

THE CAVALIER DAILY

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ANGELA CHEN & EMMA HITCHCOCK | THE CAVALIER DAILY

LOVE

IS

**LGBTQ Center
Kicks Off Annual
T-shirt Campaign
Page 3**

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NEWS

This week in-brief

CD News Staff

Students hold vigil in remembrance of Nicholas Palatt

Around 100 students gathered outside of the McCormick Road dorms Feb. 9 for a remembrance vigil in honor of Nicholas Palatt, a first-year Engineering student who passed away Jan. 31. The ceremony included remarks from first-year College student Basak Gafoor, who was Palatt's roommate, and First Year Council President Jared Rooker.

The evening's event focused on Palatt's impact on the University community. Rooker opened the service by encouraging students to appreciate the gift of life.

"Cherish life with the people you love," Rooker said. "Everyone's together and going through it."

Gafoor spoke after Rooker's remarks, sharing his memories of Palatt with attendees. To Gafoor, Palatt was more than his roommate — the two had been best friends since sixth grade.

Gafoor recounted Palatt's kindness by sharing a story about working together at Dunkin' Donuts. At the end of his shift, Palatt would take leftover doughnuts and give them to the local fire department or police station, or deliver them to high school events.

Going forward, Gafoor plans on honoring his friend by emphasizing little moments such as smiling in the hallway or sharing desserts — actions that defined Palatt's life.

"Give people a bit of joy in their lives and do good for the community," Gafoor said. "Engage in some of the some of the things that made Nick special, honor his memory and make sure that, even if he's not with us anymore, his impact is still with us and his presence is still there."



PATRICK RONEY | THE CAVALIER DAILY

First Year Council invited the class to pay tribute to their classmate's time at the University.

Suspicious individual with a weapon arrested near Tuttle-Dunnington dorm

University Police responded Feb. 11 to a report of a suspicious person with a weapon near the Tuttle-Dunnington dormitory on Alderman Road. Police located a BB gun, drugs and drug paraphernalia on the subject's person.

A community-wide email alert was issued by the University at 9:37 p.m. The subject, who was identified as D'Jonti Becks-Cabell, is not affiliated with the University.

According to an email from Benjamin Rexrode, UPD's crime prevention sergeant, preliminary investigation found that Becks-Cabell was in a University dormitory to meet with a student. During the interaction between the student and Becks-Cabell, an assault occurred and a weapon was observed prior to Becks-Cabell's departure from the dorm room.

UPD detained Becks-Cabell in Tuttle-Dunnington and brought him into custody. He has been charged with sexual battery, possession of marijuana with intent to distribute, brandishing a firearm, possession of a firearm while committing a felony and possession of a schedule IV narcotic.

Currently, he is being held without bond at Albemarle-Charlottesville Regional Jail.

This investigation is on-going.



ANDREW WALSH | THE CAVALIER DAILY

Police located a BB gun, drugs and drug paraphernalia on the subject's person.

2.9

UJC introduces creation of University and Fraternity Panel at general body meeting

The University Judiciary Committee introduced the University and Fraternity Panel at their general body meeting Feb. 9. The primary responsibility of the panel will be to adjudicate in situations where both a CIO — or other University-sponsored organization — and an Inter-Fraternity Council affiliated fraternity are alleged to have violated one or more standards of conduct at a joint event or activity.

The panel's establishment is a response to events such as the I.M.P. Society and the Student Hip Hop Organization's October 2018 party hosted in the Beta Theta Pi fraternity house. During the event, it was alleged that fraternity members violated the terms agreed upon previously between Beta Theta Pi, the I.M.P. Society and SHHO — resulting in allegations of racism and the policing of minority students.

At the University, IFC fraternities are governed and adjudicated by the Inter-Fraternity Council Judiciary Committee, which has its own set of standards and procedures separate from those of the UJC.

When creating the UFP, Shannon Cason, fourth-year College student and UJC chair, noted that it was crucial that both IFCJC and UJC would have representation throughout the trial, hearing and appeals processes.

"It's going to be collaborative," Cason said. "To make sure that the IFCJC and the UJC feel comfortable adjudicating both bodies, and that they have sort of equal say in what's going on. If a situation like that happens again, then we have language and know how to deal with that."



ARIANA GUERANMAYEH | THE CAVALIER DAILY

The panel will adjudicate cases where both a CIO and fraternity are alleged to have violated the Standards of Conduct.

2.11

Student Council passes resolution to add Mental Wellness and Resiliency requirement in New College Curriculum

Student Council passed SR20-06, A Resolution in Support of Mental Wellness and Resiliency Courses In Engagements, Feb. 11 by a vote of 21 yays and 1 abstention. This bill is a modified version of SR20-03 that addresses the concerns that were raised in last week's Student Council general body meeting concerning the replacement of the New College Curriculum's Empirical Engagement requirement with a mental wellness requirement.

Representative Ryan Alcorn, a second-year College student and co-sponsor of the resolution, and his team of co-sponsors worked with Student Council representatives and other stakeholders to adjust the resolution, recommending instead that a mental wellness requirement be offered within the Disciplines.

With the resolution passed, Alcorn says that the next step will be talking with the New College Curriculum directors and negotiating with them on how to implement the mental wellness requirement.

"The great thing is that a lot of these courses already exist, but we want to make sure that they're formalized and that first-year students have access to them, because first-years tend to be the most at risk for these kinds of situations," Alcorn said.

Alcorn also credits the University chapter of the National Alliance of Mental Illness for their integral role in working on this resolution.

"It's been NAMI and the Second Year Council Wellness Committee that really put this together," Alcorn said. "It was a great effort, [...] this is really something that NAMI has worked on for a long time."



EMMA KLEIN | THE CAVALIER DAILY

The resolution was amended to address former concerns from the Council.

'Love Is' campaign celebrates its 11th year at U.Va.

The annual campaign will culminate Friday with a reception at the MSC and the singing of the Good Ol' Song on the Rotunda steps

Ali Sullivan | News Editor

The LGBTQ Center will hold its eleventh annual "Love Is" celebration this week to celebrate love in its diverse forms and to crowdsource different communities' perspectives on what love means to them.

The campaign, which started in 2009, will distribute free shirts from Feb. 10 to Feb. 14 emblazoned with "Love Is: ____." Those wearing the shirts fill in the rest.

"We encourage participants to fill in the blank with a sexual orientation, romantic orientation, gender identity, ethnicity, race, other identifying factor, a poetic adjective or anything else that feels authentic," said third-year College student Blair Smith, who interns at the LGBTQ Center.

The design is a twist on the campaign's T-shirts from years past, which were lettered with "Love is Love." This design change came last year — on the 10th anniversary of the celebration.

According to Smith, the shift from "Love is Love" to "Love Is: ____" seeks to include all communities within the LGBTQ+ movement, such as those who identify as aromantic, asexual or transgender.

"News stories, movies, TV shows, books, and other media often depict the ideal manifestation of love as a monogamous, heteronormative, romantic relationship (that is, between a heterosexual cisgender man and a heterosexual cisgender woman)," Smith said in an email to The Cavalier Daily. "The 'Love is' campaign celebrates the diverse forms in which love manifests, be it queer, platonic, romantic, familial, communal, self-extended, and so on."

To determine this year's T-shirt design, Multicultural Student Services — the unit that encompasses the LGBTQ Center, the Multicultural Stu-

dent Center, the Latinx Student Center and the Interfaith Student Center — coordinated a contest in December 2019. Second-year College student Molly McMullan won the contest with her design — a lilac shirt lettered with "Love Is" and a blank box below.

MSS works with Blue Ridge Graphics, a local screen-printing company, to print the shirts — a process funded by the Serpentine Society, the University's network of LGBTQ+ alumni.

McMullan said the T-shirt's design is itself a statement on the open-endedness of love.

"To me, the 'Love Is' campaign is about broadly representing what love is to each individual," McMullan said. "It's an opportunity to express yourself without having to explain yourself, to be vulnerable in a minimalist sort of way."

Participants in the campaign



EMMA KLEIN | THE CAVALIER DAILY

The design is a twist on the campaign's T-shirts from years past, which were lettered with "Love is Love."

are invited to a reception Friday at the Multicultural Student Center before heading to the Rotunda steps for a group photo and to sing the Good Ol' Song.

"Love Is" shirts can be picked

up in the LGBTQ Center, located on the third floor of Newcomb Hall, anytime before Feb. 14.

Associate Dean Aaron Laushway announces retirement

Laushway plans to conclude his career after 24 years dedicated to student involvement

Paige Waterhouse | News Editor

Associate Dean of Students Aaron Laushway plans to retire from his position in June 2020. Chief Student Affairs Officer Patricia M. Lampkin — who plans to retire in August 2020 — informed colleagues in a Facebook post of Laushway's decision, detailing his accomplishments over the past several years.

Laushway joined the Student Affairs division in 1996 as an assistant dean and worked closely with fraternities, sororities, their alumni and national organizations. He was initiated into the 1993 chapter of Zeta Psi at Yale University and is still recognized as an elder of the fraternity.

Upon its founding in 2001, Laushway became responsible for the Fraternity and Sorority Life unit in the Office of the Dean of Students — a unit which was established following an initiative put forth by the Board of Visitors.

In an email to The Cavalier Daily, University Dean of Students Allen Groves recognized Laushway's dedication to supporting student leadership. Laushway was also involved with the University's ROTC program, serving as the liaison of the Of-

fice of the Dean of Students.

"He cares deeply about our students, and was often the first person to visit a student after a serious accident or injury," Groves said. "He is strongly committed to the idea of student self-governance and has been an important friend and mentor for many student leaders. In recent years he has contributed greatly to helping military veterans integrate into student life."

Laushway advocated for student involvement and inclusion throughout his career. He helped establish designated graduation days for graduate and doctoral Engineering students and an annual Academic Convocation for all incoming graduate and professional students upon arriving at the University each August.

These efforts led to the development of the Graduate Professional Council in 2018 — a unit in the Office of the Dean of Students aimed to make those students seeking a professional degree find community at the University.

Laushway reflected on his own experience as a graduate student and emphasized the importance of making graduate students feel

recognized at the University

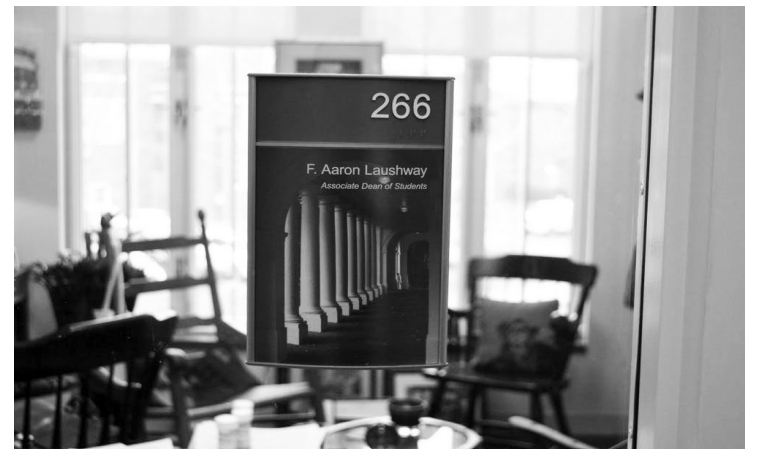
"So many of our graduate and professional students come here and they don't have an undergraduate experience," Laushway said. "And yet they come and they are involved in the life of the University... they just bring an incredible diversity from other institutions."

