

THE CAVALIER DAILY

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MOVING UP

MULTICULTURAL
STUDENT SERVICES
UNVEILS NEW SPACES



ANGELA CHEN, EMMA
HITCHCOCK, & RILEY WALSH |
THE CAVALIER DAILY

NEWS

This week in-brief

CD News Staff

Attempted burglary reported on Farrish Circle

An attempted burglary on Farrish Circle was reported to University Police Feb. 2 at 4:11 a.m. According to a University wide email alert issued by interim University Police Chief Tim Longo, the incident took place Feb. 2 at 2:58 a.m. at an off-Grounds housing location.

According to the email, the suspect attempted to enter the residence through a window but fled in an unknown direction after the victim turned a light on the suspect. No physical descriptors of the suspect were provided.

The incident is the first reported burglary of an off-Grounds student residence this semester.

Additional information regarding this incident should be reported to the University Police Department at 434-924-7166 or Crime Stoppers at 434-977-4000.



CHRISTINA ANTON | THE CAVALIER DAILY

U.Va. alerted of sexual assault in on-Grounds residence hall

University staff received report of a sexual assault the afternoon of Feb. 2, according to a timely warning email issued to the University community by Timothy Longo, interim chief of University police and associate vice president for safety and security. The reported incident occurred around 1:30 a.m. Feb. 1 in an on-Grounds residence hall.

According to the alert, the survivor was assaulted by multiple men known to her. The survivor was able to identify several men who committed the offense, but the report indicates that several respondents who could not be identified or described could have also participated. University police are investigating the incident.

The University defines sexual assault as any intercourse with another person that occurs without affirmative consent. Affirmative consent is informed, voluntary and active, and it cannot be obtained through force or taking advantage of someone's incapacitation.

Survivors of sexual assault have the option to report the incident by going directly to law enforcement and calling 911, filing through the University's Just Report It website, contacting the University's Title IX Coordinator or the Office of the Dean of Students, or by filing a police report at the hospital if seeking treatment through the U.Va. Emergency Department.

The University's confidential resources include Counseling and Psychological Services, Student Health's gynecology and general medicine departments, the Student Disability Access Center and the Women's Center's counseling staff.

1.31

2.2

2.4

U.Va. accepts 20.7 percent of early action applicants for Class of 2024

The University released early action admission decisions Jan. 31 for the incoming Class of 2024. According to statistics provided by Dean of Admissions Gregory Roberts, out of the 25,160 students that applied in the early action cycle, 5,220 were offered admission — a 20.7 percent acceptance rate. Last year's early action pool had an acceptance rate of 26 percent.

The University received a record breaking number of applications this year, totalling 40,971 with all application cycles — early decision, early action and regular decision — combined. This breaks the previous record of 40,804 total applicants that was set during last year's application cycle, which had an overall acceptance rate of 23.8 percent.

From this year's early action pool, 586, or 11 percent, of the offers were to first-generation scholars, and 542, or 10 percent, were to legacies.

In December, the University admitted 748 students who applied during the early decision round — a process that binds students to enrollment if they receive an offer — which yielded a 35 percent acceptance rate. Of the early decision cycle acceptees, seven percent are first-generation college students and 26 percent are legacy students.

Minority students comprise 40 percent of early action offers, and eight percent of those admitted early action are foreign nationals. Additionally, 56 percent of the early action students offered admission identify as female. The non-Virginian offer rate was 15 percent, and the in-state offer rate was 34.5 percent.

The average SAT score was 1439 out of 1600, and over 95 percent of those admitted from the early action pool rank in the top 10 percent of their high school class.

Decisions for the regular decision admission cycle will be released April 1.

RICHARD DIZION | THE CAVALIER DAILY
11 percent of admitted students are first-generation scholars, and 10 percent are legacies.

Student organizations work to increase voter turnout in upcoming student elections

The University Board of Elections, Honor Committee and University Judiciary Committee are organizing ways to increase student voter turnout with the start of campaign season Feb. 21 and University-wide elections March 1.

Last year, just 1,341 students out of a possible 11,281 voted in the Honor Arts and Sciences Representative race, an 11.9 percent voter turnout. Only 12.6 percent of the student body voted in the Student Council presidential election, down from 18.8 percent in 2018.

Mason Fuller, chair of the University Board of Elections and a fourth-year College student, noted that UBE plans to increase participation by boosting their social media presence. They encourage students to look at their Facebook, Instagram and Twitter pages to learn about informational events and important dates.

Mary Beth Barksdale, Honor's vice chair for education and a fourth-year College student, mentioned that she plans to organize a smaller scale popular assembly during campaign week that will allow voters to sit down with candidates and ask questions.

On the ballot, Honor plans to propose an impeachment amendment that would allow Honor to remove a member on the Committee who is serving inadequately in their elected position, as well as a motion that would make Honor's Popular Assembly an annual event rather than bi-annual.

UJC Chair Shannon Cason, a fourth-year College student, noted that while UJC must reach out to students, they must also have a solid foundation within the organization in order to garner more attention.

One amendment UJC will put on the ballot offers a change in their constitution's language which currently prohibits first-year students from becoming UJC judges.



COURTESY WIKIMEDIA COMMONS

Only 12.6 percent of the student body voted in last year's Student Council presidential race.

Honor passes bylaw for cases arising out of Title IX

Despite the bylaw's passing, the Committee remains divided on the effectiveness of the policy

Patrick Roney | Senior Writer



PATRICK RONEY | THE CAVALIER DAILY

Lyon voiced confidence in the amount of faith the policy puts on Title IX, since the coordinator ultimately has the initial decision as to whether Honor can pursue an Honor violation.

The Honor Committee decided Sunday on an official policy that dictates how the Committee will handle Honor violations — cases of lying, cheating and stealing — that arise out of Title IX investigations of sexual and gender-based harassment. Under the new policy, the Honor Committee will dismiss any report of an alleged Honor offense if the University's Title IX Coordinator determines the conduct alleged in the Honor report was previously adjudicated, requiring Honor to consult with Title IX prior to investigating.

However, Honor can also override the coordinator's decision through a unanimous executive board vote if it believes the coordinator misapplied the definition of "previous adjudication."

The vote results included 16 members in support, six opposed and one abstention. The decision comes several weeks after the policy was first proposed Jan. 19 by Honor Committee chair Lillie Lyon, a fourth-year College student.

Lyon hesitated to pass the policy until she deemed it to include acceptable language that balances Honor's competing interests of protecting students while maintaining respect for other University institutions such as Title IX.

"I think this is a really good

way to do it," Lyon said. "I feel really comfortable with it. I think we find to a degree that the language is very, very good. I think 'perfect' is a difficult thing, of course, to achieve, but very, very good is something I'm comfortable with."

Lyon voiced confidence in the amount of faith the policy puts on Title IX, since the coordinator ultimately has the initial decision as to whether Honor can pursue an Honor offense.

"We know [Title IX] can make a good decision," Lyon said. "They know how their process works and how these things are taken into consideration."

Prior to the acceptance of this bylaw, Honor had no formal guidelines or accompanying language to partner with Title IX's policy that invokes the Honor code to make students tell the truth during an investigation.

However, according to Title IX's Policy on sexual and gender-based harassment and other forms of interpersonal violence, "Submitting or providing false or misleading information in bad faith or with a view to personal gain or intentional harm to another in connection with an incident of Prohibited Conduct is prohibited and subject to disciplinary sanctions under the University's honor code."

Stephen Paul, a second-year Law student and Honor representative, voted against the bylaw because he thought the new policy fails to protect students from offenses involving lying that occur during Title IX investigations, since some cases will not be heard by Honor if the Title IX Coordinator determines the conduct alleged in the Honor report was previously adjudicated.

"In my view, the effect of this policy, as it's written, is to basically give students who are providing evidence to Title IX a free pass, as far as Honor's concerned, to lie or misrepresent facts for their benefit, or for the benefit of the parties in the investigation or proceeding," Paul said. "In my view, that's a problem."

Paul's fear with Honor's decision comes from his belief that the adopted policy will, in practice, drop all Honor violation cases that arise out of Title IX. He added that because Title IX policy invokes the Honor code to essentially make students participating in an investigation tell the truth, he believes Honor has a responsibility to enforce the Honor code when any offense arises from an investigation.

"Unless the administration makes the policy decision that Honor cannot take any case from Title IX, Honor has a responsibility to take the cases that do not directly in-

volve disputes over Title IX prohibited conduct," Paul said. "By implementing this policy, the Committee has essentially completely abdicated its responsibility to take these sorts of cases. I think the Committee owes better to the community and to survivors, especially who are reporting to Title IX."

Emily Babb, assistant vice president for Title IX Compliance and Title IX coordinator, said in an email statement to The Cavalier Daily that Title IX and the Office for Equal Opportunities and Civil Rights worked closely with Honor in developing the new policy and admires the University's interest in the discussion.

"EOCR/Title IX welcomes feedback from all community members on what changes they think could improve the Title IX process," Babb said. "We also eagerly await the new Title IX regulations from the Department of Education, which likely will contain legal requirements with which modifications to our policy and procedures will have to comply."

Some of the proposed regulations Babb mentions include modifying the understanding of what constitutes sexual harassment, what triggers a school's obligation to respond and how a school must respond to reports of sexual harassment.

Third-year College student Mackenzie Williams, who was present at the meeting, wrote in December about a sexual assault survivor who sought justice through Title IX and then Honor. Katherine, a student at the University, stood before the Committee during their Jan. 23 meeting and voiced her dissatisfaction with Honor's decision to drop her case last semester.

Williams said that Honor's new policy fails sexual assault survivors because Honor appears to abandon its responsibility to protect the community of trust.

"There are lots of ancillary lies that can go on, and if Honor's not going to touch them, and if it's not the point of Title IX to touch them, then they're just going to disappear," Williams said. "And there will be no one who figures out what the consequences of them were."

Williams continued to discuss that the significance of the lies are too important to slip away from an Honor investigation. She ultimately believes that Honor fails to uphold the Honor code with this new policy.

"Because [the Honor code] is not just talking about a lie, that's talking about a lie that has consequences," Williams said. "And when we talk about Title IX, the consequences don't get much greater."

Alex Spratley, Honor's vice chair for hearings and a fourth-year College student, understands the concerns of people who believe Honor could do more to address sexual assault cases. However, she feels Honor does not have the adequate resources.

"Sexual assault is something that is incredibly hard to adjudicate in a Title IX office in a university or in the American legal justice system," Spratley said. "And that's something I think that we, as a community, have to reckon with. But I do not see that burden falling solely on Honor."

Despite Spratley's comment, Williams believes Honor has violated their duty to protect the community with the new policy.

Williams said she felt that by adopting a policy that limits its ability to hear cases relating to Title IX, the Committee is turning its back on many members of the University population who may have otherwise turned to Honor for justice — citing the statistic that one in four female undergraduates experience sexual assault in college.

"How can you have a community where a significant portion of its people — one in four women — are being told by their peers that they don't count?" Williams said.

DREAMers on Grounds call to matriculate undocu+ students

The campaign comes amidst ongoing hearings by the General Assembly for bills related to in-state tuition for undocumented students

Jacquelyn Kim | Staff Writer



COURTESY DREAMERS ON GROUNDS

The Facebook frame features text saying “UVA Matriculate Undocu+ Students Now!” surrounded by monarch butterflies, a symbol synonymous with immigrants and migration.

A Facebook profile frame designed by DREAMers on Grounds advocating for the University to matriculate all undocumented students unintentionally sparked a social media campaign in which now over 100 students and community members have participated.

The frame features text saying “UVA Matriculate Undocu+ Students Now!” surrounded by monarch butterflies, a symbol synonymous with immigrants and migration.

In supplementary infographics also shared on social media, DREAMers on Grounds defined “undocu+” — as opposed to simply “undocumented” — as a term used to “represent all other statuses that compound to marginalized individuals due to status and deny them access to education.”

Originally created spontaneously, the frame’s designers — Steven Radilla, third-year College student and research chair of DREAMers on Grounds, and Arlena Lara-Quinteros, fourth-year College student and “Undocuallly” co-coordinator of DREAMers

on Grounds — were surprised by the community reaction and participation.

“I’d figured it’d be all of our friends [using the frame], but seeing people who we aren’t friends with use it was pretty cool,” Radilla said.

Although the social media engagement and campaign itself was unplanned, according to Radilla, DREAMers on Grounds has been working on a campaign pushing for the matriculation of all undocumented students, regardless of DACA status, for the past two semesters.

While Northern Virginia Community College and George Mason University do allow the matriculation of undocumented students without DACA status, the University of Virginia does not.

Additionally, there are very few DREAMers currently enrolled at the University. Although the University expanded financial aid to include in-state students with DACA status in the fall of 2019, that new policy benefits only 22 students, and out-of-state students with

DACA status remain ineligible for financial aid.

“Lack of in-state tuition policy at the state level and the institutional discretion of UVA prevent the matriculation of more undocu+ students,” DREAMers on Grounds said in a statement shared on social media.

Beyond the undocu+ matriculation campaign, DREAMers on Grounds has also been advocating for in-state tuition and driver’s licenses for undocumented community members, with relevant bills currently being considered by the Virginia General Assembly in the 2020 legislative session.

Last week, bills related to in-state tuition for undocumented students passed committees in both the House and Senate. HB-1547 passed the Higher Education Sub-Committee and was later heard Feb. 3 by the full Education Committee. The bill was referred and reported out of that committee and will now be heard by House Appropriations. SB-935 passed the Education Committee and was referred to Senate Appropriations for a hearing on a

date yet to be announced.

