech as a crucial rivalry game with division title implications — but the midseason game against the Hurricanes will be the most crucial. Last year, the Cavaliers' upset victory over Miami started a three-game

winning streak that led them to challenge for the Coastal. This year, it will be equally important, with the Cavaliers needing a divisional win out of the bye week. Particularly if the Cavaliers fall short at Pittsburgh week one, the Miami game will be a needed momentum-builder in the division title race.

**CL:** Virginia's season opener against Pittsburgh will be a critical game this season. The Panthers will look to defeat the Cavaliers for the fifth consecutive time after a 23-13 win at Scott Stadium in 2018. Pittsburgh, which produced a strong defensive effort in last year's matchup, will also have the advantage of playing at home this year. The result could make or break the confidence of the Cavaliers and their fans as they continue through a difficult schedule. If Virginia can break its losing streak to Pittsburgh, the team will be poised to cruise through their next few games and carry that momentum into the rest of the season.

**AR:** Coming into Charlottesville November 3rd, 1995, Florida State had owned the ACC — the Seminoles were 29-0 since joining the conference in 1992. However, the then-No. 24 Cavaliers toppled the then-No. 2 Seminoles as three-time first-team All-ACC selection running back Warrick Dunn was stuffed at the goal line, snapping Florida State's ACC winning streak and national title hopes in the process. This 18th edition of the Jefferson-Eppes Trophy will feature a vastly different storyline — a Virginia team looking to make it to the ACC championship game for the first time in history and a Florida State team under second-year coach Willie Taggart looking to bring the team back to its glory days. It'll be a battle of a revitalized football program that toiled in mediocrity for years and a program that once reached the apex of the college football world before tumbling down the other side of the mountain. For Virginia to start off its season strong, it requires a win in front of what is expected to be a ferocious home crowd at Scott Stadium, a win that would give the Cavaliers much needed momentum going into a tough mid-season stretch that will feature games against Miami and Notre Dame.

## Who will be the breakout player for the Cavaliers this year?

**VM:** With Jordan Ellis playing in the NFL, Virginia has big shoes to fill at the running back position. While junior P.K. Kier and sophomore Wayne Taulapapa will be the favorites to be the workhorse back, true freshman Mike Hollins has real potential to be the standout rusher for Virginia. The highly-recruit-

ed Hollins is a tremendous athlete with a 4.49 second 40-yard dash time, a 4.2 second 20-yard shuttle time and a 40-inch vertical. The Baton Rouge, La., native is a rare talent with a skillset the Cavaliers currently don't have in the backfield. Hollins could be an instant game-changer given his explosive ability to blow past defenders and could turn a lot of heads in his first year.

**ZZ:** While there are many potential breakout players on offense and defense with a strong incoming recruiting class and voids at playmaking positions — notably running back and wide receiver — junior safety Brenton Nelson has the skills and opportunity to break out as a star for Virginia's defense. Nelson already broke out in some sense, as he was the ACC Defensive Rookie of the Year in 2017 and started 12 of 13 games last year. However, he was overshadowed by Juan Thornhill and only recorded 41 tackles and 1 interception in 2018 after recording 64 tackles and 4 interceptions his freshman year. This year will be different, with him and fellow junior safety Joey Blount leading the secondary. Look for Nelson to lead the Cavaliers in interceptions, making plays as a safety and guarding the slot in the nickel package.

**CL:** Virginia's highest-rated signee in the 2019 class, freshman defensive lineman Jowon Briggs, has the potential to shine in his first year. The four-star prospect was ranked among the top 300 recruits in the country. Briggs will have to prove himself alongside veteran players, but his size and strength set him apart from most incoming freshmen as he's 6-foot-2 and already able to squat more than 700 pounds.

**AR:** With the loss of Perkins' go-to wide receiver Zaccheaus, senior wideouts Joe Reed and Hasise DuBois will have their work cut out for them. However, given that the two combined for almost 100 receptions and over 1,000 yards last season, Reed and DuBois are ready to step up to the challenge. Most notably, Reed showed his big play ability last season, averaging 18.6 yards per catch while scoring seven touchdowns — one being a five-yard out that turned into a 75 yard touchdown against Virginia Tech. Expect Reed to continue using his speed and elusiveness next year to produce big plays on offense and special teams.

**Coach Bronco Mendenhall came to Virginia to push the Cavaliers to play to a New Standard. Entering his fourth year as coach, and after making bowl games for consecutive years for the first time since 2005, the standard is no**

**longer new for Virginia football. What is The Standard for Virginia football this year?**

**VM:** The expectation for Virginia football in 2019 is simple — contend in and win the ACC Coastal division. At one point in the 2018 season, Virginia was in the driver's seat with a 4-1 record, but three straight ACC losses ensured the Cavaliers finished in third. Virginia has improved every year since Mendenhall became head coach, and with a combination of returning stars and young talents, the Cavaliers should have their sights set on a division title.

**ZZ:** The Standard for Virginia football is playing good, hard and smart football all the time. This is true off the field and on the field, in practice and games. Throughout the season last year, the Cavaliers played up to this standard for long periods in games. The Belk Bowl win brought it all together, as Virginia dominated all facets of the game for both halves. If the Cavaliers play like that this year, they can beat any team, including Notre Dame. They know the Standard. If they play to it, they can beat Virginia Tech and take the Coastal title.

**CL:** With Mendenhall's success in his first three seasons, Virginia football is expected to continue to push for greatness in the upcoming season. While the team graduated key secondary players in Thornhill and Harris and offensive cornerstones in wide receiver Zaccheaus and star running back Ellis, there are a handful of incoming players who have promise. The Standard this year is to advance to another bowl game and win a Coastal Division title. To do so, the Cavaliers will have to start scoring more in the red zone and strengthen their run defense.