Lampkin commented on Laushway's commitment to forming personal relationships with students over the past 24 years of his career.

"One of Aaron's greatest legacies is his devotion to students and their development," Lampkin said. "Aaron has been a dear mentor, confidante, and friend to so many of the students who have passed through UVA."

Laushway's involvement with student life throughout his time at the University has led him to receive honorary membership to Order of Omega, Phi Eta Sigma and the Washington Literary Society and Debating Union. He has also served as a Faculty Fellow at Hereford Residential College for nearly 20 years.

Laushway expressed the satisfaction he received in working with students at the University



TAPLEY BORUCKE | THE CAVALIER DAILY

Laushway advocated for student involvement and inclusion throughout his career.

and noted his interactions with them as the moments he would miss most in retirement.

"This is an assembly of some of the finest minds, creative spirits, enthusiastic lovers of life," Laushway said. "There are some that have a little trouble but that was part of my journey, to help them understand their responsibilities and always allow the students to make the final decisions."

According to Lampkin's state-

ment, Laushway's retirement will be formally celebrated at a later date in order to pay tribute to his time and service at the University.

Delegate Sally Hudson holds mid-session legislative review

Questions from community members centered on war memorials, gun reform and marijuana

Paige Waterhouse | News Editor

About 70 community members gathered on Sunday for a mid-session legislative review hosted by Delegate Sally Hudson, D-Charlottesville, at the Charlottesville downtown Cityspace. Hudson, who is also an assistant professor of Public Policy, Education and Economics in the Frank Batten School of Leadership and Public Policy, spent the evening responding to questions from audience members about various pieces of legislation that are currently moving through the General Assembly and how they will affect the Charlottesville community.

Hudson recognized the timeliness of hosting such an event in light of crossover day Feb. 11 — the day all bills must be voted on by the House and the Senate and will then swap chambers to be voted on again. If both chambers pass versions of the same bill, members from the House and the Senate will come together in conference committee to produce an agreed upon proposal that will then be presented as a bill to both chambers for ratification.

A segment of the night's conversation centered on two bills that recently passed through the House and the Senate Feb. 7 regarding local authority over war memorials.

The House bill, HB-1625, states that localities should have authority to remove, relocate or alter any war memorial on public property. The Senate bill, SB-620, would require communities to go through a historical review process and offer the memorial up for removal to local museums, historical centers or other provisions.

Hudson voiced her support for the House bill, recognizing the steps the Charlottesville community has already taken in the push to remove the war memorials for Confederate generals Robert E. Lee and Thomas "Stonewall" Jackson.

"I mean, we've been at this for three years plus at this point, and we've already jumped through all of the hoops that are specified there," Hudson said. "And so the challenge for us going forward is trying to make those two paths converge."

One community member voiced concerns that removing the monuments would erase Charlottesville history. Hudson responded by affirming her stance that the statues do not represent the historical values of the community.

"There's a difference between honoring the deaths of the rank and file soldiers and exalting the leaders of a movement, and that's what the statues in our community do," Hudson said. "I think it's important that communities have the right to



PAIGE WATERHOUSE | THE CAVALIER DAILY

Hudson recognized the timeliness of hosting such an event with Crossover Day occurring Feb. 11.

decide what we celebrate."

The legislation will not have an effect on the George Rogers Clark statue that has been a center of controversy on Grounds and was most recently vandalized in November 2019.

Kiera Goddu, a third-year College student and president of University Democrats, attended the session and expressed her doubts that the legislation will influence University decisions regarding the statue.

"The bill may give students and community members more leverage in negotiations with the University, but the reality is that UVA. has been doing next to nothing about this issue, despite having more latitude to remove and recontextualize statues on its own property than the City of Charlottesville given the Dillon Rule," Goddu said in an email to The Cavalier Daily.

Dillon's Rule currently restricts the power of localities by only granting them specific authorities given by the local government. The rule has been the major barrier in Charlottesville activists' attempts to remove war memorials.

Hudson also answered questions on gun legislation, noting that seven bills have already passed regard-

ing gun reform, including universal background checks before all gun sales and local control over firearm regulations.

A final bill, HB-961, concerning gun reform passed Feb. 11 in the House. The bill bans the sale and transport of assault weapons in Virginia and requires all current owners of assault weapons to obtain a permit from the Virginia State Police. The bill will now cross over to the Senate floor, where a similar bill regarding bans on assault weapons died in the committee in January.

The movement of these bills through both House and Senate sparked the pro-gun rally Jan. 20, an event in which 22,000 demonstrators descended on Richmond in protest against gun restrictions.

Hudson voiced her concerns about the safety of the Richmond community and surrounding neighborhoods during the rally. She related the feeling of fear Richmond lawmakers must have experienced to the emotions felt by the Charlottesville community during — and following — the acts of violence committed during the Unite the Right rallies of Aug. 11 and 12, 2017.

"I think one of the most important things that came out of that

conversation was it was the first time that a lot of my colleagues had that ability to experience that feeling in your stomach that we've been feeling here for three years now," Hudson said. "I think that that helped that elevate the conversation around the war memorials."

Additionally, Hudson responded to a community member's question concerning the decriminalization of marijuana. The bill, HB-972, passed in the House Feb. 10, and the Senate version, SB-2, passed Feb. 11. The bills will move forward to the conference committee to be amended, before being presented to Gov. Northam for approval.

Decriminalization means that offenders of the law that bans recreational marijuana in Virginia would now face a fine instead of jail time. However, when an offender no longer faces jail time for a crime, they are no longer entitled to an attorney. Hudson expressed her unease with this policy as she feels its disproportionately benefits the upper class and hinders communities of color.

"If you are concerned about law enforcement being able to stop someone because they smelled pot, which may have nothing to do with an odor and have everything to do

with profiling, then you could then be subject to a fine, and you would not be entitled to have counsel help you get out of that," Hudson said.

For this reason, Hudson voiced her support for the drug's legalization. However, the process to legalize marijuana is a lengthy one as legislatures must look into regulations regarding the selling of the drug and presence of the medical marijuana industry. Therefore, a legalization bill will not be voted on during this upcoming cycle.

Goddu commented on how the passing of the decriminalization bill, if approved, could affect UVA. policy and agreed with Hudson's concern about the protection of marginalized communities.

"The University could continue to ban marijuana from University housing and buildings even if it were decriminalized," Goddu said. "Decriminalization does not do enough to protect low-income communities and communities of color that have already been targeted by drug enforcement and could still be at risk of prosecution for possession fines under decriminalization."

LIFE

The sweetest solution for last-minute Valentine's Day treats

You had me at 'No Bake Dessert Kit, Just Add Cream Cheese'

Yujin Oh | Food Writer



YUJIN OH | THE CAVALIER DAILY

To make mine visually appealing, I melted some semi-sweet chocolate from the second box and incorporated different styles in the form of drizzling and coating.

One would think that the 14th day of the month couldn't approach this quickly. Nevertheless, as a full-time college student, this date seems to emerge out of nowhere amidst the busyness of exams and projects. For me, cravings for sweets go hand-in-hand with this frantic season of assignments. Thus, my journey to satisfy my sweet tooth in a thematic fashion began.

I made my way to Harris Teeter on the Northline bus in hopes of coming back with a couple boxes of cake mix to transform into cake pops to curb my typical first-year dessert craving. As I entered the baking aisle, a pair of bright yellow tags caught my eye. Strategically hidden above eye level, there was a box of Baker's White Chocolate Cookie Balls, a dessert kit that included chocolate cookie crumbs,

a white chocolate bar and rainbow sprinkles yet was only priced at \$3.49. Right next to it was a similar kit, though this box had semi-sweet chocolate and tiny golden sprinkles instead. Instead of deciding between the two, I did what any sane grocery shopper would do — I bought both.

Satisfied with my purchases and the fact that each box would yield 12 individual servings, I headed back to central Grounds and recruited a friend to act as my sous chef for this culinary endeavor. After fetching a to-go cup filled with cream cheese from O'Hill — the only truffle ingredient not included in the kits — we were finally ready to bake.

Assembling these desserts was so effortless, I had to check the instructions multiple times to make sure I wasn't missing any extra

steps. After using a fork to combine the crushed cookie crumbs and four ounces of cream cheese in a mixing bowl, I simply rolled the mixture into bite-sized balls and froze them on a sheet pan for 15 minutes. To make my truffles more visually appealing, I melted chocolate from both boxes, making unique designs by drizzling and coating the chocolate. I topped them all off with a flair of sprinkles for a colorful finishing touch.

Despite the easy process, the end results were quite decadent, and I doubt anyone could tell that they took less than 30 minutes to make.

These truffles tasted almost identical to what homemade cake pops would have tasted like, only without all the excess ingredients and all the hassle. Besides, you really can't go wrong with chocolate

and rainbow sprinkles. I opted to only use the ingredients given in the dessert kit, but these chocolate cookie balls can be customized to fit the needs of all your loved ones.

To put a more creative twist on these, different types of ingredients could be incorporated in the form of toppings or add-ins. Simply swapping the regular cream cheese with strawberry or blueberry cream cheese would result in a completely different yet fruity flavor. Additional toppings such as chopped nuts, crushed pretzels or even coconut flakes could also make these desserts unique. These could be mixed in with the cookie crumbs and cream cheese directly or sprinkled on top after rolling.

To make these dessert bites go along with the Valentine's Day theme, strawberry pieces could be added into the cookie mixture it-

self and or set on top of the white chocolate coating. For those who want to go above and beyond, cupcake crumbs from one of our dining hall's fine dessert stands could also be mixed in with these treats.

Regardless of what you add though, these dessert bites are best after chilling in the refrigerator since that gives them time to set them. Afterwards, they can either be taken out and kept at room temperature or eaten straight from the freezer. Add a plastic gift bag and some ribbon and these cookie bites could also be transformed into an aesthetically pleasing gift as well.

Whether these are made carefully before a Galentine's dinner or hastily thrown together as a last-minute gift for a significant other, this dessert kit will be sure to sweeten your Valentine's Day.

Save your Valentine's Day with this lemon salmon dinner

Cook this right and your date will blush as pink as the salmon

Sadie Goodman | Food Columnist



SADIE GOODMAN | THE CAVALIER DAILY

To plate this dish, lay down a bed of orzo pasta and place one piece of salmon on top.

Forgot to make a reservation for Valentine's Day? Don't worry. This fresh, light salmon recipe is simple and stress-free to prepare, sure to impress your date and the cooking process is almost as enjoyable as the meal itself.

Cooking at home is the way to go if you don't love all the Valentine Day's hype. There's no awkward fumbling for the check, you can accommodate dietary restrictions and the process is enjoyable for everyone. Plus there's something so satisfying about transforming raw ingredients into a delicious meal with your own two hands. I know cooking can be intimidating, but if you can turn on an oven and boil water, you can cook this recipe with no problems.

This recipe has everything you need in a balanced meal. I chose salmon because it is easy to cook, looks beautiful on your plate and is full of protein and healthy fats. The tomato and lemon orzo bursts with a light, citrusy flavor and balances the richness of the salmon while the salad and dressing add a bite of vinegar and another pop of healthy color.

