

THE CAVALIER DAILY

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NEWS

This week in-brief

CD News Staff

U.Va. ranked third among public universities

U.S. News and World Report ranked the University the third best public university in the country Monday in its 2022-23 ranking of Best Colleges. The report also ranked the University as the top university in Virginia among both private and public institutions.

After three consecutive years as the fourth-best public university, the University rose to the No. 3 spot this year.

The University shares the spot with the University of Michigan. The University of California, Los Angeles, and the University of California, Berkeley, are tied for the top public university.

The University remains the No. 25 best university overall for the second consecutive year in a row. The top two overall institutions are Princeton University and the Massachusetts Institute of Technology.

The University also scored well in the graduation and retention category. It is the top public university in the country in terms of graduation and retention, and it ranks No. 11 in that category among all private and public universities.

U.S. News analyzes graduation and retention rates, social mobility, graduation rate performance, undergraduate academic reputation, faculty resources, student selectivity, financial resources per student, average alumni giving rate and graduate indebtedness to determine its ratings.

The University was also named the No. 9 school for veterans, which comes after the Veteran Student Center opened in Newcomb Hall last September.

Among individual schools, the McIntire School of Commerce was ranked as the No. 8 best undergraduate business school in the country. McIntire offers both undergraduate and graduate degrees in Commerce. The undergraduate nursing program was also ranked No. 15 in the country.

9.12

9.13

Honor Chair announces Constitutional Convention aimed at drafting a multi-sanction system

Gabrielle Bray, chair of the Honor Committee and fourth-year College student, announced the Committee will be hosting a Constitutional Convention to gather input on drafting the Committee's new constitution in an email sent Monday. CIOs will be able to send delegates to the convention, which Bray expects to host early Oct.

"There is still much to be done to address the history and philosophy of Honor," Bray wrote. "We have not yet built a system that prioritizes amends to the Community of Trust, acknowledges that cases have different levels of significance, and ensures equitable processes."

New Committee members have expressed unanimous verbal support for working towards a multi-sanction system and agreed to begin work on drafting proposals in the fall when they assumed their new roles in April.

In an email statement to The Cavalier Daily, Bray said the convention has two goals — drafting a multi-sanction constitution and encouraging collaboration between students and faculty as the Honor system grows and changes.

By the end of the convention, Bray said she hopes to have a draft of a multi-sanction system to bring before the Committee for approval that can be voted on by the student body in March.

"I hope that by bringing together people from all over the U.Va. community to address the philosophy and structure of Honor, we can create an institution that lives up to our highest ideals," Bray said.

CIOs interested in sending a delegate to the convention can email Bray at honor@virginia.edu.

Protestors demand stronger response to Sept. 7 hate crime

The Young Democratic Socialists of America at U.Va. organized a protest 12 p.m. Monday on the South Lawn in response to the Sept. 7 hate crime at the same location, when an unknown suspect hung a noose around the neck of the Homer Statue. Students and community members came together to process the violent act and demand a stronger University response to acts of white supremacy.

YDSA leaders gathered shortly before noon to place a bouquet at the base of the Homer Statue. Participants joined around the South Lawn carrying signs decorated with phrases such as "All Hoos Belong" and "No Hate on Grounds."

The hate crime occurred at 11:15 p.m. Wednesday evening, when a male wearing dark clothing climbed the Homer Statue, left the noose around its neck and departed on foot. Security noticed the noose at 4:20 a.m.

Ella Tynch, chair of YDSA communications and fourth-year Education student, welcomed protesters and clarified that volunteers wearing pink bandanas were present to ensure the peacefulness of the event. She invited protesters to chalk messages of solidarity on the pavement surrounding the base of the statue or to leave post-it notes on the statue itself.

Tynch reminded listeners of the power of the collective.

"There are more people here than the person who hung that noose," Tynch said. "We do have power. We just have to organize and keep educating ourselves and working for a better future."



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YDSA leaders placed a bouquet at the base of the Homer Statue and invited protesters to leave messages of solidarity using chalk or post-it notes.

Faculty Senate debates proposed amendment to Board representation selection

The Faculty Senate held an informational meeting Wednesday to educate members on five proposed amendments, which the Senate will vote on at its next meeting. The fifth and final amendment, which determines the way Senators elect their representative to the Board of Visitors, drew attention as it was contested within the Senate.

Currently, a single individual from the Senate is elected to be the Board representative. Susan Kirk, senate chair and associate professor of medicine, is the current faculty representative to the Board.

While Board members are appointed by the governor, the Faculty Senate is permitted to elect one non-voting representative to sit on the Board. Faculty Senators themselves are elected by the University school they represent.

If the new amendment is adopted in Oct., however, the Senate will instead elect a slate of three candidates, from which the Board selects one individual from the group to serve as representative.

The debate among faculty hinges on the bylaw's wording, which says the representative "shall be chosen from the individuals." Some senators interpret the bylaw to mean that the faculty representative must be directly elected by the Senate, while others feel that electing a slate of candidates is sufficient.

The change was proposed after the Board told the Senate that they would not allow any senatorial representation if the Senate did not offer multiple candidate options for their consideration, giving the Board more control over the Faculty Senate's already limited role in the Board selection process.

Board to discuss tuition, free speech and other priorities

These mark the first meetings for many new Board members appointed over the summer

Julianne Saunders | Senior Writer

The Board of Visitors will convene this weekend to discuss the University's Honor system, free speech, tuition and other priorities. The meeting is the first of the academic year and the first full series of meetings for many new Board members.

The Board of Visitors — which is composed of 17 members — meets four times a year and is responsible for the University's long-term planning. The group's meetings will take place at the Rotunda, with the exception of the Health System Board meeting, which will be located at the Boar's Head Resort.

Governor Glenn Youngkin appointed four new members over the summer, including College and Darden alumnus Bert Ellis, previous Board member Stephen Long, Abingdon Town Council member and Education alumna Amanda Pillion and College and Law alumnus Doug Wetmore. Ellis in particular has drawn criticism from Student Council, University Democrats and Virginia Democrats for his role in bringing a eugenicist supporter to Grounds and for denying a co-sponsorship with the Gay Student Union in bringing a gay rights activists to the University.

Currently Ellis serves as the president of The Jefferson Council, a conservative group “dedicated to preserving the legacy of Thomas Jefferson.” Most recently, Ellis was involved in a controversy over signage on Lawn room doors that criticized the University's history of inaccessibility and enslavement. Per a personal statement, Ellis was “prepared to use a small razor blade” to remove part of one sign posted by a Lawn room resident.

This meeting of the Board will also be the first for Lily Roberts, fourth-year Architecture student and student member of the Board.

During the meeting of the full Board, which will conclude the weekend, members will participate in a discussion with University leadership about the Living Honor Project and recent staffing challenges.

The Living Honor Project is an initiative proposed by University President Jim Ryan and Rector Whittington Clement to aid students and alumni in learning about Honor and its role at the University following the historic vote to reduce the single sanction from expulsion to a two-semester leave of absence last spring. This was the largest change to the



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Honor system in its history.

At the recent Board retreat, Chief Operating Officer J.J. Davis said that the University is currently experiencing historically high vacancy rates on account of lingering effects of the COVID-19 pandemic and limited state funding.

Thursday afternoon, the Academic and Student Life Committee will review written reports about several University programs for students, including University Guide Service, student advising and orientation programming.

In response to some negative feedback from visiting tourists after tours with Guides, the Office of Admissions plans to create a new senior position to focus full-time on the experience of guests at the University. The office also hired an external expert to improve the guest experience, per the agenda.

The report on student advising includes recommendations made by Vice Provost Brie Gertler in June to the Board, such as providing all students with undeclared majors faculty advisors for

whom advising is a primary responsibility and adopting a University-wide advising platform. Student advising was a priority for Class of 2022 alumna Sarita Mehta, who served as student member of the Board last year.

Finally, the report on orientation details how Wahoo Welcome — the programming provided to welcome new students to Grounds after move-in — has expanded as of 2021 and will offer events into the semester.

The Finance Committee will consider a proposal to approve holding in-state undergraduate tuition flat and provide qualifying students with a \$690 tuition rebate. The Finance Subcommittee on Tuition voted in favor of the proposal in a meeting Wednesday afternoon.

Since Feb., Governor Glenn Youngkin has pressured Virginia universities to freeze tuition for the upcoming school year. The 2022-23 budget impact of this will amount to \$7.5 million and will be funded through cost savings and \$2.5 million in state support.

The Buildings and Grounds

Committee will vote on the designs and progress of current renovation projects such as the schematic design of the \$7 million Physics Building classroom renovation and the demolitions of the University Gardens apartments. This Committee will also vote on a proposed strategic plan to improve the Darden School of Business which will create a centrally located academic hub for Darden students.

A number of construction projects are currently underway and have impacted accessibility on Grounds. Active construction sites include the Ivy Corridor on Emmett St., Alderman Library, Gilmer Hall and the road leading to Newcomb behind Brown Residential College.

The Committee will also hear several reports including the 2021-22 Sustainability Report, a report on the implementation of Capital Program Recommendations, the 2021-22 Minor Capital Projects Report and the Historic Preservation Projects Report.

