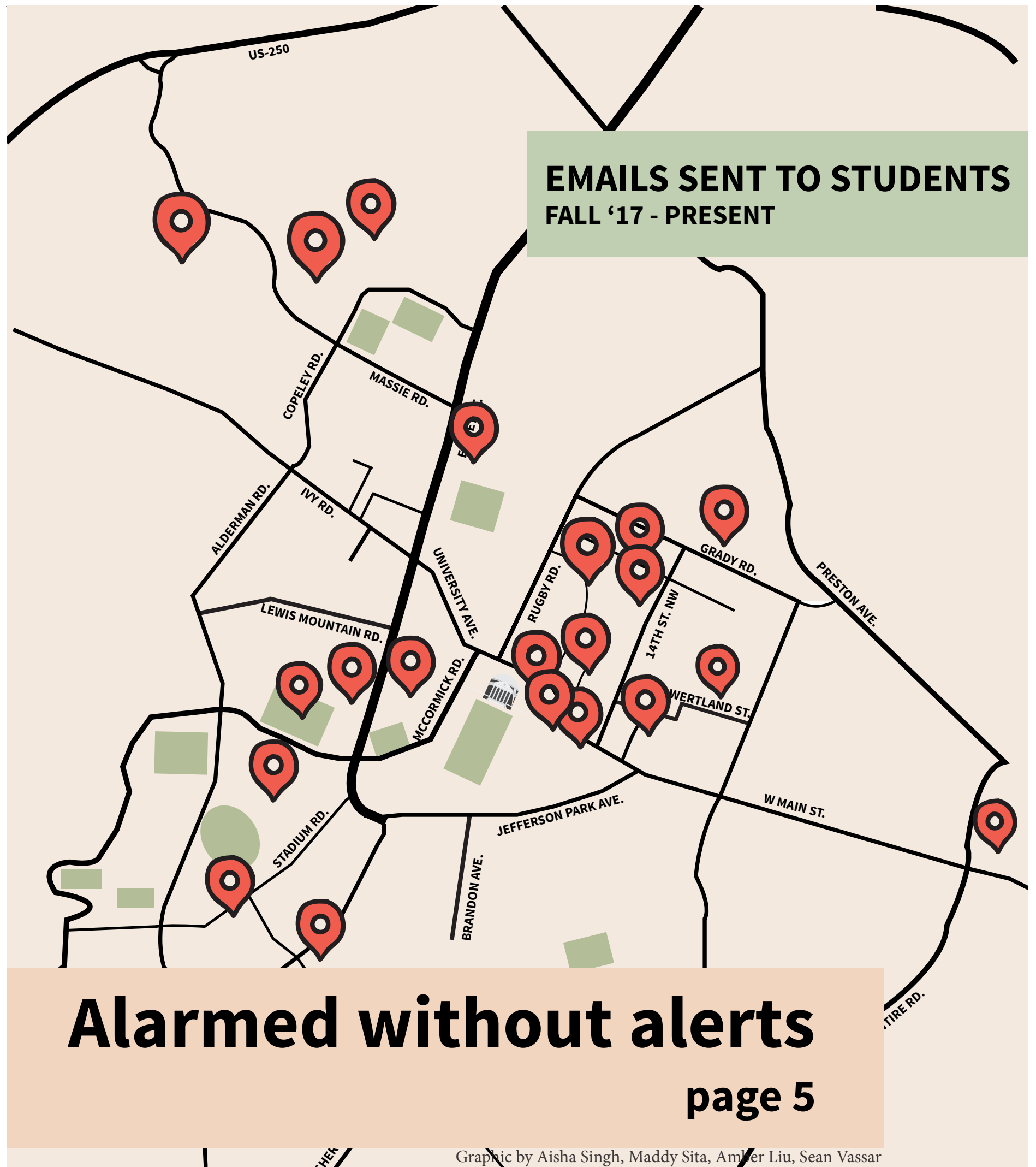


THE CAVALIER DAILY

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Graphic by Aisha Singh, Maddy Sita, Amber Liu, Sean Vassar

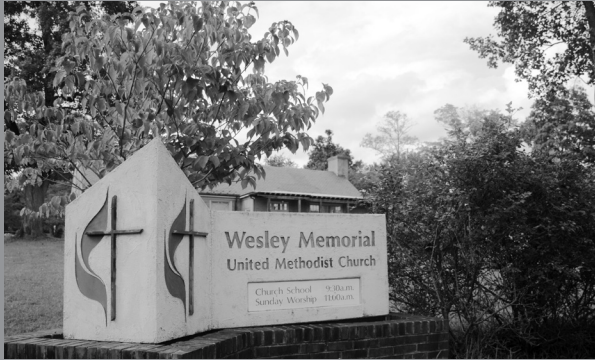
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NEWS

In Brief

CD News Staff

Guatemalan immigrant taking sanctuary in Charlottesville church to avoid deportation



JAKE GOLD | THE CAVALIER DAILY

Chavalan Sut sought sanctuary from immigration enforcement in a Methodist church adjacent to Grounds.

A 44-year-old indigenous woman born in Guatemala — currently residing in the U.S. without immigration papers — is seeking asylum in a Charlottesville-area Methodist church, she announced at a press conference Oct. 9. This is one of the first publicized cases of a person seeking refuge in a Charlottesville church from immigration enforcement under President Donald Trump, whose administration has taken a hardline stance for deporting undocumented immigrants.

Maria Chavalan Sut had been living at Wesley Memorial United Methodist Church, immediately adjacent to Grounds, for approximately one week.

In Guatemala, Chavalan Sut faced persecution for her indigenous Kaqchikel an-

cestry. Her home was burned down when she refused to leave.

"I came to the United States because I was not feeling safe in my country," she said through an interpreter at the press conference.

While Chavalan Sut's attorney Alina Kilpatrick said she has a "really good case" for asylum, an error on her notice to appear in court — Immigration and Customs Enforcement did not include a date or time for the hearing — stopped her from telling a judge about her persecution at home. She was deported in absentia, ordered to leave at the end of last month.

PVCC debate highlights areas of disagreement, common ground between Cockburn and Riggleman

Fifth Congressional District candidates, Democrat Leslie Cockburn and Republican Denver Riggleman, squared off Oct. 8 at Piedmont Virginia Community College for their first televised debate sponsored by PVCC and CBS 19 News in Charlottesville. The two candidates spoke on issues such as government spending, climate change and social justice.

Cockburn — a former investigative journalist and first-time candidate — said she hopes to promote free community college in the Fifth District and that government intervention is needed to address the mounting student debt crisis. In contrast, Riggleman — a former Air Force intelligence officer and craft distillery owner — said he would like to see a withdrawal of the federal government from higher education funding.

Riggleman and Cockburn generally agreed that manmade climate change is a real and existential threat in the modern world. They also agreed that marijuana — currently a Schedule I drug — should be decriminalized, particularly in light of the country's opioid epidemic.

With regard to reducing the frequency of sexual assault in the U.S., Riggleman said the education of students and support groups for victims of sexual assault on college campuses were key strategies for

improvement. Cockburn said local sexual assault prevention and advocacy organizations need federal funding to further their efforts.

Cockburn and Riggleman also found common ground on protection of rights for the LGBTQ community, each stating their belief that prejudice has no place in modern-day America.

The candidates again diverged sharply on the topic of the federal minimum wage, which is currently set at \$7.25 an hour. While Riggleman said companies themselves should decide how much to pay their employees based on their local economic context, Cockburn said the minimum wage should be increased to \$10 to \$15 an hour.

Cockburn and Riggleman will meet again Oct. 22 starting at 5:30 p.m. in Lynchburg to debate. Election Day is Nov. 6.



GEREMIA DI MARO | THE CAVALIER DAILY

Riggleman and Cockburn debated at PVCC Oct. 8.

City Council approves funding to allow affordable housing strategy to move forward

The Charlottesville City Council voted at its Oct. 1 meeting to approve the allocation of \$200,000 from the Charlottesville Affordable Housing Fund to allow the City's Housing Advisory Committee to initiate the process of developing a localized affordable housing strategy.

The measure passed with a 3-2 vote, with Mayor Nikuyah Walker and Councilor Mike Signer in opposition.

The HAC is a 21-member board tasked by Council with developing and recommending housing strategies and policy for approval by the Council, and its first incarnation was estab-

lished in 2003.

During the meeting, HAC member Sunshine Mathon gave a broad overview of the currently proposed strategy to the Council, saying that many of the specific details are still to be determined. However, as part of the approval of the funding request, the Council and the HAC will hold a series of joint-meetings throughout the next year to allow the two bodies to more specifically outline the parameters of the current housing crisis in the City and develop an action plan to address it.

