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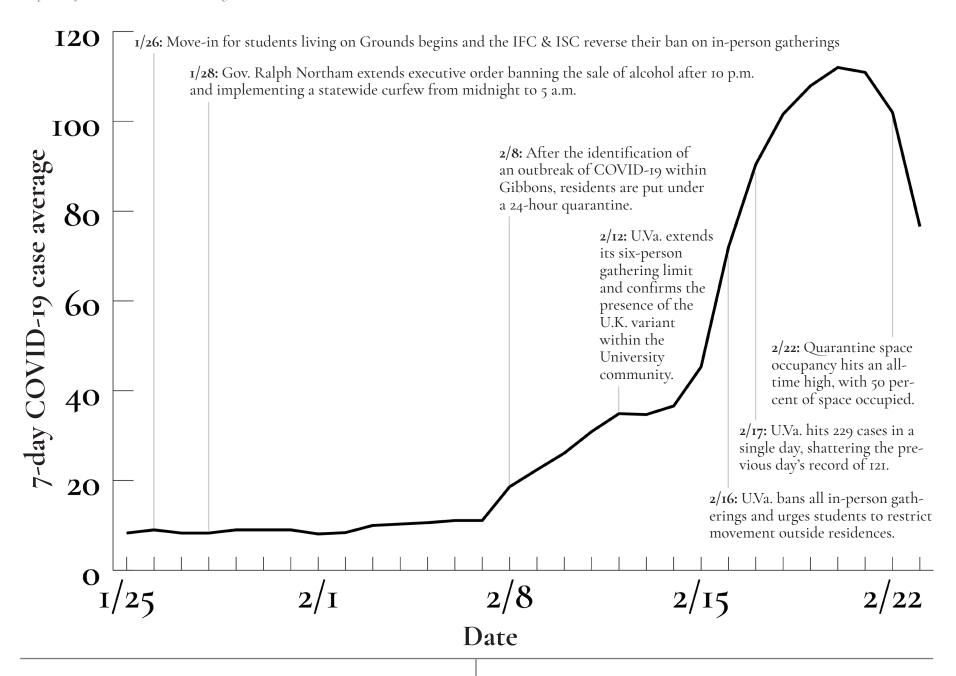
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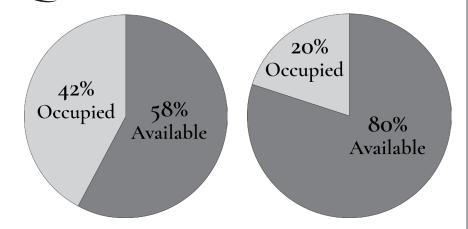
NEWS

COVID-19 cases spike at U.Va.

Compiled by Eva Surovell & Ethan Fingerhut

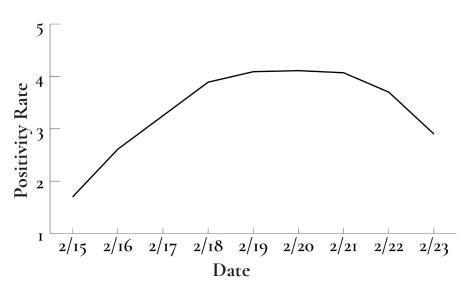


Quarantine rooms Isolation rooms



Case data was obtained from the U.Va. COVID-19 tracker, which was last updated Feb. 24. The tracker includes data from testing conducted through U.Va. Health and pre-arrival testing vendor LetsGetChecked. Quaratine is for those who may have been exposed to someone who has tested positive for COVID-19. Isolation is for those who have tested positive for COVID-19.

Positivity rate from last week



COVID-19 violations brought against five fraternities

Photo evidence shows breach of public health guidelines by Pi Kappa Phi fraternity and Kappa Alpha Theta sorority

CD News Staff



EMMA KLEIN \mid THE CAVALIER DAILY, COURTESY WIKIMEDIA COMMONS

Photographs obtained by The Cavalier Daily show clear violations of University, local and state COVID-19 guidelines during the recruitment period at the Pi Kappa Phi fraternity and Kappa Alpha Theta sorority.

Dean of Students Allen Groves confirmed during a town hall Friday that the University has brought cases against a number of individual students and five fraternities for COV-ID-19 violations.

Many students have taken to social media to call out the Inter-Fraternity and Inter-Sorority Councils' decision to allow in-person recruitment events as a leading contributor to massive spikes in cases. The University has stated that while Greek life is likely one factor, the rise in noncompliance and case counts is widespread across the student body.

Photographs obtained by The Cavalier Daily show clear violations of University, local and state COV-ID-19 guidelines during the recruitment period at both Pi Kappa Phi fraternity and Kappa Alpha Theta sorority. In the images, both fraternity and sorority members can be seen violating the University's universal mask mandate, social distancing guidelines and six-person gathering limit, all of which were in place when the events took place Feb. 12 and 14, respectively.

Photo evidence submitted to The Cavalier Daily relating to Pi Kappa Phi shows at least 13 individuals, including the photographer, socializing around beer pong tables at the fraternity house the night of Feb. 12. The individuals pictured are not practicing proper social-distancing guidelines as required by the University at the time the picture was taken. At least one individual appears to be wearing a mask in the photo, but a minimum of three others do not. The photo was taken

and posted by a first-year student on social media. The student has not responded to a request for comment.

Phillip Griffin, Pi Kappa Phi president and fourth-year College student, said the fraternity is looking into this violation and declined to comment further. In an email to The Cavalier Daily, Groves confirmed that a report was submitted to the University's community concerns portal the night of Feb. 12, but a photo was not originally included.

It is unclear if Pi Kappa Phi is one of the five fraternities Groves revealed violations were being brought against, but Groves did confirm that the incident photographed is under review.

Additional photographic evidence submitted to The Cavalier Daily shows violations of masking protocol, social distancing guidelines and gathering limits by Kappa Alpha Theta sorority on Feb. 14. At least 16 girls can be seen standing in front of the house socializing while an additional 16 line the second floor balcony of the house. Though a few individuals appear to be wearing masks in the photos, at least 13 individuals are either wearing a mask below their chin or do not have one at all.

The photographs contrasted with what the sorority posted to — and since deleted from — its Instagram account featuring bid day celebrations, which only showed members in groups of six or fewer.

Kate McGreevy, CEO of Kappa Alpha Theta and third-year Commerce student, described the photos as a "momentary anomaly" that is "not representative" of the sorority's opinions regarding the pandemic. Witnesses who passed by the house the afternoon of bid day, however, said that this behavior continued for at least 20 minutes before the group broke up.

In an additional email statement to The Cavalier Daily, McGreevy clarified that the 16 girls pictured on the second-floor balcony were residents of the house, but did not address the 16 individuals congregated in front of the house without masks and in violation of the University's then six-person gathering limit.

"While I am unaware of the exact amount of time that they were on the terrace, I can assure you that they were in accordance with all house rules during that time and were far more than six feet away from any non-residents," McGreevy said.

Groves confirmed that the University has received a community concerns report involving the sorority, but could not specify whether it involved the same incident pictured in the photos obtained by The Cavalier Daily.

The Inter-Sorority Council and Inter-Fraternity Council first reversed their ban on in-person events Jan. 26. When recruitment occurred, the University's regulations limited in-person gatherings to six people, mandated mask-wearing and set strict social-distancing guidelines.

Before recruitment, the IFC organized a task force of 160 fraternity brothers to monitor compliance with COVID-19 regulations and report

"egregious violation[s]" during rush. The organization categorized violations into three tiers, with the worst offense being "intentional violations of large scale" which included events with more than 10 people, refusal of brothers to wear masks or no attempt at social distancing.

The entirety of ISC recruitment was held virtually with the exception of bid day, for which some chapters held in-person components that were approved by the ISC. The decision to move forward with in-person events was made after consultation with members of the University administration and public health officials.

While the ISC says it "mostly saw widespread compliance" in a letter to the community posted Friday, some reports on social media and other platforms showed otherwise, the statement said. As a result of these violations, several chapters and individuals are now undergoing the University's judicial process.

"As an organization, we feel it is critical to recognize the efforts our members have taken to prioritize safety and minimize the spread of COVID-19, and also acknowledge our shortcomings in this endeavor," the ISC statement read. "The recklessness exhibited by some members of our community is extremely disappointing, and these utterly careless actions put all of our health as risk."

The IFC released a statement Wednesday defending its decision to allow chapters to host in-person events. According to the statement, some preemptive reports of potential

violations allowed the IFC's Governing Board to shut down events that would have broken policy if they had occurred.

Andrew Huffman, IFC president and third-year College student, said in an interview with The Cavalier Daily that the IFC sought advice from the University as it modeled recruitment protocol after SEC-045. Huffman could not disclose how many reports the IFC has received of fraternity noncompliance, but he said the organization is working with ODOS to investigate complaints.

"We recognize that we took a risk," Huffman said. "We took appropriate precautions and set guidelines that were appropriate, and we're working on getting all of the violations that we've now heard about and are still hearing about in the present adjudicated and sanctioned appropriately."

As IFC and University investigations into possible instances of noncompliance with health regulations are underway, the Governing Board has shifted all events online.

"Our number one priority is the safety of the community and of our members," Huffman said. "Right now, that means we all need to stay at home and get cases back under control."

An anonymous member of an IFC chapter — unaffiliated with the chapter in the photographic evidence — said that based on personal knowledge of his own and other fraternities, and wider IFC leadership conversations, violations of public health guidelines were widespread across chapters. While he criticized the IFC for allowing in-person recruitment in the first place, the source added that the organization was limited in its ability to monitor chapter behavior and enforce policies.

He added that many chapters planned in-person events with no intention of limiting them to six people. One tactic he described was individual chapters getting IFC approval for nonexistent events that would appear to follow University guidelines, but then proceeding to hold their actual, policy-breaking events in alternate locations.

"I can say with a good degree of confidence that most fraternities broke the six-person rule once or twice, at least," he said.

The University itself should have anticipated that fraternities would break the rules, he said, and been firmer in its regulation of COVID-19 safety throughout in-person recruitment.

Jenn Brice, Eva Surovell and Carolyn Lane contributed to this story. Visit The Cavalier Daily's website to view the full version of this article.

NPHC celebrates Black History Month

The National Pan-Hellenic Council represents approximately 60 students across eight historically Black Greek organizations on Grounds

Jee-Ho Kim | Staff Writer

The National Pan-Hellenic Council — an alliance of historically Black Greek organizations on Grounds — hosted a virtual NPHC Week from Feb. 14 to 20, filled with activities designed to introduce students to the NPHC and spotlight Black History Month. NPHC Week takes place annually to celebrate the founding of the NPHC at the University.

"Our project is really to enhance the experience of Black Greeks in the U.Va. community," said Danielle Muriel, president of NPHC and fourth-year College student. "We really want people to know that we're here."

The NPHC was founded in 1930 at Howard University and consists of nine historically Black fraternities and sororities referred to as the Divine Nine. The national founding dates for these groups range from the 1900s to 1920s.

Eight chapters of the Divine Nine organizations have been established at the University — the oldest group, the Lambda Zeta Chapter of the Omega Psi Phi Fraternity Inc., was founded in 1973. Other Greek life councils and committees on Grounds include the Inter-Fraternity Council, the Inter-Sorority Council, Multicultural Greek Council and the Order of Omega.

Six of the eight NPHC chapters on Grounds were founded in 1973 or 1974, reflecting the larger influx of Black students in the 1970s. The remaining two chapters were founded in 1978 and 1980. In 1970, Black student enrollment exceeded 100 students for the first time. That year, 121 undergraduates attended the University, making up 1.8 percent of the undergraduate population.

By 1974, the University's Black student population had increased to over 300 students — over 3 percent. This year, there are 1,177 Black students, comprising 6.8 percent of undergraduates. The highest percentage Black students have ever comprised of the University's student population was 12.1 percent in 1991.

By July 1974, approximately 29 percent of the University's Black population had pledged with the newly founded NPHC chapters. Today, around 60 students are pledged with the eight chapters at the University. Several NPHC-affiliated organizations start membership intake later in the spring semester.