**AR:** Since inheriting a Cavaliers team that only made one bowl game in the previous eight seasons, Mendenhall has improved year after year, reaching a bowl game in the 2017 season and winning a bowl game in the 2018 season. Yet Virginia still have to accomplish two goals — defeat rival Virginia Tech and win the ACC Coastal. For Mendenhall to fulfill this year's Standard and achieve those objectives, he must lead a team that can continue its dominance in pass defense while also igniting an offense led by electrifying Heisman dark horse Perkins.



You've probably heard Lil Nas X and Billy Ray Cyrus's "Old Town Road," Shawn Mendes and Camila Cabello's "Señorita" and Billie Eilish's "Bad Guy" — the songs of the summer everyone can't escape this year. These recent releases may have eluded your summer playlists and Spotify queues. Give them a listen as school starts and fill these first few days with new discoveries.

**"Dance Through it" by Chicago-based band Twin Peaks**

You'll love walking to class with this song playing in your earbuds, inviting your post-summer blues to be resolved with a little dancing.

**"Ann's Jam" by Chastity Belt**

"Ann's Jam" has a sound reminiscent of fellow all-female band from Washington Sleater-Kinney. The band's first single in two years, the fresh tune is melancholic and enjoyable.

**"Lovestained" by London singer-songwriter Hope Tala**

You don't need to be fresh out of a summer romance to lift your arms along with Tala's quick and lusty single from her first EP "Sensitive Soul," released August 14.

**"Talk About It (B-Side)" by Charlottesville native and UVA fourth year Kate Bollinger.**

Summer '19 was a big one for Bollinger and her music, but this song in particular sounds cooler and a little more mellowed-out than the rest. Perhaps it's the saxophone, an instrument you don't find on most indie recordings.

**"PrettyGirlz" by 18-year-old sensation Willow**

One of the queens of the emerging genre of "antipop," this song features breathy singing and loud, unexpected cascading

drums and guitar, capturing the mood of "hot girl summer." It's unapologetic about how unapologetic girls currently are.

**"Boy Bye" by boy band Brockhampton**

Lavish is the word to describe the new single from Brockhampton, a loaded and jumpy song worthy of multiple listens just to catch all the witty lyrics. It starts with a latin jig and turns into something else completely. Brockhampton does not disappoint.

**"One, Two" by Midwest rapper Ugly God**

Demanding and truthful, Ugly God makes songs that are delightfully crude. You probably won't hear this song at Trin — even though it belongs on every bar's speaker.

**"Time Flies" by D.C. area rapper Rico Nasty**

An anthem about surviving moments in your life that fly by in-between jobs, school, friends and blurry late nights, play it during celebratory times and the low points too. That's how versatile Rico Nasty's music is.

**"Not" by New York based band Big Thief**

The lead single from the indie-folk band's upcoming album — which will be their second one of 2019 — clocks in at six minutes and seven seconds. The band seems to have hit their stride, with lead vocalist Adrianne Lenker growling on this single, shouting lyrics about things that are "not." It's forceful and beautiful.

**"Stay High" by Alabama Shakes lead singer Brittany Howard**

"Wow, what a voice," is usually what people say when they hear

# 19 songs from Summer '19

Add these bops to your playlist to end the season right

Elliot Van Noy | Senior Associate



COURTESY PIXABAY

Give your morning playlist a boost with new songs you may have missed from over the summer.

Howard sing — at least that's probably what attendees said at the 2017 Concert for Charlottesville, when Howard came on stage to sing a few tunes. Now she's making a solo album, and if this single indicates what that'll sound like, Howard is unquestionably a force of nature.

**"Was it Something I Said" by L.A. based singer-songwriter MyKey**

MyKey sings incredibly honest lyrics with a voice reminiscent of an early Alex Turner. This song is cool — and knows it — but is all the more relatable because of it.

**"Nighttime Drive" by dreamy vocalist Jay Som**

"Shoplifting at the Whole Foods" is a lyric from this song that pops out as funny, sweet and romantic — Jay Som at her best. This song gives the feeling of late summer, emulating the kind of sluggish beauty produced in the heat. The violin on the track is also a pleasant surprise.

**"Hope" by (Sandy) Alex G**

You'll love this song because it will remind you of when you're wondering about a person you haven't spoken to in a long time but really want to. (Sandy) Alex G's music never fails to evoke highly specific memories that are so human and so fruitful.

**"Wannago" by Frankie Cosmos**

Cosmos sings about things as big as the cosmos —her namesake — and the general concept of dreams, but her recent summer singles feel more grounded in a dance-beat. The shift suits the singer.

**"Ivy (Live at the Capitol Theater, Olympia, WA)" by Car Seat Headrest**

This track is from the band's recent album of live recordings and begins with "This is a Frank Ocean song" followed by a cheering chorus from the audience. Lead singer Will Toledo demonstrates his vocal longevity and sings Ocean's song full of hurt — a signature tone in his music.

**"Xeno Bobby" by indie-pop band The Generationals**

The electronic backdrop in this song distorts the track's conventional beat, giving it the pleasing aura of a 2012 Passion Pit song.

**"Marion" by folk giant Bon Iver**

This song, from his newest album "i,i," sounds the most familiar to old Bon Iver tracks like "Holocene" and "Skinny Love." People are meant to cry and sway at Bon Iver concerts and he keeps trying to interrupt that

experience with his experiments in electronics. Enough with that nonsense.

**"House Fire" by Blue Grasser Tyler Childers**

Straight off his new album "Country Boy" — a piece envisioned by the artist to be "a working man's country album" — this song is rebellious and heel-clickin' good.