Although the Virginia 2020 Plan released by Governor Ralph Northam, D-Va., explicitly listed “in-state tuition for DREAMers,” undocumented students with DACA status are already eligible for in-state tuition rates as of April 2014. The bills currently being heard in the Virginia House and Senate would allow in-state tuition rates for eligible undocumented students regardless of DACA status.

With the uncertain future of DACA and Temporary Protected Status programs, undocumented Virginians currently enrolled in Virginia colleges and universities could potentially lose their in-state tuition rates if they were to lose their DACA or TPS status. Furthermore, with the DACA program no longer accepting new applications as of November 2019, without the aforementioned proposed bills, this year’s and future high school graduates would be forced to pay out-of-state tuition rates.

According to a fact sheet compiled by the Virginia Coalition for Immigrant Rights, 20 states

have expanded in-state tuition to include undocumented students, and tuition equity enjoys bipartisan support.

“In-state [tuition] is incredibly important because, while it’s not specifically talking about universities adopting matriculation, the fact that students could possibly earn [in-state tuition] at the state level could incentivize the University to matriculate undocumented students,” Radilla said.

DREAMers on Grounds plans to further unpack complications with matriculation and what the term “undocu+” represents at its meeting this Wednesday.

U.Va. opens four new student centers in Newcomb Hall

The Multicultural Student and LGBTQ Centers reopened, and the new spaces include the Interfaith and Latinx Student Centers

Zach Rosenthal | Senior Writer



RILEY WALSH | THE CAVALIER DAILY

The relocated LGBTQ Center is in the former Kaleidoscope Room, the new Interfaith Student Center spans rooms 428, 432 and 436 on the fourth floor of Newcomb Hall, the new Latinx Student Center is now in the former Gallery Room on the third floor and the relocated MSC is in the former Game Room.

The University is celebrating the grand opening of four centers Thursday in Newcomb Hall. The Multicultural Student Center and the LGBTQ Center were relocated, while the Latinx Student Center and Interfaith Center are new additions.

The main reception for the grand opening will be held in the new MSC — located in the former Game Room on the second floor of Newcomb Hall.

The event offers attendees the opportunity to tour the other new student centers. The relocated LGBTQ Center is in the former Kaleidoscope Room, the new Interfaith Student Center spans rooms 428, 432 and 436 on the fourth floor of Newcomb Hall and the new Latinx Student Center is now in the former Gallery Room on the third floor.

Dean of Students Allen Groves stated that student input played a serious role in the expansion of the MSC and LGBTQ Center and the creation of the Latinx and Interfaith Student Centers.

“As our student profile continues to become more diverse, it is important to have programmatic and social space that reflects the needs of the community,” Groves said in an email to The Cavalier Daily.

The MSC first opened in October 2016, but with a maximum capacity of just 49 people, students began advocating for a larger space. The University’s decision to relocate the MSC

and LGBTQ Center and open the new Latinx and Interfaith Centers was initiated in June 2019 as part of the 10-year strategic plan project, which aims to focus on student diversity development.

Alex Winkowski, the program coordinator for the LGBTQ Center, stated in an email to The Cavalier Daily that the new location will help make it more visible on Grounds.

“I want more students and community members to know that we are a resource for them, and I think that this new location will lead to more students engaging with the center,” Winkowski said.

Winkowski emphasized that everyone is welcome in the Center, regardless of their sexual orientation.

“I always remind folks that you do not have to have a specific reason to visit the space — you are welcome to just be here,” Winkowski said. “If this is a space where you think you might find community and belonging, I am personally inviting you to stop by.”

Third-year College student Mazzen Shalaby, president of the Muslim Student Association and chair of the Virginia Interfaith Coalition, is excited about working with the student body to build a community in the Interfaith Center.

In Spring 2019, Shalaby issued a proposal voicing concerns about the size of room 466 on the fourth floor of Newcomb Hall — the previous

location designated for prayer and meditation often used by Muslim students in between classes. Since then, Shalaby has been working closely with the University to open the Interfaith Center.

“One of my hopes is that people literally kind of bump into each other and have engaging, intellectual conversations that they learn from and come with a better understanding, better empathy for different people and different backgrounds, different

religions and otherwise,” Shalaby said.

As part of the grand opening ceremony, tour groups will move through each of the student centers. In the Interfaith Center, Shalaby is planning to gather student feedback on the types of programming students want to see.

“I’m trying again to get people to engage with the space and build some excitement around it to see what we can do,” Shalaby said.

The call for a separate Latinx Student Center received a push in Octo-

ber 2018, when a social Lawn gathering of Latinx and Hispanic students was disbanded by University police. In response, Latinx students published a proposal expressing the need for a center that would serve as a safe space for Latinx and Hispanic students.

Natalie Romero, a fourth-year College student and co-president of Political Latinxs United for Movement and Action in Society, noted in June that the Latinx community had often overwhelmed the limited space in the Multicultural Student Center.

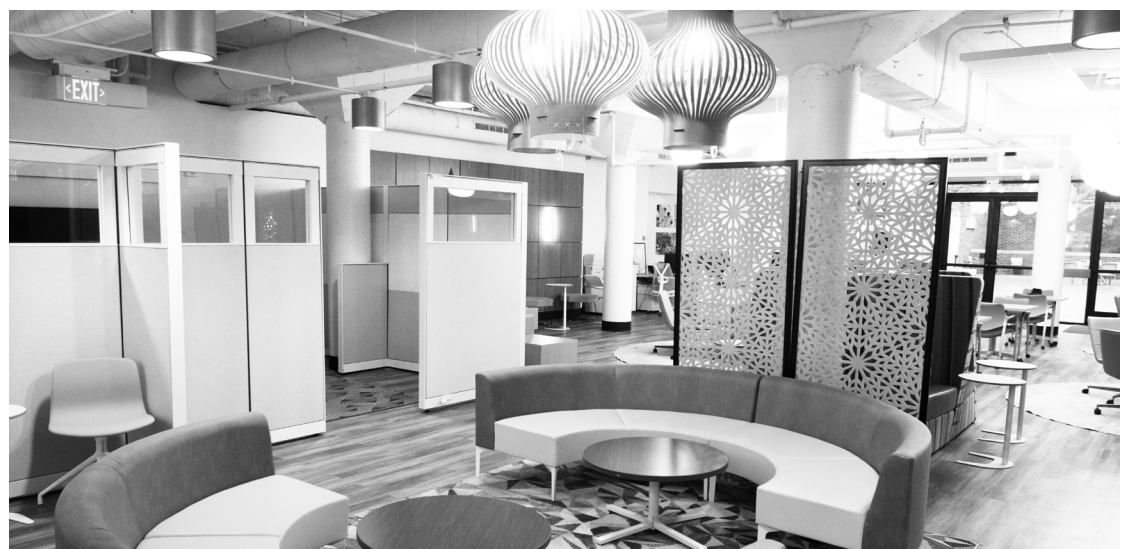
“It always felt like we were dominating the space because we were a very predominant group in the [MSC],” Romero said.

Romero stated that the Latinx Student Center is meant to support the Latinx community with its resources but will also seek to promote deeper institutional changes that seek to benefit their students — including, but not limited to, advocating for the hiring of Latinx deans and faculty and bolstering Latinx representation in the University curriculum.

In a recent interview, Romero spoke about designing the space, which includes a mural featuring elements of food and culture from various parts of Latin America.

“I think what [having the Latinx Student Center] means for a lot of us is representation and hopefully, moving forward, it will look like investing more resources into our community and into our needs,” Romero said.

According to Wes Hester, the University’s director of media relations and deputy spokesperson, no decision has been made as to what will move into the spaces formerly occupied by the MSC and the LGBTQ Center in the Newcomb Basement.



RILEY WALSH | THE CAVALIER DAILY

The University’s decision to relocate the MSC and LGBTQ Center and open the new Latinx and Interfaith Centers was initiated in June 2019 as part of the 10-year strategic plan project.

LIFE

Lights, camera and class — the life of a college YouTuber

Two University students work consistently to balance YouTube and academics

Haley Stocks and Nicole Freeman | Feature Writers

Walking around Grounds on a busy weekday, it's nothing out of the ordinary to witness a student taking a picture of her Starbucks cup with her name spelled wrong for Instagram or someone shamelessly posing for his Snapchat streaks. But seeing someone talking to a professional-grade camera on the way to class may generate a first glance that looks unusual at first. What looks unusual at first glance may actually be an iconic spotting of one of the University's most popular YouTubers filming their latest content. Third-year College student Jason Wang and second-year College student Megan Kelleher have garnered 19,300 and 13,400 subscribers, respectively, through their YouTube channels, which feature vlogs about their lifestyles at the University.

Kelleher's channel has content from all the way back in 2015, while Wang didn't start his channel until 2018 — yet both have found success and established themselves as recognizable faces to countless students on Grounds. Wang's most popular video, "A Day in the Life of a College Nerd," has over 700,000 views, and Kelleher's "How to Clean Your Room Fast in 10 Steps" has over one million views.

"I wouldn't think of myself as an influencer, but I definitely have noticed this year especially that so many first-year girls will come up to me and say, 'I watched your dorm tour, I modeled my dorm right after you,'" Kelleher said. "I am like, 'You know who I am?'"

Both of the students became involved with YouTube not quite knowing how it would turn out, and neither expected to become as popular as they did. Wang and Kelleher grew up watching YouTube and were inspired by the videos of other popular vloggers. When producing new content, Wang merges ideas inspired by various YouTubers and often takes a creative approach to making videos, using special effects to add an extra wow-factor.

Wang and Kelleher's vlogs have influenced students to not only redecorate their dorm rooms or revamp their health regiment, but even to make the decision to attend the University altogether.

"It is definitely weird to have people come up to me and say that they have seen my videos," Wang said. "I think we are pretty lucky because U.Va. is a fairly small community, and our general audience is definitely U.Va. students. I've had people come up to me and say 'I came here just because of you.'"

YouTube is unlike most media platforms which preceded it. People are able to upload content without a hefty screening process, allowing everyday people, such as college students, to have their voices and stories distributed to thousands.

"By virtue of the platform's ease and accessibility, more people now can imagine themselves as speakers, as individuals with something important to say who have the ability to reach an audience," Media Studies Assoc. Prof. Andre Cavalcante said.

This feeling of recognition and significance that is fostered by popularity on social media platforms is compelling enough to transform a YouTuber's online presence or style of content. While some YouTubers choose to focus on quality over quantity, continued relevance is often hinged on frequent publication of new videos. With it, there often becomes a strong desire to please viewers at the expense of creativity and enjoyment in the production process.

"I got into a phase of just chasing views," Wang said. "It takes the

fun out of everything when you try to make it a competition. At the end of the day, if you enjoy it then pursue it, but if you don't, then just take a step back and reevaluate."

Finding content that will attract viewers to a channel can be challenging. Even when referring to the number of views, it can be difficult to gauge what types of videos are best received. For Kelleher, the video that ends up being the most popular is not always the one that the YouTuber expected. She noted that she was surprised that her dorm-room decorating video was so popular.

A lot of what determines the popularity of a particular video are the tags and thumbnails, and even then, one can never be sure how the audience will receive it. Because popular culture is constantly evolving, YouTubers have to stay tuned with what's most relevant in order to provide the most engaging videos.

"I'll look for in a YouTube channel something interesting or entertaining if it is something like a vlog," said Julie Wylie, first-year College

student and viewer of Kelleher and Wang's videos.

When deciding what content to produce, Wang and Kelleher have recognized the importance of considering the desired effect on their audience. Having popular YouTube channels, their words and actions have the potential to impact their subscribers, whether it is inspiring them, changing their perspectives or just making them laugh.

"My vision for what I want to have an impact on has really narrowed since coming to college," Kelleher said. "Before I was just making videos and having fun, but now I have realized that I actually have the potential to help someone. I think that just sharing my story with the hope that it will help someone is my goal."

Though some of YouTube's most popular creators like Shane Dawson have managed to turn their video hobbies into a full-time career, Wang and Kelleher remain full-time students. As a result, they have taken on the challenge of producing content while also balancing academics and a social life. It can

be easy for viewers to forget that they have other commitments and to underestimate the time it takes to film and edit a video, which puts tremendous stress on the two YouTubers when they struggle to meet the demand.

"Recently I have realized that I shouldn't go by anyone else's timeline except mine, and that is when I make the best content I think," Wang said. "I took a step back a little bit and figured out my life, and now I am trying to figure out how to incorporate YouTube into my life without it being a detriment to my academic success."

Kelleher encourages beginners and aspiring YouTubers who share a similar passion to be bold and just give it a try.

"If you are excited about it, do it," Kelleher said. "Don't think about what other people are going to think because it just isn't worth your time. At the end of the day, it is for you."



NICOLE FREEMAN | THE CAVALIER DAILY

Third-year Jason Wang and second-year Megan Kelleher have garnered 19,300 and 13,400 subscribers, respectively, through their YouTube channels, which feature vlogs about their lifestyles at the University.

The ups and downs of hosting watch parties

Hosting a movie night is a lot like wielding a double-edged sword

Samantha Cynn | Life Columnist

We've all been there. It's a Wednesday night, you have 300 pages of readings due the next day, and you're already stressing over an assortment of deadlines scattered over the next month or two. You've yawned at least seven times in the past five minutes and have had to reread the same paragraph 10 times over. Clearly, nothing is going to get done tonight.