"Coming up as a Black student or first-generation Black student, you probably don't even realize how many Black people there are at U.Va.," Muriel said. "I feel like through community service, you let people know that we're present and that we're here to help, and I feel like that encourages more Black students to want to go to U.Va. and find their place here."

The search for community and meaningful public service has drawn many Black students to NPHC chapters on Grounds. Joshua Franklin, vice external president of the NPHC and third-year Engineering student, is a member of the Zeta Eta chapter of the Phi Beta Sigma Fraternity. Franklin's father, a Class of 1985 alumnus who pledged with Zeta Eta, introduced him to Greek life.

In the case of Christopher Jones, president and polemarch of the Eta Sigma chapter of the Kappa Alpha Psi Fraternity Inc., his own search for belonging in his community led him to his chapter.

"I was bullied a lot, and that

the Zoom burnout caused by online classes

"Reactions have been positive, and I feel like we've been having a great turnout," Muriel said.

The NPHC's mission revolves around enhancing the Black experience on Grounds and giving back to the community — continuing a legacy tracing back to the Civil Rights Movement. Over the years, chapters have been involved in voter registration efforts, tutoring elementary school students and other community service projects. Last semester, the Phi Beta Sigma Fraternity Inc. raised thousands of dollars for The Haven, a local homeless shelter. Community service events held by NPHC chapters this year have all been virtual — either fundraising through social media or delivering

been prompted by allegations on social media that in-person IFC and ISC rush events were not compliant with COVID-19 safety guidelines and led to the recent spike in positive COVID-19 test results last.

Last week, over 600 positive tests were reported Monday through Thursday, including a record-breaking 229 cases on Tuesday. The University has not singled out IFC and ISC events as the sole contributors to the increase in caseloads, though Dean of Students Allen Groves has confirmed that cases of noncompliance with COVID-19 guidelines have been brought against five fraternities for COVID-19 violations. As a result of the increased cases, the University has banned in-person gatherings until Friday.

Last week, a mural celebrating the University's chapter of Alpha know the difference between the Greek councils, organizations and history of the NPHC."

NPHC week of virtual activities began Feb. 14 with delivered Valentine's Day packages of candy bouquets, Valentine's messages and teddy bears. Profits from sales went to the organizations that the NPHC partnered with during the week, including Xtasee and individual NPHC chapters.

A Feb. 15 event was dedicated to posting famous Black Greeks from history on social media, such as the late U.S. Representative John Lewis, who was in Phi Beta Sigma, and renowned actress Cicely Tyson, who was in Delta Sigma Theta. On Feb. 16, the event featured dance choreography lessons over Zoom by Xtasee, a hip hop dance crew on Grounds. The lesson was a great chance for people to dance with the Xtasee crew, Muriel said, and Franklin agreed with the sentiment.

"I got some new stuff in my arsenal to use now, when we're post-COVID," Franklin said.

On Feb. 17 — a designated break day at the University — the NPHC council held their own bonding event with Zoom games and a school debriefing session.

A highlight for many was the speed-friending event hosted virtually the night of Feb. 18. For Franklin, it was a great opportunity to meet first-year students and share stories about the University and the Black community on Grounds.

The social meeting was particularly valuable for those staying home this semester, such as Jones, who joined his fraternity last March. As the sole member of his chapter, he has taken part in Greek life this year by participating in events with other chapters.

"I was having conversations with some women on there — they were just talking about their haircare products ... and it was very interesting to me because they all had beautiful, beautiful hair," Jones said. "This stuff must really work."

On Friday, the NPHC invited students to collaborate on a Spotify playlist featuring Black artists. NPHC Week ended Saturday night with Wild 'n Out style team games played over Zoom. Wild 'n Out is an improvisational comedy game show hosted by Nick Cannon on MTV.

Muriel encourages interested students to reach out to Greek organizations.

"Talk to the members of the organization — go to their events, that's the way you'll get the most updated information on how to get involved," she said.



COURTESY DANIELLE MURIEL

NPHC Week, which takes place annually to celebrate the founding of the NHPC at the University, was hosted virtually from Feb. 14 to 20.

caused me to distance myself from people," Jones said. "And as I got older, I realized that a lot of things in life I can't do by myself, so I decided when I got to college, I was going to find a group of people like-minded, driven about achievement. And I found it. I found Kappa Alpha Psi Fraternity Incorporated."

The NPHC decided to make all its events this year virtual, including NPHC Week, yet individual chapters made their own decisions on making chapter events in person or virtual. Beyond just Zoom social gatherings, the NPHC set up activities over social media as well, such as posting impactful Black Greeks on Instagram. Muriel said the group's goal was to work around

Franklin said that historically Black Greek organizations on Grounds are more than just social groups.

"I think a lot of the misnomers about Greek life is that it only includes people who are in the ISC [or] IFC who may have big houses on Rugby Road, but in reality, there's a lot of good people part of Greek life organizations that are here to uplift the community, to uplift UVa. students," Franklin said.

Franklin also expressed concern over the NPHC being negatively impacted by poor perceptions of Greek life following calls to suspend noncompliant chapters of the IFC and ISC for the rest of the semester. The push for suspension has Kappa Alpha was painted over with the message "Dear frat and sorority members ... this year, the price was community and safety."

The NPHC addressed this in a statement on Instagram Tuesday, adding that both the IFC and ISC made the decision to hold in-person events without the input of the NPHC, which has held events virtually all spring.

"The Theta Kappa chapter of Alpha Kappa Alpha was the unfortunate victim of anti-Greek backlash aimed at the IFC and ISC, which exposes the large ignorance about the presence, history and mission of our organizations," the statement said. "We encourage the U.Va. community to make it a priority to

A conversation among descendants

Descendants of Monticello's enslaved community joined together to discuss art, ancestry and activism in Monticello Black History Month event

Kristin O'Donoghue | Staff Writer

Historian Andrew M. Davenport, artist Jabari C. Jefferson and activist Myra Anderson joined Monticello's Getting Word African American Oral History Project on Feb. 20 for a discussion on their shared mission to build a more racially and socially just world. The speakers are connected through their ancestors, and all were descended from Monticello's enslaved families. They shared their experiences learning about their roots, their current activist work, and answered questions from the audience.

Leslie Bowman, president of the Thomas Jefferson Foundation at Monticello, introduced the event — aptly titled "Young Voices Rising" — calling Monticello "the epicenter for conversations about freedom and enslavement, equality and inequality, justice and injustice."

With participation from over 200 descendants, Monticello's Getting Word Project seeks to "explore the resilience exemplified by the enslaved community and their descendants" as well as preserve their histories. The project started in 1993, and over 100 interviews have been conducted with descendants of enslaved Monticello families.

The three speakers represent a new generation of activists who are passionate about the arts and politics, active in their communities and who share a commitment to racial and social justice.

Davenport, a current doctoral student in U.S. History at Georgetown University and descendant of the enslaved Hemings and Hubbard families, moderated the event.

Conducting research and working with the Getting Word project has taught Davenport "how writing and interpreting African American history is the work of many hands."

Jefferson is a mixed media oil painter from Washington D.C. who hopes to illustrate "what the process of learning looks like" through his artwork. Jabari Jefferson is a descendant of the enslaved Granger, Hemings and Evans families of Monticello.

Anderson is a social entrepreneur, mental health and social justice advocate and a current community fellow at the Equity Center at the University. Anderson recently learned that she is a descendant of the enslaved Hern families at Monticello

When Anderson's grandmother first told her about the family's enslaved ancestors, Anderson didn't believe her. Her history textbooks made no mention of Thomas Jefferson owning slaves. It wasn't until Anderson spoke to Niya Bates, a

historian working with the Getting Word Project in Virginia, that Anderson could verify her grandmother's testimony.

"Here I am 5,000 miles from home, making this connection, which had a profound impact on my life moving forward," Anderson said. "In learning more about them, it's been like taking a deep breath, and the only way to exhale is to keep learning more."

When asked how her knowledge of Black history has influenced her activism in Charlottesville, Anderson spoke about how she felt that her activism was "embedded in her DNA." While her ancestors were alive when Jefferson penned promises of freedoms upon which America was founded, they were excluded from its rewards.

"The omission of my ancestors has me fighting seven years later for freedoms ... freedom to be in certain places, and the freedom not to be stereotyped," Anderson said.

When Anderson sees injustice, she is driven to action and feels "called to be a voice" for those who came before her and weren't able to speak out against these injustices. Her experience of Black history, however, is one not exclusive to the past, but is a lived experience.

"I experience Black history every day and so has every generation before me — historical events have modern-day legacies," Anderson said. "I am Black history."

Telling their ancestors' stories allows Anderson, Jefferson and other descendants to work to build a more equitable society by giving a more complete and transparent account of the past. Both Anderson and Jefferson shared the ancestors they would most like to meet, speaking of connections they felt to these people of their pasts.

Anderson would want to meet her sixth-generation great aunt, Edith Hurn Fossett, who was the head chef at Monticello for the final 17 years of Thomas Jefferson's life. Anderson would appreciate the opportunity to "understand how, despite all of adversity, Edith was able to accomplish so much."

Jabari Jefferson represents the fourth generation in his family to participate in the Getting Words project. His father and grandfather, both historians, provided a "fountain of knowledge" to him that indulged his thirst for understanding.

If he could meet one of his ancestors, Jefferson would want to meet Jupiter Jefferson, who was responsible for keeping the stables and tending Thomas Jefferson's horses. Jupiter Jefferson was also a talented stone mason who craft-



COURTESY JABARI JEFFERSON

Jabari Jefferson uses art as a medium to keep his ancestors' legacies alive, and his painting "Trust the Process" intends to communicate the message that "there's a lot of nuance in the journey of betterment."

ed the entrance to Monticello, and later, his entrepreneurial spirit led him to launch his own business working with metal and eventually he lent support to Thomas Jefferson in his old age.

Jabari Jefferson said that since childhood, he felt a connection to horses and was later able to understand that this unique affinity was actually connected to his ancestors. Davenport noted in response that Jabri Jefferson is living proof of the truth that "knowledge of history informs your own talents."

"History is inscribed in you," Davenport said.

Jabari Jefferson plans to name one of his children Jupiter to commemorate his legacy. Until then, he uses art as a medium to keep his ancestors' legacies alive.

Jabari Jefferson described for the audience a couple of his works, all of which are marked by a powerful combination of mediums and messages. His piece "Trust the Process," a mixed media piece done on canvas, "represents the form of patience and faith." In his words, the painting is supposed to communicate the message that "there's a lot of nuance in the journey of betterment."

During the Zoom event, Jabari Jefferson sat in front of a wall displaying one of his own works of art, "And Then There Was I." The piece, which was inspired by his father and grandfather, reflects the "internal feeling of pursuing knowledge of the self and the environment around you. It captures the intimate moments when you realize you're talking to the right ancestor and that your journey is about to begin."

One audience member posed a question about the most important ways to become an anti-racist.

According to Anderson, we must "acknowledge that we all have some racist tendencies and then make a commitment to become aware of that, and educate oneself." This undertaking requires "humility and understanding," as it requires one to reflect on one's own attitudes and ideas and then make an active effort to learn.

Jabari Jefferson spoke about the need to educate oneself and one's family about African American history as an individual pursuit, rather than just an institutional one. He shared that as a child, he was taught to use the term "enslaved people" instead of "slaves." By striving for historical accuracy in his art instead of solely aesthetics, Jabari Jefferson is able to more honestly tell the stories of his enslaved ancestors.

All three panelists spoke about the project being a collaborative effort, with Davenport articulating that each descendant adds their "own threads of connection."

In closing the event, Davenport called on audience members to "strive toward a more democratic present and future."