City of Charlottesville

47,754

2017 Population



19,515

2017 Households

1%

2010-2017 Population:
Annual Growth Rate



Average Household Size

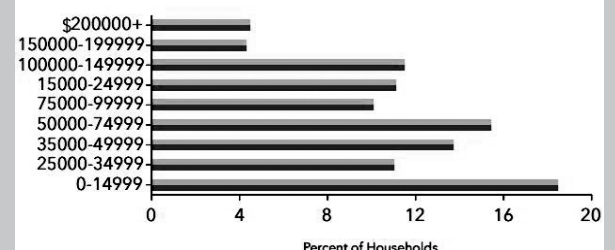
\$44,284

2017 Median Household
Income

29.0

Median Age

Households by Income



COURTESY FORM-BASED CODES INSTITUTE/PARTNERS FOR ECONOMIC SOLUTIONS

Charlottesville City Council approved funding for the new affordable housing strategy at its Oct. 1 meeting.

Reappointment of BOV faculty representative questioned

The chapter of the American Association of University Professors called the appointment process a ‘flagrant impropriety’

Jake Gold | News Editor

UVA’s chapter of the American Association of University Professors is objecting to the reappointment of the School of Law Prof. Mimi Riley as the non-voting faculty member of the University’s Board of Visitors, the group said in a press release Oct. 9.

The chapter — a national non-profit advocacy group which fights for “shared governance” in academia — said the Board did not consult with faculty members in extending Riley’s appointment.

In a letter last month to University Rector Frank M. Conner III and Peter Brunjes, the Faculty Senate chair and a psychology professor, the chapter called on the Faculty Senate to create an “open process” for choosing a new faculty representative for

the Board to be appointed for the 2018-19 academic year.

In an email to The Cavalier Daily, Conner defended keeping Riley — who was appointed in 2017 — as the faculty representative.

“We believed that during a period of remarkable transition in the University’s leadership having her continued insight would be particularly helpful and appropriate,” Conner wrote. “There were other reasons, including issues of diversity, that also contributed to our decision. So our action was premised on the desire to strengthen not lessen the faculty’s voice in our deliberations — which to me and other BOV members is an outcome we should all support.”

Riley agreed, saying she thinks the longer term will make

her a more effective member of the Board.

“I also believe that the BOV was correct that this experiment strengthens the role of the faculty representative,” Riley told The Cavalier Daily.

The faculty member of the Board serves in a strictly-advisory role. When the position was created in 2015, the Senate nominated its most recent ex-Chair, Joe Garofalo, to serve as the faculty representative during the 2015-16 academic year. Though the Senate did not codify the practice, it nominated the immediate past chair to be the faculty member on the Board for the next two years.

In May 2018, however, the Board chose to extend Riley’s term for another year. The press release says this was done with-

out any input from the Senate or any other faculty — a violation of the Board’s manual, which says the representative should be picked from “individuals elected by the faculty or by the faculty senate.”

“[Riley] is not a ‘representative’ by any accepted or common-sense definition of the word, as neither the faculty nor representatives of the faculty were consulted in the selection (much less voted),” the letter says. “Hence the only fair conclusion is that there is currently no faculty representative.”

In an email to The Cavalier Daily, Brunjes thanked the AAUP for its concern but assured them that the Senate has “been in conversation with the UVA. Board of Visitors for several weeks and are optimistic that the issue will be

resolved.”

Conner said that the legal advisors had told the Board the extension was legally permissible. However, he said he is speaking with the Senate executive committee to determine a process that will “accommodate all parties.”

Riley, however, said she’s not sure about the AAUP’s demands.

“I fear that the demands stated in the AAUP letter would weaken that role or worse, possibly lead the BOV to abandon the experiment of a faculty representative entirely,” Riley said.

Obama administration official to lead Democracy Initiative

Melody Barnes will lead the Miller Center and the College in examining issues surrounding democracy

Hannah Gavin | Senior Writer

The University announced last month the launch of its Democracy Initiative, a collaboration led by the nonpartisan Miller Center of Public Affairs and the College and Graduate School of Arts and Sciences. The Democracy Initiative will fund research and curriculum exploring issues related to democracy around the world — including race, religion, immigration, women’s rights, the economy and the media.

The Initiative received an initial \$12.9 million gift from 17 donors and has access to \$10 million in matching funds from the University’s Strategic Investment Fund, which is a part of the University’s endowment used to fund prioritized initiatives.

To lead the Initiative, the University appointed Melody Barnes, former director of the Domestic Policy Council for former U.S. President Barack Obama’s administration, to be co-director of policy and public affairs of the Democracy Initiative. The University is currently searching for another co-director who will primarily lead academic research efforts, College Dean Ian Baucom told The Cavalier Daily.

Barnes said she took the position because she cares about the initiative’s core issues — and believes they’re relevant on the

world stage.

“I believe that this is a precarious and critical moment for democracy, not only in the United States but around the world,” Barnes said.

Part of the initiative entails an examination of the current state of democracy in the U.S., which Barnes said the founding fathers encouraged the country to do.

“I think first of all to understand that type of self-reflection — of national self-reflection — was required of us by the founders,” Barnes said. “They expected that of us. I think they would’ve been disappointed if they saw us not exercising the opportunity to question our institutions and our processes and engage in rigorous debate between one another.”

Barnes said she believes the University has a particular responsibility to address the issue of democracy given its historical ties to the founding of the country.

“Obviously, a University [whose] cornerstone was laid by three presidents and men who studied philosophy, who studied history, who were daring in their conception of a constitutional republic and who were active participants in its development and its Constitution — is im-

portant,” Barnes said. “But at the same time, [they were] living lives and exercising power in an environment that hardened and exacerbated some of the worst acts that were in direct contradiction to those aspirations.”

Barnes’s role will focus on connecting the work of the Democracy Initiative to actors in all levels of government as well as in the private sector and non-profit and philanthropic organizations.

“Her deep experience in government gives the Initiative the leadership it needs to succeed with the public engagement aspects of the Democracy Initiative,” Baucom said.

Along with her White House experience, Barnes served as executive vice president for policy at the Center for American Progress, chief counsel for School of Law alumnus Sen. Edward M. Kennedy and in other government-related positions.

The initiative funds rotating interdisciplinary research projects, dubbed “democracy labs,” led by University faculty and students focusing on specific issues related to democracy. Labs last three to five years, and new lab topics will be chosen through a rigorous proposal selection process.

The first lab — titled “Reli-

gion, Race and Global Democracies” — is led by Religious Studies Assoc. Prof. Martien Halvorson-Taylor and Religious Studies Prof. Kurtis Schaeffer. The lab was formed in direct response to the white supremacist rallies in Charlottesville in August 2017 and largely focuses on those events. A podcast called “Sources of In|Tolerance” will be produced as part of the lab.

Barnes said the white supremacist rallies in Charlottesville were symptomatic of national issues, like race relations, with which the entire country — and not just Charlottesville or the South — have to grapple.

“Part of the problem is there isn’t a fulsome understanding of the founding of our country, the economy of our country that was developed around that founding and the ideology and principles at that time and how they have continued into 21st century America — and they have affected all parts of our country,” Barnes said. “It isn’t just a Charlottesville problem, it isn’t just a southern problem — indeed, it is an American challenge.”

The second lab will focus on combating corruption and will include a joint collaboration between the College and Graduate School of Arts and Sciences, as

well as the School of Law.

Baucom said the Democracy Initiative will work with the recently-introduced Forums Curriculum in the College — first-year introductory seminars on very specific subjects — allowing undergraduate students to participate in the democracy labs.

“Each of the Democracy Labs will develop a Forum as part of the Forums Curriculum,” Baucom said. “In the future, this will give students the opportunity to base their general education experience on a democracy-related topic if they choose to enroll in one of the College’s Forums that are focused in this way.”

As part of the Democracy Initiative, the University will host the Presidential Ideas Festival in May 2019 in Charlottesville. The festival will center around the history and future of the American presidency, and will feature a broad range of political experts — including former Secretary of State Madeleine Albright, MSNBC “Hardball” host Chris Matthews and numerous former White House officials. CBS host John Dickerson, who graduated from the College in 1991, will moderate the festival.