Cook time: 45 minutes

Baked lemon salmon

Ingredients:

2 6-oz salmon filets with the skin on
1 tablespoon olive oil
1 tablespoon whole grain mustard
Half of a lemon
Salt and pepper to taste
Basil leaves, optional

Directions:

Begin by lining a baking sheet with tinfoil and preheating your oven to 450 degrees.

Thoroughly wash and thinly slice half of a lemon, being careful to remove the seeds.

Prepare the salmon for baking by patting it down with a paper towel and covering it with olive oil, salt and pepper. Next rub on whole grain mustard and add your sliced lemon.

Add the salmon to the oven and bake for 15-20 minutes.

Remove the salmon after it is thoroughly cooked and uniform in color. Make sure to run your spatula under the filet to loosen the salmon from the tin foil right

when you pull it out of the oven.

Tomato garlic lemon orzo

Ingredients:

Half of a box of orzo pasta
2 tablespoons of olive oil
1 lemon
3 cloves of garlic, minced
4 ounces cherry tomatoes

Directions:

Add a pinch of salt to a pot of water and bring to a boil. Add the orzo and cook for around 10 minutes, or until the pasta is al dente.

As the pasta cooks, mince garlic and saute with 1 tablespoon olive oil in a medium saucepan over medium heat. Add the cherry tomatoes and the juice of half of the lemon. Allow this to cook for five to seven minutes, or until the tomatoes start softening and bursting under your spoon.

Once the pasta is cooked, strain it. When cooking orzo, I recommend adding another pot underneath the strainer to prevent the pasta from falling out through the holes. Put the pasta back into the pot and add 1 tablespoon olive oil and the juice from the other half of the lemon.

Once the tomatoes are ready, stir the tomato-garlic mixture into your pasta. Season with salt and pepper to taste and add fresh basil for garnish.

Side salad

Ingredients:

Jar with a tightly fitting lid
Spring mix lettuce
White mushrooms
8 ounces cherry tomatoes
⅔ cup olive oil
⅓ cup white vinegar
1 lemon
3 cloves of garlic, minced
¼ teaspoon cumin
1 tablespoon stone ground mustard
1 tablespoon whole grain mustard
Salt and pepper to taste

Directions:

Rinse the spring mix, white mushrooms and cherry tomatoes. Pat the spring mix dry and add to a large salad bowl. After chopping the mushrooms and halving the tomatoes, add them to the bowl as well.

Add olive oil, white vinegar and garlic to the jar. Squeeze in

the juice of one lemon along with cumin, stone ground mustard and whole grain mustard. Add salt and pepper to taste. Shake the salad dressing until you have a homogeneous mixture.

To keep your vegetables crisp, only dress the salad moments before you plate your meal. Shake the salad dressing well and add it slowly — a little goes a long way in terms of flavor with this dressing.

To plate this dish, I laid down a bed of orzo pasta and placed one piece of salmon on top. I garnished the salmon with a leaf of fresh basil and another dash of salt and pepper. I filled the rest of the plate with a serving of salad.

Cooking at home is a fun, engaging date and a money saver all in one. It's also a stress-free alternative to dealing with reservations. As a dinner for two, that's a great and affordable alternative to some of the more traditional Valentine's Day dinner venues.

Cooper is the newest addition to the police department

A certified therapy dog helps promote police-community engagement on Grounds

Maya Das | Feature Writer

A new member has recently joined the University Police Department, and he isn't just any employee. Cooper, a miniature American shepherd, is now working alongside his handler and owner Sergeant Benjamin Rexrode at UPD.

Cooper is not just an ordinary police dog but a trained therapy dog that can offer a calming and stress-relieving presence for both police officers and members of the University community.

Rexrode specializes in crime prevention and community service where he works closely with crime victims, gives talks to first-year students in dorms and leads informative safety presentations for University students and faculty members. With the new addition of Cooper, Rexrode hopes to break down some of the barriers between University students and the police department.

"When people talk about police-community engagement everybody thinks ... we need to create programs, but sometimes it's just having a one-minute conversation to break that ice," Rexrode said. "Cooper can serve as an ice breaker."

For a lot of people, the chance to pet and play with a dog for a few minutes can brighten their day. Additionally, Rexrode explains that the simple act of taking Cooper out for a walk on Grounds can attract attention from students and create an environment that promotes community engagement, as dogs have the ability to open up a room and create excitement amongst a group of individuals.

Rexrode plans to bring Cooper when working with crime victims or students that have experienced serious trauma, so he can serve as a stress-reliever or relaxer. Oftentimes people are apprehensive about filing a report or are hesitant to open up, yet Cooper is able to create a more comfortable environment for these victims. Whether it be showing up for court or meeting with an investigator, he will be right there every step of the way to provide support.

Assoc. Dean of Students Laurie Casteen had the opportunity to meet Cooper at a recent safety presentation for University staff in Madison Hall. Together, Casteen and Rexrode led the presentation while Cooper tagged along to personally greet all attendees.

"The police and Sgt. Rexrode specifically are focused on engaging with the students, so they feel comfortable with the police, get to know them and see them as a resource," Casteen said. "An adorable

dog will be a huge draw to bring students in and is a great way to start a conversation."

Rexrode mentioned that he cannot take credit for this idea, given that other police departments and universities have done similar things in the past, but he believes Cooper has a laid-back and calming disposition that sets him apart from most police dogs. While the UPD has two focused and high-energy German shepherds that are trained in explosive detection, Cooper seems to possess very few qualities of the typical police dog.

"He is kind of short, hairy and fat, so it is funny to see a police dog with opposite traits of a typical police dog," Rexrode said.

The idea for a police therapy dog first came to Rexrode's mind one day while speaking with his wife, Emily Rexrode. As a school counselor at Stuart's Draft Elementary School, Emily Rexrode often talked about finding a certified therapy dog that could benefit her students and even encouraged her own kids to participate in volunteer therapy activities. This was when her husband quickly realized that a therapy dog would be beneficial in his line of work as well.

After speaking with the University about his idea and receiving approval, Rexrode began his search. Through a friend, he was put in contact with Bill and Dawn Knapp, who own Knapp Tyme Minis, a business that breeds dogs, in Michigan. The couple had been looking to rehome one of the dogs that they had originally intended to be a show dog, but that had grown too fast and exceeded American Kennel Club standards.

Originally, the dog's name was Trooper — a name that Rexrode recalls finding too cliché, as the dog would be working alongside a university police officer. Given that Trooper was six months old and already responding to that name, he decided to change it to the similar-sounding Cooper. Now, as an 18-month American shepherd, Cooper seems to be responding well to that slight adjustment.

Instead of having Cooper flown in to Charlottesville, Rexrode decided to embark on the long journey to pick him up in Michigan last January. Rexrode braved snow storms in both Pennsylvania and Ohio to reach his frigid destination.

When Cooper first arrived in Charlottesville, he spent most of his days at Rexrode's home, getting acclimated to the new environment. Around May, Cooper was enrolled in a training program at Positive Paws and received his certification to become a therapy dog in Novem-



MAYA DAS | THE CAVALIER DAILY

Rexrode plans to bring Cooper when working with crime victims or students that have experienced serious trauma.

ber.

Since then, he has been joining Rexrode at the police department almost every day. In fact, Rexrode remarked that Cooper has now become a department mascot, though rather unintentionally.

"If there is a day I don't bring him, people are like, 'Where is Cooper?'" Rexrode said. "[He's] been a de-stressor even here ... I

hadn't intended on that, but it is a cool side thing that has happened."

Rexrode plans to bring Cooper along wherever he goes, so Cooper can engage with students and become a friendly face in the police department.

Casteen agrees that Cooper imbues a spirit of happiness that will be contagious for both students and officers alike.

"Recognizing that there is literally a warm and fuzzy presence in the police department is really going to add a lot," Casteen said.



Love Connection: Anastasia and Charlie



Anastasia and Charlie met at West Range Cafe

Jenna Onetto | Love Connection Writer

Anastasia Carvalhais: first-year College student

Childhood hero: Dwayne “the Rock” Johnson

Spirit animal / plant: Aloe vera plant

If you could describe your life as a movie / album title, what would it be?: The Hangover

Dream job: Pediatric surgeon



COURTESY CHARLIE HEPNER

Charlie Hepner: first-year Engineering student

Childhood hero: Michael Phelps

Spirit animal / plant: Dingo

If you could describe your life as a movie / album title, what would it be?: Dopamine by BØRNS

Dream job: Biomedical engineer — pharmaceutical or prosthetic development

MEETING UP

CafeAnastasia and Charlie met at West Range. Anastasia: I think it was a Wednesday, and we went to West Range. We decided on the location of the date because Charlie had to get to his computer science class, and I was near West Range. Oh wait, it was a Thursday.

Charlie: We decided to go to West Range for our date because we went between two of my classes and wanted to go somewhere close that wasn't a dining hall. Anastasia had also never been to West Range, so I thought it would be nice for her to try it.

INITIAL INTRODUCTIONS

Anastasia: I met Charlie in a group chat over the summer. We were really good friends before this, and we're still really good friends now.

Charlie: Anastasia and I met in person one of my first nights here at UVa., but we met each other through social media over the summer before we started first semester. We got to become really good friends throughout last semester.

Anastasia: We ordered at the kiosk. We had to fight somebody for a table because there were no tables, so Charlie took one side of the room and I took the other side and we waited for someone to get up so we could pounce on the tables. Once it was a failed attempt, but then the second time we got one. It was really funny because we kept walking around, and we kept going like, “So where are we going to post up for this date?” and multiple people heard us.

Charlie: We met up in the Engineering school because we got out of class at the same time and both had class in the engineering school. We walked and talked our way through the rain to West Range, ordered our food and secured a table.

CASUAL CONVERSATIONS

Anastasia: We talked a lot about skiing and snowboarding because he's [on the Virginia Alpine Ski and Snowboard Team], and [we talked about] swimming because he had a swim meet recently.

Charlie: During our date we mostly just caught up with each other since we haven't gotten to hang out in a while since we've both been pretty busy. I told her about how I'm racing with VASST and explained how all of that works more in depth. She told me about the medical fraternity she recently joined and how she's trying to start shadowing doctors at the hospital. We talked about our spring break plans, our classes, stuff like that.

Anastasia: We talked about our classes and honestly just caught up because we hadn't seen each other in so long.

Charlie: After we ate we walked outside and it was nice out, we took a picture and said our good-byes.

SAYING GOODBYES

Anastasia: I didn't expect him to be such a bad conversationalist. I'm just kidding. He was really good.

Charlie: Fun fact, she sprained her ankle the oth-

er weekend ... [she] was wearing a boot shoe thing.

Anastasia: I realized he had gotten tea and been drinking it, but he hadn't realized that there was sugar for the tea to make it sweet tea right by the tea maker. So on the way out I put a little bit of the cane sugar in what I was drinking and he looks at me and he's like, “I never even knew that was there” so he had just been drinking nasty [unsweetened] tea the whole entire time. So, he's not very observant clearly.

Charlie: She dropped a salt shaker, and I'm pretty sure she left her water bottle at West Range.

Anastasia: I left my water bottle [at] West Range. We took a cute photo. It was a good time, we had a good time.