Per the University's 2020-2030 Sustainability Plan, the Board resolves to be carbon neutral by

2030 and fossil fuel-free by 2050, reduce water use, reactive nitrogen emissions and the University's waste footprint, increase sustainable food purchases and partner with the community in sustainable initiatives.

The Health System Board will hear written reports on the University Medical Center, School of Medicine and Nursing School. The Board also plans to review its financial package for fiscal year 2022. The consolidated financial package indicates that the actual operating income of the Health System is better for the University financially than the amount listed in the budget.

The final agenda item for the Health System Board is an endorsement of the U.Va. Health Strategic Plan, which delineates the goals of the organization.

Meetings will all be live-streamed at bov.virginia.edu/live. Detailed agendas for each committee can be found on the Board of Visitors website.

Charlottesville faces heightened bus driver shortage

Increased numbers of students are walking to school or arriving late due to county-wide issues filling transportation positions

Merrill Hart | Senior Associate



KATE MACARTHUR | THE CAVALIER DAILY

“C-Ville Students Walk to School” signs scattered across the city remind locals to remain on high alert for the heightened levels of pedestrians.

As the school year begins in full force, Charlottesville residents have likely noticed an increase in children walking to school in the mornings and back home in the afternoons. Local school systems have struggled to fill bus driver positions for years, but the start of this semester marks a dramatic decrease in staff — currently, only six drivers serve approximately 4,500 students in the Charlottesville City Schools system. While administrators search to fill empty positions, schools have expanded walk zones and are encouraging families to consider options such as biking or public transportation.

As of Aug. 9, around 1200 Charlottesville students reported walking to school, with only 900 using buses. 800 additional students have indicated that they would use buses if services were available.

The system has expanded “walk zones” — elementary students living within a 20-minute walk of their school and high school students living within a 30-minute walk no longer receive bus services.

To support walkers, the dis-

trict is looking to provide bikes and supplies such as raincoats and umbrellas, and the Charlottesville School Board has hired more crossing guards.

According to Amanda Gorman, community relations liaison for Charlottesville City Schools, prior to this year’s expansions, Charlottesville held some of the shortest walk zones in the country. As schools across the country have dealt with driver shortages in the past decade, Charlottesville looked to other region’s larger walk zones as a solution.

“We call it the ‘walk zone’, but we also call it the ‘family responsibility zone’ because we’re not saying kids in this area have to walk,” Gorman said. “We’re just saying you’re not eligible for bus service.”

Gorman said that the school system has met with parents to discuss other creative solutions. In one new program, called the “walking school bus,” staff members carrying a large umbrella meet in West Haven and Friendship Court to lead groups of students to school.

“We’ve really been in communication with families and com-

munity members about how they were feeling and what they needed to feel safe with their student doing something different than getting on the bus,” Gorman said.

While this year’s shortages have created a noticeable change in student’s paths to school, local systems have struggled to fill bus driver positions for several years running, and Charlottesville is not the only local area struggling to meet need. In 2018, Albemarle Public Schools lost eight drivers over the summer, forcing many of the remaining staff to cover double routes.

Phil Giaramita, communications officer for Albemarle County Public Schools, explained that although the lack of drivers has remained a consistent issue, this year — with 20 routes uncovered — stands out due to the lasting impact of the pandemic combined with hiring competition in a strong local economy.

“When the local economy is strong as it is now, there are lots of companies and businesses that we compete with for part-time talent,” Giaramita said. “And we haven’t really recovered from the drivers who left when COVID-19 was more prevalent.”

Because the county system covers a larger geographic area than the city system, expanding walk zones has not been a feasible solution in Albemarle. Instead, drivers now cover double or even triple routes, looping back to pick up more students after completing a drop off — a process that results in many students arriving late to school.

“A number of kids each day are going to be getting to school late — [a] half hour late, an hour late, sometimes even longer,” Giaramita said. “It’s one of those difficult choices where we’ve made the choice that we’re not going to eliminate [the] service.”

The driver shortage has also affected student-led groups that work with elementary school students, such as the University’s College Mentors for Kids program. The organization pairs local students with University volunteers who provide tutoring and support for the children, using private transportation to allow mentees access to resources on-Grounds.

Kennedy Wilkins, vice president of programming and fourth-year Education student, visited Clark Elementary School — part

of the Charlottesville City system — last week to promote CMK and said that she noticed higher numbers of students walking or biking home compared to previous years.

“It’s very hectic when school is out,” Wilkins said. “And so even when I can secure a private organization bus, I’m gonna have to be very strategic in where I tell them that they’re allowed to pick the kids up.”

Seeking more drivers, the Albemarle system recently added a \$2,500 hiring bonus and is considering increasing pay.

Most drivers work a morning pick up and afternoon drop-off shift, which creates a difficult schedule for those looking to pick up other part-time jobs. Giaramita said that the Albemarle system plans to convert some of these positions into higher paying, full-time jobs by offering additional tasks throughout the day.

In the meantime, “C-Ville Students Walk to School” signs scattered across the city remind locals to remain on high alert for the heightened levels of pedestrians.

Wilkins said she hopes her program can run smoothly despite the chaos of after school departures and worries for the safety of students.

“The elementary school is filled with parents trying to take their kids [home] or kids walking and so it’s a hazardous area because there’s just a free-for-all,” Wilkins said.

The Albemarle system will soon add four additional drivers once they complete their training courses. Giaramita also noted that the first few weeks of school typically prove most challenging, and once administrators have a more accurate count of students reliably using school transportation, they can reevaluate to consolidate routes.

The Charlottesville system also anticipates the addition of new drivers once they finish training, but Gorman said that the city’s expanded walk zones are here to stay.

“It’s part of a community transformation that we’re investing in, and the community is really responding to knowing that supporting walking and improved public transportation infrastructure is better for everybody,” Gorman said.

UBE chair resigns for second year in a row

Appointed as chair during last spring elections, Chanwong formally resigned Aug. 8, citing an increased academic workload

Merrill Hart | Senior Associate

Following Graduate student Krit Chanwong's decision to step down as chair of the University Board of Elections in Aug., the organization has internally appointed third-year Commerce student Luke Lamberson as chair. Given a history of turnover in the position, Lamberson hopes to both promote continuity within UBE leadership and increase voter turnout in general elections.

Appointed as chair during last spring's elections, Chanwong formally resigned Aug. 8. He served as UBE referendum and documentation liaison last year, meaning he was responsible for working with referendum sponsors and managing signatures.

Chanwong cited an increased workload after entering graduate school as the reason behind his departure.

"I'm a graduate student now and it feels like school is pretty tough on its own, besides having to deal with [elections]," Chanwong said.

UBE manages the electoral process for selecting representatives for Student Council, Honor Committee, University Judiciary Committee and

Class Council. With general elections held every spring and new student elections every fall, the organization aims to promote student self-governance on Grounds.

Lamberson volunteered for the role of chair after receiving news of the opening and was appointed internally by the UBE board Aug. 20. This group consists of the chair, the vice-chair for rules and administration, the vice-chair for candidates and the vice-chair for marking and outreach.

Lamberson's appointment was recently confirmed by Nabeel Raza, chair of the University Judiciary Committee and fourth-year College student, Gabrielle Bray, chair of the Honor Committee and fourth-year College student, Sophia Liao, president of Fourth Year Trustees and fourth-year College student and Ceci Cain, president of Student Council and Graduate student.

This marks the second year in a row the chair of UBE has resigned. Last year's chair also unexpectedly resigned mid-October, leaving her successor, fourth-year College student Max Bresticker, to take over the posi-

tion in Nov.

Bresticker spoke to the difficulties he faced in his transition due to his late entrance into the role and the general lack of experience among other UBE members at the time.

"I took over UBE when I was the only person who was still a student at UVa. with any election experience," Bresticker said in an email statement to The Cavalier Daily. "Additionally, the organizational advisors were both new to the job, so I had to teach myself how to do all aspects of the [organization] and rebuild the organization from the ground up."

During his time as the replacement chair, Bresticker faced backlash from Andy Chambers, former chair of the Honor Committee and Class of 2022 alumnus, over his intention to continue with online voting for elections and reduce the number of signatures needed on petitions. In a heated email exchange, Chambers later refused to approve of Bresticker's selected co-chairs and urged UBE to increase the number of votes needed to pass referendum.

This year, Bresticker said he feels

confident in Lamberson's transition, adding that his Aug. appointment will give him time to adjust before elections.

"Last year we had much more stressful circumstances and a compressed schedule, but still managed to run a secure and efficient election," Bresticker said. "Luke and the rest of the board are all very capable people with significant experience from last year, so I'm positive everything will turn out great this spring."

Though no longer a member of the UBE, Chanwong voted for Lamberson as his replacement before departing and spoke supportively of his successor.

"I think the most important task for UBE is to increase voter turnout, no matter the cost," Chanwong said. "And so I think [Lamberson] is very qualified to do that."

UBE elections consistently see low voter turnout. In recent years, however, participation has been higher, with 41.6 percent of students voting in spring 2021 and 23.8 percent of students voting in spring 2022.

Drawing upon his time working as

director of research and investigation, Lamberson said that he primarily aims to promote student participation in upcoming elections. He will also continue to support secure online voting given its ability to engage more students.