**"Summer Girl" by sister trio HAIM**

You're probably sleeping on HAIM and this single, which works to be easeless and achieves it miraculously. Not many bands can make a single titled "Summer Girl" without sounding ringy and cliché, but HAIM can.

## ADVERTISEMENT



**The best-kept secret in town... step back in time to our cellar speakeasy and enjoy an expertly crafted classic cocktail, full table service, or a bottle of wine.**

Open Wednesday through Sunday at 6 o'clock

Below **Tavern & Grocery**  
333 West Main Street [www.lostsaintville.com](http://www.lostsaintville.com)



# Lockn' won't fade away, but Block Party will

Why it may be time to forego Wertland and just rock out

Joe DiConsiglio | Senior Writer

Yet another summer is drawing to a close and most returning Hoos have survived the two things separating them from the inevitable first day of classes — a sweltering day spent unloading and dragging belongings into a new home, and the terrifying, disturbing boozing holiday that students have come to know and love called Block Party. For first-years, it's a portal into a stunning new life where freedom and constraint shed their meaning and hysteria takes the reins. Everyone else has pretty much been there and done that. So why not try something different?

Skipping Block Party will not get you ostracized from the UVA. social sector. There are plenty of better ways to meet new folks and celebrate better times. Like a place that surpasses the hysteria and the boozing. Where positivity radiates and the true meaning of "Virginia is for Lovers" resonates. Where the townies will offer you a beer and conversation instead of vomit and grand larceny.

That just sounds like an ornamental Block Party with better vibes doesn't it? Throw in forty musical acts and behold as Lockn' Music Festival excites the senses, radicalizes the mind and instantly establishes itself

as one of the greatest experiences of any festival goer's life. And best of all, it takes place in the University's backyard. Happening just 40 minutes down Seminole Trail on a farm in Arrington, Lockn' brings together peace, people and music for an undoubtedly unforgettable adventure. Best of all, it's affordable. Lockn' offers a student discount at \$278.35 for a four-day pass (including fees) — roughly \$40 cheaper than normal price. That's a whole lot cheaper than other festivals of similar size.

Still not convinced that next year you should skip Wertland? Do as Lockn'-goers do — turn off your mind, relax and float downstream as these reasons will show you how to turn on and tune in to the wonders of the festival world.

## No one is scared at Lockn'

Are you scared of the limitless mob of drunk teenagers at Block Party, unbeknownst of when a fight will break out, if that glass bottle hurled across the street will hit you, or if this wasted kid is actually trying to flirt with you? Nothing short of peace and love is accepted on The Farm. The closest thing to a fight is two folks arguing over the best musical set of the day. Strangers become friends at



LAUREN HORNSBY | THE CAVALIER DAILY

Most students ring in the new school year by partying with their friends on Wertland Street — but might there be a better option?

Lockn'. Everyone there wants to have a conversation with you, they want to share their resources and stories. No one is there to cause harm. There may be just as many folks who have had so many White Claws that they can't walk straight, but there's some-

thing different about the way that people express their inebriated selves at Lockn'. The eyes of a concert goer may look as hazy as a wasted student the next morning, but the truth is, that concert goer can feel the music and it feels like the breath of an angel.

## The music

Lockn' centers around jam and folk bands but expands to include modern and classic acts that encompass the subgenres. This past summer was headlined by Phish's Trey Anastasio, Tedeschi Trucks Band and Bob Weir & Wolf Bros. The lineup overall was full of jams, folk, blues, bluegrass, Americana and rock 'n roll. Filling out the rest of the lineup were some more modern bands like The Revivalists, Vulfpeck, Khraunghin and Pigeons Playing Ping Pong and more classic acts like Old Crow Medicine Show, Edie Brickell & New Bohemians and Melvin Seals & JGB. But it doesn't stop there. The calling card of Lockn' has always been the once in a lifetime collaborations that are put together.

This year, there was remarkable harmonizing when Weir played with Susan Tedeschi, intense rock 'n roll jams when Anastasio teamed up with Derek Trucks and an all-around feel good collective when Oteil Burbridge from Dead & Co. and The Allman Brothers Band brought together Weir, Seals, Duane Betts and several others for a can't miss performance. Nevertheless any party-goer should be envious of the musical talent they'd miss if they went to Block Party again. Although Brad from Crack Snapple Pi has an aux deemed by his brothers as fire, it's more than likely that next year, The Chainsmokers will rain down on Wertland and Mr. Brightside will be played so much everyone will wish he would get back in that cage.

## The memories

In 2020, while Block Partiers are fast asleep from yet another night they won't remember, Lockn' goers will still be dancing their tails off and making memories inside of Garcia's Forest. Picture this — it's three o'clock in the morning and the adrenaline from all the wonderful things you've done all day is keeping you awake. You're dressed to the nines in the night's psychedelic outfit. All around you, trees are swaying to the music in the night's breeze, desperate for the power of music to free their roots and let them dance. A dazzling cycle of colorful lights illuminate the leaves. You're under the giant, cosmic tapestries that cover the stage when someone suddenly grabs your shoulder. It's your best friend. You haven't seen them in five hours since they disappeared into the crowd. You've never been more excited to see anyone. You embrace each other as the band drops into the most vibrant jam you've ever heard. An hour later and the day has finally caught up to you, so you set up your hammock underneath two trees and drift away into music-induced slumber, unable to dream new dreams because you're already living them.

No one is saying Block Party won't be fun next year. It just won't be nearly as fun as Lockn'. Memories will be made either way, but do you want to look back on the first weekend of the school year and think about the crowded houses with played out music — or do you want to be immersed in what can only be described as another world? A world where peace and music share their power to create something that the real world needs more than ever — a world that runs on love. To quote The Grateful Dead's "Uncle John's Band," "All I want to know is, will you come with me?"