Student drinking violations drop 30.5 percent in 2017

Fewer liquor law violations could be due to awareness and prevention programming, other causes

Bridget Starrs and Daniel Gordon | Staff Writers

Liquor law violations by U.Va. students dropped by 30.5 percent last year, according to the Clery Act report recently published by the University. In 2016, alcohol violations referred for disciplinary action totalled 599. In the recently released report, violations in 2017 numbered 416.

Every three years, the Clery Act requires colleges and universities to publish an Annual Fire Safety and Security report, documenting alcohol law violations and other crime statistics, security policies and procedural changes over the past three calendar years.

While liquor law violations — any violation of state or local law surrounding alcohol use or distribution — referred for disciplinary actions have dropped significantly, arrests made following violations have remained consistent with previous years. In 2015 and 2016, 52 and 54 arrests were made, respectively. In 2017, arrests totalled 52 again.

“We generally do not refer a first time underage possession of alcohol arrest to the [University Judiciary Committee] absent additional circumstances, such as lack of cooperation with the arresting officer, giving a false name, fleeing from police, or similar,” Dean of Students Allen Groves wrote to The Cavalier Daily in an email. “The specific dean on call has some discretion in this referral assessment.”

Students arrested once for underage possession of alcohol are often referred to an intervention program — entitled the Brief Alcohol Screening and Intervention for College Students program — and have a conversation with a staff member from the Office

of the Dean of Students regarding decisions concerning alcohol and have their parents notified, Groves said.

Reasons for the low violation rates in the past year are unclear. According to the U.Va. Police Department and the Office of the Dean of Students, no changes were made between 2016 and 2017 in enforcing alcohol violations.

“Student Affairs have engaged in a whole host of prevention and awareness programs that have likely contributed to this reduction,” Groves said. “There has been no change in approach on our end.”

Tia Mann, associate director of Office of Health Promotion in the Department of Student Health, echoed this belief.

“Our initiatives utilize science-based theories like social norms marketing, motivational interviewing and peer-to-peer involvement,” Mann wrote in an email to The Cavalier Daily. “While individually we know that different programs are accomplishing specific objectives, these pieces as a whole work together to create a comprehensive culture of health and wellbeing among UVA students.”

The University Judiciary Committee conducted an unusually low number of trials during 2017, according to Kevin Warshaw, a fourth-year Engineering student and chair of the UJC.

“This is definitely an outlier from what I can tell,” Warshaw said in an interview. “We tend to hear probably 60 to 90 cases per year, and obviously that fluctuates in those bounds, but last year was notably a quiet year for us. The rate of decline in terms of number of violations was more

significant than it has been in the past.”

Warshaw hypothesized that lower violation rates could be due to increased UJC visibility and programming aimed toward first-year students, including public demonstrations of the University’s standards of conduct — a set of rules approved by the Board of Visitors for how enrolled University students must behave.

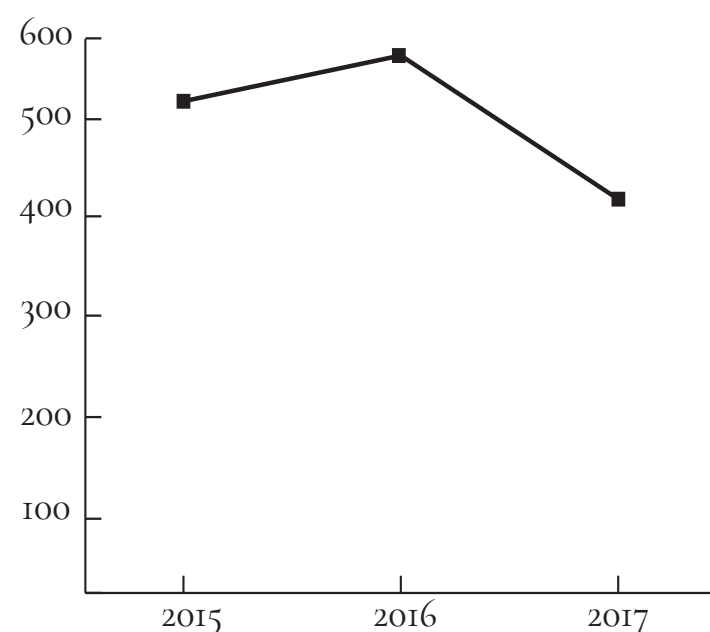
“I would say the most major change that we’ve had is we’ve added plaques with our standards of conduct in first year residences,” he said. “The plaques we’ve added in dorms is just really adding a visible presence for us. This year, we were more involved in Orientation than we have been in the past. So I think that’s also just creating opportunities for engagement with the first year class.”

Others have offered possible explanations for the drop in violations. Drug and alcohol peer education program ADAPT and similar organizations could be responsible for impacting the number of violation reports through prevention and awareness programming.

“Because every four years there’s a complete population turn around, every three years is a pretty decent amount of students who have gone through and graduated and a lot of new students who have come in,” said Andrew Levy, a fourth-year College student and chair of Operations for ADAPT Peer Educators. “It might just be the culture changing that comes with that.”

According to Mann, initiatives like the Stall Seat Journal, the BASICS program, Peer

Number of Alcohol Disiplinary Actions Filed Between 2015-2017



GRAPHIC BY MADDY SITA

The number of disciplinary actions filed fell significantly from 2016 to 2017, according to figures released in the Annual Fire Safety and Security Report.

Health Educators and Hoos in Recovery all contribute towards empowering students to make informed decisions about substance use. Infographics made by the Stall Seat Journal have been designed to develop accurate perceptions of drinking behaviors while programs such as Hoos in Recovery, BASICS and PHE have sought to promote safe strategies in social situations involving drinking through outreach presentations and training meetings.

The Office of Health Promo-

tion tracks crime reports and other student information annually and takes such data into account when planning prevention and awareness programming each year.

your vote. your voice.

REGISTER TO OTE

Virginia's deadline to register: Oct. 15

www.vote.org

Students express concerns with U.Va. alerts system

The Clery Act restricts which locations, crimes qualify for timely warnings

Kate Bellows | Senior Associate News Editor

Meaghan O'Reilly carries pepper spray in her backpack. After two attempted abductions were reported off-Grounds last October, O'Reilly — now a third-year College student — decided it was time to stock up.

Still, O'Reilly said, the inconvenience of finding safe ways to go to the library and return home meant she would stay in her apartment instead of going to the library.

The University issued alerts to the University community for both attempted abductions, as well as several other incidents that fall. For some incidents, the University issued timely warnings — notifications for tightly-defined incidents and crimes — and for the rest, community alerts.

But after recent off-Grounds crimes did not result in the issuance of timely warnings or community alerts, some students are asking what warrants a notification to the University community in the first place.

Now, as the University gears up to release new safety application LiveSafe, the Office of Safety and Emergency Preparedness and University Police Department are doubling down on efforts to update the community on reported incidents.

Timely warnings, community alerts, and the Clery Act

In January 2018, a man displayed a firearm when denied entry into Boylan Heights. The University did not issue a timely warning or community alert, citing the Clery Act.

The Clery Act — a federal law enacted in 1990 that requires universities to disclose information about crime on and near campus — dictates where and in which cases the University can issue timely warnings for incidents on- and off-Grounds.

The University will only issue a timely warning if a Clery Act crime has been committed in a Clery reportable location, if there is a serious or ongoing threat to the community and if the suspect has not been apprehended. All of the criteria have to be met in order for the law to take effect and require the University to issue a timely warning, which usually consists of information about the suspect, the type of threat, and the date, time and location of the incident.

Clery-reportable locations include Grounds and public property within or near Grounds. The Clery Act also covers fraternity and sorority houses and off-Grounds locations that are owned, controlled or leased by the University, frequented by students and used towards education.

Clery Act crimes include homicide, sex offenses, robbery, aggravated assault, burglary, motor vehicle theft, arson, hate crimes, dating violence, domestic violence, stalking and arrests and referrals for disciplinary action for liquor law violations, drug law viola-

tions and carrying or possessing illegal weapons.