"For me, it's been troubling seeing [how] UVa. prides itself on student self governance, but so few people actually participate in that self governance," Lamberson said. "And I really hope that I can play a larger role in changing that and encouraging more people to come out and vote and get involved."

In reference to the series of turnovers preceding his term as chair, Lamberson explained that he hopes to encourage UBE members to stay with the organization in order to promote efficiency and further long-term goals.

"We've lost a lot of institutional knowledge through the cracks with rapid turnover," Lamberson said. "We need to year-to-year have more continuity, so that we don't have to spend the fall figuring out everything that we need to do, and instead can hit the ground running."

Echols Scholar program welcomes Karl Shuve

Shuve will manage the budget of the program, network with alumni and delegate responsibilities to other members of the Echols administration

Julianne Saunders | Senior Writer

The University's Echols Scholar Program welcomed Assoc. Religious Studies Prof. Karl Shuve as the newest director this year. Shuve's term follows Asst. Astronomy Prof. Kelsey Johnson, who served as director of the Echols program from 2017 to 2022.

The Echols Program is designed to provide academically gifted students with opportunities for enrichment and scholarship. It was founded at the University in 1960 and first-year applicants are automatically reviewed for admission during the undergraduate admissions process. Each Echols class contains approximately 200 students. Students who were not selected as Echols scholars as incoming first years can apply to the program as rising second years.

The role of director includes managing the budget of the program, networking with alumni and delegating responsibilities to other members of the Echols administration. Outside of administrative tasks, Shuve is looking forward to working closely with students and supporting them through their college journey outside of the classroom.

"I'm glad not simply to be able to have the opportunity to teach students

in classes, but to help support a large group of students as they go through their time here at UVa. as they try to pick not only classes but also majors, figure out how [they] can make the most of these four years," Shuve said.

In his new position, Shuve has already worked extensively on welcoming activities geared towards incoming first-year students in the Echols program. These events — including Zoom advising hours and an enrollment info session — are designed to provide incoming students with support and advice as they enter the University.

Shuve also expressed the importance of cultivating intellectual curiosity and interaction between students through programs like reading clubs and discussion groups where first-year students — led by older Echols Scholars — can discuss the book selected for common reading.

Echols administration works with faculty across departments to put on presentations for Echols scholars including an event held Tuesday in which English professor Lisa Woolfork hosted Jocelyn Nicole Johnson author of "My Monticello" and Jamelle Bouie, New York Times journalist and Class of 2009 alumnus.

Shuve also expressed the importance of maintaining connections with Echols alumni to keep them involved in the program even after they graduate from the University. The Echols director and administration want alumni to be able to attend Echols receptions and speak with undergraduate Echols scholars, as well as faculty.

"We want to make sure that [alumni are] aware of what's going on in the program, that they feel welcome to come out to the reception, so whenever they're invited to alumni weekend, we want to make sure that they feel that they can come and meet with me," Shuve said.

Shuve has had a lot of experience working with students, alumni, and faculty. For the last four years, Shuve has taught a COLA class — a one-credit graded seminar available to first-year students — on the NBC sitcom "The Good Place" to teach students about topics in philosophy and religious studies in a fun and engaging way.

Shuve believes that the skills he learned as an instructor and as the previous undergraduate head of the Religious Studies program will be helpful in his new position.

"Both through COLA and through my role as the undergraduate director, I got to know the advising system really well," Shuve said. "I have a pretty good sense of various things that come up in the course of the undergraduate experience."

As director, Shuve said he hopes to continue the legacy of Johnson by working to ensure that students build a strong sense of community with fellow Echols scholars as well as faculty and alumni.

While giving students agency in determining their own course schedule and intellectual pursuits is a key part of the Echols program, Shuve wants to prioritize student and alumni community and engagement with the program.

Echols scholars are exempt from the general education requirements within the College. This academic flexibility allows these students to pursue their curiosities without restriction. In addition to the flexibility in course selection, Echols scholars can create their own major through the Echols Interdisciplinary Major program.

Over the course of his tenure, Shuve hopes that he will be able to help students through the tumultu-

ous time of coming into college and finding the path and courses that fit them. Beyond that, Shuve wants Echols scholars to see the program as something that they belong to and can shape to fit their needs and goals.

"I want to make sure that students feel that they're empowered [and] that if there are events that they want to do, or if there are aspects that they want to prioritize that they can through counsel or independently of counsel come to me and we can work together and find ways to make that happen," Shuve said.

Supporting students through their college experience and their journey within the Echols program is a big part of the job of director. For Shuve, it is important to ensure that the Echols program functions to support the intellectual and social development of students.

"Having a chance to work in a director position that's really engaging a lot with undergraduates that we have at UVa. has just been a really meaningful experience," Shuve said. "I want to make sure that the Echols program is providing the kind of student experience for those in the program that is best serving [to] them."

LIFE

Top 10 reasons to be excited for fall

There are so many reasons why fall is my favorite season, these are just a few.

Anna Mason | Top 10 Writer

1. Fall weather

Finally, we won't be sweating when we walk to class. The amount I sweat on my way to classes makes me want to shower twice every day. Stepping outside into weather that's enjoyable — and not immeasurably humid — is refreshing. Additionally, fall sunsets and skies are gorgeous during the first couple of weeks once the air becomes crisp and the trees still have their colorful leaves.



MAHIKA GHAIASAS | THE CAVALIER DAILY

2. Halloween

Trick-or-Treating on the Lawn is something I have been looking forward to since COVID-19 caused us to have to cancel it in the past few years. Children and puppies all dressed up in halloween costumes, roaming the Lawn is one of the best parts of the year. Halloween can be an excuse to dress up and do something fun with your friends, but it is also a reason to decorate your living space and eat as much candy as you'd like.

3. Fall clothes

I love wearing sweaters and boots. Nothing is better than the feeling of wearing pants and long sleeves to class and being at the perfect temperature. Sweaters and boots are cozy and everything about them is wholesome. The part of fall that is just before Charlottesville's cold winter is the best for fall fashion. Scarves, hats and fun layered outfits are cornerstones of a fall wardrobe and I personally cannot wait to break out my cool weather clothes.

4. Fall recipes

This is the first year when I will have a crockpot in my apartment for the fall. I am so excited to make chili, slow-cooked chicken tacos and so many other recipes that would typically make my apartment too hot during the summer. Desserts are also unmatched at this time of the year. Pumpkin and apple pie are two of my favorite things. Pumpkin flavoring is in just about any dessert you can imagine now. Even though it is still September, I'm having harvest chili with pumpkin and acorn squash for dinner tonight.

5. Football season

Football season has just started, however, games in the fall feel so much different than those early in the semester. For starters, the temperature and time of day of the games in the summer is not ideal. When games begin at dusk and the sun isn't shining in your eyes — that's when I truly enjoy football season. Going to the games with friends or watching away games with your roommates or on the Corner allows us all to participate in the school spirit of football season and makes fall weekends even more special.



SOPHIE ROEHSE | THE CAVALIER DAILY

6. The Blue Ridge Mountains

One of the best things about Charlottesville is its location in Virginia. We are roughly 30 minutes away from Skyline Drive in Waynesboro. Fall in Charlottesville is so beautiful because of the backdrop of the mountains and the gorgeous fall foliage. Hiking or camping in the Blue Ridge mountains in the fall is one of the most rewarding experiences, and the views are incredible. I personally tried to go camping in June and it was almost 100 degrees the entire night. I made a vow that I would not be going camping again until it was fall.

7. Pumpkin and apple picking

Carter Mountain Orchard and Chiles Peach Orchard are very close to the University, where you can pick apples and peaches. At Carter Mountain, you can prepay for a bag of a certain size and then fill it with any of the varieties of apples that the orchard has available that day. The views from Carter Mountain are gorgeous, making this the perfect fall hang-out activity or date. Additionally, pre-picked pumpkins are available to be purchased at Carter Mountain — carving pumpkins at an orchard is a classic Charlottesville afternoon activity in the fall.

8. Hot coffee

I personally am one of the crazy people that will still drink iced coffee even if it is below freezing outside. That being said, I still love a good cup of hot coffee on occasion. Using hot coffee to warm up after being in the cool fall weather or snuggling up with some hot coffee and a book is something I look forward to every year. Did I mention that pumpkin flavoring is back? I'm trying to make it to late September before I crack and buy one, but I'm not sure I'll be able to hold out.



KATE MACARTHUR | THE CAVALIER DAILY

9. Fall break

I know we just began school a few weeks ago and I shouldn't be looking forward to a break already, but fall break is just around the corner. Fall break is timed so well as it acts as a breath of fresh air after the first round of midterms — it is the perfect opportunity to get away from Charlottesville for a few days, do a staycation or use it to get caught up and get ahead before getting back into the swing of things. The past three years I used fall break as the perfect time to clean my room and get caught up with non-school-related responsibilities.

10. Movie nights

Snuggling up for a movie during the summer is hard. It doesn't get dark until 9 p.m. and it is too hot to really burrow under blankets. On cooler nights when it gets dark sooner, movie nights are a perfect way to unwind. Baking cookies or eating any of the many soup recipes I can't get out of my head while watching a movie is one of the most wholesome fall activities. I personally am so excited for October.