## ADVERTISEMENT



**Little Keswick**  
SCHOOL  
EST. 1963

## Come be a part of something special.

Little Keswick School provides a structured and nurturing environment for boys with complex learning and emotional challenges. We employ dynamic staff who create opportunities for our students to thrive academically and socially.

### Part-time/Relief Counselor

We are seeking an energetic and creative person for part time and relief work throughout our program. Staff will support academic and residential programming and student needs. This position includes daytime, night, and weekend hours. Qualified applicants must be 21 years of age and preferably have experience working with children. Position could become full-time in 2020-2021 school year. Pay: Starting at \$13.00/hr

### Interns

We are seeking college aged students for an unpaid intern opportunity for the Fall and Spring semester. Interns may serve one or both semesters. Interns receive extensive training and on-the-job experience in behavioral health and education settings. Applicants for intern positions must be at least 18 years old.

**Fax your resume to 434-977-1892 or call 434-295-0457**

**[www.littlekeswickschool.net](http://www.littlekeswickschool.net)**

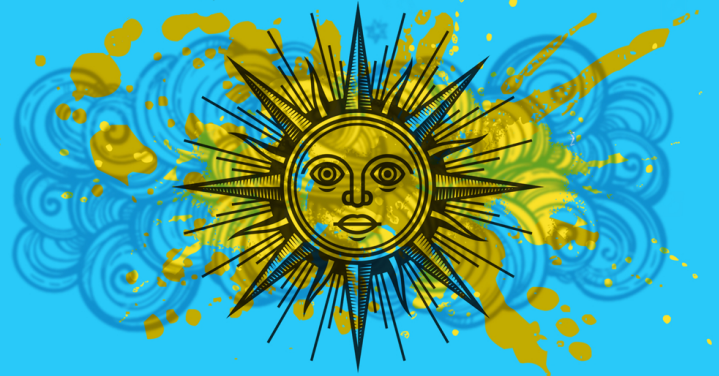




**WTJU**  
**91.1FM**



present



**SAT, AUG 31 2PM-9PM**  
**ZALTANDI WORLD**  
**DANCE FESTIVAL**

**SAT, SEP 7 NOON-11PM**  
**LOVE FEST: FREE LOVE**

**SAT, SEP 14 1PM-9PM**  
**BLACK BUSINESS EXPO**

**SAT, SEP 21 NOON-9PM**  
**CVILLE SABROSO**  
**LATIN MUSIC &**  
**CULTURE FESTIVAL**

**SAT, SEP 28 2PM-9PM**  
**ROOTS MUSIC**  
**& LOCAL FOOD**

**SAT, OCT 5 2PM-9PM**  
**VIRGINIA BLUES FESTIVAL**



**IX ART PARK, CHARLOTTESVILLE, VA**  
**FREE CONCERTS EVERY SATURDAY**

**FREEFALLCVILLE.COM**

**1969**  
**STONEWALL**



**REMEMBER. HONOR. CELEBRATE.**



**september 14 | sprint pavilion | 11am - 7pm**



**YOUTH PRIDE PICNIC**  
**SEPT. 7 @ WASHINGTON PARK**

**TRANS NIGHT OUT**  
**SEPT. 11 @ THE PIE CHEST**

**PRIDE ALT ROCK SHOW**  
**SEPT. 12 @ IX ART PARK**

**KATE BORNSTEIN**  
**SEPT. 13 @ UVA**



**MORE INFO @ CVILLEPRIDE.ORG**



**CFA Institute**



café • bakery  
**MARIEBETTE**



**LEGAL AID**  
**JUSTICE CENTER**





# GET CONNECTED OPPORTUNITIES INTERNSHIPS MEETINGS CAREERS

## PARK CONNECT

COMPLIMENTARY SERVICE BETWEEN

UVA RESEARCH PARK   CENTRAL GROUNDS   UVA HEALTH SYSTEM

OPERATED BY JAUNT



WEEKDAYS  
7:30 A.M. - 6:00 P.M.  
—  
FREE WIFI  
WORK WHILE  
YOU RIDE

On Grounds and curious  
about the Park Connect  
shuttle and companies at the  
UVA Research Park?

Join us outside of Rice and  
Olsson Halls to check out the  
shuttle, learn more about the  
route, ask questions, and pick  
up a treat (or two)!

THURSDAY  
AUG 29

10 AM - 01 PM

RICE + OLSSON HALLS

WE'LL BE THE ONES WITH  
THE COLORFUL SHUTTLE...



FIND ROUTE DETAILS AT [UVARESEARCHPARK.COM](http://UVARESEARCHPARK.COM)  
OR [UVA.TRANSLOC.COM](http://UVA.TRANSLOC.COM)



## LEAD EDITORIAL

## Beware the health impacts of vaping

*Recent cases have demonstrated the need for young people to educate themselves about this potentially dangerous habit*

Almost 200 cases of potentially vaping-related illnesses have been reported, many involving teens and young adults, The Washington Post reported Saturday. One of the victims, 20-year-old Alexander Mitchell, is in critical condition, requiring two machines to pump air in and out of his lungs and oxygenate his blood outside of his body. Mitchell lived an otherwise healthy lifestyle and was described as a hiking enthusiast.

These cases may be related to the startling increase in electronic cigarette usage across the United States — particularly among young Americans. Electronic cigarettes have been the most commonly used tobacco product among youth since 2014. In fact, the Centers for Disease Control and Prevention has reported that e-cigarettes have

erased relatively recent decreases in youth tobacco use.

This increase in use includes the University community, where about a fifth of students have vaped in the last month. E-cigarette use is so prevalent that it has become common to see students charging JUULs with their laptops in academic spaces.