LIFE

New CHIN 3020 virtual exchange course enhances learning

Program responds to the pandemic, allows students in upper-level Chinese language course to connect with Peking University students in Beijing

Maya Das and Elise Kim | Staff Writers

The transition to a remote learning environment has brought new interest to the pedagogy of a virtual exchange program. This spring, University students enrolled in upper-level Chinese course CHIN 3020 have the opportunity to virtually collaborate and engage with students from the renowned Peking University in Beijing, China. The structure of the curriculum was designed to make students feel as if they are travelling to Beijing on a study abroad trip, exploring traditional architecture and cuisine, environmental pollution and the city's urban development.

All students enrolled in CHIN 3020 are automatically a part of this first-time US-China Language and Culture Exchange Program, which takes the place of their full academic curriculum as they are able to experience a real-time, immersive online journey. Although the two class sections meet on Zoom only three times a week for about an hour, outside assignments and online meetings with Peking University undergraduate and Master's in Education graduate students help emulate a more cohesive and comprehensive study abroad experience.

Miao-fen Tseng — professor of Chinese and the inaugural director of the University's Institute of World Languages — leveraged her existing professional network to recruit eight graduate and undergraduate Peking students as tutors to help integrate community-based learning aspects into the class curriculum. With their help, Tseng has made this dual-university collaboration a possibility as she teaches this course alongside Dr. Ziyi Geng, Lecturer of Chinese at the University.

Tseng had a vision to create an innovative and technology-driven course. She drew from her many years of experience as the director and creator of STARTALK, a government-funded, online curriculum at the University. STARTALK provides Chinese teachers and students with the technology and immersion opportunities needed to enhance their language skills

She spent several months and long hours developing this new program in 2020, funded by a grant she was awarded from The Daniels Family NEH Distinguished Teaching Professorship. Moreover, since the Distinguished

Teaching Professorship is a threeyear appointment, the course will continue to be offered for the next two spring semesters.

Speaking on the overall goals of the course, Tseng notes that her experience with incorporating community-based learning approaches started from her CHIN 3010 class from the fall of 2018, and that sentiment has flowed into this semester's CHIN 3020 course with the help of curated technological assistance.

"The technology-mediated and task-based course is designed to create opportunities for learners to immerse in real-world and digital authenticity," Tseng said.

As an education technology coordinator at the University's STARTALK since 2017, Dr. Yan Gao joined Tseng in her efforts to create an immersive and enriching new curriculum for students. Gao's primary responsibility involves bringing effective technology into the classroom. These include interactive flyers on ThingLink with embedded Chinese cultural videos, 3D virtual reality immersion videos through interactive virtual platforms like Playposit and e-portfolio platforms like Book Creator that allow students to share images and audio recordings with one another.

When asked about her hopes for the program and the benefits of incorporating advanced technology into the classroom, Gao explains that the technology provides students with an active learning experience from a virtual setting.

"The course prepares students to enrich their understanding of the language and gives them the confidence to speak Chinese through constant practice with Beijing students," Gao said. "The 3D virtual reality video makes the students feel like they are really on a virtual trip."

On the first day of class, students participated in a pre-departure information session and orientation where they virtually "packed their bags" for the trip and got ready for takeoff. Prior to "landing" at the Daxing International Airport, students watched two videos to better understand the layout and history behind the airport which was constructed in 2019.

One video was a foreigners' take on the new airport that compared and contrasted American

and Chinese airports. The other was more of a vlog narrated by renowned Chinese actor Hu Ge, who provided a tour of all the new features in the airport. Daxing is now the largest airport in the world and was recently named one of the newest seven wonders in the modern world by the Guardian.

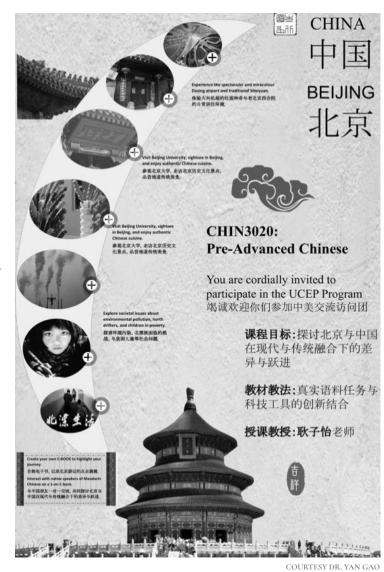
"The videos help contextualize what we are learning," fourth-year College student Julia Phaltankar said. "There is all this vocab that comes along with learning about the new airport, and it has been nice to not just look at the vocab or pictures on a powerpoint but actually have a video about the different perspectives and aspects of the airport."

Upon "arrival" in Beijing, University students learned about the architectural characteristics and symbolism of *siheyuan*, a traditional Beijing courtyard residence that they will virtually live in during the program. Students were given three pre-selected Airbnb *siheyuan* to choose from, ranging from traditional to modern styles. In class, students were divided into breakout rooms to discuss their final decisions and voted on their favorite Airbnb choice in the final minutes of class.

This type of immersive experience is likewise implemented in various forms throughout the curriculum. For example, in a later unit that asked students to explore student life at Peking University, Professors Tseng and Geng invited Peking University graduate student Yu Meng to attend one of the online class sessions for a Q&A session. There, students were able to ask a variety of questions in order to learn more about the typical perspectives and activities of a Peking University student.

Throughout each two-week learning unit, students have the opportunity to meet with native speakers from the University's Chinese language department. At the end of each two-week period, students meet with their pre-assigned Peking University student tutors to engage in spontaneous conversation and discuss topics related to the respective unit's course material.

Each tutor session is a continuous exchange of different perspectives, resulting in a steady sharing of American and Chinese culture during each session. Students carefully schedule their meetings



Dr. Yan Gao's ability to bring effective technology into the classroom is reflected in interactive flyers like this one, which helped students virtually "pack their bags" in a pre-departure information session on the first day of class.

with the Peking student tutors in order to prevent any potential inconveniences that the 13-hour time difference could inflict.

With a total of 23 University students split into two sections and eight Peking University students participating as tutors, the program size is relatively small. This intimacy has allowed for a more comfortable space for students to put themselves out there and build a relationship with each other during class, as well as with their student tutors at Peking University.

"One thing Professor Tseng has done really well is making sure we get to know other students in the class," Phaltankar said. "It can be pretty tough to do that over Zoom and the ability to really get to know your classmates is an important aspect of language classes."

Second-year College student

Grace Parker remarked that the course's emphasis on community-based and experiential learning has helped her better understand vocabulary and become more confident in her conversational skills. Specifically, the interactive and collaborative nature of the course through vocabulary activities, simulation videos and discussions with Peking University students have all contributed to the overall success of the virtual program's efforts.

"I have really enjoyed the class so far and appreciate the amount of creativity that has gone into the course," Parker said. "I think the one thing that sets this class apart from other Chinese classes I have taken is that it really takes that extra step of showing you the real world application, which genuinely makes you more excited to experience that one day."



Love Connection: Kate and Dylan

Kate and Dylan met for coffee and conversation on Zoom

Jenna Onetto | Love Connection Writer





Kate Granruth: Fourth-year College student Dream job: Deal Breaker: Being a Trump supporter If you could describe your life as a movie or album title, what would it be?: Speak Now" by Taylor Swift

Childhood hero: Honestly, it was probably Elizabeth Cady Stanton.



Dylan Fernandes: Third-year Engineering student Dream job: Data scientist Deal Breaker: Any form of bigotry If you could describe your life as a movie or album title, what would it be?: "Living Like Larry" Childhood hero: Elon Musk

MEETING UP

While the Zoom fatigue is real as yet another online semester is underway, it's about time the hours spent in front of laptops be put towards something other than classes — romance.

It might be hard to make the most of a virtual date, but that didn't stop third-year Engineering student Dylan Fernandes and fourth-year College student Kate Granruth from trying after being paired by The Cavalier Daily's Love Connection service. The pair met across computer screens Feb. 5, and to make virtual coffee and conversation a bit more interesting, Dylan suggested they choose one another's drinks from Starbucks. Dylan chose a toasted white chocolate latte for Kate, while Kate decided to select a salted caramel mocha for Dylan. The couple talked for over an hour, and the conversation flowed easily.

FIRST IMPRESSIONS

"It was pretty easygoing. I was surprised by that, probably because it was on Zoom. I was expecting it to be really stifled, and there weren't really any issues with lags in conversations or issues like that," Kate said. Dylan added that "conversation flowed naturally considering it was virtual and the conversation was good, so I enjoyed that."

CASUAL CONVERSATIONS

The pair talked about a range of topics including school, post-graduation plans and politics.

"We're ... very different people – different majors, we come from different places ... We enjoy very different things," Dylan said.

Despite their differences, they were delighted to find a few unusual topics that they had in common.

"We talkeď about literature. I think 'Frankenstein' came up a couple times as the book topic. It was interesting to see that two very different people had some really nice overlap," Dylan said.

"I think I was surprised [by] how similar we were ... it felt like a better match than I expected," Kate said. She went on to highlight topics of conversation they found common ground over. "We talked a bit about our families, we're both really different from our siblings, but we're sort of different in similar ways in that our siblings are really athletic and we were always more on the creative side ... We also talked a lot about technology which was interesting."

Having gone into Love Connection with minimal expectations, the pair was pleased with the results. "If anything it was a lot better than I expected it to be because I expected it to be awkward ... I definitely wasn't disappointed. It exceeded the limited expectations I had," Kate said. Dylan went in hoping to make a new friend, open to the possibility of the additional bonus of a romantic connection, and was similarly pleased with the experience and happy to be able to meet a new person - something that COVID-19 has made difficult re-

SAYING GOODBYES

Both Kate and Dylan had only good things to say about one another after meeting virtually.

"You can tell that [Kate] is really passionate about what she does and what she is doing in school and in her major and where she wants to go," Dylan said. "If you had to pick her out from a crowd, just find the most passionate person and you'll be good to

Kate used Dylan's own words to explain his personality when asked. "I'll use his word, which was that he kind of described himself as a little bit geeky, but I think it was in a good kind of way," she said. Kate also described Dylan as kind, adding that "he definitely makes a lot of room for the other person in the conversation, so he asks a lot of questions and seems like he really wants to get to know

FUTURE PLANS

Forming connections is hard over computer screens, so while it's unclear if sparks were flying, both parties seemed confident in at least a friendship moving forward. Both Kate and Dylan commented on the difficulty of developing chemistry over Zoom, but stated they intended to hang out

"I usually try to be at least a twodate person ... at the very least we'll hang out as friends," Kate said, with Dylan similarly saying that "[Kate]'s a really good person, and I look forward to getting to know her better, whether that be as a romantic connection or



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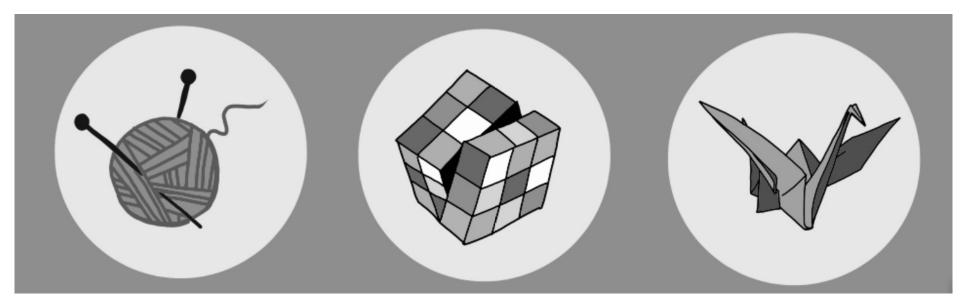


The Cavalier Daily

Top 10 new things to learn in quarantine

Learning something new can be the sustenance our mind needs to quench our boredom and satisfy our cravings for creativity

Zachary Anderson | Top 10 Writer



EMMA HITCHCOCK | THE CAVALIER DAILY

I. How to knit or crochet

For some, needlework can manifest itself as a somewhat elusive art. But this skill is as equally impressive as it is functional, and it's perfect for making everything from dog sweaters to chunky knit blankets. Best of all, needlework is a great stress reliever, making it the perfect activity to fight the quarantine blues.