Rejection is not the end

Students who did not get into their first choice schools or majors find academic fulfillment in alternative majors

Jia Williams | Features Writer

Fall ushers in an opportunistic time for students of all years of study. For second-year students in the College of Arts and Sciences, this year marks the penultimate semester of study before they must declare their major, per the University's fourth semester deadline. For many, however, declaring a major means you must first get into one.

Not all majors require an application, though many do. Students eagerly look forward to these decisions regarding their future academic careers at the University. Of course, it is unfortunately true that not all students are admitted to their desired major — leaving some to frantically pivot their plans. Although it can be a stressful situation, these students tend to find fulfilling alternative solutions.

One such student is fourth-year College student Akhil Halvadar. Halvadar applied to the McIntire School of Commerce in the fall of his second year. The School of Commerce requires prerequisite courses in economics, statistics and an introductory Commerce course before students apply in the fall of their second year. The 2022 acceptance rate was 61 percent, with a total of 375 admitted students.

Even though Halvadar was not admitted, he now enjoys double majoring in economics and statistics.

"It was an opportunity to explore paths I wouldn't have initially thought to explore," Halvadar said. "Not getting into Comm pushed me to give more thought toward what I wanted to do career-wise. When I applied to Comm, I assumed I would figure out what I wanted to do once I got there."

Halvadar also used University resources on LinkedIn to reach out to alumni pursuing fields tangential to business, such as quantitative statistics and economics, without admittance into the School of Commerce. Most advised him to continue his exploration and find out what fields he may be interested in and what he's passionate about.

"They said keep exploring, find out what you actually enjoy learning about, and go to events where you can meet people and ask questions," Halvadar said. "Pretty much anything that could give me insight into what I wanted to do or what I might find interesting. I took their advice and went down that path, which is how I found econ and statistics."

Like Halvadar, fourth-year College student Walter Hal-

bleib was not offered admission to Commerce and is now majoring in economics with a minor in math. He found speaking to members on the Commerce admissions team about his application was helpful in further understanding his career goals and what hiring managers would see as he applied to jobs and internships.

"Being able to understand where my shortcomings were in my application and why the school was not necessarily interested in me helped me understand myself better and realize what it is that other people would see in external applications for jobs," Halbleib said.

Fourth-year College student Ainsley Zimmer also used University resources to explore alternate majors and career paths after not getting into the Frank Batten School of Leadership and Public Policy. Batten offers a Bachelor of Arts in Public Policy and Leadership as well as two minors — with a 42 percent acceptance rate to the major this past spring. Applications for each program open in the fall and close early in the spring every year.

After not getting into Batten, a past professor encouraged her to pursue the Distinguished Majors Program in the sociolo-

gy department. Zimmer is now a student in the DMP and double majors in government through the Department of Politics with a minor in data analytics. Though initially upset by Batten's decision, Zimmer found alternative enriching opportunities at the University.

"The biggest thing that helped me get over being upset was going back and reevaluating what I wanted," Zimmer said. "I got more into Sociology and decided to do a data analytics minor which helped me get the analytical skills I wanted from Batten."

Other students find themselves struggling with competitive majors in the College. Third-year College student Adam Ashley had wished to pursue the Global Development Studies major, which has a deadline in February of a student's second year. The major entails a two-semester seminar followed by a fourth year research paper. Ashley also had to take a step back reevaluate after not being offered admittance — he felt he had allowed himself to get caught up in the prestige of the program.

"When I came to U.Va., I planned on majoring in government and I think the hype associated with the programs that you apply into that have very low

acceptance rates kind of blinded me to what I was really interested in," Ashley said.

Despite being unable to take the Global Studies-specific courses, Ashley remains confident that he's still able to pursue a career in his passion — public policy.

"I feel like I don't need to be in [Global Studies] to work in [public policy]," Ashley said. "But at the same time, I do feel like I'm limited in what courses I can take regarding those issues because they're not necessarily going to fulfill credits for my government major."

In the end, all four students emphasize that keeping interests and choices open is just as important as staying positive throughout the process.

"There are so many other options that you could transition to since there's a lot of similar fields for people with these interests," Halvadar said. "Not getting into one school or major isn't the end of the world, there are so many other paths out there that you'll find yourself enjoying, and it's still a good career path to go down."

Recreating In-N-Out's famous Animal Style Fries

A quick, simple way to make one of my favorite fast-food dishes

Shriya Nambula | Food Writer

Last summer, I visited Arizona to see the Grand Canyon. While I was there, I couldn't help but visit In-N-Out Burger, a fast-food chain primarily located on the West Coast. Although they are known for their burgers, the dish I was most eager to try was their famous "Animal Style Fries."

For those that don't know, In-N-Out's Animal Style Fries are a part of their secret menu. The dish is a tray of hot french fries topped with cheese, In-N-Out's "secret spread" and caramelized onions on top.

Despite being cold after the 15-minute drive back to the hotel from the restaurant, I savored every single bite. The cheese was cold, but all the tanginess of the sauce mixed with the soft cheese flavor was irresistible.

Over a year later, every now and then, I still crave a warm, cheesy order of Animal Style Fries. However, it's hard to satiate my cravings here in Charlottesville since the chain is mainly located on the West Coast.

Since my first time having this meal, I have seen countless videos on TikTok about copycat recipes of the infamous Animal Style Fries. My roommates, a few friends and I finally decided to try out one of these recipes this past weekend as a way to spice up our simple dinners and bring the West Coast flavors to Charlottesville.

We decided to follow @mizzerybelltiktok's recipe and tweaked it slightly to feed four people, which was as follows:

Prep Time: 10 minutes
Cooking Time: 15 minutes

Ingredients:

- 2 large french fries from McDonald's
- 4-6 slices of American cheese
- 1 white onion
- ½ cup mayonnaise
- 3 tablespoons ketchup
- 2 tablespoons pickle relish
- 1 ½ teaspoons sugar
- 1 ½ teaspoons vinegar
- ½ tablespoon butter
- ½ teaspoon salt

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Warm up a pan and add butter, onions and salt. Keep stirring until onions are caramelized.
3. When heated, place fries on an oven-safe tray and put them

into the oven for five to 10 minutes until crispy.

4. In a mixing bowl, mix mayonnaise, ketchup, pickle relish, sugar and vinegar. This is the "secret sauce" to be used later.

5. Once all components have been cooked, plate the fries, cheese, secret sauce and onions in that order.

6. Serve and enjoy.

The final product was just like I remembered. The fries were crispy and savory. The gooey cheese melted in my mouth while it was complemented by the tangy secret sauce with a slightly acidic undertones. The flavorful combination was topped off by the sweet and crunchy onions — creating a unique, contrasting taste.

These fries would be a fantas-

tic weeknight treat. They were not only wildly delicious, but simple to make. There are several "swaps" a student could take to make the process even faster, such as buying fries from another fast-food restaurant or buying frozen fries. A student could also buy pre-diced onions to save even more prep time. This was not only a fun activity for friends, but the product was a fun, new dish that could be made over and over whenever I crave my favorite fries.

SPORTS

Brendan Farrell reaps the benefit of hard work

Joining the program as a walk-on in 2019, Farrell earned a full athletic scholarship in August

Joe von Storch | Sports Editor



KHUYEN DINH | THE CAVALIER DAILY

After earning a scholarship, Farrell is not letting his foot off the gas, as he's set on improving his already impressive numbers from last season.

For over three years, Virginia football's senior kicker Brendan Farrell has been quietly putting in the work, controlling only what he could control. So when Coach Tony Elliott called a timeout in the middle of a two-minute drill at practice the morning of Aug. 25, the stakes of what was within Farrell's control skyrocketed. During the timeout, which was meant to ice Farrell prior to a field goal attempt, Elliott declared that the senior would be awarded a scholarship if he made the kick.

"My initial reaction was 'oh boy,'" Farrell said. "This is one we gotta have. But as I was running out there, I was much less nervous and much more excited because I knew it was in my control."

The kick was a culmination of thousands of hours of practice, and the pressure is something he prepares for on a daily basis. By Farrell's high standards, he mishit the ball, but it still found

its way through the uprights, and he and his teammates celebrated Farrell earning his well-deserved scholarship.

"In fairness, I had an absolutely terrible field goal — I got way under it," Farrell said. "But, it went in, and it was a great feeling afterwards."

Every walk-on dreams about the moment when all their hard work pays off in the form of a full ride. For Farrell, though, while he acknowledged the possibility, his focus was more internal.

"You keep pushing the limits and trying to keep improving every day," Farrell said. "Everything else will fall into place. [I trusted] that the work I was putting in would make a difference and pay off in the end."

After joining the program in the summer of 2019, Farrell's journey was not linear. Scholarship or not, the jump from high school to college sports is a major adjustment, and it's rarely seamless. It's often a transition from

being the star of a team to being pushed to the bottom of the depth chart, which can be discouraging for many.

"When you show up, it's the deathly reality check," Farrell said. "It's a whole new world and a whole different level of football. So in the beginning, it was sort of a wake up call, and at first, it was disheartening. Because I thought I was good, but realized I had a lot of work to do."