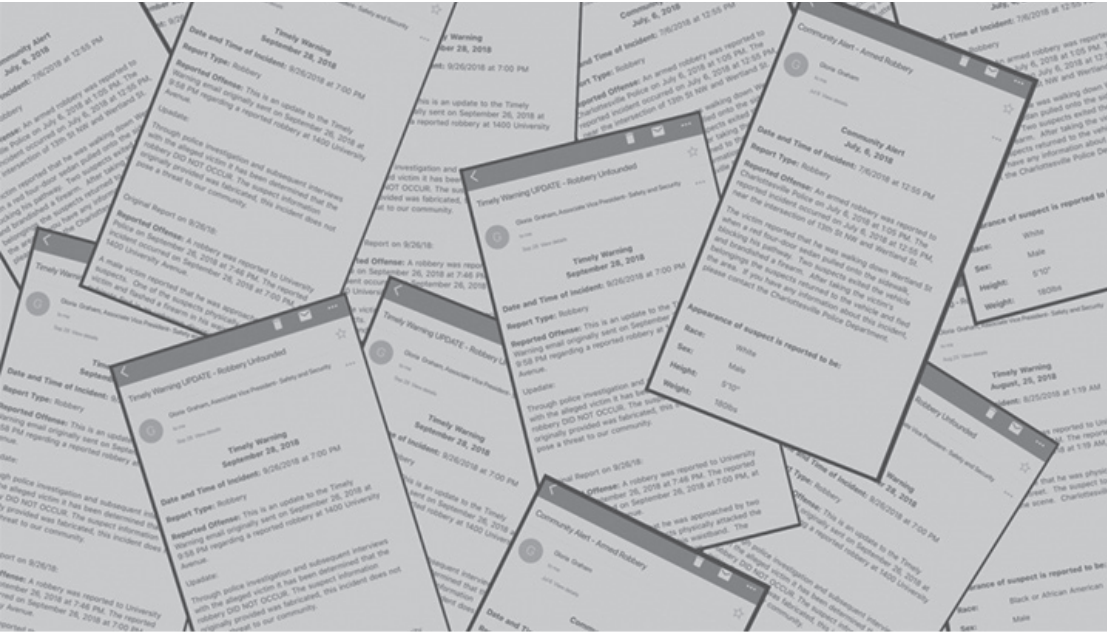
If an incident constitutes a serious or ongoing threat to the community, but did not occur in a Clery-reportable location or was not a Clery Act crime,

when students thought University alerts had failed.

“Obviously, the University told us ... that if it's off-Grounds, if it's not an imminent threat to the University, they aren't allowed to send out these

dividual who has been identified and there's no longer a threat,” Sutton said.

But third-year Commerce student Vaibhav Mehta expressed frustration that students were not made aware of the Dalton incident.



JAKE GOLD | THE CAVALIER DAILY

Some students have expressed concerns that timely warnings and community alerts do not inform students of unsafe situations.

the University can issue a community alert — generally similar in content to a timely warning — but is not required to do so. Most recently, the University issued a community alert for a series of pick-pocketing incidents at an establishment on the Corner.

At a meeting a few days after the Boylan Heights incident, Student Council addressed student concerns regarding why the University did not issue a timely warning or community alert.

As the incident did not occur in a Clery-reportable location, it was not eligible for a timely warning consideration. Furthermore, the University said it did not meet the community alert criteria that an incident must pose “a serious or ongoing threat” to the community.

“Given the quick law enforcement response, and as there was no ongoing threat to public safety, a community alert was not issued,” University spokesperson Anthony de Bruyn said in an email statement to The Cavalier Daily following the incident.

Lukas Pietrzak — at the time a third-year College student and Student Council representative — expressed concern with calling the incident “cleared” at a Student Council meeting. The suspect left the scene before police arrived.

In an interview with The Cavalier Daily, Pietrzak — now a fourth-year and in his second term as a Student Council representative — said the Boylan incident marked a moment

Clery Act alerts,” Pietrzak said. “I, along with other reps expressed that that's a poor excuse, and something for the University to just fall back on.”

Pietrzak said he and others believes the Clery geography is currently too limited, making it more difficult for the University to send timely warnings.

“If we could change federal law to make it easier for the University to send alerts, I would say that is the answer in a heartbeat,” Pietrzak said. “But obviously we know the political situation is a lot more complicated than that.”

Student frustrations with not receiving alerts

This year, on the night of the Wertland Street Block Party, third-year College student Cayden Dalton was arrested for strangulation, assault and abduction, and incarcerated until a hearing Oct. 11.

Because the incident did not pose an ongoing threat to the community, the University did not issue a timely warning or community alert.

In an interview with The Cavalier Daily, University Police Chief Tommye Sutton — who started as chief Aug. 1 — added that the point of alerts is to keep students safe, not to let them know the existence of every incident that occurs.

“If there's no danger to the community or if the situation has been resolved — with the identity or the arrest of an individual — there's no update emergency alert to send for an in-

“We're paying a lot of money to go to school here, and part of that money goes to safety,” Mehta said. “So if there's a threat to a student's safety like myself, because someone's being strangled, even if they're being apprehended, it's important to know that this kind of thing happens at a respected university.”

For incidents for which alerts have been issued, O'Reilly said she wished the University sent more updates after the situations have been resolved.

The University has sent two updates to community alerts and timely warnings this semester. On Sept. 20 — following the issuance of a community alert for robbery and sexual assault the previous evening — the University sent an update that the suspect was in custody. On Sept. 28, the University sent an update to a prior timely warning, saying the reporter, who claimed he had been robbed by two black men, had fabricated the accusation.

Sutton said sending out updates is a new priority of the University Police Department.

“We recognize [sending updates] to have been a challenge of ours,” Sutton said. “[The robbery alert] was followed up by a resolution. That is our plan to be a common practice going forward of making sure we give that resolution to the community via updates.”

LiveSafe and the future of U.Va. alerts

New technology may be the solution to students' concerns about not receiving alerts. Pietrzak said the Safe-

ty and Wellness Committee of Student Council has been working with the administration to launch the LiveSafe application.

The University decided to adopt the application after students expressed concerns about emergency preparedness following the events of Aug. 11 and 12.

LiveSafe is a mobile emergency alert system that allows students, faculty and staff to report suspicious behavior and safety hazards on- and off-Grounds. The application sends out geographically-targeted alerts to users in affected locations.

Sutton said his team has been researching tools to help keep the community apprised of safety concerns and non-traditional platforms through which the community can communicate with safety officials. LiveSafe, Sutton said, is one of these platforms.

“We live in a very active society, so we want to make sure we avail ourselves to individuals to communicate with us in the way they are most comfortable,” Sutton said.

Gloria Graham, associate vice president for safety and security, said in an email to The Cavalier Daily that University-specific features are being configured for the application, which is used at many different universities including Virginia Tech and James Madison University.

These features include the ability to report non-emergencies to University police and communicate via text with police, anonymously if desired. Additionally, individuals can submit photographs and videos along with their tips, use Safe-Walk features — allowing a student to alert specific phone contact when they have arrived at a location safely — and receive geographically-specific alerts.

Another institution, Graham said, used the geographically-specific notifications to alert library patrons of any recent thefts in the library as they enter the building.

Graham said the application, which will cost the University \$42,000 annually, will undergo a soft-launch in January 2019 before its community-wide release in June. The purpose of the soft-launch, Graham said, is to test the application through different scenarios.

In the meantime, Pietrzak said he encourages students to pay attention to Student Council and application launch steps.

“If the University's going to continue to hide behind the Clery Act for why they can't send out more alerts, this shows student self-governance stepping up and taking action to protect each other,” Pietrzak said.

S

SPORTS

PLAYERS TO WATCH

Virginia linebacker Robert Snyder



COURTESY VIRGINIA ATHLETICS

Robert Snyder was thrust into the starting lineup due to a spate of injuries.

With the linebacker position missing senior Malcolm Cook and junior Jordan Mack due to injuries, sophomore Robert Snyder will have increased responsibility against the Hurricanes. Snyder showed he is ready to handle this greater role when in his first career-start, he put up a career-high seven tackles against N.C. State. At a press conference on Monday, Oct. 8, Virginia Coach Bronco Mendenhall said, "I'm completely comfortable with Rob ... I'm not comfortable with the depth of the position," demonstrating that he's relying on Snyder to step up in a spot where the Cavaliers are spread pretty thin.

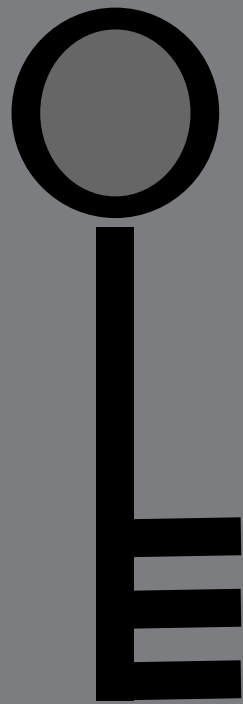
Virginia running back Jordan Ellis



ANDREW WALSH | THE CAVALIER DAILY

Virginia has followed Jordan Ellis' performance thus far this season.