2. How to speak another language

Learning another language is much easier said than done, but it is a rewarding life skill. Imagine — once quarantine is over, of course — ordering a pizza in Italy, in Italian! Sounds great, right? Fortunately, it has become much easier to learn another language with apps like Duolingo and Babbel. Finally, I will be able to order a cheese danish in Denmark while speaking to a Dane in Danish — try saying that one 10 times fast.

3. How to code

Computer coding is considered a valuable skill for anyone to have when entering the working world, and it seems that the demand for computer-related jobs is on the rise as we digitialize more and more services. Currently, there are many resources available to learn how to code, including on LinkedIn and Code.org. Thinking like a computer can be difficult, but it's always fun to be able to tell anything what to do.

4. How to cook

The kitchen is the heart of the home, and cooking is the heartbeat that provides us with the flavors of passion and fulfillment. Learning how to cook is arguably the most delicious art form, and some even call cooking a love language! Whether following recipes or improvising, understanding the power of the pots and pans can lead to a boundless cornucopia of deliciousness. Just be sure to keep an eye on your oven timer, or else you might be left with the charred remnants of your cooking attempt instead.

5. How to solve a Rubik's Cube

If you want to learn a skill that will be so impressive that you even impress yourself, then look no further. I present to you possibly one of the most elusive skills to those that haven't yet mastered it — solving a Rubik's cube. Do you understand the mysteries that are attributed to this colorful cube? I surely don't, but thankfully there are plenty of people who have cracked the code and made YouTube videos about it. There is something rather charming about not understanding the secrets of the cube, but whether it should stay that way is up to you.

6. How to dance

2020 was the year of the TikTok dance, so why should we be skipping out on our fair share of fame? TikTok dances have taken over the popular sphere, but that doesn't mean it's right to forget about the classics! I'm talking jams like the Macarena — I will never forget the hours we spent in elementary school physical education repeating the catchy hand movements until everyone in the fifth grade could do it. Those were simpler times. In addition to revisiting childhood memories, learning to dance can be a great way to get your body moving after hours of sitting in front of a laptop all day.

7. How to be a good storyteller

Telling a story is like reading a good book out loud, minus the book. Being a good storyteller can be fun, engaging and rewarding. This ability is rewarded with good friendships, deeper connections with others and much more. Interestingly, there are even online resources available to become a better storyteller! Name a better way to transform any conversation into a thrilling interaction, I'll wait.

8. How to make origami

Who knew that folding paper could be so fun? Learning the magic of origami gives you the ability to turn that rejection letter into a paper crane or that failed test into a paper hat. With each fold, your worries are creased away into the paper, literally. According to Psychology Today, origami is an excellent stress-relieving practice, and it can help increase mindfulness. So fold up your problems into a paper airplane and let them fly away.

9. How to draw

Become the master of your paper domain by submitting your scribbles to the void of endless potential that is a blank sheet of paper. Drawing is one of those activities that you are admired for if you are "good" at it, but I believe that using paper as a medium of expression can take many forms — yes, I have a journal specifically for scribbling. Like many other skills on this list, drawing has been proven to be therapeutic and an anxiety-reducer, making it a perfect activity for these stressful times.

IO. How to upcycle

Upcycling is all the rage in sustainable business operations nowadays, allowing people to take used products and repurpose them into other amazing things. It can take many forms, and some of my favorites include using a bottle cutter to turn glass bottles into cups, using old salsa jars to store dry goods and making fertilizer with some used coffee grounds. It's quite easy to upcycle, and I believe that it can even be humorous. For example, a good way to make use of an empty glass bottle — particularly, a bottle from a 21+ beverage — is to turn it into a water bottle. Sometimes it's a little difficult to keep calm after seeing the faces of my classmates on Zoom when I take a sip of water.

SPORTS

Highlighting four former soccer players to watch in 2021

A number of Cavaliers are slated to suit up for their respective national teams in both the Gold Cup and Summer Olympics

Sam Liss | Sports Columnist

While international soccer was placed on pause for what seemed like forever due to the COVID-19 pandemic, a number of international tournaments will return this coming summer. With the CONCACAF Gold Cup set to take place from July 2 to Aug. 1 and the Summer Olympics from July 23 to Aug. 8, four former Virginia soccer players are poised to make important contributions for their respective nations.

Forward Daryl Dike

Despite beginning his freshman year at Virginia as a reserve, U.S. Men's National Team forward Daryl Dike ended his 2018 season with five goals, one assist and ACC All-Freshman Team honors. In the following year, Dike went on to start all 23 matches for the Cavaliers, leading the team to a national championship appearance and himself to an early exit to Major League Soccer.

Selected fifth overall in the 2020 MLS Superdraft by Orlando City FC, Dike exploded onto the professional soccer scene, logging an impressive rookie campaign in which he scored eight goals and collected four assists. No longer a reserve on the Cavaliers' bench, Dike has not only opened the eyes of the USMNT—to which he was called up to in November—but after securing a loan move to the English Championship with Barnsley FC in January, it is clear that Dike is now an international commodity.

Although his name did not appear in the preliminary Olympic Qualifying roster announced on Tuesday, this may turn out to be a blessing in disguise for Dike as US-MNT Coach Craig Berhalter may prefer the 6 foot 2 striker for the Gold Cup. Whereas the Olympics generally features younger and more inexperienced players with its cutoff of 24 years, the Gold Cup will often spotlight the best that the men's national team has to offer. If he is picked for this summer's Gold Cup squad, Dike will hope to solidify his spot among the elite US center-forwards while he plays alongside national team stars, such as Christian Pulisic and Weston Mckennie.

Winger Derrick Etienne

Ranked as the 27th overall prospect in 2015 by College Soccer News, Haitian National Team midfielder Derrick Etienne began his collegiate career at Virginia with huge expectations. Although his time with the Cavaliers was short, Etienne received ACC All-Freshman Team

honors and utilized his collegiate experience as a stepping stone to signing his first professional contract in March 2015.

While Etienne's next five years in American professional soccer proved to be a rollercoaster as he switched teams five times, Etienne found consistency in international competition, steadily rising up the Haitian National Team ladder. After being cut by the New York Red Bulls in 2019, his stellar play during that summer's Gold Cup helped earn him a contract with the Columbus Crew in 2020. With 21 appearances during the regular season, Etienne scored a decisive goal in December's MLS cup to give the Columbus Crew its second-ever championship. This summer, the midfielder hopes to add to his trophy case as the Haitian National Team looks to follow up on its storied 2019 Gold Cup run, where it made a Cinderella run to the semifinals.

Defender Emily Sonnett

Originally recruited as a center-midfielder, U.S. Women's National Team stalwart Emily Sonnett rose to the challenge and transitioned to the center-back position due to various injuries in the Cavaliers' backline during the 2012 season. Named as the 2015 ESPNW Soccer Player of the Year and ACC Defensive Player of the Year, Sonnett's position change turned out to be a career-altering decision. Not only did her steady play on the Cavaliers' backline propel her to a first overall selection in the 2016 National Women's Soccer League Draft, but it also led to her first callup to the Senior National Team.

Now a consistent member of the USWNT, Sonnett has been on its radar since her debut on the U-18 team in 2011. Since then, Sonnett has participated in the 2016 Olympics, 2019 World Cup and several CON-CACAF tournaments. On the club side, the former Cavalier has proved that her talents are independent of her environment, acting as the anchor of clubs in the United States, Australia and Sweden. With the 2021 Olympics set to take place in Tokyo, Sonnett certainly hopes that she can add one more country to her list of worldwide domination.

Defender Becky Sauerbrunn

After being named the 2003 Gatorade Player of the Year, USWNT captain and defender Becky Sauerbrunn jumped onto the scene as a freshman in Charlottes-



COURTESY VIRGINIA ATHLETIC

After an electric start to his his professional career in Major League Soccer and on the U.S. Men's National Team, former Cavalier Daryl Dike is now playing professional soccer abroad.

ville, playing and starting in all 21 of the Cavaliers' regular season games. In her next three years with Virginia, Sauerbrunn was the measure of consistency, making 69 appearances and leading the squad to several extended campaigns in the NCAA Tournament. Yet, even before she was earning the Cavaliers clean sheet after clean sheet, at 14 years old Sauerbrunn had already caught the eyes of the national team.

Now, at 35 years old, Sauerbrunn has spent more of her life in the U.S. soccer system than out of it. Although she did not make her first Senior National Team appearance until she was 23, as a teenager Sauerbrunn collected over 10 years of crucial experience, annually competing with the best the United States had to offer in the realm of women's youth soccer. She even missed her entire sophomore season in Charlottesville to prepare for and play in the 2004 FIFA U-19 Women's World Championship in Thailand.

Far removed from her days in Charlottesville, this summer Sauerbrunn will once again represent the United States on the international stage as captain of the USWNT. A member of the national team squad in three consecutive World Cups and two straight Olympics, Sauerbrunn will command the backline as

she continues to make history as the 14th most capped USWNT player

With opportunities to represent their respective countries on the international stage this summer, July and August cannot come soon enough for these four former Cavaliers. At the same time, four months may prove to be too short as the Gold Cup and Olympic committees scramble to prepare for these events in the face of the COVID-19 pandemic.

As with many sporting events in the past year and a half, for the Gold Cup and the Summer Olympics to run smoothly, planners of these events must balance the safety of the athletes amidst the uncertainty of the virus. Given the strict timeline for these events, if matches cannot be carried out safely and have to be postponed, both competitions may have to come to terms with cancellation. Likewise, each organization must also reckon with the possibility of community spread and the attitudes of the host communities towards bringing in thousands of individuals from across the world.

While the Olympics are currently slated to take place in Tokyo, Japan, the host city of the Gold Cup has yet to be announced. With both competitions inviting athletes from

across the world to stay in these designated cities for an extended period of time, citizens from these host countries may be wary of possible super-spreader scenarios. In fact, according to a survey conducted by the Japanese broadcaster NHK, nearly 80 percent of Japanese citizens polled believed that the Olympics should be postponed or canceled entirely.

Yet, despite the uncertainty surrounding these international soccer competitions this summer, from the NBA bubble to the Australian Open, sports have found a way to prevail during this pandemic, albeit in somewhat unique circumstances. Consequently, the question for the organizers of the Gold Cup and Summer Olympics may not be so much about what precautions they are going to take, but rather how strictly and to what degree these precautions will be enforced. For Dike, Etienne, Sonnett and Sauerbrunn, more precautions may mean less freedom. However, making these sacrifices could be necessary if the former Cavaliers want to return to soccer's highest stage.

LOTHROP: Top players we missed in NCAA video games

Ranking the most exciting players in recent years who we should've seen in virtual games

Connor Lothrop | Sports Columnist

It's been a long seven years, and it will be a few years longer before all is said and done, but students and fans rejoice — Electronic Arts Sports has announced plans to revive the hibernating "NCAA Football" video game. EA produced a version of the game every year between 1994 and 2013 and included the likenesses of legendary amateur athletes from Tom Brady to Johnny Manziel.

The game's production halted after "NCAA Football 14's" release in August 2013 due to looming factors that threatened the game's profitability. EA claims the games because of main reason the game was discontinued is that the major Football cuitous rules on Bowl Subdivision conferences were leaning away from renewing their licensing agreements. This would have eliminated school names, logos, stadiums, uniforms, fight songs, mascots, player likenesses and the kitchen sink from future games. considering The studio guessed, probably cor-legislation

rectly, that it would be hard to sell consumers on a game where users could only pit the Charlottesville Horsemen against the Southern Virginia Gobblers for the State Trophy.

A darker reason for the NCAA game stoppage was a class action lawsuit that EA was entangled in at the time led by former UCLA basketball player Ed O'Bannon. He and several other athletes filed lawsuits against the manufacturer because their likenesses were being used, yet they weren't seeing any royalties from the the NCAA's cir-

though, things are different. Congress is

amateurism.

that would allow collegiate athletes to legally profit off of their name, image and likeness. This, combined with the homebound young adults rediscovering their old NCAA games, brought a surge in optimism for new installments in the series. This all culminated in the announcement of a newly named "EA Sports College Football," slated for initial release as early as the 2022 preseason.

away seven years and counting of potential digital excellence emerging from Scott Stadium. Under Coach Bronco Mendenhall, the Cavaliers have experienced miniature gridiron renaissance, registering three consecu-**SPORTS**

tive non-losing seasons and the

program's high-

These factors combined to take

est AP poll ranking since 2007. The team has also had several NFL-caliber talents pass through Grounds over the last few years — the best of whom were never featured in any iconic NCAA video games.