It was with this reality check that Farrell made a decision that ultimately propelled him to the spot he stands in today — he was simply going to give football his all and see where it would take him. Throughout the rest of his first and second years, a large chunk of which was plagued by the COVID-19 pandemic, Farrell didn't see his name move up in the depth chart, but he was making slow and steady progress on the field.

With the role of a kicker being one with few responsibilities,

those wishing to reach the next level must be obsessed with the details — something Farrell has learned to appreciate. Adding a single yard to a kickoff or increasing accuracy on field goals by a single percentage point can take hundreds of hours of dedicated and calculated work.

"There comes a point where you're kicking enough that you know how to kick, and there's only small little gains you can make," Farrell said. "And so finding those gains and maximizing your potential out of those is important."

It was in Farrell's third year that he finally got his breakthrough. In the Cavaliers' fourth game of the season against Wake Forest, junior kicker Justin Duenkel — the starting kickoff man and place kicker at the time — suffered an injury, thrusting Farrell to the spotlight. While he was only responsible for one kickoff against the Demon Deacons, Farrell quickly got busy as

he nailed two crucial field goals in a narrow 30-28 win over Miami the following week.

Farrell remained solid through the rest of the 2021 season, holding onto the starting spot while hitting 11 of his 13 field goal attempts — his two misses were from beyond 40 yards — all 34 of his extra point attempts and had an impressive 82 percent touchback rate on his kickoffs.

"I eventually got my shot and took advantage of it," Farrell said. "And of course it's more fun to play ... but once you see your hard work pay off, you want to keep getting that reward."

Following the surprising resignation of former Coach Bronco Mendenhall and the hiring of Elliott — along with a whole host of new staff — it was Farrell's work ethic that immediately stood out to coaches, specifically Kieth Gaither — the new special teams coordinator.

"The first thing I noticed about Farrell was he's a hard worker," Gaither said. "He showed tremendous leadership to the room. And then when you see a guy that's gotten better every day, and he's a solid student. He deserves to be rewarded, and so he earned it. It wasn't given to him. He earned that scholarship."

It's been a long and rewarding journey for Farrell, but it's far from over with nearly an entire school year lying in front of him. Beyond the individual goals he's set for himself on the field this season — such as making all of his field goal attempts shorter than 40 yards — along with the importance of graduating in the spring, Farrell plans on seeing how far football will take him.

"This will be my 10th year playing football and that's a lot," Farrell said. "So when you put in that much work and time for it, I think it's only worthwhile to see how far it can go ... I've thought of it, but it's one of those things that, like the scholarship, it will take care of itself."

For Farrell, his journey will continue Saturday when the Cavaliers take on Old Dominion. Although just one game, it's yet another important step towards validating the immeasurable work he's invested in a sport he loves.

Why this is the year for Virginia women's soccer

Undefeated through eight games, the Cavaliers are poised to finally win a national championship

Daniel Wishengrad | Sports Columnist

The Virginia women's soccer team has had one Coach in the 21st century — Steve Swanson. In this time period, the team has not missed an NCAA Tournament, appearing in 19 Rounds of 16, seven quarterfinals, three College Cups — the Final Four for college soccer — and one championship match.

Yet still, for what has been an incredibly successful program at the Division I level, Virginia is still seeking its first NCAA Championship in women's soccer. In the beginning of the 2022 season, the team has shown what many Cavalier fans have become accustomed to seeing — pure dominance in the regular season. Featuring an undefeated record, fans who have attended any of Virginia's games at Klöckner Stadium have not left disappointed. With such a record and a top-five ranking nationally, many Cavaliers have been wondering — is this finally the year?

Above all, soccer is a team sport that requires a collective

vision and gameplan. With Swanson leading the team into his 22nd season, Virginia's women's soccer features a mix of young talent and impressive veterans that have in combination helped to organize and develop the program. Leading the pack is graduate student forward Haley Hopkins. Hailing from Newport Beach, Calif., Hopkins is playing her second year for the Cavaliers after transferring from Vanderbilt and is tied for third in the nation with seven goals.

On the assist side of many of Virginia's goals is freshman midfielder Maggie Cagle, who is tied for sixth in Division I with five assists. Cagle is one of several young players who are already making a difference in their first couple of months on Grounds.

While this balanced attack on the offensive side seems scary enough, Virginia's defense is perhaps where they feature the most competitive advantage, allowing only one goal in eight regular season matches thus far. When you

compare this stat to the 3,375 goals the team is averaging per game, it's easy to see how dominant this team has been in the opening month of the season. This staggering difference between goals scored and goals allowed is no fluke.

Sunday, in Virginia's first draw of the year, Virginia still dominated shots, outshooting VCU 24-7. Although the Cavaliers couldn't find the back of the net in this matchup, neither could VCU, nor could the six teams that Virginia faced before them. That's not a typo — Virginia has not allowed a goal in the past 648 minutes of playtime, which is good for the fifth longest scoreless streak in program history. The opponents faced en route to the team's current record of 7-0-1 were not pushovers either, featuring an away victory at No. 11 Georgetown Aug. 25 and a 5-0 thrashing at home against No. 23 Memphis Sept. 4.

Looking ahead to the ACC schedule, the Cavaliers have a tough road ahead to stay unde-

feated, with a Sept. 17 matchup in Chapel Hill, N.C. against No. 2 North Carolina, who are fresh off of blanking No. 3 Duke — who Virginia faces Sept. 30 in Durham, N.C. Other threats include undefeated teams No. 8 Florida State on Oct. 6 and No. 12 Notre Dame on Sept. 22, with unranked Wake Forest on Oct. 20 and Virginia Tech on Oct. 13 being teams to look out for.

As for the battle against North Carolina, a win next weekend would be the definition of a statement win and instantly propel Virginia into one of the top three rankings in the country. Above all else, Virginia should be focused on neutralizing the Tar Heels' dynamic duo of junior forward Avery Patterson and sophomore forward Emily Murphy. If approached with the same intensity as for a NCAA Tournament game, the Cavaliers have the weapons to take down the 21-time national champion Tar Heels.

Long story short, Virginia

women's soccer appears to have all the components of a team that can make a championship run. Lights-out scoring, precise passing and shutout goalkeeping have all been featured simultaneously throughout Virginia's undefeated start during the non-conference portion of its schedule. Still, none of the Cavaliers' opponents up to this point — even including ranked teams Georgetown and Memphis — compare to the historically dominant ACC teams that the squad is yet to face.

No matter what the results of these star-studded conference games are, Virginia fans can find solace in knowing that this team is no stranger to the NCAA Tournament. With a quarterfinal appearance two years ago and a Round of 16 exit last year, the majority of the team knows what the postseason experience is like, and will enter this year hungrier than ever to not leave without a championship.

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OPINION

LEAD EDITORIAL

UBE must make an effort to preserve self-governance

Students must vote, but the University Board of Elections must take steps to alleviate continuous issues

Self-governance is a tenet on which we pride ourselves, but it is an empty ideal without effort from both the institutions governing us and the students they represent. The University Board of Elections has had a difficult few semesters within its organization, and voter turnout remains low. Self-governance, which requires the elections that UBE organizes, must be taken seriously — by both UBE and the student body. This year's elections are critical. The Honor Committee is hosting a Constitutional Convention to rewrite its constitution after the largest change in its history. Student Council provides resources critical to student success. The University Judiciary Committee must continue to hold community members to high standards of citizenship. Ahead of this year's election cycle, we call on UBE to invest in member retention, voter education and social media outreach to better improve voting participation.

UBE has faced organizational challenges to its mission from both internal and external forces. This year, the group's chair stepped down due to an increased academic workload. This follows a concerning pattern — last year's chair also resigned from the position early in the academic year. With leadership constantly taking charge and abdicating authority, it is impossible to pull together and organize. The lack of stable leadership within UBE threatens its effectiveness, but is also downright confusing to an already perplexed student body.

This being said, the student body has little to no insight when it comes to what UBE is or does. To increase drastically low turnout, UBE must become a more active part of our community. It should invest in educating students not only on election details, but also on candidate platforms. Through voting, students make a difference — as we can see by the

recent revision of the Honor Committee's single-sanction system. This cannot happen without proper education, however. This might be achieved through a myriad of strategies — classroom visits, social events and social media promotion are just a start. No one engages in what they do not understand, and if students adequately knew the processes of the elections, we are optimistic they would likely be more willing to vote.

The lack of engagement is very much evident — the highest voter turnout among students last year was recorded during the aforementioned Honor referendum. Even still, this turnout was only 6,010 students, or 23.8 percent of the student body — not even a quarter of the student population. We suspect this high involvement was most likely a result of frequent outside explanations and endorsements for or against the proposed referendum, rather than any effort from UBE itself. To increase turn-

out, UBE should invest in what has the potential to be its most powerful asset — social media. While UBE has historically tried to increase voter turnout with election giveaways, they should opt for more educational methods so that students vote responsibly. Despite having an outreach and marketing section, UBE fails to make adequate efforts to reach the student body. Given the group's low following, an even more engaging solution would be to partner with other organizations to reach out to more of the student body. Taking this publicity route would send a message that more accurately reflects UBE's mission and students' best interests — students should vote because elections determine the direction of self-governance on Grounds, not just because they're offered free bagels.