Two options sit before you. You could be a responsible University student, dedicate yourself to the task at hand and work through the night. You could shake off the sleep threatening to overtake you and return to your readings with a renewed vigor, maybe after taking a short break to clear your head. Hey, you might even finish early! Then, you can bask in the pride and satisfaction of having completed all your assignments and being productive with your time and energy. Just think — your parents would be so proud of you.

Or you could host a watch party. That's an option too.

In case this buildup wasn't obvious enough, I spent a large part of the previous semester calling up my friends and inviting them to watch a movie or binge a TV show at ungodly hours of the night. Everyone I asked always accepted my requests without fail. As a result, we developed a habit of making bad decisions on weeknights. I could expect a message around 10 p.m. every night asking if anyone was free to meet up, and — regardless of whether I actually was free or not — I was sure to respond with a "yes" every time.

Hosting watch parties comes with plenty of ups and downs right from the start. First, there's the issue of snacks, because you simply can't expect people to watch a movie without something to munch on. Whether the snacks are chips, ramen or Auntie Anne's cinnamon sugar pretzels, having a steady supply of food for the night is essential to the watch party experience.

Then, the group is tasked with the peculiar duty of picking out a movie or show that everyone present will enjoy. This can be especially tricky when one person's favorite genre is horror, while another can't stand the sight of blood and has a preference for action-comedy. We would drift from movie to movie, show to show, eager to find one that fit all of our tastes. There were inevitably some misses. "200 Pounds Beauty" was divisive and met with mixed reactions. "About Time" annoyed us all out of our minds. And — much to my well-deserved, yet perfectly reasonable horror — the old classic "Pulp Fiction" was not well-received by any of my friends, who found it stale and uninteresting.

Once all of the setup has been completed and the perfect movie has been selected, though, the appeal of hosting a watch party in the first place becomes crystal clear. Playing through the interactive "Black Mirror: Bandersnatch" on Netflix kept us up until the early hours of the morning. "The Lobster" — a favorite of mine — had me cackling as I watched my friends react to a few of the more unorthodox scenes. We all visibly squirmed in our seats during "The Room," and one attendee dabbed at her eyes during a particularly emotional moment in the movie "Gook."

A favorite watch party memory of mine



Being able to do something as trivial as eat snacks and watch movies after a long day can be refreshing.

involves the HBO show "Westworld," which I off-handedly suggested on one of these fateful nights. We ended up binging the entirety of the series' two seasons in only a couple of weeks. Seeing the others puzzle out the intricacies of the plot and gradually piece it all together was more entertaining than the show itself at times. One friend became so fixated on finishing the show that he neglected to study for an exam he had the following morning, instead insisting that we spend the night watching "Westworld." Unfortunately for him, he failed the exam. Given that he ended up getting near-perfect scores on all other tests in the course, the prime culprit for his poor performance appears to have been his "Westworld" addiction. It was a sign that it was time to start prioritizing actual classwork over movie nights.

Though perhaps choosing to have a watch party on a weeknight is not the brightest of ideas, it has certainly made for some fun times — and isn't that arguably just as important a part of college life as academics? Spending time with friends should not get in the way of keeping up with schoolwork and other educational responsibilities, but it is also important to let loose every so often. Obsessing over grades and upcoming deadlines without any breaks will only serve to make your time at the University miserable. Being able to do something as trivial as eat snacks and watch movies after a long day can be a refreshing way to keep your spirits high and your stress levels low.

I don't have any plans to put an end to these watch parties. Just two weeks ago, we saw the Korean film "Parasite" and are now going to watch the Oscars together as well — and, unsurprisingly, my friends are eagerly anticipating the release of the third season of "Westworld." However, I am going to do my best this semester to only host movie nights at reasonable hours. In other words, I am hoping there will not be a repeat of last semester's cycle of all-nighters and lectures spent struggling not to fall asleep. I encourage others to do the same. Take the time to enjoy your free time and forget about the stresses of everyday academic life, if only for a little while. Just maybe don't do so at the expense of your much needed and extremely necessary eight hours of sleep — I'm speaking from personal experience here.

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Love Connection: Peter and Alex

Peter and Alex met on the Corner Friday at 1 p.m.

Katherine Schwartz | Love Connection Writer

MEETING UP

Peter and Alex met around 1 p.m. on the Corner.

Peter: I woke up, I was pretty tired. I had an Arabic quiz at noon and got out at 12:50. And I thought I'd get out earlier, but I didn't. So after the quiz I walked over towards the Corner and called Alex. She was still in bed, but then she ordered an Uber and came. And then, neither of us really wanted to make a decision about where we were going to eat, but then we ended up going to Boylan, which was super fun.

Alex: Yeah, so I went with Peter on a nice lunch date to Boylan Heights. It was raining, and we met outside of Mincer's.

Peter: I think we just started walking down the hill down the Corner and couldn't make a decision on any of the other places, so Boylan was kind of like the last line of defense.



COURTESY PETER LAYNE

Peter Layne: First-year College student
Childhood Hero: Michael Phelps
If you could describe yourself as a movie/album title, what would it be: Dazed and Confused
Ideal First Date: Dumpplings from the dumping truck
Deal Breakers: Milk in the bowl before the cereal

INITIAL INTRODUCTIONS

Alex: Peter said he really liked the food and the general atmosphere there. And since it was raining, it seemed like a nice place to go sit inside.

Peter: We talked about her upcoming trip to Nepal. And it sounds like her dad has done a lot of climbing and stuff, so we talked about that for a while. We talked about summer jobs. I worked at a gas station, and she worked as a sailing instructor — yeah, interesting contrast. Hers sounds like way more fun than mine was.

CASUAL CONVERSATIONS

Alex: First we talked about how extensive the menu was — lots of options at Boylan. But he told me he liked the wings, so he ordered the wings. And I decided to order the wings too because I thought that celery sounded nice and fresh because I was not feeling great on that Friday morning. So yeah, we got that. Peter's a Texas boy from Austin. We talked about his upbringing there. We talked about my life too, in Greenwich and California. And he told me that he spent the beginning of his life in Washington D.C. And then he told me that he actually played on Prime Time Lacrosse, which is the lacrosse team out of Westchester County, N.Y., which a lot of the boys from my high school play on.

Peter: Alex talked about her get-rich-quick scheme of student charging very expensive textbooks, reading them in two weeks or so and then returning them for cash as a way of making money, since her parents pay for them, but she can get the cash back. Yeah, pretty absurd. She's really

into it. We laughed for a long time about that.

Alex: We talked about his dog Shortcake. I would say Peter and I are mere acquaintances, but I remember the first time I came across Peter he told me his dog was named Shortcake, which I thought was a funny name, so I put it to memory. So I remembered to ask him how Shortcake was doing. Then he told me he has a cat too, an evil cat. They had to get their cat declawed because it would swipe at his friends.

Peter: I don't think there were any red flags. I mean, I had a really good time. Knowing Stengel a little bit, like, the whole textbook thing, if I didn't know her at first I would've been like, 'Uh, okay.' But knowing Alex, that's just how she is.

Alex: So I was out on Thursday night, and I ended up actually losing my phone at this house. And then I didn't realize I had lost it until I got to this other house. But the jacket that I was wearing actually had holes in the pocket, so I've lost my phone a lot wearing it. Actually, the night of Christmas formals, I had lost my phone in Mad Bowl, and I was trying to go get it on my own and then ran into Peter. He went with me [to Mad Bowl] because he didn't want me to look for it alone. That was one of the first times I met Peter and knew that he was just a great boy. So anyway, on Thursday I was looking everywhere for my phone. I didn't see Peter that night because of boys' rush rules, but it turned out that he had been one of the most recent texts on my phone because he'd been texting about our date. So when the boys at this house found my phone they called him by swiping on the text. And so Peter had been looking everywhere for my phone, and I hadn't seen anyone else that night, so Peter found my friend and gave it to her. The next day I woke up and I emailed my friend telling her that I'd lost my phone, and then she emailed back and said she had it and that Peter had given it to her.

Peter: We talked about how I saved her phone the night before. So I didn't actually see her that night, but I was texting with her. Maybe about where we were going to go to lunch. And I guess she had left her phone somewhere or lost it somewhere. And whoever found it saw my name because I had just texted her. So they called me, and said, "Hey, we have this girl's phone, could you come meet it and give it to somebody?" So, I left where I was and went to Mad Bowl to come meet them. I took the phone from there. And that's when I found one of her friends and gave it to her to give [to Alex].

Alex: The other thing that's funny about that, I'm usually really good with names, but when I first got to school I was overwhelmed with names, so I put identifiers next to people's names [in my contacts]. And so, when I met Peter, it was like, right after summer and so his hair had highlights, but they were really ginger highlights, and he had a lot of freckles. So I put his name

contact in my phone as Ginger Pete, and I just have never changed it. So when those boys found the phone they were calling the contact Ginger Pete.

Peter: Our lunch was interrupted by Cole and Parker. Good to see those guys. It was nice sitting at Boylan and people watching. Hard to describe it, but we were sitting in that area by the window that overlooks the Corner, so we saw a lot of familiar faces.

Alex: Cole Wise, a previous Love Connections alum, actually was at Boylan getting lunch with his friend, Parker Driscoll. And they came up to us and said hi, asked us how our date was going and they actually took our picture. But yeah Peter is a charming, I would say, casual ginger. A nice boy.

Peter: After we ate, we got our checks and still sat there for another hour just because it was cold and rainy out, and I don't think either of us really wanted to leave. And we were just having a good time talking. Super fun. And then she wanted to Uber back [to] dorms, but I convinced her just to walk because that seemed a little excessive. The rain had stopped a little bit, so it had turned out to be a nice day.

SAYING GOODBYES

Alex: Well, after two hours of conversation, he offered to walk home to dorms with me in the rain. But then we actually saw some friends in the window at Corner Juice so stopped by there and recounted our date to them.

Peter: I thought it would be a little bit more awkward, but it wasn't. The conversation never really dropped, so there was never any long pause or awkward silence, which was nice. Super fun. I think we were both tired. I think neither of us really wanted to do anything that day, so we just kind of sat there for a long time, people watched.

Alex: I don't know, is this love that I'm feeling? Just kidding haha. But no, it was fun. I actually had a really fun time. I was feeling like s—t that day, but it was still really fun.

FUTURE PLANS

Peter: Yeah I would [go on another date]. I had a good time. It's also just nice to have an actual meal with someone because the past few times I've seen her has just been when we're out and about, but it's nice to sit down with someone.

Alex: Yeah, [I] totally [would go on another date]. I think Love Connection is great, a nice way to get to know people better. It wasn't a blind date for me, but I had never been alone with Peter in that setting before, so it was still a nice way to get to know him. It took me a lot to get out of bed that day, but I'm glad I did it.



COURTESY ALEX STENGEL

Alex Stengel: First-year Architecture student
Childhood Hero: Lindsay Lohan
If you could describe yourself as a movie/album title, what would it be: Putin's Kiss (2011)
Ideal first date: Customizing a sandwich at Sheetz
Deal breakers: Android user

Top 10 reasons why being single on Valentine's Day rules

After Feb. 14, I will have been single for 18 out of 18 Valentine's Days — here's why that's not bad

Riley Phillips | Top 10 Writer

1. You don't have to buy expensive presents

So many people shell out hundreds of dollars on jewelry, flowers and fancy chocolate. While most people appreciate these gifts, they are overpriced just because they are Valentine's Day themed. If you want some chocolate or a nice necklace, you can wait until Feb. 15 to buy yourself on-sale items.

2. There's no pressure to go somewhere fancy

Don't get me wrong, eating microwavable food and Chick-fil-A every day does get tiring, but many students would much rather go to a mediocre restaurant with their friends than spend their whole paycheck eating at a restaurant that's way overpriced. Instead, you can eat at Got Dumplings on the Corner or even chill at O'Hill.

3. You can spend more time with friends

We've all heard of Galentine's Day, where girlfriends get together and celebrate friendship. No matter the gender of your friends, it is fun and important to make time for your pals and show how much you appreciate them. You now have a whole day free to get brunch at The Pigeon Hole on the Corner or just hang out with those who matter to you.

4. You have more time to catch up on work

Doing readings and studying isn't fun, but we all have to do it. When you are stretched for time, having a whole evening open to do whatever you're pushing off is a blessing. Midterms are coming up and we all already have papers to complete, so get a jump start to avoid the stress. It may not be the most Instagrammable way to spend your day, but the feeling of relief and accomplishment of finishing your assignments is better than that feeling of butterflies in your stomach.

5. You can relax at home

If you're as much of a homebody as me, having an excuse to stay in and watch Netflix is amazing, especially if you've had a tough week. If you want to stay in and catch up on your favorite shows or get a couple extra hours of sleep, there is no commitment stopping you. Take a break from your assignments by just being lazy for the day.

6. You don't have to deal with the drama of knowing your label

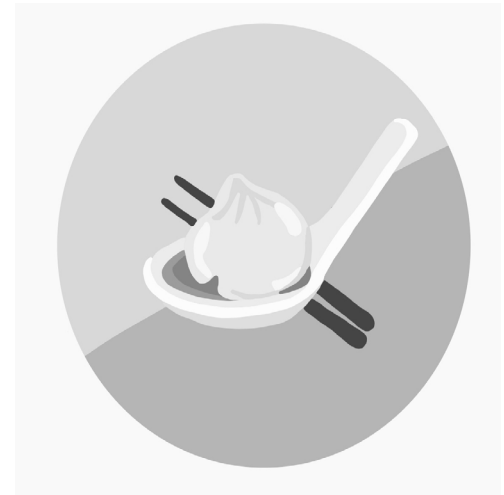
As Valentine's Day approaches, many people are wondering what they and their partner actually are. Are we a couple, a one-time fling or almost in a relationship but not quite there yet? Being single means you don't have to worry, and you can find comfort in the fact that you know exactly what your relationship status is. There's no anxiety over whether or not you should go on a Valentine's Day date.