The Food and Drug Administration has taken a number of steps to regulate the vaping industry such as restricting the sale of flavored tobacco products, investigating the link between vaping and seizures and launching anti-vaping ad campaigns. These more aggressive regulatory moves have been met with ire by industry groups, who recently sued the FDA to delay its review of e-cigarette products.

Given the FDA's ongoing attempts to exercise oversight

authority over e-cigarettes, the potentially irreversible health effects of these devices and the small amount of research into vaping, students at the University must exercise caution when using these devices.

Warnings about the dangers of vaping are especially important given young people's apparent ignorance of their potential health impacts. According to the Department of Health and Human Services, 72 percent of young people either believe that these devices cause no harm or a small amount of harm. This lack of knowledge can lull young users into a false sense of security leading to nicotine addiction and other adverse health effects that stem from vaping. As CDC Director Robert R. Redfield put it, "Youth use of any tobacco products, including e-cigarettes,

is unsafe."

This is borne out in the research, including one study which indicates that even one use of a vape can lead to changes in how blood vessels function. Additionally, there is a considerable amount of research into the consequences of nicotine addiction, including blood pressure and adrenaline spikes, increased likelihood of a heart attack. Nicotine has also been shown in some studies to be a carcinogen.

The popularity of vaping has become such a prevalent issue that then-FDA Commissioner Scott Gottlieb referred to the issue as an "epidemic." Therefore it is essential that we are careful and take steps to educate ourselves about their risks, especially since misconceptions surrounding these devices are widespread. It is too soon to tell

what exactly the societal impact of these devices will be or how effective any potential regulation will be, but University students must prioritize their health and rethink their vaping habits.

**THE CAVALIER DAILY EDITORIAL BOARD** is composed of the Executive Editor, the Editor-in-Chief, the two Opinion Editors and their Senior Associate. The board can be reached at [eb@cavalierdaily.com](mailto:eb@cavalierdaily.com).

## THE CAVALIER DAILY

## THE CAVALIER DAILY

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

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

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

The Cavalier Daily is published Thursdays in print and daily online at [cavalierdaily.com](http://cavalierdaily.com). It is printed on at least 40 percent recycled paper. 2016 The Cavalier Daily Inc.

## HAVE AN OPINION?

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

## QUESTIONS/COMMENTS

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



FOLLOW US @CAVALIERDAILY  
WWW.CAVALLERDAILY.COM

## MANAGING BOARD

## Editor-in-Chief

Gracie Kreth

## Managing Editor

Abby Clukey

## Executive Editor

Jacob Asch

## Operations Manager

Aisha Singh

## Chief Financial Officer

Sonia Gupta

## EDITORIAL BOARD

Jacob Asch

Gracie Kreth

Audrey Fahlberg

Gavin Scott

Victoria McKelvey

## JUNIOR BOARD

## Assistant Managing Editors

Aaron Rose

Ashley Botkin

(SA) Alec Husted

(SA) Abby Sacks

(SA) Arsema Asefaw

(SA) Emma Bradford

(SA) Caroline Daniel

## News Editors

Nafisa Mazumdar

Nik Popli

(SA) Jenn Brice

## Sports Editors

Zach Zamoff

Vignesh Mulay

(SA) Caroline Lund

(SA) Akhil Rekulapelli

## Life Editors

Pauline Povitsky

Elise Kim

## Arts &amp; Entertainment Editors

Kate Granruth

Robin Schwartzkopf

(SA) Elliot Van Noy

## Health &amp; Science Editors

Vyshnavi Pendala

Zoe Ziff

## Magazine Editor

Meagan O'Rourke

## Opinion Editors

Audrey Fahlberg

Gavin Scott

(SA) Victoria McKelvey

## Humor Editor

Ben Miller

## Cartoon Editor

Walter Sharon

## Production Editors

Carolyn Lane

Nikita Sivakumar

Ankit Agrawal

## Graphics Editors

Maddy Sita

Tyra Krehbiel

## Photography Editors

Riley Walsh

Emma Klein

(SA) Sophie Roehse

(SA) Ariana Guernamayeh

## Video Editor

Rachel Liesendahl

## Social Media Managers

Libby Scully

Sierra Krug

## Translation Editors

Edward Contreras

Lucy Xiang

(SA) Sylvia Wang

(SA) Ruohan Xiao

(SA) Josefina Waquin

(SA) Maria Aguilar

(SA) John Barton

## Senior Advertising Representative

Bianca Johnson

## Finance Manager

Malcolm Mashig

## Business Manager

Kelly Mays

Subscribe  
to our

CAVALIERDAILY.COM

OPINION

NEWSLETTER



# FOUNDER'S DAY MUST NOT BE FORGOTTEN

*Eliminating Jefferson's birthday as a holiday now is nothing more than virtue signaling*

On July 1, the Charlottesville City Council voted to establish a new City holiday, Liberation and Freedom Day, set for March 3, to commemorate the arrival of the Union Army in Charlottesville and emancipation of black slaves in 1865. This would be fortuitous news, save for the fact that the Council has also seen fit to cease celebration of Thomas Jefferson's birthday, April 13, known to the University community as Founder's Day.

Eliminating Jefferson's birthday as a holiday now is nothing more than a half-baked attempt at virtue signaling. If the City was serious about laundering its past, it should also change its name, a reference to the tyrant King George III's Queen-Consort, Charlotte of Mecklenburg-Strelitz, as memorializing a monarch is particularly contrary to the values of democracy and the American republic. It might also consider removing the statue of Lewis, Clark and Sacagawea, a clear symbol of American westward exploration and expansionism that claimed the lives and land of so many Native Americans. Evidently, there is a great deal of work to be done to sanitize the city and though the Council has been dominated by leftists for over a decade it has not

yet followed through on that goal. Since the Council has not generally made cleaning up Charlottesville's history its goal, the decision now to change the observed holidays must be called into question.