Charlie: Overall impression, 11 out of 10 gal. That date made my day, brightened it from a rainy day to a sunny one.

Anastasia: I would say [Charlie is] hectic ... we're both very hectic individuals. I had my broken foot, he had all of his jokes, it was a good time.

FUTURE PLANS

Charlie: Hanging with Anastasia always makes me happy even in the midst of a stressful and busy time.

Anastasia: I would go on another date platonically with Charlie. I honestly think going on dates with your friends is really helpful for the relationship. I would highly recommend that you take your friends out for dates. It's healthy.



DAILY NEWSLETTER

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Top 10 pick-up lines for Valentine's Day success

These classic suggestions will work, eventually. Hopefully.

Ben Rosenthal | Top 10 Writer

1. "I'm no photographer, but I can picture us together."

Not only is this line admittedly cute, but it comes with an easy out in the event your target says "no." If you are met with rejection, simply say, "I told you I wasn't a photographer," and walk yourself to the nearest private spot to cry in self-imposed isolation. Plus, there is another added bonus — if you do end up together, you have already established that you're a poor photographer, setting the bar low when your significant other asks you to take a picture of her in front of that cool mural.



EMMA HITCHCOCK | THE CAVALIER DAILY

2. "I'm writing a paper on the finer things in life and was wondering if I could interview you?"

This line is similar to the first one, but slightly worse, as it lacks plausibility. In my four semesters at Mr. Jefferson's University, I have never been asked to write such an essay — and if I had been, I probably would have written about hummus or something. But if you can get over the initial hurdle this lack of realism presents and really sell this line, fortune favors the bold.

3. "Would you like some hard candies?"

This is a timeless line that has no doubt brought thousands of couples together. It demonstrates value on the part of the pick-up artist — hard candies are a commodity. The only problem with this line is that it sets the bar too high for future encounters. The next time you see this person, they are going to be expecting hard candies. And, eventually, you're going to run out.

4. "Did you invent the airplane? Because you seem Wright for me."

Honestly, as a line in and of itself, I don't find this one very good. It's a bit forced, no? But the real value in this line is that it serves as a test of intelligence. If your target is unable to bridge the connection between "airplane" and "Wright," then you move on. "Which pair of brothers are commonly credited with the invention of the airplane?" is too common of a trivia question to be saddled with a partner who doesn't know the answer.

5. "Girl, you're the Dumpling Truck of the U.Va. food scene."

If this doesn't work, then I don't know what will. There really is no higher compliment. Just go near the amphitheater anytime a class lets out and let the line speak for itself. The dumpling truck is about 15 times as popular as anything else on Grounds, to the point where one of my friends has expressed a desire to get married inside of it. If you pay this compliment to that special someone and they don't thank you instantly, it is time to separate entirely.

6. "I'm Group 1. Want me to save you a seat at the game?"

Demonstrate value. That is what this line does. The group one folks are the kings of John Paul Jones Arena. They are impossible to penetrate — I have been Group 2 for the past year and a half, with no signs of moving up anytime soon. Adding insult to injury, my Group 1 friends average 6.5 more dates per month than me. Correlation doesn't equal causation, but there is something there.

7. "Are you okay? You look like you might be lacking a little Vitamin Me."

Stepping away from the U.Va.-centric options for a second, I want to float this option into contention. Look, it's risky — suggesting that somebody doesn't look okay is a bit of a gamble, sure. But Vitamin Me deficiency is actually a serious epidemic and any opportunity to spread awareness is worth taking. Look, Abby, I can make pasta, and I go to the gym two to three times per week, when I am not busy. Vitamin Me isn't the best you can do, but it's a safe option. Please?



EMMA HITCHCOCK | THE CAVALIER DAILY

8. "Who has two thumbs and no better options? Hopefully you!"

A bit of self-deprecation never hurts. Trust me — it's my own secret weapon. And, if I were underqualified in the romance department, would I be writing this article? I think not. The only downside to this line is that you might accidentally say it to a person with fewer — or more — than two thumbs, in which case you come off as insensitive at best. This is admittedly a low-risk case, but you have to consider every possible scenario when formulating an approach.

9. "Do you like jazz?"

Not only is this a fantastic pick-up line — it is also a fantastic litmus test for a potential partner. If you receive an answer anywhere in the ballpark of, "yes, I actually do," you can quickly cut your losses and walk away. That is because any college-aged person who claims to like jazz is actually an alien, sent to Earth on a mission to try and understand human life — and failing miserably. If they say, "no, please leave me alone, I'm just trying to order my coffee," you know you have indeed found a human being.



EMMA HITCHCOCK | THE CAVALIER DAILY

10. "Sonic the Hedgehog? Opening weekend. You in?"

Romantics, you're in luck this year. The greatest opportunity on Earth has been bestowed upon you by the gods of romance themselves. "Sonic the Hedgehog" — or, as we will know it in 2120, "Citizen Kane Part II" — comes out this weekend. You could spend Valentine's Day in some stuffy restaurant, eating food like a loser, or watch Jim Carey and the guy from "Enchanted" try to act next to a green tennis ball on a stick. Is it even a close call?

HEALTH & SCIENCE

In their own words — scientists explain love

University professors and faculty define love using terminology from their respective fields

Callie Freeman, Lucie Rutherford & Vyshnavi Pendala | Health and Science Editors

As Valentine's Day draws near, love will be celebrated in countless different ways, looked at from all points of view and shared amongst family, friends, significant others, adults, elderly and children alike. Everyone looks at love in their own way, and scientists are no different. They, too, have their own, technical definitions of love, defined in their field's terms. It can be seen as a reaction in the brain, the positive to negative attraction of particles or stemming from the social interactions between two people. Within an institution such as the University, these nuanced definitions are everywhere.

For Psychology Prof. Robert Emery, love is defined by studying relationships and helping people to improve theirs. He refers to emotional reactions as occurring in constellations, depending on what stimuli is activated. As an example, he compares the relationships between infants and caregivers to that between significant others.

"Babies feel happy and secure — loved — when they're in contact with their caregiver," Emery said in an email to The Cavalier Daily. "When a baby cannot find their caregiver, they become angry ... this is an attempt to bring the caregiver to them when the baby cannot find its way back."

According to Emery, this behavior — known as reunion behavior — is also shown in romantic love. When he and his wife broke up while dating three decades ago, he stated that he left an angry message and called again to make sure that she had received his message.

"Like the wailing toddler, my anger wasn't really anger but a form of reunion behavior," Emery said. "I wanted her to engage with me, even if only in an argument."

It is normal for couples to fight and be upset with each other. Other than the pain and feelings of betrayal, anger may be the motivation behind one's actions.

"I always encourage couples who are fighting to pause and consider what might really be motivating their anger," Emery said. "Anger may ultimately be motivated by longing or perhaps fear or pain or sadness or guilt."

Asst. Nursing Prof. Katrina Debnam has a similar, hu-

man-level definition. Debnam has conducted much of her work with teenagers, arguably a time of many encounters with love and heartbreak.

"I use very relatable terms when I talk about love," Debnam said. "Love is respect and honest

Bashkow also addressed the romantic side of love, which he said is crucial to long-term structures in life, such as building families.

"[These long-term structures] remind us that we are not autonomous individuals but are deeply

ing blocks of physical processes, Sackett considers their attraction to be a physics metaphor for love.

"That attraction is what makes everything we have work," Sackett said. "That's why batteries work and motors and computers

everything attracts each other, matter attracts matter," Sackett said. "If you want to be romantic about it, nobody wants to be alone. Everything attracts."

According to Economics Prof. Kenneth Elzinga, critics often claim that economics revolves only around buying, selling and making money, but in reality, the field is more multidimensional than that.

"Economists have their own language that rivals that of any poet or musician," Elzinga said.

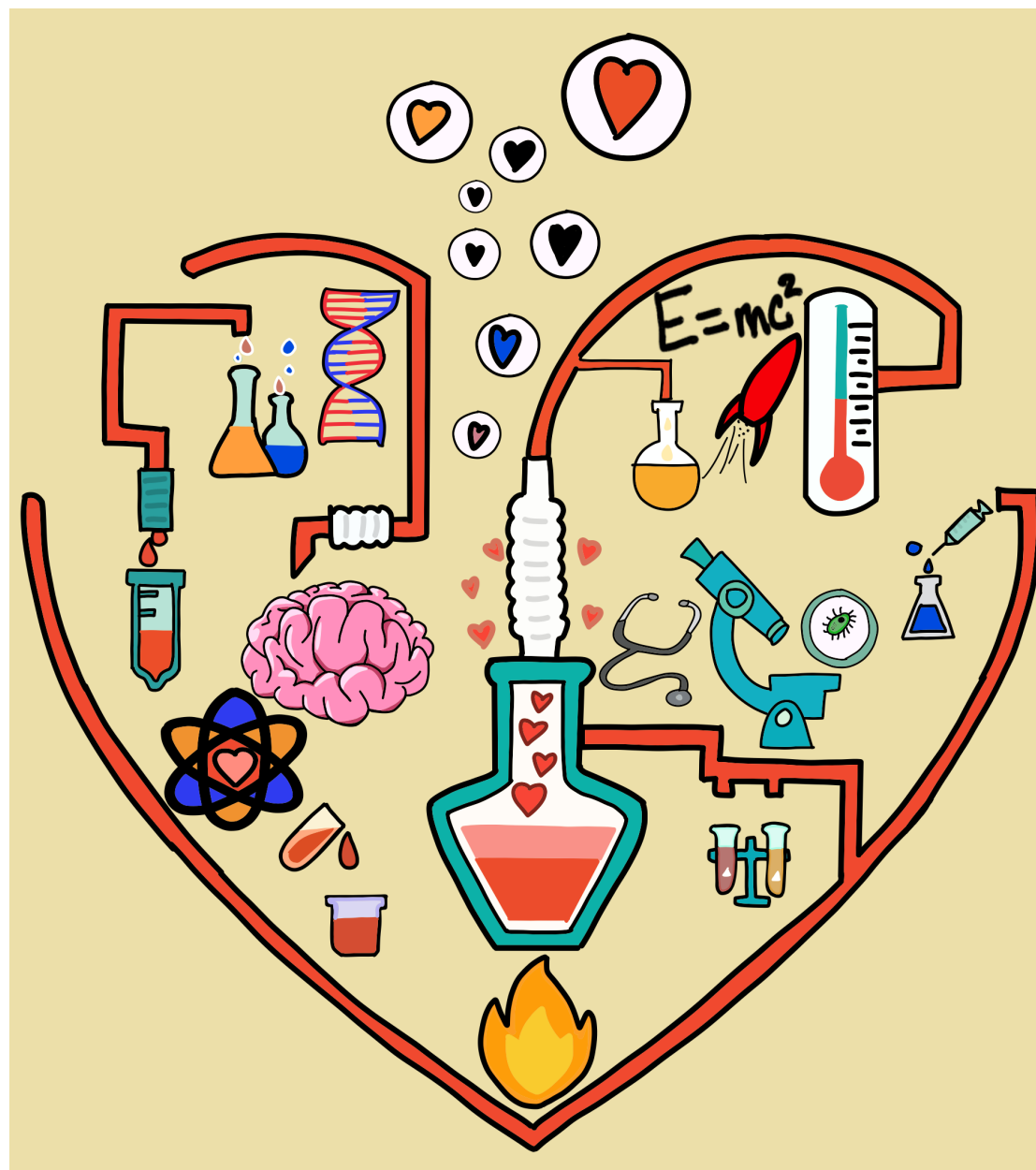
In a segment titled "The Economics of Love," which Elzinga presented to his Economics 2010 class, he defines love to be "when two people have interdependent utility functions" — meaning love occurs when two people like the same things.