7. You can go looking for a new boo

Being single isn't always sunshine and rainbows. Some of us do want to meet someone, and a Valentine's Day first date is a cute idea — you can have some romantic fun without all the gifts and formalities. So break out Bumble, Tinder or The Cavalier Daily's Love Connection form and have some Valentine's Day fun.

8. There are fewer calories involved

As much as I would love to eat a bunch of chocolate, it is definitely unhealthy, and if you get tons of candy, a cheat day can easily turn into a cheat week. If your New Year's resolution is to eat better, you won't have to stress about breaking your healthy streak with a nice dinner or candy with your partner. Instead, make yourself a tasty and health-conscious meal that will make you feel great.

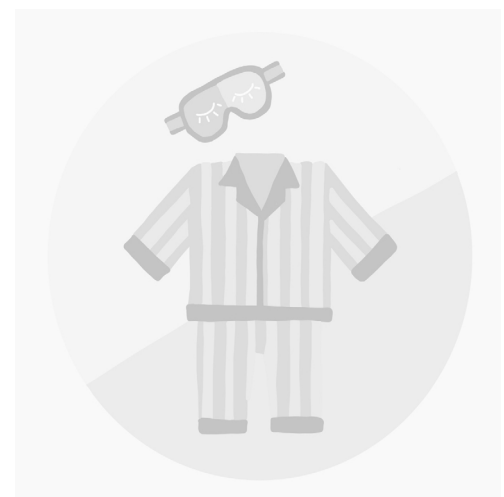


EMMA HITCHCOCK | THE CAVALIER DAILY

Many students would much rather go to a mediocre restaurant than spend their whole paycheck on an overpriced meal.

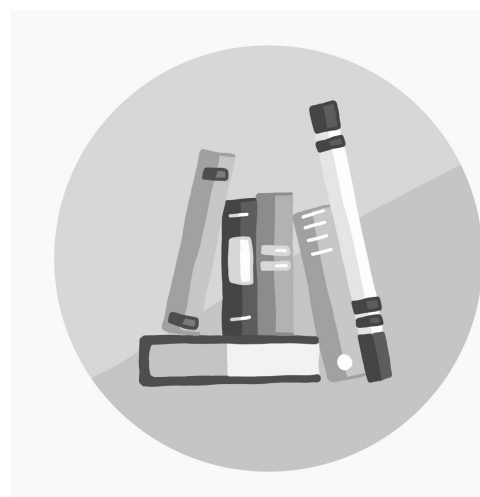
9. You don't need to dress up

Many people spend their time on the 14th doing their hair, finding the perfect outfit and coating their face with the best makeup around. Don't get me wrong — dressing up is fun. But it can be exhausting, especially after a long week when all you want to do is wear leggings and a sweatshirt. Put that hair up in a bun and rock those sweatpants.



EMMA HITCHCOCK | THE CAVALIER DAILY

If you want to stay in and get a couple extra hours of sleep, there is no other commitment stopping you.



EMMA HITCHCOCK | THE CAVALIER DAILY

The feeling of accomplishment after finishing your assignments is better than that feeling of butterflies in your stomach.

10. You can learn to love yourself

While finding confidence in another person is not bad in and of itself, your relationship with yourself is the most important. It can be so easy to get caught up in other people's lives that we neglect ourselves. Especially with how competitive the University is, it is important to remind yourself that you matter and have value. This Valentine's Day, give yourself the same amount of love that you give other people by reflecting on all you've accomplished and what makes you amazing.

SPORTS

The path to equality: Women's sports, then and now

The University became fully coeducational 50 years ago, and since then, women's sports programs have grown tremendously

Eva Surovell | Senior Associate

Today, women make up more than half of the student body at the University and participate in 14 out of 27 varsity athletic teams. The athletics department is headed by Carla Williams, the first female African American athletics director at a Power 5 conference school. However, things weren't always this way.

The University didn't become fully coeducational until 1970, when 450 women enrolled in the College of Arts and Sciences as undergraduate students. Though no official female teams existed before gender integration, a few women still found a way to play sports.

Mary Slaughter — the daughter of Edward Slaughter, for whom Slaughter Recreation Center is named — joined the men's tennis team in 1954 and became the first woman to earn a varsity letter at the University. She went on to win the Virginia State Women's Championship in 1959, 1961 and 1963, before beginning a teaching career at the University of Illinois. In 1966, 12 years after Slaughter's debut, Nursing student Mary Brundage joined the men's swimming team.

Coeducation brought with it three guidelines for all women's sports programs at the University — potential teams had to play for one year on the club level to prove that they could survive if elevated to varsity status, were obligated to have sufficient competition within both Virginia and the ACC and were required to have adequate facilities available for practice. Under these regulations, the women's basketball, field hockey and tennis teams were established in the fall of 1971.

Title IX — signed into law by President Richard Nixon a year later, in June 1972 — would change women's sports forever. While its overarching purpose was to require institutions receiving federal assistance to provide equal opportunities regardless of sex, the law ended up accelerating the expansion of many athletic programs nationwide. Universities could comply with the law in one of three ways — by maintaining a population of female student-athletes substantially proportional to the population of female students, demonstrating a history of adding sports for the underrepresented sex or proving that the university had accommodated all interests.

"What Title IX shows is that it wasn't that women didn't want to play — it's that there were institutional barriers preventing them from actually participating in sport," said Bonnie Hagerman, assistant profes-



COURTESY VIRGINIA ATHLETICS

Jocelyn Willoughby, Diana Ordonez, Rachel Robinson and Kate Covington are just a few of the female athletes who represent Virginia today.

sor of women, gender and sexuality. "Once you had Title IX, you had a lot of improvement in terms of access to those sports and you had recourse for it too."

Despite the improvements Title IX was sure to bring, things didn't change overnight. Schools were given until 1978 to make sure they were in full compliance with the law.

Months after Title IX had been passed, for example, the women's club tennis team still had to rely on a volunteer — fourth-year Ted Putziger — to serve as their coach. But that was just the beginning of their problems.

"For a tennis match against Hollins this fall, Ted had to get some of his fraternity brothers to help with transportation since the University doesn't provide any for us," club member Lore Steinhauser said in an interview with The Cavalier Daily in 1972.

In addition, members had to figure out how to pay for entry fees to tournaments, equipment and uniforms using just \$174 from Student Council, because as a non-varsity sport, they didn't receive any financial support from the athletic department.

"The treatment the tennis club has received is only typical of the struggle girls' sports have had since the beginnings of coeducation three years ago," Barbara Hand wrote in a Cavalier Daily article, entitled "Girls' Club Sports Compete Despite Discriminatory Policies," in November 1972. "Instead of giving girls sports clubs special attention and help since coed-

ucation is so new on the Grounds, the University's attitude seems to be 'let them develop the hard way.'"

Club tennis was promoted to varsity status in the spring of 1973, then finished its first official season with a 5-2 record.

Four years later, Margaret Groos became the first woman at the University to earn an athletic grant-in-aid — thanks in part to Title IX — when she joined the cross-country and track and field teams. In track, Groos set records in every distance event during her time at the University.

In 1981, women's track and field won the University's first non-NCAA women's national championship. Later that year, the cross-country team became the first female team to win an NCAA women's championship title. Five cross-country runners achieved All-American status that season as well. The team secured its second national championship win the next season.

The 1995-96 school year saw the promotion of women's rowing to varsity status in order to comply with Title IX, as the addition equalized the number of men's and women's sports varsity teams at 12.

Since its inception, women's rowing has become one of the most successful programs at the University. The team has won every ACC championship since 2010 and secured NCAA championships in both 2010 and 2012. Men's rowing remains a club sport to date, and according to Hagerman, it's unlikely that the team

will ever attain varsity status because of Title IX rules.

At the 1996 Olympic Games in Atlanta, Dawn Staley and Melanie Valerio made University history when they became the first female alumnae to win gold medals. The two competed as members of the USA basketball and swimming teams, respectively. Today, Staley holds the record for the most individual Olympic medals and the record for most individual gold medals of any University alumni.

Four years later, in 2000, William C. Eacho, Jr. donated \$1.4 million towards creating a scholarship endowment for a women's golf program. Almost a year later, University Athletics Director Craig Littlepage announced that the team would begin competition in the 2003-04 academic year.

However, the creation of a women's golf team did not come without controversy. In 2001, the Virginia 2020 Strategic Task Force for the Department of Athletics released a report recommending that the University adopt a tiering system for its sports programs.

The report also suggested eliminating the men's indoor track and field team and replacing it with women's golf to combat the department's growing budget deficit and move the University closer to being in compliance with Title IX's proportionality requirement, which mandates that women's representation in athletics be proportional to its representation in a university's student body. If not dropped, men's indoor track and field would be a part of the lowest tier

and would in turn receive the least amount of funding. Several University athletes and coaches expressed concern over the proposal and it was rejected by two committees of the University Board of Visitors later that year.

Hagerman explained the refusal to cut men's sports largely in terms of Title IX.

"When you delete programs, even if you're deleting programs for men and women, it still hurts women more than it hurts men because you have so few programs for women in the first place," Hagerman said.

Despite the contention, women's golf was still added as a varsity sport. The team debuted with a 302-334 win against Richmond in 2003, making it the 13th women's program to be established at the University.

Another women's sport wouldn't be added for another 14 years. Thanks to a donor gift, club squash — both the men's and women's teams — was promoted to varsity status in 2017, making it the 14th and final women's sport to be added.

Since the start of coeducation, female students and alumni have competed in nine different Olympic Games. They account for 10 gold medals, are responsible for seven NCAA championships — compared to five gold medals and 20 NCAA championships achieved by male athletes — and have received numerous other awards. In other words, things certainly have changed in the last 50 years.

IM-Rec hosts inaugural “Ladies Night” at the AFC

Intramural and Recreational Sports’ event at the Aquatic & Fitness Center committed to making weightlifting more accessible for women at UVA.

Mara Guyer | Feature Writer



MARA GUYER | THE CAVALIER DAILY

Over 200 students attended IM-Rec's Ladies Night, hosted at the AFC Jan. 30.

The soundscape of the weight room echoes with effort. People grunt through difficult final reps, weights slam to the ground, barbells squeal as they roll across the pins. While anyone can make these sounds, Natalia Perez, Intramural-Recreational Sports personal trainer, says they reinforce the weight room's reputation as a gender-segregated space. That's why she pitched an event last fall with Jackie Lebeau, senior director of fitness and instruction, intending to carve out space for female and nonbinary students in the weight room.

"Historically, [the weight room has] been a space where women have routinely been marginalized and felt unwelcome," Perez said. "Both because of the geographic space — it's back in the back corner of the gym — [and] because of the accessibility of the equipment we have in the space, the sounds are equally complicit in all of this. Those are things that aren't necessarily negative, but they're things that play a factor in whether somebody wants to walk in the room."

Jan. 30, their gender-inclusive vision became reality as over 200 students gathered at the Aquatic & Fitness Center for the gym's inaugural Ladies Night. The line snaked from the weight room to the front desk as novice and ex-

perienced weightlifters waited to register and collect free merchandise including tank tops, T-shirts and snacks.

"I would have never in a million years thought that many people would come," Perez said. "We've not always had the best success with marketing and reaching the student body, and I feel like we've made enormous strides toward that today."

Male and female trainers, instructors and staff circulated in the weight room to offer tips and equipment tutorials to students who wanted to learn or improve their form. Second-year College student Abby Keatts — who worked out in the weight room for the first time Thursday night — emphasized the educational and financial value of the free event.

"I want to be able to take advantage of the resources we pay for," Keatts said. "This is a free opportunity to learn to do it the right way. Everyone has been really encouraging — they want you to learn."

Students at the event began to ask questions and practice using the equipment with each other, as well as with gym staff. As groups gathered around certain pieces of equipment, the evening took on a collaborative spirit. Attendees recommended and critiqued the

kinesiology department's women-only and all-gender weightlifting classes, discussed their personal attitudes toward the space and gave pointers about form and technique.

Third-year College student Hannah Lewis is currently enrolled in a co-ed weightlifting class, which she decided to take with her housemates. That experience proved useful Thursday night, when she taught another participant how to use unfamiliar equipment.

"I had already done the bench presses so I started helping out a woman there," Lewis said. "She was so excited. It's fun. There are a lot of people, which is cute."

Even among women who had used the weight room before, intimidation was a common theme for participants, as they discussed their comfort level with the space on a normal day. Perez described why holding the event at the AFC was so meaningful.

"The reason why we did it in this room is that this room kind of represents something, and it has symbolic currency as a space of physical exertion, and culturally, we associate that with masculinity," she said.

Second-year Curry student Sequoia Waite spoke directly about gender when explaining why she had never worked out in

the space before.

"I'm always kind of intimidated by the weight room," Waite said. "It's always filled with these big honcho guys."

For Waite and Keatts, the experience they gained at Ladies Night created a new sense of confidence in navigating the weight room. Despite being first-timers, both suggested they would probably come back without the structure of a similar event.

"Just knowing that I can do it and [knowing] what I'm doing helps," Keatts said. "I usually come to the AFC and stay in my area upstairs, so now I'm excited to diversify my workout."