A further example of this is the fact that George Washington Day remains a holiday in Charlottesville, set on the third Monday in February in the very ordinance that was amended to remove Jefferson's holi-

day. In light of this blatant disparity, it seems clear to me that Jefferson's birthday was removed not truly for our second governor and third president's legacy as a slaveholder, but rather to establish the particular contempt the City has for him. There seems to be little meaning in passing judgement on Jefferson for holding slaves if the City ignores the very same offense committed by Washington. There simply have to be better ways to address Jefferson's flaws.

**The onus is on the University and the student body to remember that we attend Mr. Jefferson's University and benefit from his work for America and the University every day.**

The City should indeed take measures to educate its citizens on

Jefferson's participation in the institution of slavery, but it must also remember his contributions to the City, Commonwealth and country. The Council could have instead changed the name of the holiday to something along the lines of "Thomas Jefferson Legacy Day." Instituting City programming that respects what he did for the country while still educating members of the community of his slaveholding practices

was another available option. There was no particularly good reason to remove the holiday, and in doing so tacitly condemn one of the most important Virginians in history. Despite Charlottesville's troubled and ugly past, erasing celebrations of Jefferson is not, as City Manager Tarron Richardson puts it, "confronting the legacy of white supremacy." This legacy is most visible in the statues of Confederate generals dotting the cityscape and across the South. However, Jefferson's birthday does not commemorate traitors to the union, but rather one

of its architects. Officially made a city holiday in 1945, this celebration rightfully lionizes one of the great minds of the early United States, whose civic legacies such as the Virginia Declaration of Religious Freedom, the Declaration of Independence, and our very own University. Conflating Jefferson with rebels who sought to tear apart this country is a disservice to right minded Americans and the very foundation

of democracy in the Western Hemisphere.

I fear that in the understandable rush to remove many symbols of hate, the City has overreached and also eliminated this more innocuous celebration. Dismissing the holiday — and by association our national respect for Jefferson — as a token of white supremacy would be foolish. It seems clear that we ought to remember the importance of Jefferson's work to Charlottesville, Virginia, and the United States as a whole while also recognizing his shortcomings.

I can think of no holidays better for these United States than those celebrating the acts of the Founding Fathers and other prominent Americans. While religious holidays can be somewhat exclusive, civic holidays include everyone who identifies as an American, in the quintessential Jeffersonian style. This holiday ought to be retained and modified if necessary, but not removed. It is for this reason that I commend the City's dedication of Liberation and Freedom Day and mourn their poor judgement in casting aside Jefferson's birthday. The onus is on the University and the student body to remember that we attend Mr. Jefferson's University and benefit from his work for America and the University every day. For the sake of future generations and classes that might increasingly see Jefferson in terms of black and white, good and evil, I hope we remember to learn from his virtues and vices and remember him as one deeply imperfect architect of our ever more perfect Union.

**BILGE BATSUKH** is an Opinion Columnist for *The Cavalier Daily*. He can be reached at [opinion@cavalierdaily.com](mailto:opinion@cavalierdaily.com).

# CVILLE SCHOOLS MUST APPLY EQUITY POLICIES

*The City of Charlottesville is taking positive steps to serve students of all socioeconomic classes*

In 2018, the national assessment organization Niche rated Charlottesville City Schools within the top three percent of public school systems in the nation. Soon after the release of this ranking, the New York Times published an article about the realities of public education in Charlottesville. While Charlottesville City Schools may provide ample opportunities for some students, there are many who get left behind. Often, these are low-income and students of color. Finally, the City School Board has introduced equity policy to remedy these disparities, but any policy must specifically address the intricacies that contribute to inequitable education in order to be effective.

Educational equity movements are happening in low-income areas all over the country and in state courts. For example, in Rhode Island, 14 students are suing Gov. Gina Raimondo (D) over their right to an adequate public secondary education. This case, *Cook v. Raimondo*, addresses tough constitutional questions about the government's duty to provide students with equal education. Since funding for public

schools heavily relies on property taxes, the socioeconomic makeup of a school district can have a drastic effect on the quality of its schools. Because of the absence of an explicit right to education in the Constitution, many courts are unable to rule in favor of students. Thus, many affected school districts have

cant over the last three decades. In fact, public schools have become even more segregated in recent years — one report even claims that public schools are, "more segregated now than 40 years ago." Shocking findings as these require equity policy to help allay these discrepancies.

**At a time in which over half of public school students come from low-income families, education policies should strive to serve those who are undermined by the system.**

taken it upon themselves to pass educational equity strategies.

Achievement gaps, or the disparities in educational achievements between different groups of students, are one of the most significant symptoms of this educational inequity. For example, on average, African American students are only half as likely to be placed in gifted programs as white students. The most significant gaps occur between white students and black students, and high-income students and low-income students. These gaps have been growing steadily, and have become far more signifi-

In Charlottesville City Schools, white students are 5.9 times more likely to take at least one AP than black students. Furthermore, "black students are, on average, academically 3.6 grades behind white students." This issue has become worse over the past decade, but the school board has previously refused to address the causes of these issues. In fact, in 2004, the then-Charlottesville superintendent requested an audit concerning the racial inequalities in the city. The audit, "blamed inadequate leadership and a history of racism for the persistent underachievement of its black students."

The equity policy that the school board plans to adopt within the next two months is one of the first times they have addressed race and access to equal education.

However, the policy as it stands presently, lacks the specifics necessary for an effective strategy. So far, one of the proposal's most signifi-

cant criticisms is its lack of a definition of the word "equity," making it difficult to create concrete goals for the policy's implementation. Some aspects of the new policy are promising, and include equity councils at each Charlottesville school, a new mentoring program for teachers and a new model for gifted education.