Virginia needs a balanced attack on offense to beat the Hurricanes. Ellis is the key to this balance. The senior back has the grit and elusiveness to pace the Cavaliers' offense. Ellis is averaging a monster 5.7 yards per carry this season. In Virginia's three wins, Ellis had 19 or more carries per game. In the Cavaliers' losses, he never had more than 13 carries. Miami's pass defense is scary good, but they can be beat on the ground. Giving the ball to Ellis early to establish some rhythm can free up the pass game. Bryce Perkins' running game will also benefit from high productivity from Ellis, because defenses struggle with the dual threat attack.



THE KEYS TO FOOTBALL

Virginia vs. Miami — a breakdown

CD Sports Staff

After a bye week, Virginia returns to action against No. 16 Miami. The Hurricanes are one of the top teams in the conference and the country, which promises to be a challenging game for Virginia. The Cavalier Daily Sports staff takes a look at some players and keys to the game that could help the Cavaliers pull off the upset and get their first win in the series since 2014.

KEYS TO THE GAME

Play a strong first half



KATE CURRIE | THE CAVALIER DAILY

Hasise Dubois has been a consistent offensive performer this year.

The Cavaliers have consistently put up a good battle in the second half, but they have gotten off to some slow starts this season. In their two losses this year, the Cavaliers trailed at half time - against N.C. State by ten and against Indiana by eleven. Against Miami, Virginia won't be able to afford to fall into a large halftime deficit. The Hurricanes can quickly pile on points, as seen in their 77-0 win over Savannah State and the fact that they were down 20 points to Florida State late in the third quarter before putting 21 unanswered points on the board. So, the Cavaliers need to keep Miami's momentum from building quickly by establishing an offensive rhythm early and by coming out sharp and clean on defense from the start. Otherwise, the Hurricanes may get off to a lead that is too big to overcome.

Get to the quarterback



ANDREW WALSH | THE CAVALIER DAILY

Chris Peace is a pass rusher Virginia will have to rely on to succeed.

Against N.C. State, this was one of the keys to the game, and the Cavaliers did not deliver. Mendenhall said bluntly after the N.C. State game, "We kind of pride ourselves on being able to hit the quarterback, and we didn't." Senior quarterback Ryan Finley dominated Virginia, comfortably picking apart the Cavaliers' secondary with tons of time in the pocket. This is not an easy correction to make against another strong offensive line, but Virginia needs to step up and get to the quarterback to stymie Miami's offense. Miami quarterback N'Kosi Perry is good, but he's a freshman. Perry led a historic 20-point comeback against Florida State last week, throwing for four touchdowns, but displayed some inconsistency. He is the key to the Hurricanes' offense, and if Virginia can sack him early and often, the pressure of an ACC away game might get to him. Cook looks like he's coming back, and along with linebackers Charles Snowden, Chris Peace and Zane Zandier, and with defensive linemen like Eli Hanback and Jordan Redmond, the Cavaliers have the players to make it happen.

THE NEW STANDARD IS WITHIN REACH

Despite struggling with the best of the ACC, the Cavaliers continue to improve from past seasons

When Bronco Mendenhall came in as head coach in December 2015, Virginia football was at a historic low. The Cavaliers hadn't made a bowl game since 2011, and had losing seasons in all but one of the last eight seasons. Virginia needed a change, and the former BYU head coach was the man for the job.

Mendenhall came to Charlottesville to set a New Standard. The New Standard has become the mantra of Virginia football, defining the high expectations that Mendenhall demands from his players.

The New Standard is about a new culture of excellence on the field, excellence in preparation, and excellence off the field. The New Standard is something to strive for, as Virginia's football program continues its revitalization.

The mantra really emerged last season — Mendenhall's second season — that saw Virginia earn its first bowl game berth in six years. Making it to the post-season was a big step for the Cavaliers. Previous seniors led the

way in 2017, especially quarterback Kurt Benkert, safety Quin Blanding, defensive end Andrew Brown and linebacker Micah Kisler.

This year's team came in with lower expectations, with all of those team leaders gone.

Bryce Perkins came in at quarterback from junior college in Arizona, and the Cavaliers had to replace a number of key starters. Mendenhall said he had just "27 ACC-caliber players" on the roster this year. ESPN.com released a preseason power ranking placing Virginia last in the ACC.

Although there is plenty of football left to play, this year's team has proved skeptics wrong so far.

Now sitting at 3-2 and 1-1 in ACC play, Virginia is in position to go to another bowl game and win one — a feat the Cavaliers haven't accomplished since 2005.

Virginia has several great individual talents on offense. Perkins is arguably one of the best dual-threat quarterbacks in the game. It has been a record-smashing season for Perkins, who has

awed with his athleticism and ability to extend plays. Perkins has 1,125 yards passing, 341 yards rushing and 14 total touchdowns through five games.

Senior wide receiver Olamide Zaccheaus has been Perkins's primary target. Zaccheaus is also racking up a historic season, averaging over 100 yards receiving per game. The game-changing speed of Zaccheaus, explosiveness and composure of Perkins and consistent grit of senior running back Jordan Ellis have made the Cavaliers' offense a force to be reckoned with.

Reflecting Mendenhall's background as a defensive coordinator, the Cavaliers also have a talented, well-coached defensive unit. Particularly impressive are the linebacking core and secondary.

Senior linebacker Chris Peace's consistency and leadership heads the unit that has played well despite some injury trouble. Sophomore linebacker Charles Snowden has been a standout. Snowden had his breakout game against Louisville,

with a sack, interception and fumble recovery, and followed it up with a career-high 11 tackles against N.C. State. Sophomore Zane Zandier has stepped up in place of injured senior linebacker Malcolm Cook.

The secondary has been inconsistent, but is laden with talent. Senior safety Juan Thornhill and sophomore safety Joey Blount lead the team in tackles, and junior cornerback Bryce Hall's nose for the ball is special. Hall leads the team with nine pass breakups.

That said, Virginia has struggled to get it done against the best. Despite clear improvement, they don't have the depth — or the experience in their offensive and defensive lines — to contend for an ACC Coastal Division title just yet.

Virginia ran all over the likes of Richmond, Louisville and Ohio. In those three games combined, the Cavaliers accumulated 678 yards rushing. However, in their two losses combined, the Cavaliers managed to get just 281 yards on the ground.

On the flip side, Virginia's run defense is getting slammed in their losses. The Cavaliers are allowing an average of 73 rushing yards per game in their wins and an average of 207 rushing yards per game in their losses.

Rushing comes down to play from the offensive and defensive lines. For Virginia, it hasn't been consistent enough.

Nonetheless, Virginia has game-changing players that can keep the Cavaliers in games at all times. When Bryce Perkins hurdled over his second player of the game on an 8-yard touchdown run that put the Cavaliers up 27-3, you could sense it in Scott Stadium. The New Standard is within reach.

Maybe — just maybe — this is the year Virginia Tech falls to a wave of orange and blue in Blacksburg.

ZACH ZAMOFF is a Senior Associate Sports Editor for The Cavalier Daily. He can be reached at zzamoff@cavalierdaily.com or followed on Twitter @zachzamoff.

VOLLEYBALL IS BETTER THAN ITS RECORD

Cavaliers' wins and losses do not tell the whole story

If you were to take a peek at the Virginia women's volleyball team's record (5-11, 1-5 ACC), you would probably say that the squad has been struggling this season. If you knew, though, that the Cavaliers have only won one game in the past 30 days and have the worst record in the ACC, you might even begin to use phrases like "dire situation" and "hopeless season."

While it's true that when you look at the Cavaliers at a glance, it's clear that they have had their fair share of troubles. A closer look at the team, however — both statistically and on the court — reveals an entirely different story.

First, despite sitting at the bottom of the ACC standings, Virginia is not statistically last in any major category. In fact, Virginia's worst statistical area is kills — the team is currently at 12.50 per set. But even then, the Cavaliers are ahead of North Carolina and Wake Forest — both of which have better records than Virginia.

In blocks, assists, digs and hitting percentage, Virginia continues to perform better than at least three other ACC teams thus far. Virginia particularly excels at service aces, ranked No. 7 in the conference with 1.26 per set.

Digging even deeper, the Cavaliers look particularly good when

you consider how other teams have struggled against them. Virginia has held opponents to 12.61 digs per set — No. 5 in the ACC — as well as 12.16 kills and 11.24 assists per set (No. 7 and No. 6 in the ACC, respectively). In other words, the Cavaliers have not made it easy for the teams they play, even if the score line doesn't always reflect that.