According to Elzinga, this definition can be used to express love the economic way.

"Whichever way the wind may blow, you will always be on my production possibilities curve," Elzinga said.

Despite these multivarious definitions, Emery's definition is perhaps one in which scientists from all disciplines can find truth.

"Love is a mystery that can never be defined," Emery said.



JOHN KANU | THE CAVALIER DAILY

and open communication and mutual trust and compromise."

Assoc. Anthropology Prof. Ira Bashkow does not view love from an individual point of view but rather humankind's broader need for and innate behavior towards it.

"Love is this force that drives us into this heightened kind of disposition to connect with another person," Bashkow said.

connected," Bashkow said. "As an anthropologist, [love] is very deeply cultural that we learn to interpret, something universal."

Paralleling the anthropological view that love is the basis for long-term structures of life, Assoc. Physics Prof. Cass Sackett brings the attraction between protons, or positive charges, and electrons, or negative charges, into the picture. As the build-

and everything else that we use. [It] is all basically running off that fundamental attraction between the two opposite charges."

As a physicist, Sackett explained that gravity is one of the fundamental explanations of everything that occurs in the universe, a concept that can be compared to human relationships as well.

"Gravity [is the concept] that

University alumni design NeuroView Diagnostics

NeuroView integrates telemedicine and artificial intelligence into an online platform to provide stroke and at-risk patients a personal neurologist

Pumoli Malapati | Senior Writer



COURTESY EDUARDO MONTES-BRADLEY

Andrew Southerland, Neuroview scientific advisory board member, and founders Omar Uribe and Mark McDonald are shown left to right.

Strokes are one of the leading causes of disabilities in the United States and costs an estimated \$100 billion each year. In order to prevent stroke disability, Mark McDonald, neuroimmunology fellow at the University's School of Medicine, and NeuroView CEO Omar Uribe co-founded NeuroView — an early-stage digital health company. Using artificial intelligence, this application works to identify early risk factors for strokes and provide a plan of action to each patient to alleviate these risks. Overall, this product works to reduce the number of strokes each year and help patients receive the best care in the shortest time possible.

Strokes can occur when the blood supply to the brain is cut short, meaning blood vessels that carry nutrients and oxygen to the brain are blocked by a clot or ruptured. As the supply of oxygen and nutrients gets cut off, brain cells die and cannot regenerate, preventing the proper function of other organs throughout the body. Annually, strokes kill 140,000 Americans, making it the fifth leading cause

of death and disability in the U.S. Moreover, strokes can also result in lifelong disabilities including, but not limited to, paralysis or loss of motor control, chronic pain, aphasia and emotional disturbances.

In an attempt to address this issue, McDonald and Uribe developed NeuroView to focus on prevention and early stroke detection. Some early signs of a stroke include weakness, blurred speech, walking difficulty or drooping of the face.

"We are at an intersection in healthcare between a growing need for access to physicians and other limited resources and the opportunity to address access disparities through technology," said Andrew Southerland, professor of neurology and public health sciences and a member of the scientific advisory board for NeuroView, in an email to The Cavalier Daily. "NeuroView seeks to build on this model by developing a virtual stroke clinic for patients and applying augmented intelligence to aid in neurologic diagnosis."

NeuroView uses AI and tele-

medicine to protect at-risk patients through its virtual clinic, which provides a personal stroke neurologist to users.

"NeuroView's platform or 'virtual clinic,' as we like to call it, addresses two key components of stroke care — 1. prevention 2. rapid diagnosis for early treatment," McDonald said in an email to The Cavalier Daily. "The virtual clinic regularly checks on the health of patients using a multimodal approach of text-based questions, audio and video."

The main goal behind this product is provide an action plan for the patient coming to the hospital with a thorough evaluation of risk-factors.

"Our goal is to intervene before the patient ever gets to the hospital," Uribe said in an email to The Cavalier Daily. "We want to get that individual plugged [into] our system before they ever have a stroke."

However, there are inevitable instances where a patient will have a stroke before NeuroView is able to detect one. For these cases, the best plan of action is to have Neuroview use its smart tri-

age system to make critical transportation decisions and simultaneously talk to a neurologist who can evaluate the patient's current situation.

"Going to the right hospital is critical because for every hour that clot-removal surgery is delayed, patients lose over seven months of disability-free life," Uribe said. "Additionally, the patient's information along with the tele-neurologist's assessment will be relayed to first responders at the receiving hospital to further expedite treatment."

One of the challenges the team faced was obtaining grant money for this project. Through a combination of public grants and private investment, they were able to overcome this obstacle. One source of support came from i.Lab, an organization that fosters startups, and its summer incubator program VentureLab.

According to David Touve, senior director of the Batten Institute for Entrepreneurship and Innovation at the Darden School of Business, the NeuroView team was connected with several Batten Institute initiatives, through

which it received mentorship, workshop and grant support from VentureLab.

"NeuroView's approach is one that points to a future for the medical industry in which machine intelligent augments, rather than wholly supplants, human intelligence and experience," Touve said in an email to The Cavalier Daily.

The goals for the coming years are to work on expanding its team and building the company.

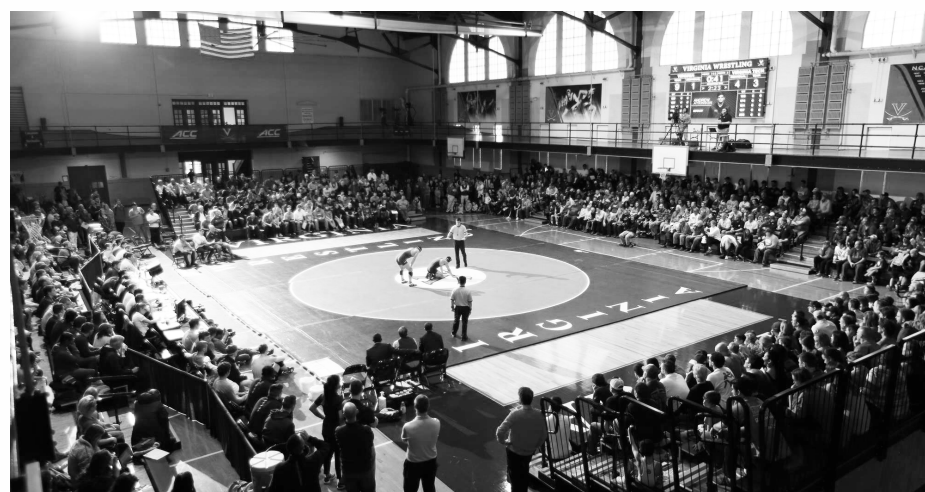
"We'll continue to scale our team ... looking for [natural language processing] engineers and system architects to join the team ... and we hope to create a minimally viable product or MVP within the year," Uribe said. "Our goal is to start testing this MVP in a pilot program using our partnership with a large insurer."

SPORTS

Perfect Valentine's Day date ideas for Virginia sports fans

The best ways to woo your Cavalier date on Valentine

Henry Hempel | Associate Writer



EMMA KLEIN | THE CAVAILER DAILY, COURTESY VIRGINIA ATHLETICS & THE UNIVERSITY OF VIRGINIA

Although the Cavaliers may not be playing at home on Valentine's Day, Grounds still offers tons of romantic sites for sports-loving lovebirds.

We all know fans of Virginia sports have passion for their teams, but many of them have a passion for that special someone as well. This is for all those love-struck Cavalier fans who need some ideas for the perfect date this Valentine's Day.

Make memories at Memorial Gymnasium

Memorial Gymnasium is a classic spot for any sports fan but a special one for those with a love interest. Unfortunately, the wrestling team will be headed to Duke this Valentine's Day, so couples will miss out on the action. However, they can still take advantage of all of Memorial Gymnasium's amenities ranging from the dry sauna to daytime towel service. Wrestling or not, you should definitely pin down reservations for two at Memorial Gymnasium this Valentine's Day.

Court your date at John Paul Jones Arena

While there may not be a Virginia basketball game for this year's Valentine's Day, you can still cuddle up courtside with that special someone at John Paul Jones Arena. The Daily Show host Trevor Noah will be performing starting at 8 p.m. in the arena. This makes for the perfect opportunity to let loose and have a few laughs instead of stressing over a last-minute loss to Syracuse or NC State. Lovers can sit back and enjoy some soft pretzels while listening to Noah's light-hearted jokes and admiring the beautiful 2019 National Championship banner. You might shoot a different kind of shot than the ones senior guard Braxton Key and sophomore guard Kihei Clark do, but rest assured, this date is sure to be a slam dunk.

Have an Olympic experience

Take your date to the Aquatic and Fitness Center Friday and go for a swim in Virginia's Olympic-sized swimming and diving

pool. Home to not only an excellent program, but a world-class facility worth over \$18.5 million, the AFC is a great place to have a workout date this Valentine's Day. You could crush some weights or just walk on the treadmill, burning calories with a passion in your heart. After a great workout, you can either settle down with a romantic, candle-lit yoga class or cool off with a dip in the pool. Either way, you're guaranteed to make a splash.

Take your lover to Lambeth

One of the easiest ways to impress your significant other is to show them how sophisticated and profound you are, and what better way to do that than to take them to one of the most historical places on Grounds? No, not the Lawn nor the Rotunda, but Lambeth Field, the original home of the Virginia football team. Nothing's more romantic than enjoying a nice picnic while sharing stories of the golden age

of Virginia football. In fact, the Cavaliers didn't even have a losing season until 1916, which can be attributed to the chaos of World War I. Lambeth Field's old charm and historic background makes it the perfect location for lovers to admire both the storied greatness of Cavalier sports and each other.

Lovebirds at Birdwood Golf Course

Bring your date to Virginia's premier 18-hole golf course, home to one of the best golf programs in the nation. Birdwood not only has clean-cut grass and amazing water features, but it overlooks a beautiful forest, making it a relaxing and amorous look at nature. Play a few holes at one of the top collegiate courses in the country with your lovebird and let the scenery distract them from your poor play. If you and your partner get tired, take a break at the best resort in all of Charlottesville — Boar's Head

Resort. If you make a trip to Birdwood this Friday, count on a Valentine's Day that you'll never forget.

One reason to fall in love with each Virginia spring sport

Find your perfect match with another exciting season of Virginia sports

Vignesh Mulay | Sports Editor



COURTESY VIRGINIA ATHLETICS

No. 2 men's lacrosse enters the season coming off of their sixth NCAA championship and look poised to repeat as champions — making it an easy team to love for championship-loving Cavalier fans.

With both Valentine's Day and the spring collegiate athletics season nearing, let's take a look at the most attractive feature of every varsity-level Virginia team playing this spring.