Before we dive into the top 10 Virginia players who would have balled out in a virtual world, it is important to note that the most fun players in college football gaming are generally ones with elite physical tools, not those with great fundamentals — many apologies to Kurt Benkert, an accurate but lead-footed Cavalier quarterback in 2016 and 2017. Additionally, offensive skill position players are generally more enjoyable to use in virtual play than linemen and defenders because they have a higher chance of actually touching the football. Now, without further ado, let's get into it.

NCAA DOTBALL 21







IO. Quarterback Keytaon Thompson in the 2020 season

Thompson is possibly the most versatile player on this list. While nominally a quarterback at Mississippi State, the 6-foot-4, 215-pound spring transfer lined up as quarterback, wide receiver and running back throughout last season. This maximized his prototypical size and speed and got the ball in his hands as much as possible. While that didn't amount to much real-life production, his physicality would be ripe for video game experimentation.

9 • Strong safety Juan Thornhill in the 2018 season
So far, Thornhill has had as much NFL impact as anyone on this list, notching four interceptions and reaching two Super Bowls in his two professional seasons. Thornhill possesses exceptional speed — he ran a 4.42-second 40-yard dash at the 2019 NFL Combine - and had a nose for tackles behind the line. The defensive back was also a phenomenal ballhawk, registering 13 interceptions and 26 passes defended in three seasons. It's not everyone's bread and butter to control a safety on a video game defense, but Thornhill would have been good enough to alter that mindset.

8. Wide receiver Lavel Davis Jr. in the 2020 season

It's not talked about much, but Lavel Davis is huge — like, 6-foot-7, 210 pounds huge - and somehow still very good at catching passes. Davis' volume numbers in 2020 weren't tremendous — 20 catches in seven games — but he made the most of those receptions and converted a quarter of them into touchdowns, with an average of over 25 yards per catch — the most in the ACC. Having a receiver who can catch everything is super fun in these games, and Davis seems to catch everything.

OLB Max Valles in the 2014 season
Valles didn't have much success past his 2014 season in Charlottesville — he was drafted in the sixth round of the 2015 NFL Draft, was cut four times and ultimately never played in a professional game. But he balled out in his last season as a Cavalier, the first without an NCAA video game terrorizing opposing passers, finishing second in the ACC with nine sacks and recording 12.5 tackles behind the line. His muscular frame and quick-twitch speed allowed him to get around offensive linemen with a bevy of moves. If you're into controlling pass rushers when defending in football video games, Valles would have been a joy to chase virtual quarterbacks with.

6 • Quarterback Brennan Armstrong in the 2021 season

Armstrong technically shouldn't be on this list, but since there won't be an EA video game until next year at the earliest, we're counting it. Armstrong has the tools to be a good player on the field and a great one on the screen. The Ohio native is big, fast, strong and smart. He just never managed to put it all together for Virginia this year, except maybe in the victory over North Carolina. But next year, he could make the ballyhooed leap to a very good quarterback. His aggressive, improvisational style of play would translate well into a video game.

• Wide receiver Olamide Zaccheaus in the 2018 season

The real tragedy of the original NCAA games is that they could never include names, and Olamide Zaccheaus is an awesome name. It's also a shame that we never got the chance to build around such an explosive and versatile player. Zaccheaus spent time as halfback, wide receiver and return man at various points in his career, and in both 2017 and 2018, he totaled over 1,000 scrimmage yards. Though Madden 21 rates his speed at 89 out of 100, they are really underestimating his abilities. In an NCAA game, he would be among the fastest, and therefore one of the most dangerous, players on the field because you could plug him in at any skill position and watch him work.

• Cornerback Bryce Hall in the 2018 season

Like the safety position, controlling a cornerback in a video game can be tricky, especially for beginners. Hall was good enough that he could have made the position playable for anyone. Hall is not especially large for a corner, but he made up for it with speed, swagger and swatting passes. He stuck to his men well and consistently defended passes that were thrown his way. As a junior in 2018, he led the nation in passes defended with 24 and was unlucky enough to not pick up more than two interceptions. Only his inconvenient position leaves him this low on the list.

The best Madden players tend to control the middle linebacker when playing defense because it allows for flexibility and maximum field coverage. Kiser would have been the perfect player to fill that role in a theoretical "NCAA Football 18." He was capable of being almost anywhere at any time, and it showed — he led the ACC in tackles twice, racked up 19 career sacks and created nine turnovers in three seasons. The future pro could cover tight ends and running backs in man coverage, hold down the middle of the field in zone and stuff big running backs on any given play. The thought of dropping big hits with Kiser on unsuspecting wide receivers sparks joy in me.

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2. Wide receiver Joe Reed in the 2019 season

If you never had the joy of using Chicago Bears return man Devin Hester in the Madden games of the late-aughts, that's quite a shame. If you did, then you probably understand how fun Joe Reed would have been in a video game. Like Hester, Reed combines blazing open field speed with a magic in tight spaces that often led to a massive special teams advantage. In addition to elevating his physical talents, the video game setting would make his perceived flaws — namely, his inability to run complex routes and create space at the line of scrimmage — more or less irrelevant thanks to plays like the legendary four verticals. Reed is exactly the type of player that has been most amplified by these games in the past, to the full benefit of the gamer.

▲ • Quarterback Bryce Perkins in the 2019 season

Perkins is the undisputed king of this list. He has been one of the most exciting players to grace the home bench at Scott Stadium since Shawn Moore 30 years ago. Perkins used his legs not only to rack up rushing yards -1,692 in two seasons - but also to extend plays long enough that he could slice up defenses with his big arm. He could make a crisp throw to any level of the field with accuracy and juke a defender out of his cleats in the same breath if he wanted. Like Reed, Perkins would also benefit from the video game deemphasizing some of his weaknesses, which were his consistency and rhythm. This makes him easily the most exciting Virginia player we missed thanks to the extended hiatus of college football video games.

It's truly sad that we never got to use any of these players, and more than likely never will, in an NCAA video game. However, Virginia football recently notched the 32nd-best recruiting class in the country, including three-star quarterback

Jacob Rodriguez. Rodriguez and many others will be center-stage just in time for the projected return of an iconic gaming franchise. In 10 years, let's hope to see him on a list of the most exciting Virginia players that have been in "EA Sports College Football."



OPINION

LEAD EDITORIAL

Students cannot afford another tuition hike

The Board of Visitors must vote against an increase in tuition, especially as the pandemic continues to cause financial strain on families

At a recent meeting, the Board of Visitors opened the floor for comments on a proposed tuition increase, which will be voted on at their meeting March 5. They cited many factors, including the increased cost of online classes and lost revenue from dining, housing and athletics. In addition, they mentioned concerns over the current hiring freeze and forced staff and faculty pay cuts. To this, the Board stated that its ultimate desire is not to raise tuition — but with a caveat. Should Virginia state legislators fail to provide adequate budget changes for public universities or should the University decide to increase faculty and staff wages, then the money has to come from somewhere. While all of these are valid concerns — and University faculty and staff absolutely deserve higher wages — it is not the responsibility of students and their families, particularly in these uncertain times, to pick up the tab.

Students are hurting. During the meeting, many voiced concerns with the proposed tuition increase. One student mentioned that while the University has the ability to bounce back from losses following the pandemic, individual households do not have that same privilege. The University has an endowment worth \$9.9 billion that continues to grow each year - this exists for these times. While not all of this money can be used freely, the fact remains that they have a large financial backup many families don't have. Thus, it will be the students and their families that suffer. Many students are already working multiple jobs and experiencing increased levels of stress as a result of the pandemic and financial losses — the University does not need to be another burden.

Students, especially those from marginalized communities, cannot afford a tuition increase. A recent "Tuition Payment Difficulty" survey created by Student Council and Young Democratic Socialists of America at U.Va. reveals that many students face immense difficulties paying their tuition — 42 percent of students report that they or their family struggled to pay this year. The pandemic only exacerbates these hardships — 69 percent

of students worry that they will struggle to pay tuition next year. Furthermore, the Board must remember that increases in tuition will most impact low-income, first generation and marginalized students that have already been hit hardest by the pandemic. The same survey also reports that 68 percent of Hispanic/Latinx students, 64 percent of Black/African American students and 58 percent of Asian/ Asian American students faced difficulties paying tuition this year.

Although the Board said programs such as AccessUVA will continue to meet 100 percent of students' demonstrated financial need, they fail to acknowledge the already present failures of this system. Many students are required to take out private loans to pay tuition and housing costs the University does not cover. Plus, the current financial aid system offers loans as a means of meeting this demonstrated financial need. Tuition increases only further these financial gaps many students are left with. In addition, students who do not receive financial aid would see a large increase in their tuition bill. Tuition is already incredibly expensive — pushing the cost up is only going to put further financial strain on families.

University Rector James Murray claimed the Board is aware of the hardships families are experiencing, but if that is truly the case, then a tuition increase would not even be on the table. Many BOV members, while not paid for their role on the Board, have other high paying jobs. For instance, at their respective jobs in 2019, Robert M. Blue made over \$2.8 million, John M. Griffin made approximately \$2.6 million and Louis S. Haddad made over \$2.1 million. These are people who simply do not experience the hardships so many University students and their families face. To this, we ask the members of the Board — do you really understand the struggles of students?

Further, the Virginia General Assembly needs to pass bills that will adjust the state budget to allow for increased appropriations to Virginia's public universities. While a tuition freeze is absolutely necessary, the pandemic has still caused some financial strain on universities in the Commonwealth. Thus, the General Assembly needs to appropriate additional funds so that a tuition increase isn't even on

Regardless, the only reasonable and moral — decision for the University is to freeze tuition. The Board should not need to wait for action by the Virginia General Assembly to know its students deserve better. The University must not raise tuition during a pandemic, effectively overlooking its current students to invest in its future. On March 5, the Board needs to remember who they serve - students. Listen to the voices of students including Student Council and YDSA — when we say that a tuition increase will put immense financial strain on us. We cannot pay more, and the University should not ask us to.

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Katrina Yankovich

U.Va. fulfilled expectations during my time in quarantine

The University was effective and efficient in answering my questions and providing support during the duration of my quarantine

Last week, I was moved into quarantine housing at the Charlottesville Home2 Suites. While isolation, boredom and decreased freedom result in unique responses for every individual, my quarantine experience was relatively pleasant. Daily online conversations with friends and family helped me stave off feelings of isolation. Additionally, the structure of my classes and extracurricular activities also allowed me to maintain my schedule. I found solace in learning as a source of freedom. Based on my experience, I am content with the University's resources for quarantined students.

Before entering quarantine, I was provided with the contact information of multiple people to reach out to if I had any issues. Since I did not have any reason to reach out to these individuals, I cannot judge their effectiveness — however, I was thoroughly satisfied with the amount of resources that were made available to me.

I was first contacted by the Virginia Department of Health who informed me that I had been contact traced, and they offered to answer any of my questions or concerns. They then provided information about the general quarantine process. I was next put into contact with a University

Dean who confirmed the information and described the next steps the University would be taking with regards to my safety and wellbeing. Not long after, someone reached out with more information about where I would be spending my quarantine, transportation to and from the location and the expectations of my stay. The details of this conversation were confirmed in a followup email to our conversation.

Shortly after I officially entered

cess

The resources provided by the University were thorough and extensive. I had no questions that they couldn't readily answer. As far as I understand, the University guidelines were completely aligned with the Centers for Disease Control's quarantine expectations.

While I cannot speak on behalf of others, I was also thoroughly pleased with the quarantine accommodations

a day. In the afternoon, we were given lunch. Then during the evenings, we were given our dinner for that day and breakfast for the next day.