We recognize that UBE cannot single-handedly improve voter turnout. A significant part of the effort must come from students

themselves. Following the passage of last year's Honor referendum, students should feel empowered that their voice can actually substantiate change. If UBE indeed makes more of an effort to increase voter turnout, students must be receptive. First-year students should be targeted when it comes to voter turnout efforts — they will be more likely to engage in the novelty of self-governance on Grounds. All students, however, have a responsibility to engage in University student politics. So, students — read up on UBE, research the candidates and their concerns and recognize your ability to change policies. The University is not too big and you are not too small to make a difference.

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U.Va. must prioritize the health of its community

Following rising COVID-19 cases in the Charlottesville community, it is imperative the University reinstate free saliva testing and its COVID-19 tracker

It's been almost two years since doctors developed a vaccine to mitigate the deadly consequences of COVID-19, restoring a sense of normalcy to our lives. Despite the high efficacy of this technology, COVID-19 remains a threat to our lives — stubbornly refusing to wave the white flag of surrender. This is especially true in Charlottesville, where the Centers for Disease Control categorizes the area as having a high community level of COVID-19 — recommending those with symptoms to get tested. As such, the University must reinstate its free COVID-19 saliva testing program and tracker website in order to ensure the safety of all Charlottesville community members.

In an email sent to the community last March, University leadership announced it would lift the requirement for unvaccinated students to test weekly and phase out its saliva testing program. Phasing out the saliva testing program was the University's first mistake. This optional testing program was available to students experiencing symptoms last fall, allowing them to take necessary precautions to stop

the spread of COVID-19. In June, the University stopped updating its COVID-19 tracker due to low case counts and hospitalizations in the Charlottesville community. The tracker had been in commission since August 2020, reporting key health statistics like case counts, hospitalizations and positivity rates. Discontinuing the COVID-19 tracker was its second mistake. In

It would seem the University lacks common sense — or maybe common decency — in its actions. Using low case counts and hospitalizations as justifications are just half-hearted excuses that fail to address the rise in COVID-19 cases Charlottesville experienced this past week. The University's assertion of low case counts is alarming, seeing as the Virginia Department

University once offered free saliva testing on Grounds, it now only offers PCR tests for purchase from the Student Health Center. So, instead of students having the ability to test freely and quickly at a nearby testing spot, they must now make the trek across Grounds to the Student Health Center, where they then must pay to be tested. It is wrong of the University to simply assume all

University leadership assured students last March that “if viral conditions change substantially, we will always be ready to change our approach in order to keep our community safe.” I do not think I am overstepping when I say that viral conditions are changing substantially. It is time to change our approach — or rather, revert to the previous approach of taking necessary precautions to ensure the safety of our community.

We did not apply to college with the anticipation that a global pandemic would steal the show, affecting every aspect of our time here. Alas, it did happen. And while most Virginians are vaccinated and face weaker COVID-19 symptoms, this does not change the fact that COVID-19 is still prevalent in our community. These errors must be rectified immediately. At the very least, we are owed assurance that our lives and wellbeing are prioritized here on Grounds.

GRACE DUREGGER is an Opinion Senior Associate for *The Cavalier Daily*. She can be reached at opinion@cavalierdaily.com.

“At the very least, we are owed assurance that our lives and wellbeing are prioritized here on Grounds.”

the place of once-live statistics, the University directs viewers to the CDC's website which outlines “preventative steps to take.” Yet funnily enough, the CDC's website recommends the Charlottesville community be tested if exhibiting symptoms. It is blatantly obvious The University does not care as it once did about the way that COVID-19 affects student life and the Charlottesville community — its hypocrisy makes that much clear.

of Health says otherwise. More seriously, the side effects of death and other dangerous health problems did not magically disappear in the face of vaccine rollouts and lowering positivity rates. By removing saliva testing and the tracker website, the University is denying the community access to life-saving — or threatening — information.

This is an issue of inadequate information accessibility, but it is also an issue of equity. While the Uni-

students can afford this change. To call this new process an inconvenience is an understatement — it is inconsiderate, and neglects students who may not have additional money to buy a test. There should not be financial barriers to obtaining information that affects the wellbeing and safety of students, and the community as a whole. Students already have enough responsibility on their plates — paying for COVID-19 testing should not be one of them.

The BOV's student member should be elected by students

The student member should also be granted voting abilities once officially elected

The Board of Visitors is the University's governing body consisting of 19 members, 17 of whom are appointed by the Governor of Virginia and confirmed by the General Assembly. The remaining two non-voting members are a full-time University student and a University faculty member, who are both appointees of the Board itself. The student member currently lacks substantive power as a non-voting member — lobbying is their primary means of influence. Meanwhile, the student body itself cannot vote for who supposedly represents them in Board meetings. This is absurd. The student member of the Board should be elected by the students of this University, not appointed by a Board entirely unable to speak to the experiences of today's average University student. Once empowered with actual students' approval, I also believe this student should gain the ability to vote on the Board's decisions.

For me, the Board is frustratingly undemocratic. The people who vote for Virginia's governor, by and large, don't attend the University that appointed Board members thereafter govern. Many out-of-state students cannot even vote for the Governor of Virginia, and many in-state undergraduates were ineligible to vote due to their age, regardless. A minor in

high school would have been ineligible to vote in the 2021 Virginia gubernatorial election, yet in a few years, they might attend an institution governed by appointees of that election's victor. Board members are merely guests with power over the place they visit — and in my opinion, alumni from decades ago do not know what it means to be a University student today, nor do I think they can possibly represent us.

Our current student representative is fourth-year Architecture stu-

judicial bodies. Elections for Student Council, the Honor Committee and the University Judiciary Committee define the University's principle of self-governance for its students. Whether or not that principle truly exists as a result of these bodies, it remains that the Board is contradictory to said principle. Though it delegates certain responsibilities to students, by denying us the right to vote on our representative, the Board remains in contradiction with itself.

is not a direct election for their board representative, students at least have some say. George Mason University follows a similar system. And most promising of all, students at James Madison University can actually vote for their Board representative — distinct from any other student leader position.

In short, our Board of Visitors has distinctly failed where its counterparts in Virginia higher education have succeeded to more democratically elect

Council president — lumped together. I encourage our Board to replicate this policy.

One part of Virginia law regarding Boards of Visitors that our state government must amend is its decree that students remain non-voting members. For those institutions at or edging toward democratic elections for this member, ultimately denying them the right to vote on the Board is a slap to the face of their student bodies. This change to the law will not likely arise unless appointed Board members actually take this concern to Richmond — to that governor position that appointed them.

The University's Board can act without Richmond, though, in re-establishing its student member as an elected position. In fact, I would even encourage the Board to increase the number of student members once this change is made. This would connect it to University students in a way it simply has never been. The Board will be an outdated institution until it finally becomes a thing of the past, but I demand the Board finally let students select their representative in the meantime.

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

“For me, the Board is frustratingly undemocratic.”

dent Lily Roberts. Allow me to clarify — this article is not about Roberts or any former student representative, but rather, this position and the way students obtain it. Still, let us remember that the student representative still speaks for us at Board meetings. Roberts' contact information is on the Board's website, and we should feel free to reach out to her with concerns we want presented at Board meetings, as she has encouraged.

Each year, University students already vote for internal governing and

The boards of other Virginia colleges and universities function in ways that could offer potential changes to implement for our Board. Virginia Tech is largely in line with our Board's student appointment process, though additionally appointing a student from their graduate school, uncommon for Virginia Boards of Visitors. More promising, students at the College of William and Mary see the person they have elected as president of their Student Assembly thereafter appointed to their Board. While this

the student members of their boards. Part of this discrepancy stems from Virginia law itself, which gives boards leeway over how they select the student to serve. But this also indicates an explicit decision on behalf of our Board to deny students the ability to choose their representative. I personally believe that JMU's model is the most desirable one within the confines of Virginia law. The student on a given Board should not have the duties of a Board member merely tagged onto another position — say, Student

HUMOR

A University Horror Story

It was the crack of dawn ... Well, not really. It was actually the ungodly hour of 7:30 a.m. and the booming of construction outside my dorm window had shattered any sliver of a chance for me to reenter a state of slumber. I rose, only to find that the dinner I had been consuming seven hours prior had unfortunately spilled across the left side of my duvet. This was likely due to a mindless placement of the takeout container when exhaustion had replaced sanity. It was at this point I determined my day would be utter trash. And I was right. Why else would I title this tale of sorrow “A University Horror Story” if I were not writing about a totally trash day?

After a bit of researching on how to remove soy sauce stains

from cloth and a subsequent failed attempt of following said instructions, a few miniscule disasters followed this endeavor. These mini catastrophes included, but were not limited to — Newcomb being entirely out of bagels, the zipper on my favorite jacket breaking, somehow getting pushed further back on a class waitlist I needed for my major and my handwritten homework mysteriously disappearing.

I assume my day already sounds quite horrific to you, so you might be wondering how it could possibly worsen. Would you believe that a third year could possibly get lost looking for their class? Yeah. Call me what you want, but directionless has never been something descriptive of me. Ask anyone and everyone who knows me. I’m stub-

born, a bit funny on occasion and a certified “airport dad” slash “mom friend.” However, directionless has never been in my repertoire until this day commenced.