Baseball — a promising freshman class

Despite a disappointing 2019, an exciting freshman class makes 2020 Virginia baseball a must-see. On the pitching side, freshmen Matt Wyatt, Jake Hodorovich and standout early enrollee Nate Savino will join more experienced Cavaliers in the pen. Additionally, the highly-rated pair of Chris Newell and Tate Ballesterio will contribute effective hitting and versatile defense. With so much young talent, this year's Cavaliers have the chance to surprise a lot of people.

Softball — a shiny new stadium

If there were ever a time to become a Virginia softball fan, it would be now. This season, the Cavaliers are finally moving on from The Park — the aging run-down facility the softball team has used for years — and will be transitioning into a brand-new stadium — Palm-

er Park. Equipped with modern amenities and world-class facilities, Palmer Park is a dream come true for Virginia players and fans alike. Located right at the heart of the athletics precinct near John Paul Jones arena and Klockner stadium, the new facility will be a great venue to watch softball games.

Golf — best tournament locations

Virginia student-athletes travel extensively, but few teams visit places as beautiful and unique as the men's and women's golf teams. From Kauai, Hawaii to Ponte Vedra, Fla. and Guadalajara, Mexico, Virginia golfers travel thousands of miles to compete. If you're a fan of watching talented collegiate athletes play on lush green courses in sunny weather, you'll have plenty of opportunities with Virginia golf.

Men's lacrosse — national championship frontrunners

In 2019, two Virginia teams — men's basketball and men's lacrosse — brought home a national title. However, only the latter of those teams returns virtually its entire roster this season. With their

four top point-scorers and four All-Americans back for 2020, the Cavaliers are poised for another deep run and are favored by many to defend their title. Given that many polls have Virginia ranked as either the No. 1 or No. 2 team in the country, it's the perfect time to hop on the men's lacrosse bandwagon.

Women's lacrosse — time for young players to take center stage

The Virginia women's lacrosse roster will look substantially different this year compared to last season. From offensive standouts Avery Shoemaker and Maggie Jackson to the defensive trio of Sophie Alecce, Kaitlin Luzik and Allison Shields, the Cavaliers have to replace a lot of talent. Fortunately, Virginia can expect to see several fresh faces step up and make a name for themselves on the field.

Women's tennis — four nationally ranked singles players

Virginia's talented women's tennis team includes multiple players featured in the Intercollegiate Tennis Association's women's tennis rankings. Leading the pack is 21st-

ranked freshman Natasha Subhash, who was recently named the inaugural UTR ITA Division I Women's Player of the Week. In addition to Subhash, No. 55 junior Rosie Johanson, No. 78 sophomore Amber O'Dell and No. 87 Sofia Munera. With so many women's tennis players excelling, you don't want to miss a match.

Men's tennis — home games early and often

If you're looking for the opportunity to catch some action on Grounds, men's tennis might just be your best bet. The team will play 10 of its remaining 15 regular season matches at home at the Sheridan Snyder Tennis Center. Half of those games will be against ACC opponents — Notre Dame, NC State, Wake Forest, Florida State and Miami. Located extremely close to Central Grounds, men's tennis games are a convenient opportunity to witness high-level competition.

Outdoor track and field — first season under a new director

In September, Vin Lananna was named the new director of track

and field and cross-country for Virginia. A collegiate track and field icon, Lananna's presence is already being felt within the program after a solid cross-country season. With a resume that includes winning 11 NCAA team championships and building powerhouse programs at Stanford and Oregon, Lananna hopes to replicate what he's accomplished in the past elsewhere at Virginia. While it may take some time, Virginia track and field could be on its way to becoming a national contender.

Rowing — ACC domination

In the 21st century, Virginia rowing has been dominant within the ACC — showcasing a level of consistent superiority that few teams have exhibited at any level or in any sport. Since 2000, Virginia has won 19 of 20 ACC rowing championships, including the last 10 consecutive titles. No other Virginia team can claim the same level of success as the Cavalier rowers. Given Virginia fans' love for winning, the rowing team is the perfect outlet for their passion.

OPINION

LEAD EDITORIAL LGBTQ+ celebrations matter

The LGBTQ Center and Queer Student Union are making some of the most important strides for acceptance at the University

As we approach Valentine's Day, we must remember the huge problems facing the queer community. During this time that is intended to celebrate love and romance, it is integral to think about how many LGBTQ+ students may feel isolated by the popular recognition of heterosexual relationships over relationships that are not. Nevertheless, traditions put on by the LGBTQ Center help us think about the acceptance of love. One of the most fulfilling celebrations of this holiday at the University is the "Love is..." campaign put on by the LGBTQ Center every Feb. 14.

Last week, the University celebrated the grand opening of four new student centers in Newcomb Hall — the Multicultural Student Center, the LGBTQ Center, the Latinx Student Center and the Interfaith Student Center. While these spaces, both new and expanded,

represent an incredible step forward for the University, it is important to remember that these are just stepping stones. Specifically, recent events have highlighted the need for further measures to protect the LGBTQ+ community on Grounds.

This past year, the University was ranked as the seventh most welcoming college or university in the country for LGBTQ+ students. Recent initiatives such as the incorporation of a transgender clinic within Student Health and the adoption of all-gender bathrooms in select locations have been crucial in terms of helping to make our community more welcoming. Furthermore, the move of the LGBTQ Center from the basement to a larger, more visible location represents the immense strides student leaders have made in creating a more welcoming community.

While significant progress has

been made over the past several years, recent instances have highlighted the immense issues facing the LGBTQ+ community surrounding the University. For example, in Dec. 2019, two queer-identifying women were asked to leave by security at Asado after being spotted kissing in a booth during a private event, in spite of the fact that other heterosexual couples nearby were seen engaging in similar levels of affection. The Queer Student Union in response labelled the incident as reflective of the "history of LGBTQ+ individuals being removed and excluded from public spaces, especially bars, on the Corner."

One week later, a mural on Beta Bridge that said, "PROTECT BLACK TRANS WOMEN" was repeatedly painted over by a series of pro-gun messages. These provocative attempts to undermine the importance of the original message

made national news as it violated the longstanding tradition of civil discourse that characterized this forum for free speech. In addition to this, many members of the LGBTQ+ community were particularly outraged by this incident as trans women, especially those of color, are at an elevated risk of gun violence. In 2019 alone, at least 26 transgender and gender non-conforming individuals were killed by a firearm or other violent means according to the Human Rights Campaign.

Altogether, while the University has made significant strides over the past several years to become more welcoming toward members of the LGBTQ+ community, it is clear from these two recent incidents that there is progress that still needs to be made. Specifically, unlike many other colleges and universities, UVA still lacks options for first-year students to find roommates and hous-

ing options that are LGBTQ-friendly. In addition to this, there is also an apparent need for the University to expand its Department of Women, Gender and Sexuality, for which almost every course is full. Finally, above all else, there is a need to address much of the hateful and divisive rhetoric towards the LGBTQ+ community that has continued to remain present on Grounds.

Ultimately, initiatives such as the LGBTQ Center's "Love is..." celebration remind us that love not only knows no bounds, but that regardless of our identities and backgrounds, we are all a part of this community and we are all Hoos.

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To save our nation, we must procreate

Dwindling birth rates are having catastrophic economic and political effects on the West

The act of making love is what organisms desire most at a primal level — the pinnacle of carnal rapture — and represents the culmination of millions of years of evolution and generations of heredity. Across all of Western civilization, though, we are witnessing an interesting phenomenon — increases in celibacy rates among youth, and complementary decreases in the rate of childbirth. Perhaps most notably, the United States recently hit a historically low fertility rate of 1.72, well below the scientifically-documented population replacement rate of 2.1. People in developed nations are having fewer children than ever before, and while the circumstances that brought about this shift may be positive in nature, there are also several negative ramifications that come along with it — primarily from an economic perspective.

The most notable example of this impact can be found in our mangled, dysfunctional Social Security system. The theory behind Social Security itself is somewhat logical — individuals pay into the program throughout their working lives while that money supports current retirees, and then theoretically receive

benefits themselves once they're older. However, with a burgeoning senior demographic being supported by a dwindling youth, the system is now pumping out a lot more money than it is taking in — and there's a good chance that the well runs dry before millennials even get a drop.

The subject has thus become the topic of myriad political debates, but the crux of the problem would not

effectively, but a perpetually aging populace in the West may turn many of our social programs into little more than glorified Ponzi schemes.

An interesting case study in this discussion is the island nation of Japan, which faces many of the same fertility problems as the West, except to an even higher degree. With a measly fertility rate of 1.42, and with nearly half of its youth popula-

cussed, if our fertility rates continue to decline unabated, America and the West could very well be heading down a similar path.

However, this problem may not be as irremediable as it appears. There are several viable solutions that can be leveraged to ameliorate this situation in the short-term, such as increased immigration rates to bolster the youth workforce — a

dren. This can perhaps be achieved through economic incentives such as cash dividends for procreation, which have seen success in Finland and other European nations.

Summarily, the core of our collectivist civilization relies heavily on an ample supply of young workers constantly entering the markets, to both keep our economy churning and to provide for the old and the needy. Without that core ingredient, though, the entire system starts to fall apart at its hinges, and thus necessitates productive dialogue so that immediate societal action can be taken. Should we fail to reverse these trends of child production in the West, we could very well face the same fate as nations like Japan, so it is imperative that this Valentine's Day, each and every one of us does our part for the continued glory of our civilization.

Summarily, the core of our collectivist civilization relies heavily on an ample supply of young workers constantly entering the markets, to both keep our economy churning and to provide for the old and the needy.

even exist had birth rates not consistently declined over the past few decades in our nation. Similar logic can be applied to other proposed social programs as well. As time passes, a lesser number of workers will have to provide for a growing number of dependents, which decreases the fiscal viability of many of these systems, such as public healthcare. At its core, welfare states require a sizable, growing workforce to function

tion mired in celibacy, the economic costs of this lack of reproduction have become markedly apparent. Their workforce is dwindling and declining, while an ever increasing proportion of senior citizens is creating a massive financial burden for Japanese families and the government — which manifests itself in rapidly increasing social welfare spending. While this presents an extreme case of the problems dis-

tactic being used by even the historically isolationist Japanese government. That being said, as technology and automation continue to develop globally, the need for a sizable workforce itself may decline, creating an even higher number of dependents and lowering the utility of additional unskilled migrant labor. Thus, I believe the chief solution to this conundrum is simply to cajole our populace into producing more chil-

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Thinking about women on Valentine's Day

Let's use this upcoming holiday to think about issues that women face daily

Valentine's Day 2020 will be the 22nd anniversary of V-Day, an international movement "to end violence against all women and girls (cisgender, transgender, and those who hold fluid identities that are subject to gender based violence)." The day coincides, however, with Valentine's Day, one of the most commercialized holidays embedded in American culture. This leads one to wonder why the days are paired together in such a way. Perhaps, to answer this question, one could address V-Day's four core beliefs, one of which is a dedication to "lasting social and cultural change ... spread by ordinary people doing extraordinary things." The V-Day movement brings attention to the problematic traditions that we associate with our celebrations of Valentine's Day.

Although Valentine's Day is meant to celebrate love and romanticism, many feminist thinkers have begun to point out the patriarchal expectations that surround men and women on this holiday. The traditional idea that men are supposed to plan and pay for a Valentine's Day date is rooted in outdated traditions rooted

in patriarchal society.