Admittedly, numbers don't always tell the whole story in sports — some aspects of the game can only be properly assessed in person. That being said, in many ways, the Cavaliers also pass the eye test.

Virginia's effort, passion and resilience — especially in Memorial Gym — are clear and electrifying. Even against higher-ranked opponents or in challenging situations, the Cavaliers rarely cower in front of competition.

The late September matchup against Florida State is a perfect example of Virginia's intangible qualities. The Seminoles, led by junior outside hitter Payton Caffrey, went into the game on the back of a pair of straight-set victories — looking to cruise to another ACC win. Instead, in front of a buzzing home crowd, the Cavaliers made the Seminoles sweat, especially in the second set.

Sophomore middle blocker Tiana Jackson's kill pushed the Sem-

inoles lead to 16-10 as it seemed like Virginia might lose control of the set. However, the Cavaliers responded with an incredible 10-4 run — capped off by an ace from junior right-side hitter Jelena Novakovic — that tied the game at 20-20. The run included kills from six different Virginia players as the team struck exactly when they needed to.

Many teams in that position might become demoralized or start looking towards the future. The Cavaliers, however, gave the crowd something to cheer for as they took a true ACC powerhouse to the brink of the set.

Throughout the entire game, in fact, Virginia showed off its toughness — running and diving to save plays and producing powerful swings for kills when it looked like the Cavaliers were on the back foot. Regardless of who they play against, they are a legitimately deadly team — when they have the momentum.

With all that being said, it seems perplexing that Virginia's record is so poor — especially the fact that it only won a single set across its first four ACC games. However, the Cavaliers' record becomes a little more understandable when you consider the level of competition they have faced and some of the weaknesses they have struggled with.

Pittsburgh, Virginia Tech, Florida State, Miami, Syracuse, and Boston College — the six teams Virginia has played since conference play began — have a combined record of 68-28 this season. That's a winning percentage of over 70 percent which dwarfs the ACC average of 58.6 percent. In other words, Virginia has had to face very stiff competition so far within their conference.

Additionally, while Virginia's ability to limit its opponents' kills and digs is impressive, its tendency to produce more errors effectively neutralizes it. For instance, in the Cavaliers' games against Florida State and Miami, they produced a combined 47 errors across both. In contrast, their opponents only had 29 errors — a difference of 18. It's exactly for this reason that Virginia had subpar hitting efficiency against the Seminoles and Hurricanes with percentages of 0.167 and 0.153, respectively.

While Virginia has certainly struggled, its win against Boston College this past weekend exemplifies what the Cavaliers are capable of when they are firing on all cylinders. Defensively, the Cavaliers were stuffing the Eagles' attacks constantly, ending the night with a stellar 19 blocks — Virginia's highest rejection total since 2007 and

fourth-highest all-time. The Cavaliers' attack was more dynamic than ever with three different players recording 15 or more kills and Virginia holding a 70-58 advantage in kills. If Virginia can replicate its performance against Boston College in future games, the Cavaliers could develop into a legitimate threat in the ACC.

Moving forward, Virginia fans shouldn't be surprised if the Cavaliers begin to win games at a much higher rate. With teams like North Carolina, Wake Forest and Clemson left on the schedule, the Cavaliers will have ample opportunity to add to their win total. If Virginia can also address its shortcomings, the squad could potentially even pull off some upsets.

Regardless of their current record and standing, the Cavaliers — both objectively and subjectively — have been an exciting team that have already produced some memorable moments. Hopefully soon, their win-loss record will match their performance and work on the court.

VIGNESH MULAY covers volleyball for The Cavalier Daily. He can be reached at mulayvignesh@gmail.com or followed on Twitter @vigneshmulay.



Nothing pulls together a gathering like a cheese plate. The mix of flavors and textures never fails to impress. I'm a huge cheese plate fanatic, and I've experimented with many a combination. Below are some of my favorite assortments that will go wonderfully with any occasion.

An easy, simple, accessible starter is pimento cheese and crostini. Pimento cheese is a familiar, comforting flavor that adds some heartiness to the cheese plate. When paired with a crisp, sturdy base like crostini or baguette slices, it transforms into an elegant and delicious addition. For the bold of heart, a spicy pimento cheese never fails to add a kick.

I chose a pimento cheese highly

recommended by my roommate, Robert's Original Pimento Cheese. This dip, made in Wrightsville Beach, N.C., is a creamy blend of mild cheese with pimento flavor shining through. This cheese cost \$6.49 for 12 oz. with a VIC card at Harris Teeter — a great deal for the size.

Gouda cheese, plum slices and stone-ground wheat thins are a mild pairing that any cheese lover will find attractive. This pairing is sweet and irresistible. Plum slices perfectly complement the crisp crackers with their juicy sweetness that is ever so tart. The fresh fruit adds a nice pop of color to the plate as well. I selected the Castello Reserve Gouda, also from Harris Teeter. This cheese is salty with a smooth texture and a slightly bitter,

aged edge. It costs \$8.46 for around 8 oz. of cheese.

Goat cheese is a much stronger flavor, but Cypress Grove's Purple Haze goat cheese paired with Carr's Rosemary Crackers and a dollop of fig spread hits the spot every time. The creamy, tangy spread leaves you wanting more after the first bite. Fig spread is a must because it tones down the sharp edge of this cheese, making it more approachable. The rich, buttery fig spread adds a great texture to this smooth cheese as well.

Cypress Grove's Purple Haze cheese is a goat's milk cheese that contains pieces of lavender and fennel pollen. This 4 oz. serving costs \$8.99 at Harris Teeter but, if you're a goat cheese lover like myself, it is completely worth the price.

This cheese is the most irresistible for me, I find myself going back for cracker after cracker until the wheel is gone.

I chose to include a side of Organic Hope Hummus in the flavor Spicy Avocado. This dip tastes like a mixture between guacamole and traditional hummus — its initial flavor is delicate but a wave of spice is sure to sneak up on you if you keep snacking. This is best paired with Snyder's Gluten Free Pretzel Sticks. I find gluten free pretzels to have a crisper texture and prefer them to regular pretzels. This hummus costs \$4.99 for an 8 oz. container and would be delicious with tortilla chips or on a sandwich as well.

I love including other finger foods with my cheese plates to add balance and satisfy unexpected

cravings. One of my favorite additions to a cheese plate is olives. Small pickles, nuts or dried fruits also add a nice mix of textures and flavors and make you seem incredibly prepared for whatever event you're hosting. I picked a selection of mixed, seasoned olives from Harris Teeter for \$3.88 from the olive bar. While these olives are inexpensive, the Harris Teeter variety are rather oily and I prefer the selection from Whole Foods or Foods of All Nations instead.

Cheese plates, while they can be rather expensive, are incredibly easy to prepare, delicious and photogenic. The creativity that comes with cheese, fruit and cracker pairings are endless. These are a few of my favorites, and I hope you enjoy!

I tried making the Momofuku Milk Bar Birthday Cake

Testing if the famous cake is worth the work, so you don't have to

Hildy Maxwell | Food Columnist

The Milk Bar Birthday Cake is an icon — or at least that's how my Instagram feed makes it seem. Pictures of the cake can be found all over social media, and its popularity is reflected by the crowds of people found in Milk Bar stores all over New York City and the fact that they just started shipping their bakes nationwide. If you've never heard of Milk Bar or even this cute little cake, then please, before reading any further, educate yourself and Google the heck out of this place. If — like me — your computer search history consists entirely of trendy foods, then you probably know exactly what I'm talking about.

This weekend I thought I would try something new — recreating, or attempting to recreate, the Milk Bar cake. Milk Bar recently released the recipes for the birthday cake and several of their other most famous goodies, like Crack Pie and Compost Cookies. You can find them here. So I figured I might as well give the complicated-looking cake a shot to see if it's truly as hard to make as it seems.

In all my time spent baking, I have never made a cake — and now I know why. Who knew a simple three-layer cake that isn't even frosted on the outside could require so much attention and so, so many bowls. I probably did more dishes this weekend than I have all semester. This cake is definitely for a special occasion, not just any old thing you throw together for your roommate's 21st birthday party or your family reunion potluck — un-

less you're trying to upstage your Aunt Edna's self-proclaimed award-worthy brownies. No, this is a "best friend just got engaged," "landed your dream job" or "granny's 100th birthday" kind of endeavor.

Starting out I expected it to be difficult, so I decided to take the recipe's advice and make each of the parts ahead of time. This made my life so much easier — it made me question why you would ever choose to torture yourself by making everything the same day.