Some attendees criticized the gender dynamics of the event. Second-year College student Janie Cai voiced concern about the way Ladies Night reinforced the gender binary.

"Women don't always feel comfortable here but there are better ways to create accessibility," Cai said.

She observed that the shirts made for the event — which included the pun "pow-her-ful" — only referenced women, despite the nonbinary-inclusive language in the event's billing. Cai also pointed out that groups tabling outside the weight room Thursday night for organizations such as Barbell Club included men, which could impact the event's goal to create a non-threatening space free from the male gaze.

Perez acknowledged the complicated role of gender at the event.

"In an ideal world, honestly, I wish we had more female trainers on staff," Perez said. "Because the reality is that a lot of females feel more comfortable with a female trainer. I was a little worried initially when they said we'll bring some of the male trainers on, but now seeing it in fruition, I don't think it's strange at all. I really think the event is going just as well as it might have if there were only female trainers."

Conservative outlet CNS-News posted an article about the event Wednesday, characterizing it as "sex-exclusive" and discriminatory against male students. In an email to The Cavalier Daily, Michael Shipe, director of marketing & communications at IM-Rec, declined to comment on the article but stressed that Ladies Night had support across genders.

IM-Rec added an event to their Facebook page Jan. 31 for a "Men's Night in the Weight

Room" April 2. Shipe explained that the event — like Thursday's program — is intended to teach the basics of lifting to people that feel uncomfortable in the weight room.

"We are in regular contact with the University's Office of Equal Opportunity and Civil Rights (EOCR) and spoke with them before we announced our plans to host Ladies Night," Shipe said in an email to The Cavalier Daily. "They recommend that we have an opportunity for male and non-binary students equivalent to the opportunity given at Ladies Night — the same thing we were already planning."

Some students that supported the event for women were frustrated by the implication that men and women face comparable levels of discomfort in the weight room. Second-year College student Noah Strike criticized the Men's Night plan.

"The weight room is a dominantly masculine space," Strike said in a Twitter direct message to The Cavalier Daily. "The addition of 'ladies night' was intended to break down its inherent masculinity & create a space comfortable for women. The addition of 'men's night' is a slap in the face."

The weight room was closed off to male students between 6:30 p.m. and 8 p.m. Jan. 30, though facilities at the University's three other fitness centers remained open. As the event ended, some attendees stayed behind while other students filtered into the room.

"I think events like this are precisely what's going to help bring more women into that space, and start to change the dynamic," Perez said. "In an ideal world, we'll start having an event like this at Slaughter, and then one at Memorial, and then one at North Grounds and just like, teaching women that it's okay to be in that room ... I think, honestly, the culture of the room will change for the better."

OPINION

LEAD EDITORIAL

Charlottesville's justice system must address racial disparities

Charlottesville must break from national trends of disproportionate representation in its criminal justice system

In early February, Charlottesville City Council discussed a report of data from 2014 through 2016 that highlights the disparities that exist between black and white residents in the Charlottesville and Albemarle County criminal justice systems. These disparities have been blatantly apparent for generations and have yet to be fully addressed.

This report, which was published Jan. 20, illustrates that Charlottesville courts are following a national trend of racial disproportionality in our country's justice systems. Despite comprising only a small fraction of the local population, black men account for a clear majority of inmates at the Albemarle-Charlottesville Regional Jail. Black men — who make up about 8.5 percent of the Charlottesville population and 4.3 percent of the Albemarle County population — represent 51.47 percent of bookings in Charlottesville and 37.56 percent of bookings in Albemarle County.

The data outlined in the report

underscores the incredible amount of work that Charlottesville needs to undertake to provide adequate reform in its justice system. Without it, the city will continue to allow black residents to face further persecution that leads to a higher poverty rate among black residents.

The report also highlights the degree to which implicit bias influences the local criminal justice system. Specifically, it found that "For crimes of similar seriousness, African American males were 31 percent more likely to be found guilty than were white American individuals." The criminal justice system is failing minority communities — and, in particular, failing black men and families — in the Charlottesville area. The City cannot idly sit back and watch as the black community in Charlottesville faces this level of oppression. While some attempts at reform have been put in place in recent years, there is clearly so much more that needs to be done in order to truly disman-

tle the structural issues causing this persecution of black citizens.

This over-policing of the black community is a key element that has kept a disproportionate amount of the country's black population in poverty. The report notes that "the preponderance of evidence nationally, show clearly that criminality does not operate in a vacuum; it is impacted and increased when poverty and homelessness are high, and education and employment are low." However, we must ask ourselves why we see such disparities in crime between low-income and richer areas. The structural aspects of our society often expose those in low-income areas to crime throughout their lives, and a lack of resources in low-income areas often perpetuates a cycle of crime. Moreover, the injustice seen in local justice systems — such that was detailed in this report — only further the cycle of crime and poverty.

This report is not necessarily surprising — the subjugation of the

black population by local law enforcement is a story seen all too often throughout the country. Charlottesville attorney Jeff Fogel even said, "The fact that black residents have disproportionate contact with the police and courts is not news — black members of this community have always known this; attorneys have always known this."

The report does, however, provide local authorities with clear and obvious facts about the issues plaguing the local justice system. MGT Consulting Group reported these findings and outlined policies on Monday to City Council.

Now it is the job of City Council to seriously consider the issues that arise from this report and address potential solutions to the problem. For instance, City Council should continue prioritizing the solidification of a Civilian Review Board, among other possible solutions. This Review Board is comprised of many people, for example Charlottesville residents from historical-

ly disadvantaged communities, as well as a non-voting member with direct experience with the Charlottesville Police Department. The Charlottesville Police Department must work further to establish better trust with the communities they are supposed to serve. This board would work to increase transparency and confidence between the Charlottesville community and its police department.

It is undeniable that local law enforcement and the criminal justice system itself have failed the black population of Charlottesville and Albemarle County for far too long. It is time for local authorities to finally acknowledge this — the report makes it clear that the issue can no longer be ignored.

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Abolish legacy admissions at U.Va.

The use of legacy status in the admissions process only provides an unfair advantage to white, wealthy and well-connected students

At the University, the Office of Admission takes into consideration the legacy status of applicants. Legacy status is defined by the University as “a student whose parent, step-parent, or adoptive parent has a degree from UVA.” Students with this status are almost twice as likely to be admitted to the University than their non-legacy counterparts. Many institutions across the country consider the legacy status — and these legacy students are overwhelmingly white, wealthy and admitted at higher rates than non-legacies. If the University seeks to have fair and equitable admissions processes — which it should, as a public institution — it should stop considering legacy status.

Legacy admissions disproportionately benefit white applicants. From 2009 to 2014, 27.28 percent of white students admitted to Harvard were either legacy, on the “dean’s interest list” or were the children of faculty, compared to only 5.82 percent of black students admitted. Here at the University, in 2018, eight percent of all admitted students were white legacies, while less than one percent of admitted students were non-white legacies.

Furthermore, legacy applicants to the University continue to be admitted at higher rates than non-legacies. For class of 2023, 42 percent of legacy applicants to the University received

an offer of admission — nearly twice the rate of non-legacies. Although the mean SAT score of legacy applicants was 11 points higher than non-legacy applicants, this small difference clearly does not account for the massive difference in the offer rate. Further, since legacy students tend to be wealthier, they most likely have access to resources like SAT prep courses that many non-legacy students do not

have access to. On the Alumni Association’s FAQ page for their Admissions Liaison Program, which provides resources to legacy students, it states “legacy tie is a positive supplement to your application, and while impossible to quantify, legacy status is an important consideration in the deans’ application review.” It’s no secret that legacy students are given an advantage in the admissions process.

As a public institution, the University has a duty to democratize education, level the playing field and have a fair and equitable admissions process.

Not only do legacy students have a leg up in the formal admissions process, but there are also informal processes that afford them an advantage. The University maintains an admis-

sions “watch list” that flags “high priority” applicants — including legacy students and students linked to major donors — for additional review. This additional review can move a student to the waitlist, or even result in an admissions offer that would not have otherwise been given. The University notes that this “watch list” can also benefit first-generation applicants, but this is not the same as providing a

second look to legacy applicants. Legacy applicants presumably have access to resources like SAT prep courses and private schooling that would allow them to get into the University on their own merits. They would have access to other resources as well like the aforementioned Admissions Liaison Program, while first-generation applicants do not have access to these resources. Nevertheless, the University provides legacy applicants with yet another advantage in the admissions process by the usage of the “watch list.”

Universities like U.Va. offer two main defenses of maintaining legacy admissions. The first, given by Prov-

ost Liz Magill at Student Council’s forum on the University watch list, is that legacy students bring “intergenerational connection” to the University. The University has been a majority white and wealthy institution since its founding — thus, it is going to be mostly rich white students who benefit from this “intergenerational connection.”

Further, the main reason why

many universities would want to foster this intergenerational connection, and the second defense of legacy admissions, is that it increases alumni donations to the University. There is a common belief that alumni are more likely to donate if their child is accepted into the University, but this has not been proven to be true. A study that tracked alumni donations from 1998 to 2008 at the top 100 American universities showed that legacy preferences do not correlate with increased donations from alumni. At Yale, the rate of legacy admissions from 1998 to 2010 decreased, while alumni donations increased. Further, universities such as

MIT, Cal Tech, Oxford, Cambridge, UC Berkeley and Johns Hopkins do not consider legacy status, and none of them are strapped for cash.

While about 42 percent of admissions directors at private institutions take legacy status into consideration, only six percent of admissions directors at public institutions do — which includes the University of Virginia. As a public institution, the University has a duty to democratize education, level the playing field and have a fair and equitable admissions process. By considering legacy status in the admissions process, the University runs contrary to that duty.

The University must abolish the consideration of legacy status to provide a fairer admissions process to this public institution. If the University wants to be “a top destination for first-generation students” and both “great and good,” it cannot continue to provide unfair advantages to white, wealthy and well-connected students. Abolishing legacy admissions will send a clear message that the University is truly committed to cultivating a more diverse student body and living up to its creed as a public institution.

ELLIE BRASACCHIO is a fourth-year student in the College and currently serves as the President of Student Council.

What’s changed since Rolling Stone? Not enough

Recent reports of sexual violence and student safety statistics demonstrate the need for continued improvement in survivor support and sexual assault prevention

Two months ago, C-ville Weekly published a review of the University’s years-long response to the now-infamous Rolling Stone article of 2014. The article detailed the original Rolling Stone piece, the University’s short- and long-term responses, the cultural shifts on Grounds and current student concerns over work that has yet to be done. C-ville Weekly asks the question, “What has (or hasn’t) changed at UVA since Rolling Stone?” I have an answer — not enough.

The original Rolling Stone article — titled “A Rape on Campus” — alleged that a University student was raped by multiple men at a fraternity party. When she reported the incident months later, the University failed to respond in a meaningful way. While the story was later found to be false after review by the Charlottesville Police Department, it nevertheless brought to light the pervasive culture of sexual assault on Grounds — especially among fraternities. Dozens of survivors of sexual violence shared their own stories in the online comments section of the Rolling Stone article, and the federal Office for Civil Rights began an investigation into the University’s Title IX policies — later finding them to be in

violation of federal law. The Office for Civil Rights has initiated four investigations into the University’s Title IX policies and potential discrimination, two of which are still active.

The University took a number of steps in response to the Rolling Stone article. It temporarily suspended Greek Life organizations, overhauled its Title

While the University has made strides in survivor support and prevention, more must be done to educate students, prevent assault and support survivors.

IX reporting and adjudication process and implemented a number of training modules and awareness events for first-year students. The culture surrounding sexual assault and prevention has also dramatically shifted. The Women’s Center and CAPS received increased funding and resource support from the University — allowing them to hire new staff and begin to offer new counseling and advocacy programs. Numerous prevention-based contracted independent organizations formed and others amplified their work to destigmatize sexual assault and educate students on consent, survivor support

and reporting. While we have come far, we are nowhere near where we ought to be.

In just this past weekend alone, a sexual assault — which was an alleged multiple-assailant rape in on-Grounds housing — was reported to University authorities. The University’s Annual Fire Safety and Security Report,

released in October, found that 28 incidents of rape, 16 of fondling, 30 of intimate partner violence and 43 of stalking were reported in the last year. These gut-wrenching reports and alarming statistics demonstrate that the work following Rolling Stone is far from over. While the University has made strides in survivor support and prevention, more must be done to educate students, prevent assault and support survivors.

There are numerous areas for improvement. The University only has one Program Coordinator for Prevention in the Office of Health Promotion

— other universities have dedicated teams working on prevention programming. Staff and space restrictions in Counseling and Psychological Services limit students in the number, frequency and quality of sessions. Hazing, while technically illegal, remains practiced by some Greek Life organizations — the Office of Fraternity and

Sorority Life often failing to adequately address violations. Additionally, the University’s incident reporting form requires a NetBadge login, which may deter survivors from filing. There are a number of ways to further improve survivor support and prevention measures at the University. Although the University participates in a Campus Climate Survey, the Office for Equal Opportunity and Civil Rights should establish an annual review and analysis of its Title IX reporting and adjudication policies to ensure equity and adequate support measures. University administration

must hire a larger team of prevention experts to strengthen and expand its programs. The Office of Fraternity and Sorority Life must ramp up its policing of Greek Life organizations and crack down on hazing. Administration at-large should increase resources to the Women’s Center, the LGBTQ Center and CAPS to allow for increased programming and support measures. And finally, perhaps the easiest step, the sexual assault and bystander intervention modules should be required at the start of every semester, rather than every other year.