As a vegan, I have a particular diet—nevertheless, the University provided ample options. I will admit that the first day was a rocky start for me, as I was provided with non-vegan options. While I could still eat my entrees, some of the side options—regular milk for instance—were clearly not

and within the hotel gym. This behavior is unacceptable. Quarantine exists as a measure to protect the University and surrounding community from students who may have contracted the COVID-19 virus. Simply put, students in quarantine do not know whether they will test positive or not. Those who choose to gather while in quarantine risk endangering themselves, hotel staff and the entire University community. These actions blatantly break quarantine rules and are entirely inexcusable.

Many of my friends have shared concerns about entering quarantine. While I cannot speak to everyone's experience, mine was fairly pleasant. The University effectively answered all my questions, provided me with copious resources and contacts and was accommodating to my personal dining restrictions. I am satisfied with the University's support during my time in quarantine. Hence, I disapprove of quarantined students gathering and encourage them to reach out to the University for support if they are in need.

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While isolation, boredom and decreased freedom result in unique responses for every individual, my quarantine experience was relatively pleasant.

quarantine, I was emailed by a member of the University's Isolation and Quarantine Care Team who offered their personal support during the duration of my stay. The email included information about quarantine expectations, wellbeing and mental health support, meals and dining, trash disposal, linen and towel replacement, mail and information about ending the quarantine. Halfway through my quarantine, this person followed up with me to make sure I still did not have any questions and provided information about my departure pro-

provided. The hotel room was clean, spacious and comfortable. There was sufficient storage for my clothes and the various items I brought with me. The hotel room had a large fridge and microwave, which made storing and reheating food an easy process.

Additionally, I was pleased with the meal options. Before my arrival, my room was stocked with many bottles of water to ensure I stayed hydrated — and with every meal delivered, the University provided an additional two bottles of water. The meal schedule included delivery twice vegan. However, that night, University Dining sent out a survey to receive feedback on the quality of our meals. I indicated that I had been provided with non-vegan food. Once I submitted that survey, I never again received any non-vegan food. The University was responsive and patient with my dietary restrictions.

Despite all of the University accommodations, students have been recklessly ignoring the restrictions of their quarantine. A recent tweet reveals that quarantined students have been gathering together in hotel halls

Editor's Note: The following article dis-

cusses eating disorders. For young men and women, the life-altering transition to college life can cause overwhelming feelings of uncertainty, anxiety and loneliness. While college in many ways is an exciting time, it also leaves many students susceptible to mental health issues. One of the most prominent mental health issues seen in college students today is eating disorders. With between 19 and 30 percent of all college-aged women engaging in bulimic behavior and an increase in eating disorders from 7.9 to 25 percent among men over 13 years, this is a serious problem that requires recognition

from colleges and universities.

The issue of eating disorders on college campuses has been long-standing. The atmosphere and habits created by college life have made campuses a breeding ground for the development of eating disorders. First, there's the age-old theory of the "freshman fifteen." From the moment young men and women step onto college campuses, they are consistently warned about the supposed "risk" that they will gain weight and are encouraged to avoid doing so at all costs. How-

ever, research shows that, on average, college students gain between 2.5 to 3.5 pounds in their first year of college. Additionally, the myth of the "freshman fifteen" displays the villainization of gaining weight in college. Weight fluctuations are a natural part of life, and perpetuating this baseless theory scares college students into unhealthy eating habits and a distorted view of what it means to gain weight. Also, due to the availability of social com-

aspects of college life that are detrimental to students' mental health in regards to eating habits. As an institution where the student body works hard to earn good grades, gain membership in selective clubs, get into competitive majors and obtain impressive internships, there seems to be an overarching strive for perfection and a need for control. When arriving at college, however, students have a lack of control when it comes

U.Va. can no longer ignore eating disorders

The University needs to provide further recognition and aid to students suffering from eating disorders

eating disorders.

With all of this being said, the University needs to do more. While there are programs within CAPS that focus on diagnosing and providing short-term solutions to eating disorders, in many cases eating disorders need more comprehensive and long-term treatment. Additionally, while CAPS provides a guide to finding longer term care, it is difficult for students to access non-University mental health

can be aided by online resources such as Lean On Me. The hotline would allow students to reach out to their peers if they were worried about engaging in dangerous or unhealthy eating habits or simply in need of someone to talk to before, during and even after eating a meal. Additionally, the University should look into doing regular eating disorder screenings — surveys or questionnaires that gather information on eating habits and determine the prevalence of eating disorders on Grounds. These screenings are not only cost-effective but would provide the University a better understanding of the mental health of its students and support students with resources to battle unhealthy eating habits.

Getting help battling mental health issues or unhealthy eating habits can seem incredibly daunting, and the University needs to do more. Not only must the University recognize this crisis which runs rampant on Grounds, but they must also, in turn, provide additional support and resources for students.

The atmosphere and habits created by college life have made campuses a breeding ground for the development of eating disorders.

parison through platforms like Instagram and Snapchat, college-aged men and women feel pressure to conform to societal norms of health and beauty. These sentiments are also occasionally furthered through popular forms of making friends in college — including fraternity and sorority life. For women, in particular, joining a sorority has been associated with higher rates of low self-esteem, body dissatisfaction and eating disorders.

Furthermore, the University perpetuates and emphasizes certain

to their social life, making new friends and even at times the option of what to eat. With the ever-changing, unpredictable atmosphere of college life, many students look to other aspects of their life to control. This can therefore lead to a fixation on eating habits. Also, over the years, there has been a normalization of eating disorder triggering language. From skipping meals to get drunk faster at parties to the common phrase of "pull trig," the everyday party language is contributing to a toxic culture of normalizing

resources — whether due to lack of transportation or health insurance coverage.

Nevertheless, there are extra precautions and resources that can be implemented to destigmatize and aid students who are struggling with eating disorders. First, the University should highlight non-CAPS related mental health resources — such as the Madison House helpline — and create other non-emergency peer support hotline that allow for other forms of communication like texting — which

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HUMOR

Staying at home won't let me move on

When unexpectedly running into a high school crush, one has two options — say hello, chat and flirt just a bit before moving on with your life and maintaining your dignity, or go bug-eyed, hide behind a lamp post and pretend to check your phone with a manic desperation that looks about as nonchalant as Cirque du Soleil

If you choose the former, good for you. College has clearly matured you in a way nothing short of beautiful. But if you choose the latter, then you and I would

have something to talk about.

If this completely hypothetical event were to ever take place, he might turn the corner, stop and repeat your name a few times before you pretend to finally hear him. He'll then approach you with a confidence so enviable that you'll want to strangle him but also make sweet love.

You'll exchange pleasantries, maybe even hug — during which you'll be stiff and awkward and avoid eye contact when you pull away. You'll ask him questions about his sisters and feign igno-

rance about the youngest one's piano recital, even though you've known all about it ever since his mom posted pictures on her 11 follower Instagram account that you check every time she makes it public.

Then you will do a little dance, wherein both parties will attempt to gauge how successful the other has been since graduating high school, without tipping their hand and exposing their own achievements or, moreover, lack thereof.

He'll ask if you want to get

coffee, and you'll say the obligatory, "Oh no, I wouldn't want to throw a wrench in your plans," and then he won't insist, and you'll spend the next four months overanalyzing that.

You'll shift in your shoes, running sprints in your brain, trying to think of something witty to say, but will instead harken back to an old memory of a class you once shared together, and you'll realize halfway through that he does not share this same memory and that you might as well be talking to the wall.

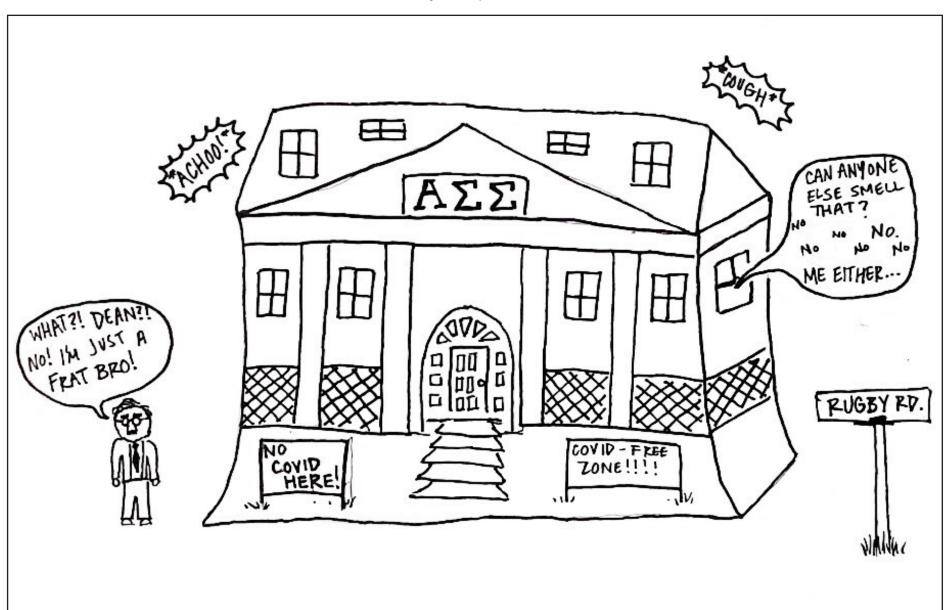
He'll then make some offhand comment about "how good it is to see an old buddy," eternally damning you to the friend zone, and before you know it, you'll find yourself falling all over

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CARTOON

IFCovid

Emily Porter | Cartoonist



PUZZLES

WEEKLY CROSSWORD PUZZLE

Aaron Rose | Puzzle Master

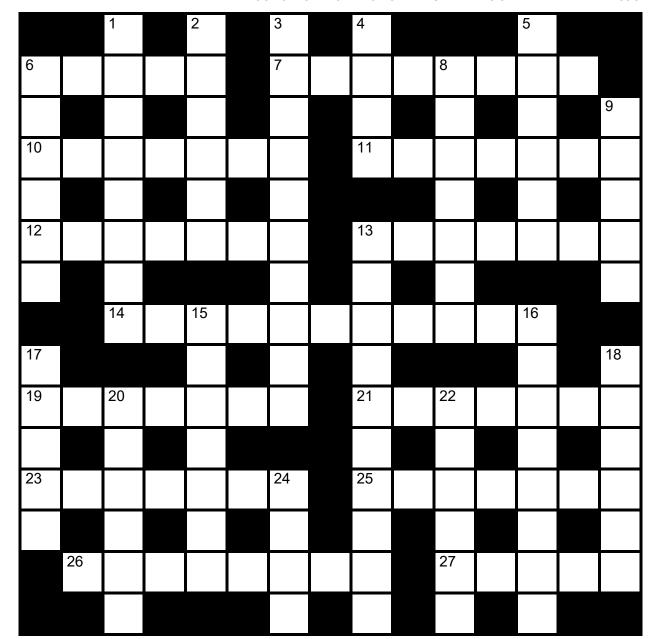
* THE SOLUTION TO THIS PUZZLE CAN BE FOUND IN THE NEXT ISSUE

Across

- **6.** Tenets or rules of an ideology. Can be religious, but not exclusively.
- 7. A gambling spinning top.
- 10. Its founder, Gianni, was murdered on steps of his Miami Beach home; an Italian fashion house.
- 11. To last longer than (another fabric).
- 12. The series of ropes and cords that support a sailboat's masts.
- 13. Going toward a particular place or destination.
- 14. American fashion designer famous for his signature Polo shirts.
- 19. To drop or scrap from one's knowledge.
- 21. Hungarian meat and vegetable soup.
- 23. Decorative crown molding.
- 25. To make less smooth; to make tougher and more uneven.
- **26.** A type of dying, expanding star. (Two words)
- 27. Danger.