The frosting and cake were relatively easy to make. I followed the recipe exactly and everything seemed to come out like it was supposed to. The assembly, however, was a different story.

Covered in birthday crumbs with an unfrosted exterior, this cake has a truly unique look. In order to create the naked look, you have to stack plastic film inside of a metal cake ring and assemble the cake inside, before chilling it and removing the plastic. Sounds easy enough, right? Wrong.

Between trying to shove a perfectly cut circle of cake into the mold without crumbling the entire thing and spreading frosting over the layers without taking the crust of the cake with it, I couldn't help but marvel at how Christina Tosi, Milk Bar owner, made this look so easy in "Chef's Table." Obviously, I am no highly experienced pastry chef like Christina Tosi. I am your average college student who dabbles occasionally in baking

— assembling cakes is clearly not my forte. Even so, I somehow managed to squeeze all the layers in with minimal mess, but I'm afraid it didn't look quite as pretty as the pictures I had seen on Insta.

Upon removing my creation from the freezer after the three recommended hours, I had reached the moment of truth. Was everything going to come toppling down as soon as I removed the plastic?

Much to my surprise, the cake stood up completely on its own, through removing the mold and slicing. Victory!

What surprised me more after these few days was not the recipe's success, but how truly straightforward it ended up being. Despite my struggle at actually putting the pieces together, following the exact directions from the recipe gets you pretty much where you need to go. I never thought making such a pretty cake could actually be doable — I kind of assumed that this experiment would just be another Pinterest fail.

Some of you might be wondering, why make this at home when you could just buy the cake online and have it delivered right to your door? Well yes, buying the cake takes way less time, but it does cost more and who doesn't want the satisfaction of saying, "Why yes, I did make this myself?"

Before embarking on this culinary adventure, it's important to know that it will take you around five hours, in-



HILDY MAXWELL | THE CAVALIER DAILY

The Momofuku Milk Bar Birthday cake is much easier to make if you prepare each component ahead of time.

cluding prep, baking and chill time. In terms of cost, the only things you need to buy are your typical eggs, butter, sugar and flour, and also acetate strips, a cake ring and imitation vanilla. These will put you out about \$25 in total.

So, if you're ever scrolling through Instagram and get the craving for a fancy slice of cake, don't be afraid of trying to make one yourself! The Momofuku Milk Bar Birthday Cake

definitely isn't a cake you can throw together in 30 minutes but it will impress the lucky group who gets to eat it. Plus you'll save \$50 or a trip to Milk Bar in NYC — although I would highly recommend that anyways, their Cereal Milk soft serve is hard to beat.

I had a stroke?

For all those who've noticed I'm limping

Aly Lee | Life Columnist

Hi my name's Aly, I'm a third-year from Northern Virginia, and this semester, I had a stroke.

First, a disclaimer — I write this not to elicit sympathy or manipulate people into sending me food and cards. I don't want the attention. I don't want to be known as "stroke girl." I just want to write because I love to write. I feel most like myself when I write. And it's about the only thing I can think of to do right now anyway.

So, my story goes like this.

People have always told me that I walked kind of funny. They said they could recognize me from a mile away because of my peculiar gait. Well, a few weeks ago I noticed my gait went from peculiar to downright abnormal. It was more of a limp than a walk — my legs felt heavy and stiff. I became that annoying slow-walker blocking the foot-traffic between the E-School and Clark Hall.

At first, I didn't think much of it. I had spent the entire summer sitting at a desk, so I assumed I was just extremely out of shape and laughed at my lack of athleticism.

Then I noticed I couldn't type very well. I used to pride myself as being the fastest typist in my seventh grade computer class — yes, I had a seventh grade computer class. But then in BIOL 3000, I kept making typos, and my fingers just couldn't keep up. How annoying, I thought. I really want to copy every single word Michael Wormington has to say.

These "episodes" mounted. I tried to play Für Elise on the piano. My fingers were sloppy and weak. I tried to lift a five-pound weight at the gym — I couldn't lift it past my hip. I tried washing the mountain of dishes piled up on the counter. I dropped every other dish in the sink.

Something wasn't right.

Fast forward a few days, and I'm sitting in Student Health across from this very kind and gentle doctor. She asked me what's been going on.

I said, "I feel strange."

She said, "How so?"

I said, "I just feel...strange."

I tell her my scattered snippets of symptoms. I can't put my left foot into my shoe without bending down and guiding it inside. I can't throw a peace sign to a friend because my fingers won't straighten all the way. I can't play my flute because the act of both holding it up and wiggling my fingers over the keys is too much. I can't point my toes. I can't cut my nails. I can't. I can't. I can't.

She watches me closely.

I tell her my wild theories synthesized from BIOL 2010 and WebMD — I think I might have Parkinson's disease. I have that Ice Bucket Challenge disease. Multiple sclerosis. Blood clot. Pinched nerve. Unusual reaction to stress.

Maybe I had a stroke.

She looks at me with great sympathy and tells me not to worry. Come back in a week if it doesn't get better.

So I go home, and I wait. I study, I sleep, I eat and I try to ignore the apparent loss of function in the left side of my body. For a few hours, I feel normal. But as soon as I type an email or stumble down the stairs, the hyper-awareness of my increasingly strange body floods back.

Fast forward a few more days, and I'm laying on a table, donned in a pastel hospital gown with headphones over my ears. The MRI machine whirs and beeps, as I'm slowly encased in this sterile cocoon. I get why people are claustrophobic now.

Laying inside the white metal tube, I am cynically optimistic. I expect the MRI will show nothing. The doctors will know nothing. I was just having a semi-psychotic breakdown.

The next day I get five missed calls from my doctor, then one from my mom.

I was right.

I had a stroke. A small one. But a stroke nonetheless.

I laugh when they tell me. I'm half-expecting Meredith Grey and Dr. McDreamy to come out of my fridge and tell me nothing's real. But in a blur, I find myself sitting on paper and staring at a fuzzy white spot in the right side of my brain, and I realize this is far too real.

A week later and I'm waiting at the Adult Neurology Clinic, filling out paperwork as my mom whispers prayers beside me.

"What brings you in today?" the paperwork asked.

I scribble, "I had a stroke," on the blank line.

"What neurological problems have you experienced?" Once again I write, "I had a stroke."

The neurologist sits me down and tells me I'm rare. It's very uncommon for someone my age to have a stroke. I wonder if that's supposed to be uplifting. Everyone wants to feel special, to be told they're "one of a kind." It's nice to be a mystery when it makes you feel sexy.

And yeah, maybe I feel a little bit sexy for boasting a rare medical condition. No one can figure

me out. I'm elusive. I'm exciting. I am rare and interesting — the Heathcliff of the medical world. I am Asian and female with no high blood pressure or diabetes. I exercise regularly and eat decently healthy. I get eight hours of sleep most nights. I am 20 years old, and I had a stroke.

But then I wonder if I'll ever get better. If I will forever be limping and never play piano. If all these things that I once loved/hated/was good at/better at will turn into things I just ... can't. I start to wonder if this is my life now — poked with needles and hooked to machines. And suddenly, I don't feel so sexy anymore.

I guess you could say I'm confused, maybe scared, and a little bit angry. I can't help but ask God, why? Why is it that my 55-year-old father can go on a four-mile run and I can't? Why is it that it's hard to see friends because they remind me what it's like to only worry about tomorrow's exam? Why is that now, I can't sleep, because I'm scared I'll wake up and not be able to speak?

But at least for now, this is my life — peeing in cups and waiting in waiting rooms. And each day it feels more and more normal. I won't say I'm "okay," but I am at peace, and I have much to be thankful for.

People ask me what they can do to help. And to that I say treat me like normal. Like I said, I don't want to be "stroke girl." Please don't look at me like I'm fragile or like I'm about to explode. I guess I like food, and maybe you can carry my bags and send me notes when I have to miss class. And yes, there will be days that I cry, and I just want someone to sit with me. I am learning more and more how to be needy and I will need your patience as I figure that out.

Meanwhile you'll find me clinging on to clichés and willing them to be true. God is good all the time — all the time God is good. Everything happens for a reason. Even though I walk through the valley of the shadow of death, I will fear no evil. You will find me reading of miracles — the blind will see, the lame will walk. And deep down, I will be praying, that one day that will be me.



CHANDLER COLLINS | THE CAVALIER DAILY

Aly Lee is a Life Columnist for the Cavalier Daily. She can be reached at life@cavalierdaily.com.