You see, I was set to have class that day at 4 p.m. I knew that the class was going to start at 4 p.m. when the day began, and I knew it would start at 4 p.m. just 10 minutes before the judgment hour while speaking with my roommate about said class. Not a minute after, I was on my way to the class in a nonspecific building. I am too ashamed to say the name due to its well-known placement. Well, I’ll give a hint. It starts with “New” and ends with “Bell.” Don’t judge me.

So, I am making my way to this class using my trusty mapping app because even though I have taken

classes in this building before, I like to know where I am headed. The cursed technology deities decided to make my day more everlastingly divine, and I soon found myself in a building confused as to why it looked ... off. Maybe the construction over the summer had somehow renovated the entire inside structure without notice, or maybe I was in a completely different building as a clearly annoyed adult minding their own business would tell me not seconds after I asked if I was in the building I was looking for.

Now in a panic, I ran outside and in circles until I managed to find the correct building, still using the app that had gotten me lost in the first place. I ran through the hall. I ran down the stairs. Found myself on the wrong floor. Climbed

back to the correct floor. Found myself on the wrong side of the building. Ran to the correct side of the building. And finally, with just a minute to spare, entered the classroom only to be greeted with a dark room and empty seats.

Startled, disoriented and unsurprisingly out of breath because of the fact that the most exercise I had done in the past few weeks was walking down my dorm’s three flights of stairs, I checked my phone and saw an email from the instructor sent half an hour prior to my departure from my dorm room.

Class was canceled.

CAMILA COHEN SUÁREZ is the Humor Editor for *The Cavalier Daily*. She can be reached at humor@cavalierdaily.com

CARTOON

Hoo Cares About COVID-19?

Nicole Piatko | Cartoon Editor



HEALTH & SCIENCE

U.Va. clinic addresses rise in dysautonomia patients

Two University Medical Center physicians establish autonomic dysfunction clinic to counteract surging demand following the pandemic

Erica Szymanski | Staff Writer

As many as a third of COVID-19 survivors that did not require hospitalization now face long-term symptoms. A subset of “long-haul” COVID-19 patients have been diagnosed with a form of autonomic dysfunction. To combat this, two University Medical Center physicians — pediatric infectious diseases subspecialist Dr. Ina Stephens and pediatric cardiologist Dr. Dan Schneider — recently established a pediatric autonomic dysfunction clinic in the University Medical Center’s Battle Building.

Postural Orthostatic Tachycardia Syndrome is one form of autonomic dysfunction, a dysregulation of the wiring that controls involuntary functions. POTS is estimated to impact up to three million Americans and can develop following events including trauma to the body, pregnancy, severe infections, hospitalizations and viral infections, such as COVID-19.

“There’s lots of reasons for having autonomic dysfunction,” Stephens said. “POTS, orthostatic hypotension ... orthostasis, kind of fall under the category [of autonomic dysfunction].”

POTS is characterized by orthostatic intolerance, or the inability to tolerate standing up. The syndrome encompasses a wide range of symptoms, including exercise intolerance, fatigue, fainting, palpitations, blurry vision, lightheadedness, nausea, headache, tremors and impaired concentration or thinking.

“This is not life-threatening — it’s enormously debilitating and ruining young people’s lives, and I think we can make a difference,” Schneider said.

Although POTS can strike at any age, the clinic serves pediatric patients 21 and under. Autonomic dysfunction is prevalent among teenagers, with as many as one in 100 teens having been diagnosed, often reporting their first symptoms during puberty. While the severity of dysautonomia varies, 25 percent of POTS patients are too ill to attend school or work.

“Missing school seems to be the one that grabbed me the most,” Stephens said. “These kids can’t go to school, let alone participate in any activities ... and [some] can’t sit up without having to be propped during the entire clinic visit.”

Stephens noted that the major-



LEILA TROXELL | THE CAVALIER DAILY

Located in the University Medical Center’s Battle Building, the autonomic dysfunction clinic seeks to address the rising number of dysautonomia patients following the COVID-19 pandemic.

ity of long-haul COVID patients’ symptoms — such as dizziness, heart palpitations and fatigue — point to autonomic dysfunction. The link between POTS and COVID-19 is not yet fully understood, but researchers propose that autonomic dysfunction could be directly caused by the COVID-19 virus. Alternatively, POTS could be a byproduct of sympathetic nervous system activation during the coronavirus’ cytokine storms, an extreme immune response. The SNS is responsible for the “fight or flight” response, a poorly regulated mechanism in POTS patients.

“The myriad of symptoms that can happen with autonomic dysfunction include so many different bodily systems, from neurologic, to the heart, to the GI tract,” Stephens said. “I was sending out multiple referrals and realized ... we need to put a clinic together to take care of these kids.”

Because 41 percent of POTS patients receive their diagnosis from a cardiologist, Stephens and Schneider care for patients in the cardiology clinic space of the Battle Building. The clinic is currently restricted to the two phy-

sicians due to time and location constraints, but refers patients to sub-specialists when necessary.

The influx of COVID-19 related POTS patients has increased the demand for specialists, as well as research. In December 2020, Congress allocated \$1.15 billion to the National Institutes for Health for research on the long-term effects of COVID-19. In May 2021, The American Autonomic Society offered up to \$600,000 in research grants to fund studies on POTS and its comorbidities. These efforts led to advocacy victories, such as POTS receiving a diagnostic code in the International Classification of Diseases-10.

There is no known cure for POTS, although researchers continue to investigate its causes. Common treatment options for POTS patients include exercise regimens, compression garments, increasing salt and water intake and medications.

Beta blockers and indwelling IV lines are two common POTS treatments that Stephens avoids. Beta blockers may exacerbate fatigue in POTS patients. Indwelling lines only yield short-lived benefits, and risk life-threatening

bacteremia. Instead, Stephens and Schneider implement holistic care plans that address patients’ specific symptoms.

“I think the main reason I wanted to do this clinic is because I was really seeing this constellation of the similar symptoms, and it’s basically an unrecognized problem,” Stephens said. “I think even just having this clinic is educating other pediatricians.”

Approximately three out of four POTS patients are initially misdiagnosed, and although 94 percent of POTS patients are female, they face longer diagnostic delays than their male counterparts.

Receiving a POTS diagnosis took 10 years for Shannon Linford, who serves as a patient advisory board member for Dysautonomia International and moderates the Virginia and Teens with Dysautonomia support groups on Facebook. Approximately 15 percent of POTS patients receive their diagnosis a decade after their first POTS-related appointment.

“There has never been a time like this in the history of POTS where we need more support,” Linford said. “We desperately

need more doctors who understand POTS.”

In addition to diagnostic error, autonomic dysfunction specialists are geographically scattered, some with years-long waitlists. A 2013 survey conducted by Dysautonomia International discovered that half of POTS patients have traveled over 100 miles from home for medical care.

Physician training and increased access to autonomic dysfunction specialists can help to ease the diagnosis process for patients. Dysautonomia International — an organization that promotes research and advocacy for autonomic dysfunction — offers educational resources, including Continuing Medical Education training events, a video library and annual conferences.

The long-term goal for the University’s autonomic dysfunction clinic is to form a roundtable, where multiple specialists can evaluate a patient in a single visit.

“Ultimately, we would love to have a multidisciplinary clinic where we’re all there at the same time,” Schneider said. “Hopefully that’ll happen in the future, but we have to start somewhere.”

ARTS & ENTERTAINMENT

Robertson Media Center is a hidden gem for creatives

Students dive into the many arts production resources Clemons Library has to offer

Olivia Garrone | Senior Writer

Tucked away on the third floor of Clemons Library, the Robertson Media Center has a treasure trove of creative technology resources available for free to University students and staff. Its spaces include audio and video recording studios, a 3D printing studio, virtual reality spaces and computer labs. Forget about hitting the books — there are albums to record, documentaries to film and cartoons to animate, all in the library.

The RMC staff offers one-on-one consultations and specialty workshops alongside basic training for many of their resources. However, no expertise is necessary to try much of the creative technology available, though most spaces require reservation and some have brief virtual orientations.

Josh Thorud, multimedia teaching and learning librarian in the media center, says that

often students can jump right in with nothing but a creative vision in hand and learn along the way.

“That’s really what it’s here for — experimentation, innovation, just trying to get people to be creative and experiment with creative technologies,” Thorud said. “Just walk in and try something.”

Walking into the RMC, the big decision is which space to explore first. Most eye-catching is the Video Production Studio. Entering into the room, the backdrops are front and center.

“It’s just really cool to see people the first time they go in green screen,” Thorud said. “They walk in, and look around, and then they can put themselves anywhere... the options are endless, in that sense. It’s just like a magic trick.”

In front of the green screen, there are director’s chairs and

other props, professional cameras and a teleprompter. The lighting and audio are already set up for users. This supports the studio’s mission according to Thorud — to be approachable and inclusive while providing access to high end equipment.

Aside from the main Video Studio, students can drop in to the “G-Lab” when it’s not in use to edit with iMovie or Adobe Premiere Pro, or reserve a workspace in the Digital Media Lab to use these softwares on a dual monitor setup. The Digital Media Lab has options for those with niche film interests as well. Anyone can bring in VHS tapes and film slides to explore digitization, and those with experience can work with a Steenback Film Editor.