Survivor support and prevention require a multilateral approach. They call for collaboration between law enforcement, administrators and students. But progress and change do not happen unprovoked. If we want to see tangible change and continued improvement — if we want to see an end to rape culture on Grounds — we must fight for it.

NOAH STRIKE is an Opinion Columnist for *The Cavalier Daily*. He can be reached at opinion@cavalierdaily.com. The opinions expressed in this column are not necessarily those of *The Cavalier Daily*. Columns represent the views of the authors alone.

HUMOR

KIDZ BOP 40 surprises with its versatility

KIDZ BOP recently released their 40th album, and my goodness did it hit the ground running. With some tracks getting over 6.5 million plays on Spotify, it is proving to be one of their most popular. I am truly surprised at the longevity of the group — the first KIDZ BOP album came out in 2001. And unlike all those 2000s punk rockers that get angsty and divorce their partners at 40 to elope with a 24-year-old, the KIDZ BOP crew is strangely feeling younger than ever.

In order to properly analyze the album, I had to go on a private Spotify session. I didn't want my "indie rock-punk-folk" clout to be tainted or the Spotify algorithm to change up my "Discover Weekly" from Big Thief to The Wiggles.

The album's lyrical progression is truly artful — it was as if a bunch of MFAs got together and wrote a happy album that had nothing to do with the one that got away with when they were undergrad-

uates. However, all of the lyrics seemed fabricated. Like if a bunch of MFAs just plagiarized. Turns out that 11-year-olds singing about sex and drugs isn't that great, especially when their main audiences is ... also a bunch of 11-year-olds. To combat this, the songs that they cover are edited to reflect KIDZ BOP's commitment to decorum.

I got in touch with the KIDZ BOP Censorship Executive Roger Case. Case describes his job as "the moral compass of KIDZ BOP." Decency seems to be at the forefront of the company's brand. He told me later in the interview that he has a monthly subscription to Teen Vogue — both physical and online — in order to stay up to date with the latest teen drama and trends. I'm so glad a 50-year-old dude is the one deciding what lyrics should be replaced in Ariana Grande's "7 Rings."

Case was kind enough to introduce me to some ex-KIDZ BOP-

pers so I could see what they were up to. While you can find most of them trying to become Instagram influencers — I guess they think "KIDZ BOP singer, 2008" in their bios is the way in — some are trying to make it big as singers. However, they expressed their frustration with the general lack of innocence in the music industry. Jack Man-op, a member of the KIDZ BOP 24 crew, expressed his general disheartenment with the content of songs these days.

"Why does music have to be filled with adult content? Why can't we all just sing about friends being friends?" He also told me that Taylor Swift's LGBTQ+ ally status, as shown in her new single "You Need to Calm Down," was "greatly disappointing" and "too PG-13" for him.

KIDZ BOP's uncanny ability to smoothly change lyrics to make them more appropriate is quite impressive. KIDZ BOP 40 featured artists from across the board. Their

rendition of Lizzo's "Truth Hurts" really hit different. I was surprised at their reliance on the second person, changing "Why men great 'til they gotta be great" to "Why you great 'til you gotta be great." Their replacement of b—h in the line "I just took a DNA turns out I'm 100% that b—h" turned the line into "I just took a DNA turns out I'm 100% that kid" — an ... interesting choice. I was curious as to some of the logic behind the song. The line "You could have had a good friend, non-committal" seemed contradictory. Shouldn't friends be the opposite of "non-committal"? Shouldn't KIDZ BOP be teaching about loyal friendships?

When I confronted Case about this line, he just stared at me and blinked a couple times then tried to secretly pull his phone out of his pocket and text someone. He had realized his mistake. He then offered me \$300 and a signed copy of the album in exchange for silence.

I politely declined. I felt as if this news was worth sharing. Again, maybe having a 50-year-old man replacing words for KIDZ BOP songs isn't the best.

They also covered Panic! At The Disco's "Hey Look Ma, I Made It." I couldn't help but think that this song took on a literal sense for the singers. I am sure they were able to sing this song directly to their mothers, given that they were probably holding their hands in the studio.

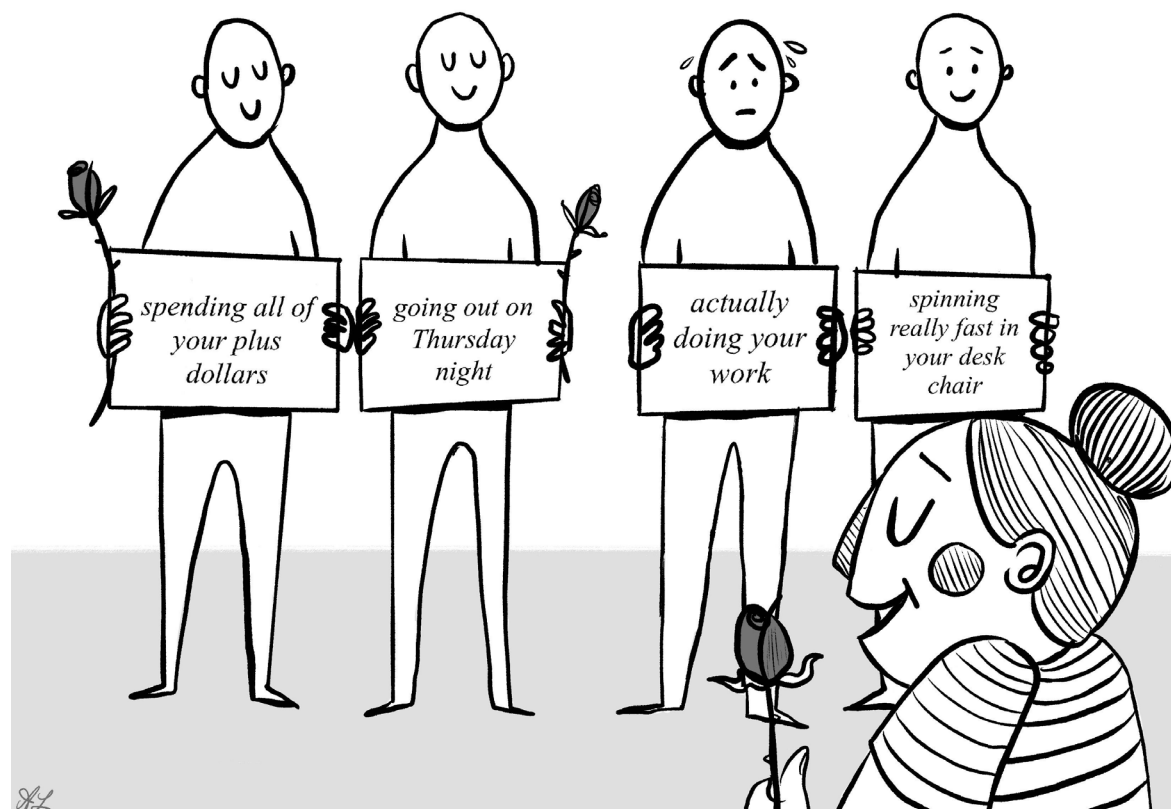
Overall the album left me slightly unsatisfied. Children trying to be Post Malone just falls short in my mind. However, I did suggest King Princess to Case as a possible new artist to cover. When he asked who that was, I replied "a really hard one to make PG."

CATE STREISSGUTH is a *Humor Columnist* for *The Cavalier Daily*. She can be reached at humor@cavalierdaily.com.

CARTOON

The Final Rose

Audrey Lewis | Cartoon Editor



PUZZLES

WEEKLY CROSSWORD PUZZLE

Dan Goff | Puzzle Master

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

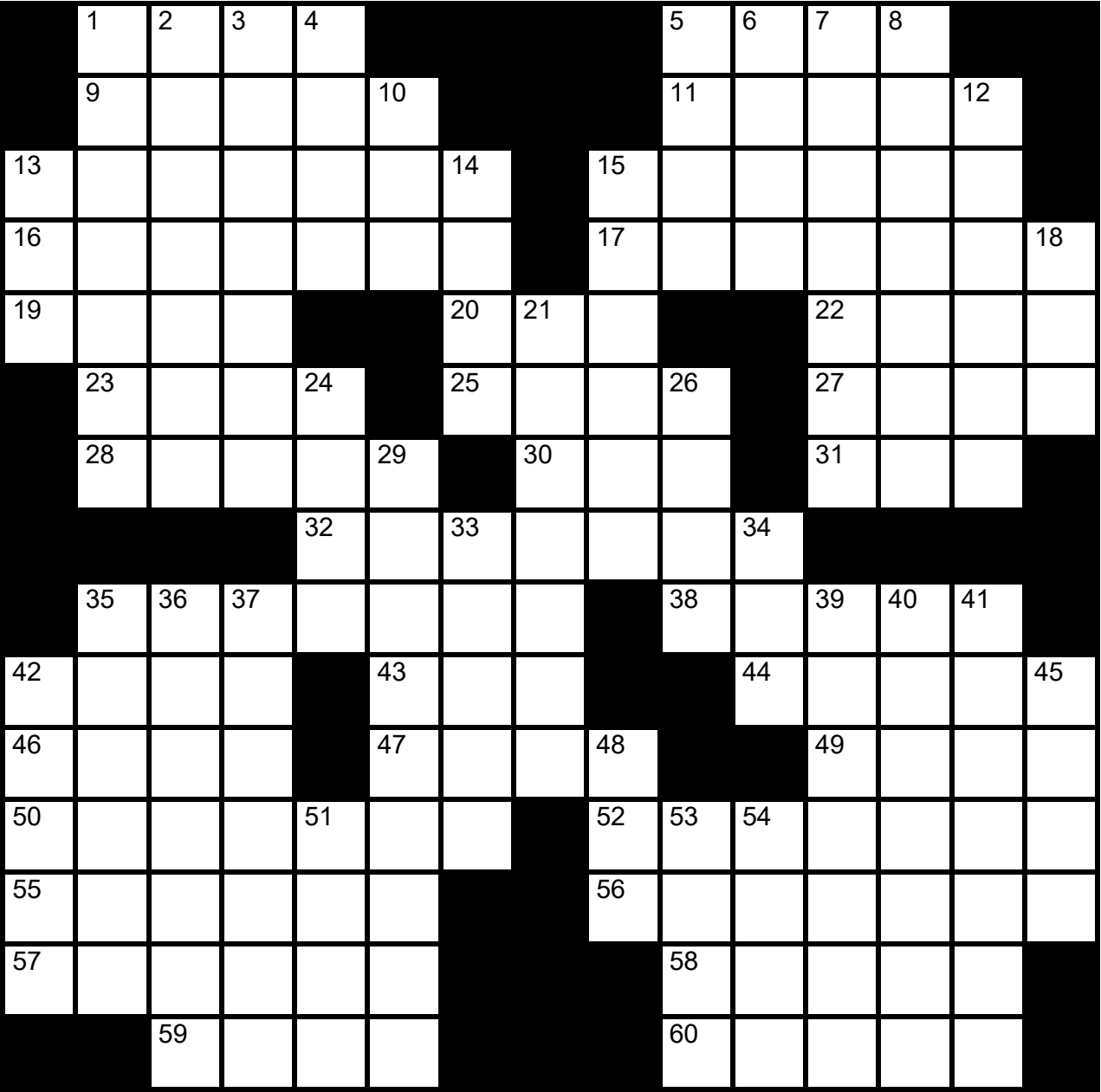
Across

1. The Democratic leader of 35-down (as of the morning of Feb. 5) pro-nounces his name "Boot-____"
5. Variety of lettuce
9. Second-most populous city in Italy
11. Double-reed woodwind instruments
13. The Democratic candi-date for the 2020 election will be ____ to President Trump
15. Electronic vacuum tube containing three electrodes
16. Varmint
17. Remove a facemask, say
19. You pitch it in the woods
20. Unit of energy in physics
22. Where 35-down took place earlier this week
23. Male deer
25. Surround — like a steel support, say
27. Energy, style and enthusiasm
28. Stage direction term for "alone"
30. Means through which something is accom-plished
31. Lead singer of the Family Stone band
32. Arab leaders
35. One of the compo-nents of 15-across
38. A jewelry box might be shut with this
42. With "browns," a pop-ular breakfast item
43. The "p" in mph
44. "The Hermit" and "Justice" are examples of this type of card
46. Artist known for "Dead Eyes" and "Love-mark"
47. Mysterious villain in "Half-Life" games
49. Party, or verb for hit-ting something/someone
50. Geographic region including Australia
52. Loss of ability to speak or understand language
55. This sort of person must have a permit and can only practice their hobby in certain seasons
56. "Didn't you hear? He ____ the budget. 10% layoffs of staff"
57. Classic Van Morrison