While the City school board would be unable to change the state public school funding systems that perpetuate unequal opportunities for public school students, this policy is a constructive start to helping students in need.

Charlottesville is not alone in enacting strategies to curb the effects of socioeconomic inequality. In fact, Roanoke adopted an equity policy in 2009, and Norfolk schools began working on a similar policy in 2016. Thankfully, Charlottesville schools are just one part of a statewide movement to correct these gaps.

At a time in which over half of public school students come from low-income families, education policies should strive to serve those who are undermined by the system. The Charlottesville City School Board cannot completely undo the larger practices that hold it back from serving all students equitably, but taking steps to make sure that individual school programs and teachers can alleviate this disparity is extremely important. Hopefully, policies such as these can help identify a larger problem to be solved on a national scale.

**VICTORIA MCKELVEY** is the Senior Associate Opinion Editor for *The Cavalier Daily*. She can be reached at [v.mckelvey@cavalierdaily.com](mailto:v.mckelvey@cavalierdaily.com).

# H

## HUMOR

# I'm filing official complaints with the real world

We've all heard it before — college is the best four years of your life. Until this summer, I have always taken that saying with a grain of salt. Could it really be the best four years of my life? I mean, sure the amount of free time I have is great, and I love Charlottesville as much as the next person. But I've always looked forward to having a real life as a functioning adult. Who isn't excited to have a classy night out with their new work friends instead of pounding Busch Lights on a Friday night with some bozos in Sperrys? Not to mention the lack of exams, papers and Collab quizzes. The real world sounds pretty great when you dream about it. But, let me tell you, it's nothing like your dreams.

This summer, I spent eight weeks in the real world. I wasn't enjoying a four day work week or a part-time schedule like lots of my friends. If

those people try to tell you about the real world don't listen to them, their take is not hot. I was an actual employee at my summer internship with a nine hour work day, five days a week. After these eight weeks, I had a lot of complaints about the real world that I would like to officially file. I hope the complaints will be processed by the time I graduate, so this version of the world will learn how to change its behavior by the time the Class of 2021 enters the job market. For now, these notes on the real world can educate anyone who wants to understand exactly what is waiting for them after graduation.

First off, I would like to talk to your interior designer. Who decided that office spaces need to be so depressing, gray and square? I understand that cubicles are practical, and gray is a good neutral color, but is there not anything better? The fluorescent lights and linoleum floors also need to go. I'd be happy to consult with you on other design changes.

Another thing, why are you so tiring? It's not like I'm doing Cross-Fit during the work day. I sit for nearly the entire day — besides my acutely timed bathroom breaks. And yet, I get home and with absolutely no energy — even with caffeine still pumping through my veins. All I want to do is sit on the couch, watch some sort of garbage television show and eat an ungodly amount of sugar. Could you at least leave me with cravings for something healthier? Or how about this, leave me with even an ounce of energy to do something fun?

On that note, what happened to free time. An intense work week can really leave an employee with no personal time. Yes, I understand weekends are supposed to be for free time. But, you're also leaving me without much sleep, and I can't sleep and enjoy my free time. That just doesn't make any sense. Maybe, we should take some advice from Spain and completely change American cultural values. I've heard

siestas are a real thing, and they sound pretty awesome. I know most people wouldn't be opposed. Then, we would have time to catch up on sleep and actually use weekends for fun things like not working.

Bathroom etiquette is also confusing and needs some clearer guidelines. Is small talk always necessary when standing next to someone at the sink? How excited should I act when someone compliments the hand-me-downs I'm wearing? Do I have to offer a compliment in return?

One last complaint — can we please just make things a little less expensive? I need coffee to get me through the first few painful hours of your days, so maybe just make it a little cheaper. My expired plus dollars don't work at real world Starbucks establishments. I have a lot of loose change, so I'd prefer a price that's under a dollar.

Also, can good food just not be priced above \$10. You know, with the federal minimum wage being ridicu-

lously low and all that, I have no way to eat anything good these days. My diet includes Easy Mac and whatever is on sale in the freezer aisles. If you don't do it for me, do it for the health of your workforce. Oh, and maybe make all gym memberships Planet Fitness price? I like working out, but not when it takes a big chunk out of my paycheck.

These are some pretty serious complaints for the real world to consider, and I hope that it really uses these notes to change its behavior and outlook on the workforce. But, don't get me wrong — my hopes are not high. I think the most change I can expect in the next two years is an improvement in the snacks available to low level employees.

**JUSTINE BAIRD** is Humor Columnist at The Cavalier Daily. She can be reached at [humor@cavalierdaily.com](mailto:humor@cavalierdaily.com).

# C

## CARTOON

# First year

Walter Sharon | Cartoon Editor







# Teen relationships affect adulthood, research shows

University research shows close relationships in adolescence predict later relationship success, as well as premature aging

Nathaniel Clauss & Lucie Rutherford | Staff Writers

It has now been 21 years since University psychology professor Joseph Allen began studying the relationships of 184 13-year-olds. In a project supported by grants from the National Institute of Mental Health and the National Institute of Child Health and Human Development, Allen set off in 1998 to prove that peoples' functionalities are not all pre-determined by genes.

To do this, Allen and his team — consisting of a University assistant psychology professor and two graduate students — interviewed each middle schooler, their best friends and their parents, in addition to observing the interactions between them. Versions of this process were continued each year after that, until romantic partners were brought in when the participants were 16- and 17-years-old. Once the participants reached middle adulthood, health outcomes were measured to identify signs of premature aging.

"Social relationships in adolescents turn out to have implications that extend well beyond adolescence," Allen said. "They have implications for mental health and physical health, including markers you can see with physiological assessments."