But the RMC houses more than just filmmaking resources. Audiophiles have their fair share of options as they round

the corner into the audio studio, one of their most popular spaces. It’s furnished with three sound booths — each with two microphones — various music production tools and computer access to Audacity, Garage Band, Logic Pro, Sound Studio and more.

Students have made everything from music to podcasts in the studio before, with some projects being released publicly. One notable example is “Song Stories”, a podcast created by first-year students in conjunction with the ENWR course “American Roots Music,” released on WTJU in 2020.

A few doors down from these audio booths is the 3D printing studio, another one of the RMC’s main attractions. A “Star Wars” inspired Mandalorian helmet big enough to wear sits above a math project on the rack in the front of the room.

“It’s a huge range of projects,

everything from memorabilia or costuming all the way up through fine art projects,” Thorud said.

The 3D Printing Studio currently has seven 3D printers open for reservation, in various makes and models which makes the scope of these projects possible. Though materials would typically be costly, students can 3D print for free after they complete a brief initial training session.

Further down in the RMC’s open space, there lies one more unique offering — two immersive virtual reality spaces. A large rug marks the room-scale movement of each virtual space. According to Pallavi Vemuri, second-year College student and digital media consultant, the most popular use of these VR systems is to play video games. However, the space also houses development software for those looking to get involved with the technical side.

Even when it’s time to leave the RMC, there is a range of technology available for use outside of the physical space, as the space offers a range of technology for students to check out, everything from high end cameras to projectors to lighting setups.

Unique projects have been created by students in the past using the RMC’s rented equipment. Students in the Basic Multimedia Reporting Class created “Spring Broken: College on COVID,” for instance, in 2020. CIOs are also big users of rentals for a variety of unique purposes.

“There was one CIO that was trying to do this project with kind of like surround sound almost,” Vemuri said. “It’s the sort of sound system where, when you’re in different places in the room, you can hear different things... but the placement of all of this equipment is in a way that the sound doesn’t clash with each other.”

In the Robertson Media Center, the options are endless for unique creative production. No matter the interest or skill level, the third floor of Clemons Library has the tools to transform creative dreams into reality with its plethora of creative technology at no cost. To learn more about the RMC, make a reservation on their website, talk to the front desk or request a tour.



KATE MACARTHUR | THE CAVALIER DAILY

No matter the interest or skill level, the Robertson Media Center has the tools to transform creative dreams into reality with its plethora of creative technology available at no cost.

‘The Beginning of My End’ puts ghosts on-Grounds

Author Siddharth Dalal elaborates on the creative process behind his first novel

Charles Burns | Staff Writer

For Class of 2002 alumnus Siddharth Dalal, writing novels may not seem like the most obvious career fit. Dalal works in the fields of software development and engineering — seemingly possessing the disposition of an analyst more than an artist.

As it turns out, however, this technical background played a significant role in the writing of Dalal’s first fiction novel, “The Beginning of My End.” According to Dalal, the inspiration for his new novel had been slowly building in his head for a long time, and started as a fascination with the spooky and spiritual.

“My whole writing [journey] started 15 years ago, and it was kind of jump-started by my interest in the paranormal,” Dalal said. “The mixture of U.Va., paranormal activity and technical realism really spoke to me.”

“The Beginning of My End” tells the story of Rahm, an Indian-American engineer who is unexpectedly murdered by his girlfriend, Marie. As Marie disposes of Rahm’s body, his research team — who work on Grounds at the University — is found dead, and the missing Rahm becomes the chief suspect in the investigation into their murder. This plot thread dovetails as Rahm’s ghost

becomes wrapped up in complex corporate espionage and seeks revenge for the deadly conspiracy against him.

While that synopsis carries traces of numerous well-worn subgenres — from the spy thriller to the ghost story — Dalal hopes that his personal experience in engineering adds a dose of technical realism to these genres that can sometimes seem defined by their implausibility.

“That’s what stuck with me about the story,” Dalal said. “I had the opportunity to add an engineer’s perspective — as well as my own perspective as an Indian-American immigrant — to the genre.”

Of course, the book is not intended to be a drab, overly technical slog. On the contrary, Dalal hopes that readers find the book as propulsive and exciting as some of the more famous novels it pays homage to.

“If I had to describe the novel to a prospective reader, I might sell it as a mix of Harry Dresden and Dan Brown, or Greywalker and Robert Ludlum,” Dalal said, referring to two popular book franchises and authors of thrillers, respectively.

It wasn’t until the pandemic that Dalal really began working on the novel. For Dalal, it was both a way to

combat the tedium of the drawn-out pandemic and a way to bond with his young son, who was working on a novel of his own.

“It took discipline to balance everything. I basically had to take the time it would have taken me to commute to work in my office, and apply it to writing my novel,” Dalal said.

It would not have been possible, Dalal said, to get the novel finished without support from his surrounding family and friends, who provided him with constant encouragement and feedback.

“My family was a great support system,” Dalal said. “I also had friends giving me small feedback, most of it at the editing stage.”

Now, the hard part is over, and Dalal is eagerly awaiting the official release of his new book — “The Beginning of My End” will hit bookshelves Sept. 24. After that, Dalal already has big plans for the future of the fictional universe he has created.

“I’m already planning a sequel based on the perspective of another character in ‘The Beginning of My End,’” Dalal said.

While there are no official release plans for that novel yet, readers can be sure to expect another distinctive mixture of genre pleasures.



TESS GINSBERG | THE CAVALIER DAILY

Dalal hopes that readers find the book as propulsive and exciting as some of the more famous novels it pays homage to.

‘Rings of Power:’ A mediocre addition to a beloved classic

Amazon Prime’s new “Lord of the Rings” spinoff offers outstanding worldbuilding, but fails to deliver anything new to the series

Torie Foss | Staff Writer

The legacy that author J.R.R. Tolkien built in the “Lord of the Rings” franchise since the first book hit shelves in 1954 is staggering, so when fans heard that Amazon Prime was funding an original spinoff show called “Rings of Power” based on Tolkien’s work, they were skeptical at best.

Despite Amazon pouring 465 million dollars into the show’s production, fans still worried that the essence of Tolkien’s Middle Earth would be tarnished by those who didn’t understand what made “Lord of the Rings” great in the first place. Based on the series premiere, it seems like “Rings of Power” will neither be a testament nor a detriment to Tolkien’s legacy, but instead a forgettable addition to the series as a whole.

“Rings of Power” is a prequel to the “Lord of the Rings” series, set before the titular rings were even forged. The series follows the origin of a few familiar faces from the

original series, such as Galadriel, played by Morfydd Clark, and Elrond, played by Robert Aramayo, but introduces new characters as well.

Such new characters include Nori, played by Markella Kavenagh, a curious hobbit that wants to explore the outside world, and Arondir, played by Ismael Cruz Cordova, an elf who is in love with a human woman. These characters discover that evil lurks on the horizon, and that they must traverse into unknown dangers to save all that they love.

The visuals, at least, are absolutely stunning. Every part of the world has a signature look that adds character to the community that it represents. The elven capital of Lindon is a shimmering city of vibrant golds, pure whites and verdant greens — the representation of elves’ ethereal nature.

The Hobbit village in which Nori resides is homier, with lush

trees and plump berry bushes making up the simple, comfortable life that Hobbits prefer. And in Southland, mankind exists in a drabber, gray environment, the lingering remnants of when they sided with the evil Morgoth in times long past. It’s truly a captivating visual experience.

But “Rings of Power” seems to lack imagination when it comes to building on top of the foundations that Tolkien laid. Instead of expanding the lore of Middle Earth, it relies heavily upon it, portraying old and new characters alike as two-dimensional beings. Prequels offer the chance to explore familiar characters that didn’t get as much attention, but “Rings of Power” leaves old characters as flat copies of their original selves, without any unique traits or nuance.

For example, Galadriel’s only personality trait so far has been her need to kill Sauron and avenge her brother. New characters, meant

to be a series refresher, fulfill old stereotypes. Arondir is singularly characterized by the human-elfen conflict that has featured in every Lord of the Rings book and movie so far.

Even the plot lacks any originality. Because it is a prequel, anyone even remotely familiar with the series knows that Galadriel will not kill Sauron, so her only defining goal is rendered impossible from the beginning. It is also hard to be shocked by anything, because every place the characters visit has some story already attached to it that will be told in the future.

The dwarves’ Mines of Moria would seem like a peaceful, thriving city, if not for the knowledge that their greed will lead to their violent collapse. “Rings of Power” had the chance to take us to multiple cities and civilizations in Middle Earth that have not yet been explored, but instead decided to rehash the same familiar places as

before.

The pacing of the show is off as well. The episodes are long and, although they are visually stunning, there is little urgency to anything any of the characters are doing. It is almost as if the writers are aware that they have infinite space to execute minimal ideas, so they stretch what little they have over hour-long episodes.

Since there seems to be little original content or expansion upon the source material, it is hard to justify the existence of “Rings of Power.” However, there is still hope that there is more to this series than currently meets the eye. Only two episodes have been released so far, which means there is time for “Rings of Power” to actually expand upon Tolkien’s foundation rather than rely on it. Until then, “Rings of Power” will remain a diluted copy of a thrilling fantasy series.

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