Down

- 1. Gelatin-like substance derived from algae.
- 2. Cured sausage.
- 3. To make stronger.
- **4.** This integer is neither positive nor negative.
- 5. A department or agency; the 'B' in FBI.
- 6. To change direction, avert attention from.
- 8. Breast Cancer Awareness Month.
- 9. The Devil apparently wears this prominent Italian luxury brand.
- 13. To launch, to begin. Has a presidential connotation.
- 15. The landlord is ----- their property for rent starting in June.
- 16. A cowherd.
- 17. In slang, to be good, excellent, or fancy.Based on this Italian luxury fashion house.18. French fashion house famous for its fragrance, No. 5.
- 20. A cool pantry room typically used to store meats.
- 22. To seize or steal. (add 's')
- 24. A test or final.



CORRECTION

Vol. 131, Issue 11, pg. 5: A previous version of this article incorrectly stated the start dates of the University's collaboration with both universities, that Fundan faculty members helped organize the students' Thanksgiving, and that the Peking University program existed in the fall. The article has been corrected to reflect that the Peking University program is beginning in the spring, that Peking University's relationship began with the McIntire School of Commerce in 2008, which was expanded to the entire University in 2012, that the University and Fundan's first formal student exchange was in 2011 and that no Fudan faculty members helped organize the Thanksgiving dinner. Additionally, after Wu Xinbo's introduction, the article subsequently referenced him as Xinbo when the correct reference was Wu.

* SOLUTION FROM FEB. 11 ISSUE

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ARTS & ENTERTAINMENT

Leave Britney alone: How we failed the pop singer

The documentary "Framing Britney Spears" shows the media's mistreatment of Britney Spears

Eva Sirotic | Staff Writer



MARTHA WILDING | THE CAVALIER DAILY

"I noticed ... you have the most adorable, pretty eyes. Do you have a boyfriend?"

This was the first question Britney Spears was asked after singing her lungs out on "Star Search."

She was 10 years old.

At the age of 17, a male interviewer told Spears, "Everyone's talking about it."

"Talking about what?" Spears responded. "Your breasts," he replied.

These are the introductory clips chronicled in The New York Times documentary "Framing Britney." The documentary highlights the rampant sexist tabloid culture Britney was subject to in the early 2000s.

In one scene, Spears appears visibly uncomfortable as she's asked if she's a virgin during a press conference in Cannes. This obsession with Spears' virginity and sexuality was a common theme throughout her early career and was magnified after her breakup with Justin Timberlake. Following their breakup in 2002, Timberlake laughed about having sex with Spears in a radio interview and fanned rumors that she had cheated on him throughout the

relationship.

Spears was relentlessly slutshamed by the media, culminating in an interview with Diane Sawyer on "Primetime Thursday" in 2003, when she was asked what she had "done" to cause the breakup. Sawyer further claimed that Spears had "upset a lot of mothers in this country," including the wife of the governor of Maryland, who at the time said she'd shoot Spears if she had the "opportunity."

These clips are unsettling to watch during the age of #MeToo, filling the viewer with discomfort every time a young Spears sits down for an interview. "Framing Britney Spears" serves as a reminder of the uncomfortable environment female celebrities are forced to navigate in Hollywood.

The documentary highlights how Spears had to rebuild her public persona over and over again after her reputation was continually ripped apart by the tabloids. The media continuously sexualized her as a teenager, and the music industry wanted to portray her as an innocent yet "sexy" schoolgirl.

Magazine after magazine made her out to be a "slut" and felt entitled to every piece of her body and identity. For years, the media and the paparazzi grossly violated personal boundaries, hounded her nonstop and alternated between painting her as a madonna, a whore and a bimbo. Meanwhile, Spears suffered. The lack of privacy and bearing the brunt of constant abuse led to her breakdown — and eventually being labeled as crazy.

However, that is not to say Spears didn't fight these labels. The documentary interviews people who were close to the star — her stylist, her assistant, her producer — who note how, during the early stages of her career, Spears was in control and completely capable of handling herself. A clip from the year 2000 shows Spears saying she is aware of all of her contracts and that she refused to let her manager oversee all her dealings. One of her set designers remarked how involved Spears was in the creative process — she had the final say in all decisions. Notably, her stylist, Hayley Hill, asserts that when it came to the media furor over her sexy schoolgirl image, Spears was comfortable in her sexuality and at a certain point stopped trying to please everyone, which Hill called "a metaphor for womanhood."

Still, Spears faced constant torment from the paparazzi — which only worsened once she became a mother. Pictures of Spears could sell for up to \$1 million, which meant cameras were always following her every move. Spears was labeled an unfit mother for driving with a baby in her lap, going to nightclubs and for the way she dressed. After an appearance on "Dateline," Matt Lauer - of all people — posed the question, "Is Britney a Bad Mom?" The interview drove Spears to tears, and she said she was doing her best noting that the unwavering media attention was impacting her and her greatest wish was to be left alone.

Think about your worst moment. Now, imagine you're going through a divorce, suffering from postpartum depression and potentially losing custody of your kids. Then, imagine a barrage of cameras following you every day capturing

all your vulnerable moments. You're getting close to how Spears felt in 2007.

Ís it any wonder she snapped? The stigma around mental health has changed dramatically since the early 2000s. Spears needed help but was not given the proper resources. Instead, she was confined to a conservatorship run by her father, James Spears. In a conservatorship a guardian is appointed by a judge to manage the financial affairs and daily life of another due to physical or mental limitations or old age quite unusual given that at the time, Spears was only 27 years old. To this day, Spears has no control over her finances and is under constant supervision.

The #FreeBritney movement was launched on social media when longtime fans expressed their disapproval in seeing that the star was still under conservatorship at age 38. The movement strives to end the conservatorship as well as shed light on the abuse Spears suffered at the hands of the media. It serves as a reminder to recognize the countless other female starlets who have been chewed up and spit out by the Hollywood machine.

Megan Fox, for example, was blacklisted for years after speaking out against director Michael Bay for sexualizing her when she was just fifteen. Janet Jackson lost work and major deals after Justin Timberlake revealed her nipple at the 2004 Super Bowl halftime show. Jackson was forced to issue a public apology after her own body was violated, while Timberlake was invited to perform the show again in 2018. Recently, 19-year-old Billie Eilish was body shamed after paparazzi pictures of her wearing a low-cut shirt surfaced. We now recoil when thinking about the conversations we were having about Britney Spears in 2004, yet they feel eerily similar to the ones we have about female celebrities today.

Thus, instead of solely blaming the paparazzi, we should examine the bigger system that demands these images and places these expectations on the media in the first place. With the rise of social media, celebrities are more exposed than ever before. It is the public's responsibility to reject ignorance and misogyny and to recognize that celebrities are, in fact, people. And if there's one celebrity that exemplifies the struggle between harsh media and autonomy ... "it's Britney, bitch"

Remembering Black fashion designer Ann Lowe

Praise for "society's best kept secret" of the 1900s on the 40th anniversary of her death

Lauren Whitlock | Staff Writer

Jackie Auchincloss-Bouvier's elegant wedding dress for her marriage to John F. Kennedy was one of the most iconic bridal gowns of the 20th century. But while everyone at the time fawned over the dress, very few knew who designed it. When asked by the press and others, Jackie merely responded that "a colored dressmaker did it." That dressmaker was Ann Lowe, one of the most sought-after designers of high society in her time, unbeknownst to the public.

Lowe was born in rural Alabama in 1898 into a line of seamstresses. Both her mother and her grandmother, the latter of whom was born into enslavement, ran a dressmaking business for high society members of Alabama. Although Lowe learned to sew at a young age, her mother's death prompted her to take over the family's business at 16 years old, beginning her love affair with fashion. According to CNN, this love of fashion took her all the way to design school in New York, where her skills enabled her to graduate exceptionally quickly despite being segregated from her white classmates.

Throughout her career, Lowe maintained a very particular clientele. As a self-proclaimed "awful snob," Lowe told Ebony magazine in December 1966, "I am not interested in sewing for cafe society or social climbers. I do not cater to Mary and Sue. I sew for the families of the social registry."

While her mission to only design for the upper classes was successful, her exclusive clientele demanded a level of perfection that often came at a cost. In the case of the aforementioned Kennedy wedding dress, when a flood hit only 10 days before the wedding, Lowe hastened to remake the dress and several bridesmaid dresses. The expensive materials and extra labor required for a gown fit for a society darling cost her over \$2,000. When she arrived to deliver the labored-over dresses, she was told to enter through the back door, to which she responded that she would "take the dresses back," reports the National Museum of American History.

Not only did she never receive credit for her work on the famed wedding dress, she also never received credit for many of her other designs. When "Gone with the Wind" star Olivia de Havilland received her award for Best Actress at the 1947 Academy Awards in one of Lowe's designs, de Havilland went so far as to remove Lowe's name from the tag. In this way, Lowe was frequently referred to as "society's best kept secret," a Black woman highly sought after by the wealthiest members of society, but never publicly given credit for her work because of her race.

Lowe's finances also suffered because of her race. In order to keep up with her white competitors and appeal to the white women of high society, Lowe often lowered her prices excessively. When her son and bookkeeper died in 1958, she went into substantial debt and was forced to declare bankruptcy in 1962.

That same year, Lowe lost an eye due to glaucoma, meaning she could no longer sew her dresses herself or create her signature hand-painted flower designs. An anonymous benefactor — often speculated to be Jackie Kennedy — eventually paid off her debts, allowing her to continue designing for multiple years. Nonetheless, her career never fully recovered, and her business did not survive past her death on Feb. 25, 1981.

In spite of all the adversity she faced during her lifetime, Lowe has finally begun to gain some recognition. In recent years, two books have been written about her, and her dresses are spread across several museum collections, including the Metropolitan Museum of Art, the Museum of New York City and the Smithsonian Museum of African American History and Culture, where one of her dresses is currently on display.

Still, Lowe is not nearly as wellknown as similar white designers of the time who built successful and long-lasting fashion houses. And she is not alone. Countless other Black creators throughout history have consistently been pushed into the background or forgotten while their influences impacted our culture, often with white creators getting all of the credit for progress initiated or aided by Black creators. The influence of Ann Lowe's designs might not be visible in today's fashion, but they certainly had an impact on the fashion of their time and on the better-known and higher-paid white creators of that time. Lowe deserved just as much credit as they were given, and her lack



ANISHA HOSSAIN | THE CAVALIER DAILY

of personal recognition as well as her inability to fully expand her business cannot be ignored.

Today, Black designers still frequently take a backseat to white ones. To combat this, it is crucial to actively seek out Black designs and give their creators the credit and success afforded to so many other designers. It is also important to remember Black designers of the past who have been forgotten, even while their designs — like Lowe's wedding dress worn by Jackie Kennedy or the streetwear fashion pioneered by Willi Smith are remembered. This Black History Month, on the 40th anniversary of her death, remember Ann Lowe, the remarkable and influential Black designer who spent her life designing beautiful, beloved dresses without ever being allowed to become beloved herself. Use her memory to instigate change by ensuring that the Black designers of today do not go unnoticed or uncredited.

Brighter days to come and being 'Way Less Sad'

AJR's new song advocates a positive outlook on improving mental health

Katelyn Ragland | Staff Writer

In the heat of the pandemic and a toxic social and political climate, AJR's latest single "Way Less Sad" reflects on the mental health struggles brought on by today's world. Indie pop trio AJR released their latest single Wednesday, and despite its cynical implication, the song signifies that things are starting to look up.

The song opens with the bubbly repetition of "hey, hey, hey" — establishing a joyful beat that continues throughout the song. However, this beat is ironically paired with seemingly pessimistic lyrics. The principal message in the chorus particularly reflects this contrast in the song with the lyrics "No, I ain't happy yet / But I'm way less sad." The band illustrates the lack of fulfillment felt by many during this hopeless period but proclaims that things are getting better.

This new release is not the first time AJR has contemplated the importance of mental health in their work. Mental health awareness was the inspiration for their previous album "Neotheater." These themes continued into the band's song "Bummerland," which was released in August 2020 amid the COVID-19 pandemic. "Way Less Sad" is a thoughtful continuation of the themes in these previous projects and observes mental health in a way that is relevant to today. By alluding to the emotions brought on by the pandemic and the current political climate, AJR stresses the importance of mental health during these chaotic times.