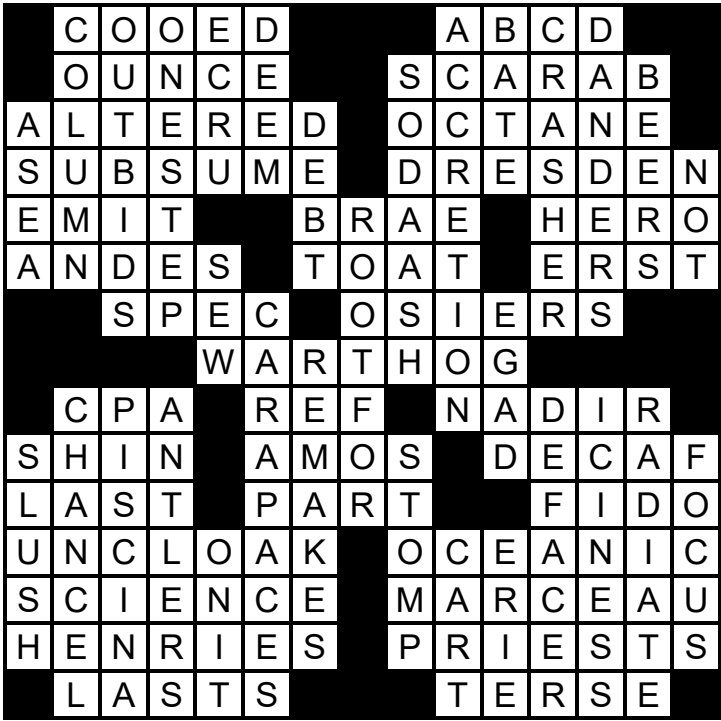
- album "____ Weeks"
58. Sore on the body often caused by stress
59. Collections of match-ing things
60. Bag of treats

Down

1. Regal figure who also appears on 44-across cards
2. Two-word term often paired with "savings"
3. With "stop," it's a type of consonantal sound
4. One of the cardinal directions
5. I was ____ on Jan. 22
6. Classic short story "The Scarlet ____"
7. Small shoes
8. Precursor to the sleep-ing bag
10. French word indicat-ing a maiden name
12. Channel connecting two oceans
13. Abbreviation for Hal-loween month
14. Grain in coffee cup
15. Basic monetary unit of Mongolia
18. Greek god with a labyrinth, in one del Toro movie
21. Italian word for "coast-line"
24. Speak positively and frantically of someone
26. "BFG" author Roald
29. Female salesclerks — dated term
33. Swelling of the body
34. "He ____ down"
35. 22-across + this + disas-ter was trending yesterday on Twitter
36. Agrees, allows
37. Fancy spelling of a word meaning stage-relat-ed stuff
39. Spicy sauce
40. 35-down was trending because their new app ____
41. Type of clothing that includes stockings
42. Informal term for fuss or commotion
45. Male name that sounds fratty, but also kind of epic
48. His breakout was 1994's "Illmatic"
51. Not messy
53. "Pull the ____"
54. An angel has one



* SOLUTION FROM LAST ISSUE



ARTS & ENTERTAINMENT

Poetry school with Aracelis Girmay

The visiting poet shared the ecstatic depth of a phrase at the U.Va. Bookstore

Joanna Ashley Clark | Senior Writer



EMMA HITCHCOCK | THE CAVALIER DAILY

Poetry is often intimidating — whether this intimidation stems from learning about poetry in polarizing contexts, nursery rhymes or as high school literature curriculum, for many, poetry is a complex craft to master as a writer or reader. What makes poetry accessible despite this difficulty is studying it, spending time with it and eventually finding the music in it.

For some poets, the musical tendencies of poetry are easier to find, and their pieces more quickly stick with you. This could come from their dedication to studying poetry itself or their inherent genius. Aracelis Girmay is a combi-

nation of both.

Girmay's poetry is the music itself. It does not need immediate translation or study, but a quiet moment with it — to sit in its grasp. Her poems are not completely digestible after one listen or read, but they are musical and iconic in a way that anyone — whether devoted to studying the craft or not — could easily see just how powerful her work is. Her work sticks with you in the way a song might.

Girmay speaks in music. There is no way to listen to or read her poems and not immediately be wrapped within a world of promise, heartache, longing and loss.

The best way to describe Girmay's poetry reading on Wednesday evening on the U.Va. Bookstore's second floor would be enchanting — enchanting to the point where I was tempted to lean over the balcony and shout to the people making noise below, "How could you ever speak over these words?"

Emily Lawson, a third-year in the poetry MFA program on Grounds introduced Girmay formally and discussed her time as a student under Girmay at Hampshire College. Lawson described Girmay as a celestial spirit, a mentor and someone who encouraged finding ecstasy in writing. One particular moment of ecsta-

sy, Lawson said, was a time when she went swimming with a group of strangers and saw a verse of poetry inked down one stranger's spine which read — "Oh, body, be held now by whom you love./ Whole years will be spent, underneath these/ impossible stars./ when dirt's the only animal who will sleep with you/ & touch you with/ its mouth." This, of course, is a quote from Girmay's beautiful poem, "Kingdom Animalia," in her greater collection by the same name. Girmay's words are truly the type that you want to tattoo on your skin, memorize syllable for syllable or simply hold with you at all times. Throughout the

talk Girmay shared her words not only by reading from her books, but also by signing scraps of paper for audience members following the reading — writing down her email, poetry recommendations, a kind note or all of the above.

Perhaps the most memorable moment of the entire evening — aside from the moments of distinct pause Girmay spends before choosing her words as if each is a gift carefully selected for the audience — was the fifth poem she shared. It was an immediate crowd favorite just from the set-up — "For Estefani, Third Grade, Who Made Me A Card." Upon the first line, Girmay had wrapped the entire audience into her living room, reading a card from a third-grader "learning how to write words." The only way to truly experience the magic of this poem without spoiling it entirely is to listen to it.

By the end of the poem, the entire crowd was grinning and gasping gently. Girmay described this poem and the process of making poetry in her reading — "The making of a poem is a way to go to school" // "I went to school in this phrase."

Girmay is a teacher and poet, but also a student of the world and of time, childhood, family and the dangers this world has to offer. As much as an audience can learn from her performance or a lecture, she genuinely seems to interact with her audience as well. She stopped between poems to ask "Has anyone seen a placenta?" and with a scattered response of "yes" she dove into a work-in-progress on birth and lineage. For Girmay, poetry is an interactive teaching experience for both writer and reader, worth digressions and rough drafts if it means that the entire group will grow together.

She ends the night with a very short, yet very powerful poem — "Ars Poetica" — a poem meditating on poetry and what it means to share a poem, what it means to write one in the first place. The final lines read, "I lived once./ Thank you./ It was here."

While Girmay is surely a genius above us all, she is also here with us and eager to share what she loves, what she's lost and left behind and what there is to learn from all of it combined. It is all we can do to listen and hope she never stops.

Tied for First: “Head Title aka Distant Lover”

Marvin Gaye’s power rules the first installment of unearthing a musical masterclass

Stefan Lizarzaburu | Senior Writer



ANGELA CHEN | THE CAVALIER DAILY

I don’t buy all too much into astrology. The stars can be wishy-washy. Sometimes they make incorrect assumptions, sometimes they make me genuinely disbelieve in the self-fulfilling prophecy. But one personality trait that the hardy solar system really pinned me down on was my indecisiveness. Gemini reporting. Lordy, lordy me, making decisions is hard.

But one decision I was able to make was to get started with this column. A column where I debate with myself about my favorite subject — music. It’s where I’ll shout into my own void, where I’ll change my mind every other week — at my editors’ request — and where I’ll drive my psyche up a wall, but enthusiastically so. Good morning, afternoon and evening, folks. Welcome to Tied for First — an extravagant, over-the-top search to find the one song we — I — can collectively — individually — claim to be the single-greatest musical achievement since the dawn of clicking rocks in-tune. Hopefully for the readers, this column will serve as a space to find new music, a space to gingerly nod along my audacious claims or even a space to write those really crude comments down below that I know The Cavalier Daily is no stranger to. I’d be honored, honestly.

My internal monologue has been nagging at me to pick the perfect song since my fingers hit keyboard.

The first song in this series has to be something really, really spectacular. Shut up, monologue. I decided to do what I do best when making difficult decisions — I closed my eyes in a stimulus-deficient room. And when I shut my eyes in my lukewarm dorm, it came to me. I knew almost instantly what I needed to share with the world — Marvin Gaye’s “Head Title aka Distant Lover” from the 40th anniversary re-issue of his classic album “What’s Going On” is definitively the greatest song of all time.

You couldn’t count all the versions of this song on your fingers. Toes, even. Gaye made so many, re-recording the song about 20 times. They all exist with their own aroma, defining features and even shortcomings. But one rendition in particular is perfect. In my tedious yet blissful raking through of all its different forms, I’ve decided that the 40th anniversary cut is not only the best of its own bunch, but also the best song of all time. Let me explain.

When Gaye was recording early versions of this song, he was struggling to find the right lyrics and vocal performances for the backing track. While he eventually came up with the lyrics that ended up being “Distant Lover,” I argue that “Head Title” — the improvised, raw version — is far superior. At the very beginning of “Head Title,” you can taste the sour sting in

Gaye’s voice as he admits his writer’s block, stating, “I’ve been trying to find a good lyric to go with this melody ... so I’m gonna be honest with you, I’m gonna sing what comes right off the top of my head ... right from my soul.” Thank the heavens for writer’s block.

This is Marvin Gaye’s best studio-recorded vocal performance. Ever. It’s even more awe-inspiring than that one time when he was literally lying down on a couch belting falsettos. From the very beginning of “Head Title,” Gaye’s freight-train emotions grab listeners firmly by the shoulders and give them a little shake, but the physical jolt they experience lies deep in the soul. This song defines ‘70s soul music — Marvin Gaye’s naked spirit is transparent and vulnerable, his warbling words make his scarlet soul shimmer in a blinding light, as if he’d found just the right message to convey on the surface of the sun.

The words Gaye chooses, honestly, don’t matter too much — he sings of a distant lover, loving said lover and various other love tropes. What matters is the raw emotion locked inside their vehicles of delivery. Gaye moans, he croons, he yearns and he pleads with stern words that blaze and burn like black coals enveloped in an incandescent ember.

And that’s just the performance. Whoever edited this song, spliced together all the flavors in a Marvin Gaye

baked ziti — my life’s fortune to you. One of the most prevalent flavors in the song lies with the background vocals. In most songs, background vocals provide a pretty standard, recognizable and reliable taste to a song, like cherry tomatoes in a house salad. But here, it’s a different seasoning. Here, it sounds like 20 Marvin Gayes stacked on top of one another, reverberating and adding serious depth. Here, the backing vocals are more like pickled onions or balsamic.

The final product — this charred-coal, tart-vinaigrette, soul-infused, made-with-love concoction — is in fact the greatest human achievement of all time. I’ll say it. The zenith of sound production. Maybe my Gemini-tendencies are inflating my emotions right now, who knows? Right now, the stars point me in Marvin Gaye’s direction. Right now, I hope your horoscope points you in the same direction. Wake up, Co-Star. It’s time to listen to perfection.

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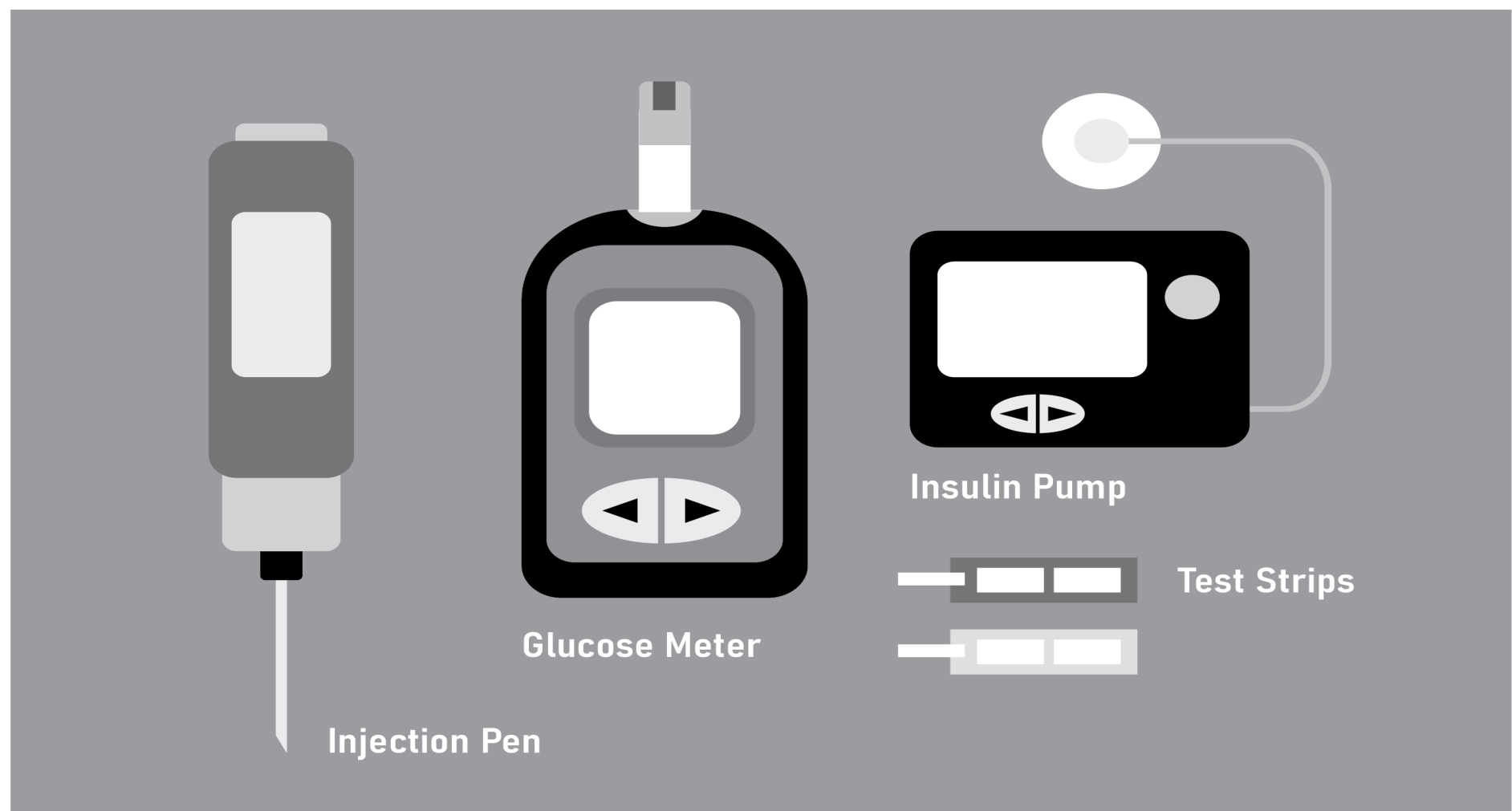
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HEALTH & SCIENCE

FDA approves artificial pancreas for diabetes management

University researchers combine insulin pumps and glucose monitors into one device for patients with Type I diabetes

Callie Freeman | Health and Science Editor



ANGELA CHEN | THE CAVALIER DAILY

After rounds of clinical trials, researchers with the University Center for Diabetes Technology have created an “artificial pancreas” for patients with Type I diabetes. Until this technology, patients with Type I diabetes had to serve as ‘translators’ between two medical devices — insulin pumps and glucose monitors. But just recently, the U.S. Food and Drug Administration approved the new device, which will allow insulin pumps and glucose monitors to ‘talk’ to one another — turning two devices into one and creating a streamlined approach to diabetes management.