These seemingly simple expectations that dictate our dating lives have become less relevant in recent decades. According to a 2015 study, 74 percent of men and

this "lasting social and cultural change," it is simple notions like this expectation that men pay for dates that need to change.

However, the V-Day movement deals with much more press-

in our social institutions as "very low." Yet, explicit violence against women is still extremely prevalent within the country. In fact, in the U.S., intimate partner violence accounts for 15 percent of

types that so many have worked to deteriorate. Thus, in our celebrations of love on this holiday, we should focus on the things that we've gotten right about this holiday — like eating chocolate with someone you love and dedicating quality time to your partner, or even close friends.

Lastly, we must think about why a holiday embedded in dating rituals that have existed since before women had the right to vote shares a date with a day meant to raise awareness about violence against women. Perhaps these two ideas are more intertwined than they seem, both existing within a contemporary society that is still obsessed with male dominance. As Valentine's Day 2020 comes and goes again, we must continue to critique the implications of the rituals and traditions that have lived on through decades.

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Although Valentine's Day is meant to celebrate love and romanticism, many feminist thinkers have begun to point out the patriarchal expectations that surround men and women on this holiday.

83 percent of women find that both partners in a relationship financially contribute to dates after being in a relationship for six months. Nevertheless, this idea that a man must provide for his romantic interest still prevails — most men and women find that men financially contribute more to dates. This ties men to the "breadwinner" role and allows them to express dominance over his female date. Additionally, it perpetuates "benevolent sexism," or instances of sexism that come from treating and complimenting women based on their stereotypes. Perhaps in order to achieve

ing issues than the implications of expecting a man to pay for a date. In fact, the specific types of violence that V-Day works to fight include "rape, battery, incest, female genital mutilation (FGM) and sex slavery." Instances of benevolent sexism and explicit violence against women are in no way equal — nevertheless, benevolent forms of sexism are symptoms of a society in which this violence can continue to exist.

The Organisation for Economic Cooperation and Development Centre's Social Institutions and Gender Index ranks U.S. levels of discrimination against women

all violent crimes, 17.6 percent of all women have been the victim of attempted or completed rape and approximately 20 people are physically abused by an intimate partner per minute.

There is truly nothing wrong with a man paying for a date, and I am certainly not arguing for women to completely replace men in this role that society has deemed upon them. Nevertheless, the expectation that they will — and the intertwined implication that women cannot pay — has no place in a society that is progressing towards equality. This expectation simply reinforces gender stereo-

HUMOR

Why I'm totally not sad being single, like, at all

Love is in the air, but so is Coronavirus, and I'm staying FAR away from both.

With Valentine's Day coming soon and it being PRIME cuddle weather, I know you poor fools are out there doing everything possible to get cuffed. Rolling out every weekend in your new H&M button down, getting a \$30 haircut from the Corner, going to the AFC but only hitting chest and biceps and curating the perfect Tinder bio and first message (I'm just guessing of course, zero personal experience with this!).

Well, trust me, y'all can rest easy. As the seemingly ONLY single person among my friends now, I can give you PLENTY of reasons why being in a relationship is like hosting a banger — seems like a great idea until you have to deal with the mess!

Money

Dates? Small, thoughtful gifts? Making spontaneous day trips because there's nothing in Charlottesville besides mountains? Driving all the way to another school because you already shot your shot with everybody here and have to resort to people that go to Just Missed U.Va. or even *shudders* Tech?

Well, lover-boy, all of that costs MONEY that I know you don't have. Sure, this is U.Va. and half of you reading this probably have daddy's credit card, but there are still SO many things money is better spent on, like:

- Two Insomnia cookies that you paid \$20 dollars for because you're too lazy to walk there
- Glorified candy water at Starbucks
- Pretentious "real coffee"

at a place downtown where the barista is an aspiring poet

- Vodka-Sprites at Boylan that make you gag
- Ubers from the Corner because walking home drunk and cold sucks

What's that, you say? There's a certain warm fuzzy you get when you spend your own money on somebody you care about? Psh-hhhh, nothing compares to the warm fuzzy I get when I check my bank account these days.

Sleep

Staying up until 5 a.m. talking to somebody you like is all fun and games until you have to wake up for your 8 a.m. I'm in my ZONE all by myself, stretched out, eating grilled cheese and watching YouTube. The day I find somebody worth sacrificing that for is the day I get married. Enjoy your bae's cold feet and

snoring!

Academics

As I am constantly reminded, watching some old guy in a tweed jacket click through power points and BS-ing assignments because I don't want to read 100 pages a week is EXPENSIVE. I mean, are you really willing to give up your \$32k a semester education for some guy that uses three-in-one body wash, still needs his mom to tie his tie and thinks frying an egg counts as cooking? Or for a girl who thinks liking "The Office" is a personality, posts on her Snapchat to "like her recent on Insta" and eats YOUR fries? No thank you! I'd rather blow that money by skipping classes and sleeping through the classes I do go to!

So, this upcoming Valentine's Day, while all my friends are off buying their loved ones flowers

that will die in a week, I'll be having the time of my life watching Netflix under my weighted blanket (it's for my stress, not loneliness I swear), eating Insomnia cookies, and cryin- I MEAN SMILING. Ladies: if you disagree with me and think relationships in college ARE worth it, well, feel free to hit me up. We'll discuss it over lunch ;).

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CARTOON



Alyce Yang | Cartoon Artist

"At least I have you... right, Papa John's?"

This caption was the winner of the caption contest and was written by @smol_bean_ria on Instagram.

PUZZLES

WEEKLY CROSSWORD PUZZLE

Aaron Rose | Puzzle Master

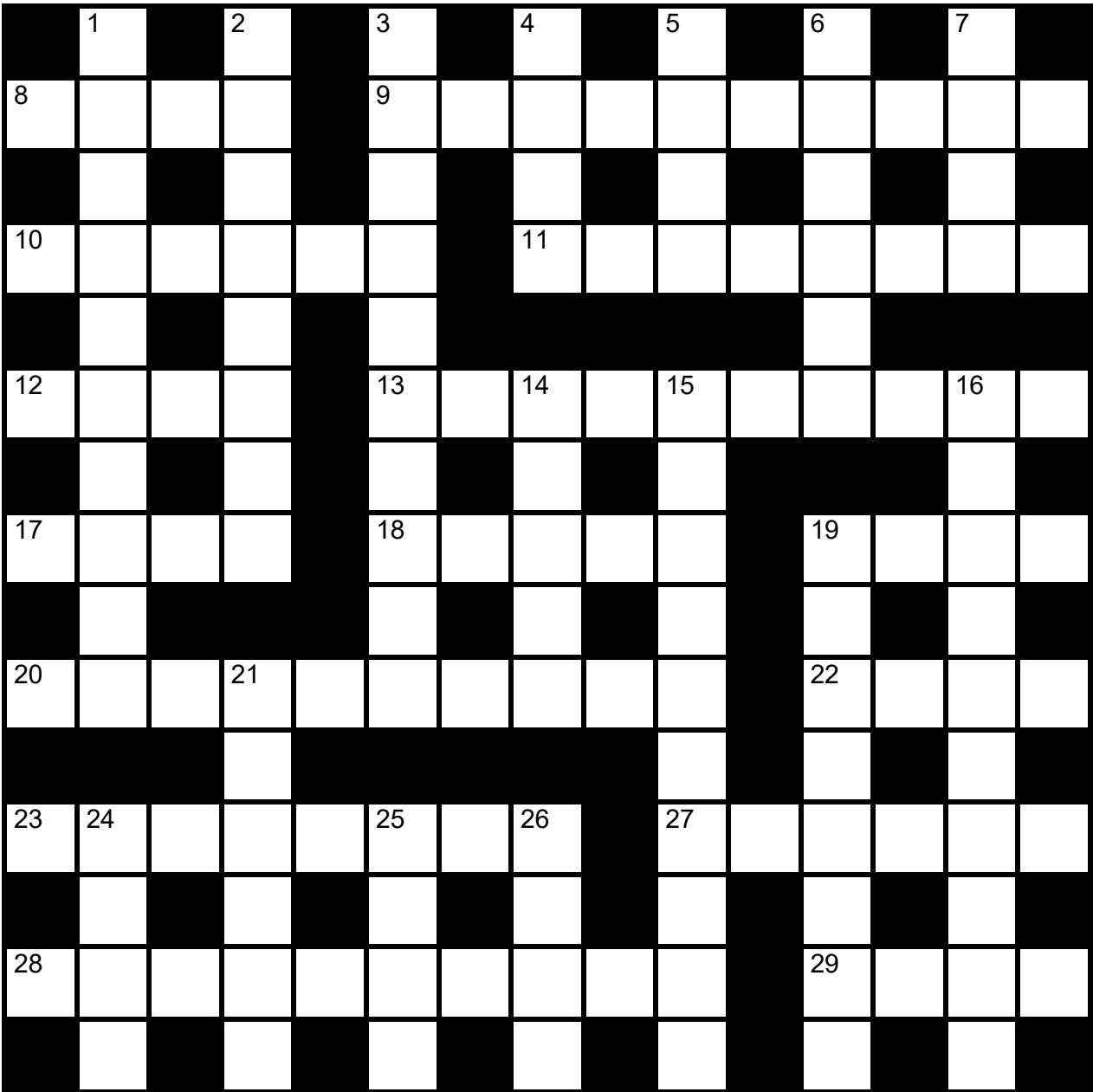
* THE SOLUTION TO THIS PUZZLE CAN BE FOUND IN THE NEXT ISSUE

Across

- 8. Last word of the New Testament
- 9. Mark Antony's ----- skills helped sway the Romans against Brutus
- 10. Cupid's weapon of choice
- 11. Traditionally, lovers give their valentines a bouquet of --- ----- to brighten their day.
- 12. It's fun to stay here, as the song goes.
- 13. Au gilded; electroplated
- 17. Command usually associated with the color red
- 18. A person from the nation on the south-east tip of the Arabian Peninsula
- 19. Basic percussion instrument
- 20. Italian ham, often served with cheese
- 22. In English, "Long live!"
- 23. While a taboo for a British monarch, this is a common action for other world rulers to do in old age.
- 27. Whether they love me, or love me not is determined by the final one of these.
- 28. Slang phrase for eccentric behavior or for an unconventional person
- 29. Onomatopoeia for a barnyard animal

Down

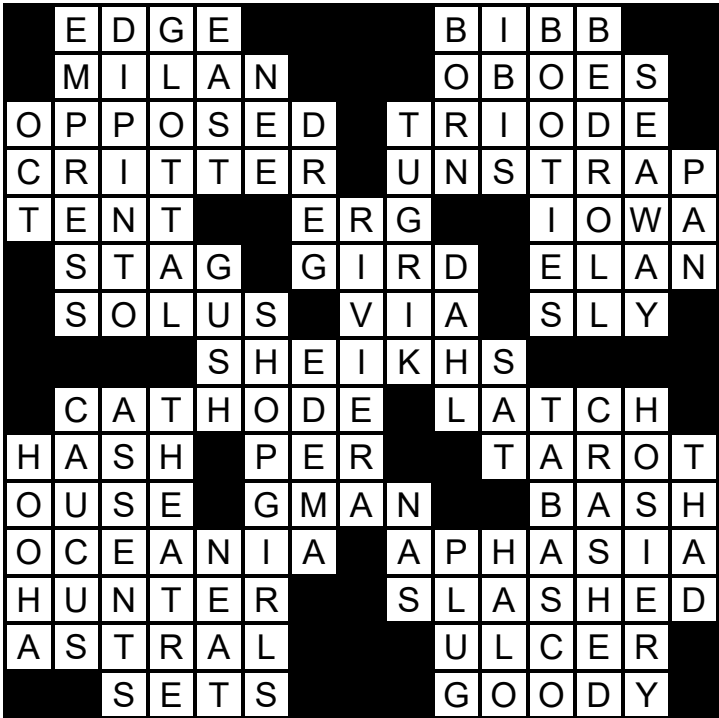
- 1. Official approval to publish something, derived from Latin
- 2. Outer layer of a seed
- 3. Title that refers to a group of high-ranking Roman Catholic officials
- 4. A villain's secret hideaway; or, simply, a resting place
- 5. What the auctioneer says when you're the highest bidder
- 6. Common alcoholic brunch beverage
- 7. An object to put in Across in
- 14. Last, but not -----
- 15. Synonym for cyanide capsule
- 16. The same as
- 19. Undying -----
- 21. Valentine and Patrick are examples of these
- 24. For better shine, you should do this to your car
- 25. Sound someone makes when clearing their throat or casually getting someone else's attention
- 26. French energetic spirit



CORRECTION

In the January 30 edition of The Cavalier Daily, the article titled "Title IX is failing — Honor shouldn't need to fix it" previously misstated that Title IX is a "federal agency." The article has been updated online to reflect that Title IX is an administrative team within the University's Office for Equal Opportunity and Civil Rights.