The second verse especially establishes this relevance with the lyrics

"I wake up and I'm not so mad at Twitter now." With media coverage constantly at our fingertips, the news can be very overwhelming or upsetting for people. Twitter, with its abundance of news content, has become a major platform for both promoting and suppressing political opinion. In this line, AJR reflects on recent political transitions and the major role Twitter and social media have played in them. Being "not so mad at Twitter now" also demonstrates an improvement in mental health. AJR demonstrates that the platform has become less triggering and has taken up less headspace, leaving room for happier and more hope-

The bridge plays a special role in the song. Three days before the song's

official release, a clip of the bridge was posted on Instagram as a sneak peek for fans. The video featured Jack Met, the band's guitarist and lead vocalist, playing an acoustic version of the song with the caption "WAY LESS SAD. Wednesday." The bridge is unique in that it points to a continuation of the themes of mental health that will be seen in their upcoming album "OK ORCHESTRA." The band teased in a retweet that this album would hit on several controversial topics — and the bridge of "Way Less Sad" does just that. By playing with the idea of counting sheep in the lines "I been countin' sheep but the sheep all died," the band alludes to insomnia and overall lack of joy in life, highlighting the diverse range of mental health issues that can affect

people.

The final chorus brings this story of improving mental health to a close and describes the exploration of one's emotions. The line "It's stupid but it's all I have," seems derisive in its implication of naively clinging to hope. But, in reality, this lyric is a notion of the brighter days to come and a signal that the three brothers are optimistic about the future.

In its essence, "Way Less Sad" lays out the mental and emotional struggles the past year has brought in a sincere and hopeful tone. The song's message is coupled with AJR's typical combination of heavy beats, fun rhythms and unique instrumental and vocal techniques to create a buoyant sound reflective of the hope that better times are on the horizon.

HEALTH & SCIENCE

Eligible student workers receive COVID-19 vaccine

Undergraduate nurses and graduate researchers alike reflect on quick, efficient vaccination processes

Lucie Rutherford | Staff Writer

Throughout the Blue Ridge Health District, community members who meet the qualifications for 1a and 1b vaccination rollouts are receiving their first and second doses of the COV-ID-19 vaccine. At the University, some graduate and undergraduate students are considered 1a-and 1b-eligible and have received either one or both doses of the vaccines as a result.

With a limited supply of vaccine doses, BRHD health officials have had to prioritize recipients to ensure the most at-risk and essential workers are receiving vaccinations. 1a-qualified individuals consist of healthcare personnel as well as residents of long-term care facilities, while 1b eligibility accounts for frontline essential workers, people ages 65+, people ages 16-64 with an underlying medical condition as well as people living in correctional facilities, homeless shelters and migrant labor camps.

Audrey Brown, fifth-year doctoral candidate in the Department of Biology, has received both doses of the Moderna vaccine due to the regular use of blood samples in her research, which are at risk of being infected with the virus. Brown noted that she received the vaccination after healthcare personnel who work directly with COVID-19 patients.

"I have never been so excited to be jabbed with a needle," Brown said in an email to The Cavalier Daily. "I was so pumped for the first dose that I didn't even feel the shot."

Brown received her doses on Jan. 7 and Feb. 4 — four weeks apart, as recommended for the Moderna vaccine. The process was efficient, Brown said, as she quickly received the shot and only had to wait for 15 minutes following the vaccination to ensure she did not undergo a rare allergic reaction to the shot.

Caroline Davidson and Caroline Fitzgerald, third-year undergraduate students in the University's Nursing program, were also eligible for the vaccine due to their weekly direct contact with patients. Starting Dec. 28, all Nursing students who were seeing patients were eligible, though receiving the vaccination was not mandatory.

"Going into the vaccination, I felt incredibly lucky that I would



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Third-year Nursing students Caroline Fitzgerald and Caroline Davidson both received their vaccine shots at the University hospital.

be protected from coronavirus and safe to go into the hospital," Davidson said in an email to The Cavalier Daily. "I also felt fortunate because I can now visit my parents and go home without worrying about getting my family sick."

However, according to the CDC, experts are still unsure if getting a COVID-19 vaccine will prevent the individual from spreading the virus to other people, even if they don't get sick themselves. To protect the community, the CDC recommends that vaccinated students should continue to socially distance, wear a mask, and follow all CDC guidelines.

Like Brown, both nurses experienced quick and easy vaccination processes. According to Fitzgerald, vaccinated individuals are given a card to keep track of when they received their first dose and are told that the card can be helpful for future travel or

work in other hospitals.

When it comes to post-vaccination symptoms, Kathryn Goodman, BRHD communications and public relations manager, explains that swelling in the injection site is most likely, while rarer, more extreme symptoms include fever, chills, fatigue and headaches for a few days after injection.

While Davidson experienced some body aches and fatigue after the first dose, she only experienced slight soreness after the second. Similarly, Brown experienced soreness for a day and a half after each dose, while Fitzgerald experienced no symptoms following either injection.

The CDC notes that these symptoms are a sign that the body is building protection against the virus that causes COVID-19. Despite the fact that minimal symptoms are more common, severe reactions have been reported.

"I also know some people that

have had some very serious reactions to their first dose and because of this may not be getting the second," Fitzgerald said in an email to The Cavalier Daily.

In a CDC report, II.I cases per million doses may experience anaphylaxis, which is a severe, life-threatening allergic reaction. Within the CDC study, it was recorded that 2I cases of the I,893,360 first doses were marked as anaphylaxis, "including 17 in persons with a documented history of allergies or allergic reactions, seven of whom had a history of anaphylaxis."

Addressing those that have suspicions about the vaccine in response to the fast-tracked nature of the creation and approval process — both vaccines took less than one year to make — Brown emphasises that while these specific vaccines may be new, the technology behind how they

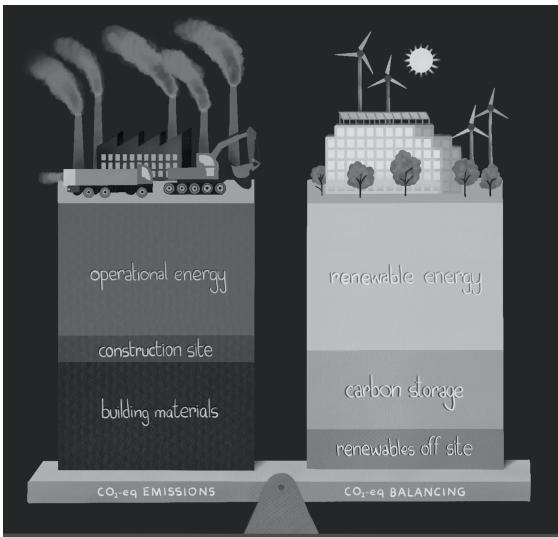
"Biologists, like me, have been

studying how immune cells react to different types of vaccines for a very, very long time," Brown said. "Because of this, developing new vaccines for COVID didn't require reinventing the wheel. It was just one more step in a progression."

U.Va. team develops plan to decarbonize Virginia by 2050

Weldon Cooper Center faculty outline methods to vault Virginia into position of national climate leadership

Dawson Brown | Staff Writer



ANISHA HOSSAIN | THE CAVALIER DAILY

A report by the Weldon Cooper Center at the University shows that with integrated planning and cooperative policy, decarbonization of the Virginia economy by 2050 is both achievable and affordable. The plan to reduce carbon emissions was developed by William Shobe, professor of public policy and Weldon Cooper director, along with Weldon Cooper Visiting Scholar Anthony Artuso and Principal Scientist Arthur Small. If implemented, the plan would position Virginia as both a national and global leader in climate change action

The team's report came on the heels of the 2020 Virginia Clean Economy Act, which mandates that the state move to a carbon neutral electricity grid by 2050 by establishing new energy efficiency standards,

investing in renewable energy infrastructure and requiring state energy providers — Dominion Energy Virginia and Appalachian Power — to operate carbon-free by 2045 and 2050, respectively. Electricity generation accounts for about 30 percent of carbon emissions in the state.

While economists and environmentalists see this bill as an important step in the right direction, the bill does not include mandates on carbon neutrality in other sectors, like transportation, which is responsible for nearly half of all carbon emissions in Virginia.

With that in mind, the University team took the plan a step further and evaluated the feasibility of complete decarbonization in Virginia by 2050. According to the report, decarbonization by mid-century is achievable,

affordable and would actually confer economic benefits to the state — primarily in public health improvements and the prevention of environmental destruction.

The report also shows that delays in action continue to be costly as they lead to higher long-run implementation costs and the potential for more environmental damage in the way of eroding coastal resources and water acidification, among others.

Key to the plan is a transition of energy inputs primarily to solar, offshore wind and existing nuclear and away from coal. This transition depends on the rapid expansion of solar and offshore wind energy generation with solar voltaic and offshore wind power supplying 70% of electricity in Virginia by 2050 — solar voltaic and offshore wind currently supply less

than 10% of electricity in the state. Shobe believes this transition is feasible because of innovation in alternative energy sources and dropping prices for solar and wind.

"Far beyond our wildest expectations, solar and wind have now become the cheapest sources of energy in Virginia," Shobe said. "If you're going to build a new power plant in Virginia, and you want to tap the lowest cost electricity, you build a solar park."

Shobe and the team also emphasize the importance of boosting state administrative capacity to address climate problems as they arise. In practice, this means empowering a state agency or body with the express purpose of facilitating carbon neutrality and managing clean energy policy.

With increased administrative capacity and a successful transition to these more efficient energy sources and some carbon emission sequestration, the team's plan would put Virginia into a position of national and global climate leadership.

While Virginia has the potential to become a leader in climate policy, it still lags behind many other states in renewable energy consumption. In the last three reports from the Department of Energy, Virginia has ranked in the bottom half of states when it comes to percent of electricity production from renewable

Recent steps taken by the state to improve its carbon position — like passing the Virginia Clean Economy Act and joining the Regional Greenhouse Gas Initiative, a greenhouse gas cap and trade program among 11 Northeast and Mid-atlantic states — represent a shift in the right direction according to Artuso, a visiting scholar at the Cooper Center. However, that policy shift must now be translated into action to create meaningful change in the state.

"The Virginia Clean Economy Act has [vaulted Virginia] into the top tier of policy ambition," Artuso said. "We're right up there with a number of different states, but policy ambition is different than accomplishment."

Fortunately, Virginia is not alone in this shifting tide of policy. Recently, the world has begun moving to address climate change in unprecedented ways. More than 190 nations have signed the Paris Climate Agreement, with the goal of reaching carbon neutrality by 2050. Many major corporations — like General Motors, Amazon and Microsoft — have followed suit, pledging to be carbon neutral by mid-century. Even China, the world's largest producer of carbon emissions, has pledged to become carbon neutral by 2060.

Even with this unprecedented movement towards clean energy and carbon neutrality, Shobe believes that Virginia — once it has implemented the decarbonization policies proposed in the team's plan — would be a great model for nations and other states on their path to complete carbon neutrality.

"Our economy is about the size of Sweden's economy, and if we were to announce zero carbon emissions by 2050, we would be among the international leaders in decarbonization. I think a lot of other people are going to be following suit, but we are in a position to stay out in the lead."

Although this plan to decarbonize Virginia's economy and achieve carbon neutrality underscores an important transition away from coal and other fossil fuel consumption, Shobe and the team are careful to not abandon Virginians who work in coal and other fossil fuel industries.

"We shouldn't be imposing huge costs on parts of the state to the benefit of everyone else, when we can work out arrangements that will soften the consequences and provide new opportunities to replace the old ones."

According to Shobe, good environmental policy demands not only a consideration of the potential environmental benefits, but also a plan to prevent the imposition of huge costs on specific workers and industries. Consequently, Shobe was sure to highlight the significance of retraining services and devoting new resources to parts of the state that mine and extract fossil fuels.

"We are a big family in the state of Virginia," Shobe said. "We need to be looking after all members of our family and not leaving people behind."

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