Sue Brown — University medical professor and endocrinologist — describes that before each meal, diabetes patients must monitor their glucose levels using a glucose monitor and count the carbohydrates in their meal to determine how much insulin to administer through an insulin pump. Even activities such as playing sports and sleeping at night require the close monitoring of glucose levels and potentially the administering of insulin, Brown explained.

She further stated that this continuous process of monitoring glucose levels, evaluating meals and administering insulin is not a simple one and that diabetes patients need an easier process. But before then, technology must fill an important gap in diabetes management.

“We’ve had insulin pumps for a long time and monitors, but they never adequately talked to one another,” Brown said.

Through a decade-long clinical trial, researchers at the University’s Center for Diabetes Technology have successfully developed an artificial pancreas system that allows for seamless communication between glucose-monitoring technology and insulin-injecting technology. This single device analyzes the body’s glucose levels to release the required insulin every five minutes. Although the accuracy of the device improves as patients input the numbers of grams of carbohydrates they eat, Brown stated that inputting that number is not absolutely necessary.

This system, which synchronizes glucose monitoring and insulin ad-

ministration, has one benefit that stands out among the rest — obtaining healthy overnight blood sugar levels.

“A big worry for people with Type I diabetes is that blood sugar will be low in the middle of the night, and [patients] won’t know [that] when they are asleep,” Brown said. “Our clinical trial really shows that [the artificial pancreas] is working overnight to get a consistent blood sugar for people in the morning, and 90 percent or more of the time, blood sugar is consistent in the morning hours.”

The FDA also recognizes the effectiveness of the device, as the large-scale, decade-long clinical trial officially received FDA approval less than two months ago.

While the Center for Diabetes Technology is largely responsible for getting FDA approval of the device, it is not an insulin pump or glucose monitor manufacturer, explained Marc Breton, associate professor of research and technology developer with the artificial pancreas team. Instead, its focus has been on designing

the algorithm to link the two.

“The center at UVA is not a pump or sensor manufacturer, so we rely on very close relationships with manufacturing companies — Dexcom and Tandem,” Breton said. “The mechanism of pump is not our specialty. We created the brain of the system, [and] our role was linking the two.”

Boris Kovatchev — founding director of the Center for Diabetes Technology and principal investigator for the artificial pancreas team — added that creating the technology for the “brain” was far from straightforward because nothing like the algorithm had ever been designed before — especially not something so interdisciplinary.

Building the algorithm required a team of multi-disciplined doctors and mathematicians, as collaboration was key to a successful study. As a result, the team’s mathematicians had to understand the medical information while the doctors had to understand the algorithm used in the device, explained Kovatchev.

Although FDA approval has been granted, the artificial pancreas team

still anticipates several steps occupying them in the coming months or maybe years.

For Breton and the rest of the team, the next steps are to complete the validity of the system. Currently, the system is only approved for use in 14-year-old patients, but the team is working to gain approval for use in six-year-olds — which should be completed in the next two weeks. After that, they hope to gain approval for use in two-year-olds as well.

Breton also added that the team hopes for the development of a more “sit and forget” mechanism — one where patients will no longer have to calculate and input carbohydrates into the device at all.

In addition, Brown hopes to study and then incorporate information on blood sugar levels during exercise as well as the menstrual cycle into the artificial pancreas’s technology.

Regardless, Brown hopes that this new technology can simplify the lives of Type I diabetics by reducing glucose monitoring, carbohydrate counting and insulin injections.

Adopting the habits for a healthier semester

University health professionals discuss the importance of weight-neutral, healthy habits for the student lifestyle

Brightney Varghese | Senior Writer

The start of the spring semester is often defined by academic changes and added responsibilities. During this hectic period, it is crucial that students focus on their overall health. By adopting healthy eating habits and incorporating an active lifestyle into their new schedule, students can avoid long-term health complications from diseases and can work towards a healthier semester.

The nature of institutions like the University can cause students to adopt unhealthy lifestyles. According to Melanie Brede, a registered dietician in the Office of Health Promotion, inconsistent meal times and the transition to making personal decisions regarding one's diet primarily contribute to a different health experience for students.

"In college, people are often for the first time making their own food decisions in a way that wasn't available for them in the past," Brede said. "A lot of times, daily schedules are variable, so mealtimes tend to be less traditional. All of those things create a scenario where people might eat differently than they used to."

Additionally, she mentioned that concepts such as the "Freshman 15" are insignificant and are merely derogatory terms published in magazines, as, on average, students only face a four- to seven-pound weight gain or loss during their University experience.

When adopting healthier lifestyle habits, Brede emphasized the need for a weight-neutral approach, as living a healthy lifestyle goes beyond the numbers on the scale. In fact, Brede focuses on working with students to make sustainable changes that will lead to lifelong healthy habits.

Overall, the nutrition philosophy at Student Health focuses on the enjoyment of food, the role of food in aspects of a student's relationships, the access and sustainability of food and the construction of a diet that can accommodate any medical conditions.

"A health-forward, weight-neutral approach is about supporting the well-being of individuals and communities, independent of weight," Brede said. "In short, it is about helping all people of all shapes and sizes to live [healthily]."

There are appointments available with Nutrition Services at Student Health to help students learn how to live well. During the

program's initial one-hour meetings, students and professionals discuss one's health history and determine personalized nutrition-related goals. During this conversation, students can learn more about nutritional science, budgeting in relation to nutrition-goals and more. A subsequent appointment can help students address ways to overcome obstacles related to one's goals.

The focus on eating habits can be even more challenging as students transition off their first-year meal plans. Brede emphasizes that students should aim for a balanced meal that incorporates proteins, starches, fruits, vegetables and healthy fats. In terms of meal prepping, she encourages workable goals and simple recipes

initially. Additionally, she mentioned that students could turn meal prepping and cooking into a social activity with friends.

"It can be a lot of fun actually to get together with friends to cook something together," Brede said. "That can be a time-saver [and] money saver, and you can overlap it with socializing and getting [connected] with people you don't necessarily get to see all the time."

Brede mentioned that students with restricted diets should take advantage of the vegan and vegetarian stations offered at Runk Dining Hall and Newcomb Dining Hall. Furthermore, she emphasizes that balance is still key for those on a restricted diet.

"That balance factor still

applies ... that may mean more plant-based protein, beans, soy or for vegetarians who are including eggs, [those] could be an option."

Some students may follow specific diets such as the ketogenic diet or the paleo diet. However, these eating habits may not be effective, as they completely eliminate particular food groups, which can negatively impact health. For example, James Landers, a commonwealth professor in the department of chemistry, mechanical engineering and pathology, detailed that the lack of carbohydrates in the keto diet causes the body to pull energy from fatty acids. The liver produces compounds called ketone bodies from fatty acids,

which the body can use as an alternative energy source, though carbohydrates are the main one.

"Your brain primarily wants to burn glucose ... but if that is not around, it will use these things called ketone bodies," Landers said. "The keto diet puts you in a state where your body is pulling fatty acids out of your fat stores to generate keto-based compounds that you can use for fuel and as a result, you take down your body fat."

Furthermore, Landers stated that the main issue regarding these practices is sustainability. Extended periods in a state of ketosis can be harmful to the body, as the brain dislikes a state of low glucose and high ketone bodies. Nevertheless, he suggests that the process is very individualistic and mentioned that newer trends identify ketogenesis as a good way to deal with obesity.

As a general guideline, Landers recommends that students limit the consumption of refined sugar, avoid saturated fats and indulge in moderation.

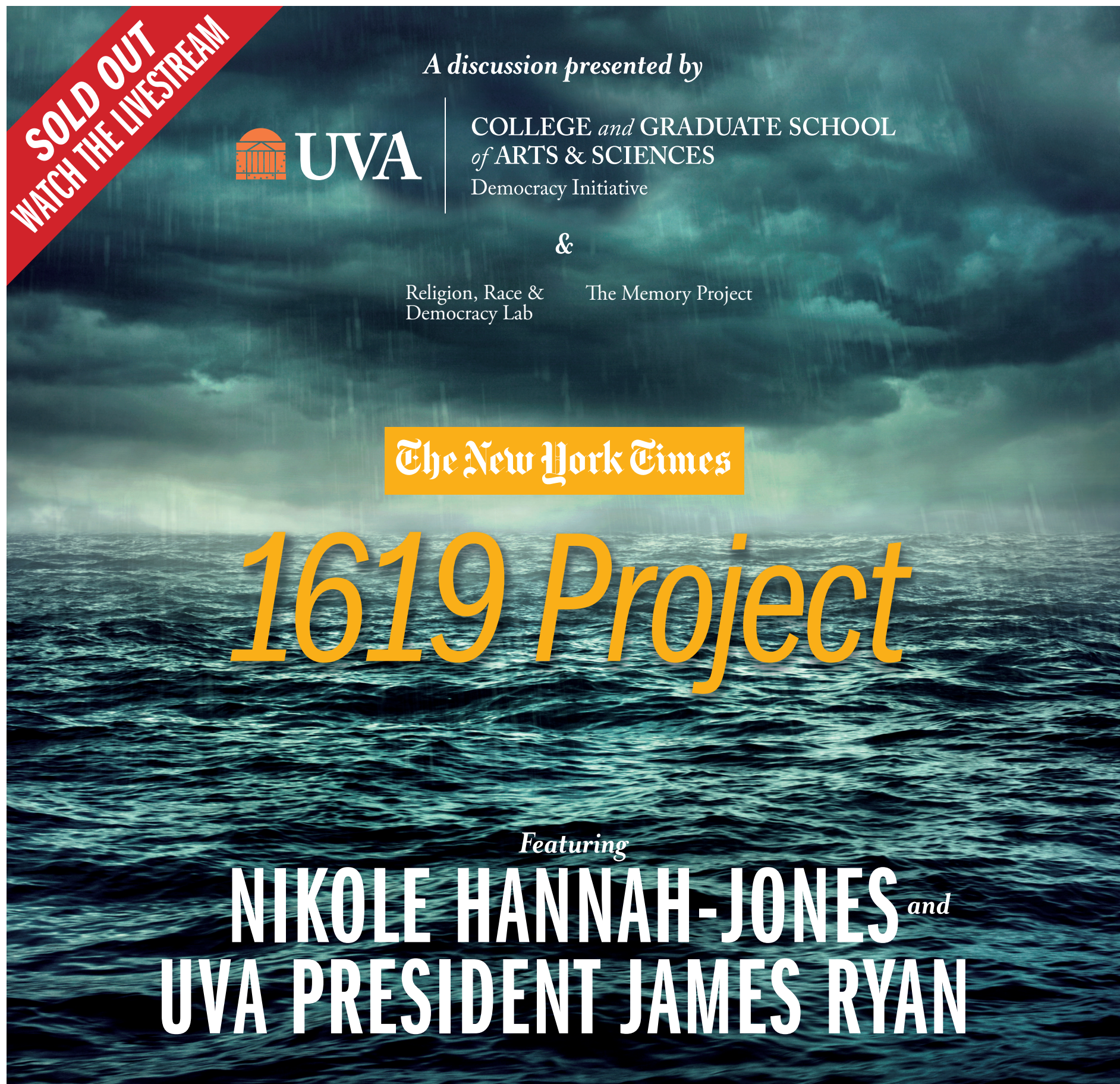
Wen You, associate professor in the department of public health sciences, provided further suggestions regarding students' approaches towards physical activity.

"For college students, it is important to foster [a culture] of healthy eating and an active lifestyle," You said. "Going to the gym twice a week will be easier if you have a friend or a group of friends who can hold you accountable. Schedule exercise time on your calendar beforehand."

Additionally, Brede suggests that students should focus on all factors of health behaviors beyond eating habits. This includes physical activity, sleep patterns and social support. Furthermore, she suggests focusing on all aspects of a healthy lifestyle to increase energy, improve stress management and encourage the feeling of accomplishment. In addition to Nutrition Services offered by the Office of Health Promotion, Brede also mentioned that students with eligible dining plans could access free consultation services with University Dining Nutritionist Paula Caravati.




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