* SOLUTION FROM LAST ISSUE



ARTS & ENTERTAINMENT

The Lumineers aim for strength in simplicity

The American folk-rock band explores the intimate details of family life while on tour for their newest album

Caitlin Woodford | Arts & Entertainment Editor

When imagining the everyday lives of some of the music industry's most prevalent artists, a typical mental picture might encapsulate the thrill of screaming crowds, masses of doting fans and a whirlwind life full of parties and wild excitement. However, for Jeremiah Fraites — one of the founding members of indie rock band The Lumineers — the experience of headlining a large-scale tour for the band's most recent album, 2019's "III" — which will come to John Paul Jones Arena Feb. 16 — has been exciting not only for those reasons, but also on a more significant level because of the time he has spent with his family.

"This tour has been our biggest that I think we've ever done in terms of the size of the rooms," Fraites said in an interview with The Cavalier Daily. "We're playing really big arenas, some places we're doing two nights. It's really mind-blowing. This tour is different to any other tour I've been on because my wife and son — who just turned 21 months old — [are with me] on my own bus."

This sentiment of pure joy about the simpler aspects of touring are perhaps not the expected response of a typical musician, but then again, Fraites is no typical musician. As one of the two original founders of The Lumineers alongside Wesley Schultz, Fraites has spent a long time building up his vast repertoire of original musical innovation, but 15 years ago a 19-year-old Fraites had vastly different ambitions. He recalled the experience fondly, noting that despite an early interest in the creation of music, he really wanted to be a producer to "help bring the best out of bands." In the midst of the process, he was introduced through a mutual friend to Schultz — a University of Richmond alum and singer/songwriter — whose aspirations of performance immediately clicked with Fraites.

"Over the years it became apparent that me and Wes really loved writing songs and really wanted to take this to the next level," Fraites said. "The initial idea was to be a cover band — we'd play things like Dave Matthews Band, the Rolling Stones and Tom Petty — but as the years went on we wanted to write originals — 'that would be so cool if people could come see us just for



COURTESY DANNY CLINCH

The Lumineers are an American indie-folk band with three full-length albums and two Grammy nominations.

the originals."

Setting off on their own unique trail, Fraites and Schultz slowly began to develop their own style, eventually garnering significant interest and widespread popularity. Despite this increased attention, the two band-mates remain true to the songwriting process that works for them — a process Fraites describes as "multi-tiered."

The first stage of the process relies on the spontaneity of everyday life — anything from "walking down the street, humming a melody and recording it on your phone, to being in the house on your piano or in a hotel on tour when you happen to have a guitar," Fraites said. After a year or two of being on tour and collecting these snippets of inspiration, Fraites and Schultz begin the difficult task of combing through the recordings and ideas for several months, searching for promising fragments of what could eventually turn into songs. This is where the most significant stage of the process comes into play.

"For us, the best tried and true litmus test is that a Lumineers song needs to work just on one in-

strument for us to think it's good enough, so that later on we're not reliant on production techniques," Fraites said.

This heavy-handed emphasis on the strength of a melody in its most basic form is what gives The Lumineers such a distinct and recognizable flair. As explained by Fraites, the goal of the songwriting process is to create strong stand-alone music — music that can, for example, be sung around a campfire with whatever singular instrument might be on hand and still retain a level of familiarity and recognition. In addition to this instrumental distinction, much of the staying power of the band's discography lies in the minute attention to detail within the lyrics themselves. Recognizable tracks such as the 2016 hit "Ophelia" and 2012's "Stubborn Love" — which was featured on former president Barack Obama's summer 2015 playlist — imbue the characteristic twangy folk-rock with subtly complex and intimate lyrics — a feature which the songwriters markedly approached with a more straightforward tactic on "III."

The album — structured around a fictional family called The Sparks — delegates each of three successive chapters to a different member of the family. Alongside the album, a film was produced from the compilation of videos filmed for each song, which premiered at the Toronto International Film Festival in 2019. In writing "III," Fraites and Schultz — who "writes 99 percent of the lyrics," Fraites said — worked to relay the emotional complications surrounding deeply personal details of life — particularly focusing on the idea of family members who have struggled with addiction and mental health issues.

"This album, more than the two previous albums, is more on the nose about it, so people are maybe realizing it more," Fraites said. "There's a song on album two called 'Long Way From Home' where [Schultz] talks in detail about his dad's struggle with dying of cancer. What I hope people think is that 'Oh wow, this album is really personal, this is really intimate,' and then go back and retroactively see that this was here all along."

Despite the serious tone of the album, the experience of writing and touring for "III" has been intermixed with a period of joyful transition for both Fraites and Schultz, who each became fathers shortly before the process began. This situation allowed the album to be written much faster than previous albums.

"Everytime we left the house and had to be away from our children, we would really make the best of our time," Fraites said. "It wasn't easy to write this album, but it felt easier and faster than other albums in the past."

Now that the intense work of writing "III" has been completed, both Fraites and Schultz are able to experience the many new excitements of tour with their families by their sides. Refreshingly accessible and down-to-earth, The Lumineers continue to maintain their compelling hold over the attention of loving fans across the country.

The Lumineers will perform at John Paul Jones Arena Feb. 16 at 7 p.m.

Love sucks — here's an anti-Valentine's day playlist

Eat your heart out St. Valentine

Darryle Aldridge | Senior Writer



WINSTON TANG | THE CAVALIER DAILY

Valentine's Day is an inescapable holiday. It is everywhere, from the heart-shaped chocolates in grocery stores to the cringeworthy and saccharine Valentine's Day posts soon to be plastered on everyone's Instagram feeds. However, not everyone has caught the love bug. Falling into this category can make it an isolating holiday. Here are nine songs that encapsulate the feeling of being exhausted with Valentine's Day.

"I Hate Boys" by Christina Aguilera

Perhaps it's a little on the nose, but this electropop number cut from Christina Aguilera's 2010 album "Bionic" is the perfect way to kick off an anti-Valentine's Day playlist. With lyrics like "Boys suck, make me sick / Inflated egos, little d—s," the song comes across as angry, jagged and possibly even a little bitter. Xtina screams her way through the song, listing all the things anyone who finds themselves single on Valentine's Day wants to say but cannot.

"Material Girl" by Madonna

Who said that money cannot

buy happiness? Madonna begs to differ. 1984's "Material Girl" is pop perfection with the robotic voice repeating the hook, the post-disco bassline and Madonna's high-pitched exclamations. This holiday, do not search for love. Instead, follow Madonna's suit and find someone who will shower you with expensive gifts.

"Jumpin, Jumpin" by Destiny's Child

Valentine's Day would be the perfect day to unashamedly sit at home in your pajamas with a pint of ice cream and binge-watch "Gossip Girl." But Beyoncé has other plans, and when Beyoncé speaks the world listens. A bouncy club-anthem featuring subtle strings, "Jumpin, Jumpin" is a classic 1999 throwback to play when getting ready for a night out on the town. "Ladies, leave your man at home," and "Fellas, leave your girl with her friends." Throw on your favorite Gucci belts and best Tommy Bahama shirts and prepare to dance the night away on Trin three.

"Irreplaceable" by Beyoncé

"Irreplaceable," the third single from Beyoncé's 2007 album "B'Day," is the ideal kiss-off song to an ex-lover. The acoustic guitar and drum beat perfectly meld the different sounds of country and R&B music. With lyrics like, "If I bought it, please don't touch" and "Baby, drop them keys / Hurry up before your taxi leaves," the song oozes female empowerment. Whether a lover scorned or a single pringle, "Irreplaceable" puts one in the mood to tell off that unspecial someone.

"Sorry" by Beyoncé

Because a playlist can never have too much Beyoncé, 2016's "Sorry" closes out the trio of anti-Valentine's Day songs from Queen Bey. A club-ready banger, the first half of the track is filled with sass and possibly the greatest lyric written in music history — "suck on my balls, pause, I had enough." The second half of "Sorry" is more personal and filled with resilience. It finds Beyoncé taking her children and leaving her lover as she sings, "Suicide

before you see this tear fall down my eyes."

"All By Myself" by Céline Dion

Going out is not for everyone and being alone on Valentine's Day can be difficult. Céline Dion understands this. But being at home on Valentine's Day does not mean you have to be bored. With its big drums, sweeping strings, twinkling key and Dion's bombastic vocals, "All by Myself" is the supreme go-to karaoke song. Grab a hairbrush, stand in front of a bathroom mirror and sing to your heart's content. It is what Céline would want.

"bloodline" by Ariana Grande

Booming horns, a trap beat, reggae influences, thumping bass and whistle notes — what more could anyone want from an Ariana Grande song? On "bloodline" — the fourth track on Grande's 2019 album "thank u, next" — the powerhouse singer shuns committed relationships in favor of something with no strings attached. Grande is not in search of a better half to make her whole. She is "complete" and content by herself.

"Touch of My Hand" by Britney Spears

One of Spears' most provocative and sensual songs, 2003's "Touch of My Hand" is an ode to self-love — literally. Featuring an experimental use of autotune, strings and an underutilized upper-register on Spears' part, the song is one of the most sonically adventurous in her discography. This Valentine's Day, don't fall in love with someone else. Fall in love with yourself.

"Why Should I Be Sad" by Britney Spears

Finishing out the playlist is a deep cut from Britney Spears' criminally underrated fifth studio album, "Blackout," which was released in 2007. Written by Pharrell Williams and produced by The Neptunes, "Why Should I Be Sad" finds the singer questioning why she would let a failed relationship leave her feeling dejected. Spears is right. Why should anyone be sad, especially when you have this playlist to listen to on Valentine's Day?

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