To identify premature aging, level changes of inflammation from the bloodstream, cholesterol measures and body mass indexes were all used as markers. Currently, the group is dealing with an area called epigenetic aging, which studies the extent to which certain genes turn off over time due to stress. Using blood samples taken from study participants a few years back, Allen and the team are currently awaiting results to determine whether or not certain participants have encountered this, and whether or not their adolescent relationships may have caused it.

"We're looking at the extent to which social relationship problems predict epigenetic aging," Allen said.

A large aspect of this research relates adolescent relationships to romantic relationships later in life. According to Allen, even platonic peer relationships in adolescence are some of the best predictors of the quality of romantic relationships

that adults have in their late twenties. Joseph Tan, University assistant professor of family medicine, is one of the co-authors of the research paper who looked into this area of study in particular.

"When adolescents expect responsive behaviors in close relationships, when they feel a sense of security in their relationship or when they expect a sense of security in relationships with other people ... their interactions with their romantic partners contain more supportive behaviors, they contain more constructive conflict discussions [later in life]," Tan said.

College can be a time of significant relationship formation, as college students are away from their friends and family and are around many peers their own age. During this new period, young adults bring in adolescent experiences which create expectations of what close relationships should look like.

Though these expectations are set at a young age, they can change overtime. When asked about outreach programs to encourage adolescent relationships, Tan hopes that young adults will get help in effectively self-reflect on their own relationships.

"I would expect that kind of outreach would focus on helping adolescents or even college students understand what [a good relationship] looks like and what their expectations are and helping them consider if that is really what they want them to be and if that works well for them," he said.

Allen's lab is currently working on the The Connection Project, a program for teenagers designed to promote deep, meaningful relationships. The program provides an environment in which teens can feel comfortable sharing their "real-self" and learn to give and receive emotional support.

University graduate student Meghan Costello worked alongside Tan and Allen to publish a research paper specifically covering the participants at ages 16 and 17. The research paper was published in the Journal of Research on Adolescence in May 2019, focusing on "the intensity effect" of adolescent close friendships.



RILEY WALSH | THE CAVALIER DAILY

With new research, the hope is to shift the dialogue towards the more positive influence that adolescent relationships have for teenage development.

Adolescents were followed over a period of two years, and data was collected from age 16 to 17. At the age of 16, teens and their best friends participated in a series of tasks. The 16-year-old and their friend were presented with a hypothetical scenario and had to work out an agreement. They were also instructed to ask each other for advice on a topic of their choice. Researchers characterized the subject's engagement, autonomy and connection with their best friend as "friendship intensity."

The research concluded that teens' interactions with their peers has an effect on their mental health over time.

"We've called this the 'intensification effect,'" Costello said. "The ways that this development plays out depends on the teen's own mental health symptoms when they are 16."

Costello and the team found that both positive and negative mental health can be reinforced over time with intense friendship dynamics. Intense social interactions in which the teen was engaged and connected with their friend seemed to be able to produce both positive and negative outcomes.

The research defined "good mental health" as low symptoms of aggression and depression, while poor mental health was characterized by higher levels of aggression and depression relative to their peers. Teens who had good mental health and sustained these intense friendships had improved mental health the following year. By contrast, kids with poor mental health — high levels of aggression and depression — had worse mental health the following year.

With an understanding of how teen mental health develops over time, efforts can be taken to provide support for teens at risk for developing poor mental health before symptoms become worse.

"When best friends interact with one another regularly and with intensity, they appear to reinforce pre-existing qualities," Costello said.

The hope is that by providing intervention, teens will be encouraged to develop close supportive friendships and improve mental health over time. With this in mind, Costello advises teens to pursue relationships that are supportive, in which both parties communicate openly and receive positive influ-

ence.

Historically, the influence of teenage friendships has focused on the negative influences of peers. With new research, the hope is to shift the dialogue towards the more positive influence that adolescent relationships have for teenage development.

In a rigorous academic environment, it can be tempting to focus on academic achievement over interpersonal relationships. The take-away for college students is that developing close friendships and relationships is important for both mental and physical health. In college, like in high school, students should prioritize relationships with others and work to build bridges with their peers.

Allen has now received an additional grant of \$3.1 million from the NICHD to continue his research for an additional 10 years, further telling how relationships in adolescence affect adulthood. At its conclusion, the 184 participants will be in their mid-forties.

**RECYCLE YOUR NEWSPAPER**

# IT'S ALMOST

## "WHAT ARE YOU DOING AFTER GRADUATION?"

# SEASON.

It's not too early to figure that out — our graduate program applications are live now!

Launch your career ahead of your peers with a Wake Forest Accelerated Master's Degree:

### MS IN MANAGEMENT

- #1 in the U.S. for career opportunities, #3 overall (The Economist, 2019)
- Learn to leverage your major with key business skills
- Employment destinations include: BB&T, Cigna, Facebook, General Mills, United Airlines, and more

### MS IN BUSINESS ANALYTICS

- 100% employment (Class of 2018)
- Gain career experience solving real problems with live data from corporate partners
- Graduates work at companies like Apple, Disney, Google, MasterCard, Microsoft, Uber, and more

### MS IN ACCOUNTANCY

- Highest CPA pass rate for the past 20 years (NASBA's uniform CPA Examination)
- Students of any major can succeed with an optional paid internship
- 3 distinct career tracks: Assurance, Tax Consulting, and Financial Transaction Services (Exclusive to Wake Forest)



WAKE FOREST  
UNIVERSITY  
SCHOOL of BUSINESS

Contact Dillon Robinson at [robinsdo@wfu.edu](mailto:robinsdo@wfu.edu) for more information or to request an application fee waiver. [go.wfu.edu/Cavalier](http://go.wfu.edu/Cavalier)