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Top 10 trends to ever hit the McCormick runway

Fashion tips that will have you looking even classier than Mr. Jefferson himself

Paige Waterhouse | Top 10 Writer

1 The t-shirt

By far the most popular of all the fashion trends modeled by University students, the t-shirt is a classic go-to when you're going for a casual, comfortable look. Graphic t-shirts are the best way to tell everyone you meet on the street where you went to high school, who your favorite band is or even where your family vacationed last summer. Bonus points if you invest in a t-shirt three times your size that can double as a dress.



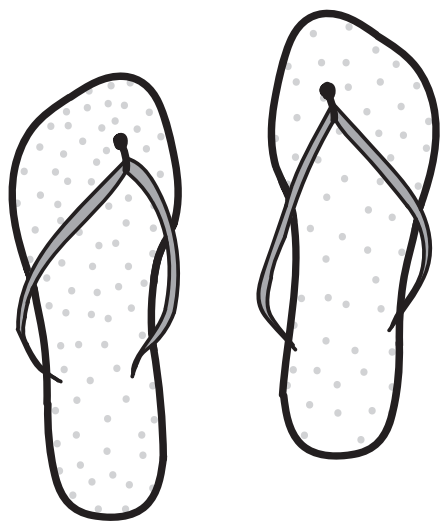
2 Pastel shorts

The University is apparently the only location where Easter colors are acceptable all year round. Baby blue, salmon and sunshine yellow are just a few of the bold shades that can be seen sauntering down the runway. Rain or shine, some boys will wear pastel shorts well into the bitter winter months before finally succumbing to pastel pants weather. Throw on a generic polo, a pair of boat shoes and accessorize with a red solo cup and you too, can be one of the best dressed dudes on Grounds.

3 The oversized sweatshirt

Apparently, Mother Nature did not get the message that it is now officially fall, so I will continue to wear my pull-over until she takes a hint. Comfort in the ice-box lecture hall is definitely worth the gallons of sweat that come with wearing an extra layer on the sunscorched sidewalk. Besides keeping you cozy in class, oversized sweatshirts are great for "sweater-smacking" annoying pedestrians who clog the sidewalk — just use your excessively long sleeves to windmill your way to class.

4 Flip-flops



Dear people who wear flip-flops to class, have you no concern for your arches? Sure, they're convenient, and who doesn't love slip-on footwear? However, any decent human being knows that hiking across Grounds requires proper sole support! But go ahead flip-flop lovers, destroy your arches and freeze your toes off during class for the sake of convenience. Just know that in 50 years, it won't be my joints that are creaking.

Graphics by Aisha Singh

5 The Cavalier

I salute you, Cavalier, you are the one brave soul who treks from class to class decked head-to-toe in University gear. You are the epitome of school pride and so you have rightfully earned the title of our school's mascot. Your t-shirt, basketball shorts, socks, backpack and baseball cap are all adorned with that glorious "V," and we are proud of you. Thank you for reminding me which college I attend and always picking up my slack when I forget to wash my own Virginia shirt.

6 Stocks 'n socks

Birkenstocks — one of the unique pieces of footwear that are universal amongst all genders and quite possibly the most popular on Grounds. Don't forget to pair your Birks with a generic pair of white Nike crew socks to solidify your membership in the cool kids club. Remember when we all thought the socks with sandals look was lame? I'm glad to see we've all had a change of heart ... or maybe we just all look lame together.

7 Workout clothes

I will be honest, those that wear workout clothes to class are absolute geniuses. With the unpredictable weather of Charlottesville, workout clothes are optimal for wicking away sweat one minute and insulating body heat the next. This type of clothing is breathable, stretchy and lightweight — making it perfect for the desperate 100-yard dash to the bus stop. Plus, maybe wearing a cute outfit will inspire you to show off your fashionable look at the AFC and motivate you to finally complete that workout you've been putting off all week.

8 Earbuds

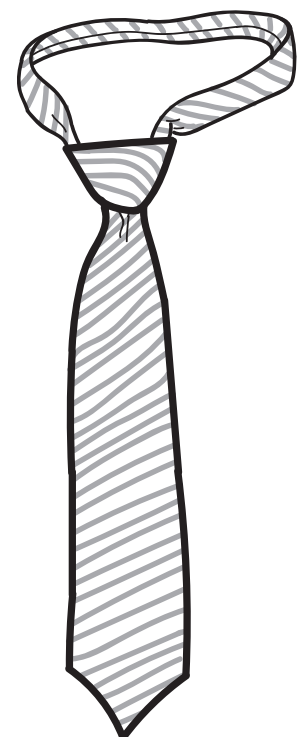
Though not an article of clothing, earbuds are an essential accessory to any and every outfit. Whether you need to block out the noisy street traffic or just need to calm down with some tunes before your next exam, these resourceful ear-ornaments are guaranteed to look sleek on everyone. Though they are available in an unlimited combination of colors and brands, I personally rock the mainstream, "this came with my phone" style, but props to you for modeling those new AirPods.

9 The "I woke up like this"

As one who needs at least six alarms to wake up each morning, I understand the effort it takes to convince yourself to get up and get dressed for class. Evidently, some people cannot motivate themselves to complete the second step. But yet, I still applaud you, pajama-wearing student, for at least completing step one. Rock those SpongeBob jammies.

10 The Perfectionist

This is the look above all looks. It includes a pressed shirt, fitted pants, matching socks, color-coordinated jewelry and maybe even a necktie. The perfectionists are the students we all aspire to be — awake enough in the morning to assemble a respectable outfit. I for one will take sweatpants over a skirt any day, but these well-dressed Wahoos are going places.



What does it mean to suffer from mental illness?

Why you should always talk about your struggles with mental health

Merriam Abboud | Life Columnist

I asked a friend what he would do if he saw someone talking to themselves while riding the Northline.

"People like that ... are uh ... like need help," he said.

The more I begin to understand myself and my family's history with mental health, I understand that I could be that person on a bus somewhere talking to myself. I could be talking about how by chance, I saw Chris Christie eating a steak when my family was out for dinner, leading me to question our government for its lack of vegetarian standards. After being a vegetarian for four years, thinking about it almost every time I eat, it was certainly damaging in a way that others may not understand.

Those are the types of things people may say to themselves on buses. It might sound crazy, but it certainly isn't to whoever is saying it.

What is crazy?

Mental illness and mental health are normalized in my family because we're used to our scattered schizophrenic cousins and bipolar aunts and uncles. Crazy is normal. However, this isn't normal at the University. It is not normal at any university. It's not really normalized anywhere.

So, when I told my professor about my accommodations and that I may have to miss class, he asked me, "Why?" He proceeded to tell me how important learning from a professor is, why missing class will cause suffering later and finally asserting, "You're not going to miss class, are you?"

I thanked him and left defeated. This was not the first time.

I, Merriam Abboud, love to learn. I wish I could sit down with every professor here and absorb their knowledge. I wish to be successful in my education and teach others what I have learned while here.

Sometimes, I just cannot pick up a book. Sometimes, I just cannot go to a lecture. Sometimes, I just cannot eat or brush my teeth or stop thinking about Chris Christie or how fun sock puppets are. Sometimes, I just cannot do much of anything other than stare at a wall or ceilings or the curtains hanging by my bed.

I did not choose to be this way. I did not choose to have a psychotic break that led to seeing doctors, getting diagnoses, being put on medication or having to miss class to cry or laugh or do my thing — whatever that may be.

I did not choose any of this, and no one else did either.

What do I do then? If no one can understand that I am not lazy, that I am not trying to be late on my assignments, that I am not missing class on purpose, what do I do?

I fight it. I fight my thoughts off — I

listen to heavy metal in my earphones as I walk on McCormick. I explain my situation, my story and my family's story to every professor who will listen. I fight off depression, mania, all of those intrusive thoughts and slight existential crises every day.

It is important to prove that it is not your choice. It is important to find those who understand, and befriend them. It is important to not be embarrassed by what your brain is telling you. And it is really important to not think you are the only one, or that you aren't suffering enough for it to be an issue.

My friend who suffers from anxiety and depression told me that he thinks I am lucky. I have bipolar disorder, and he says my diagnosis will help people believe my struggle more than his feelings. Another friend told me she wrote an article on depression but felt it wasn't her place to comment because she only suffered for a few months. She told me that because she thinks her experience is not dark or deep enough, it is not valid.

This is not right. We have to speak up. Not everyone talks with themselves on buses and not everyone has suicidal thoughts for just a month. There is not a "too crazy" or a "not crazy enough." If more people spoke up, we would realize that no one is crazy at all.

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LEAD EDITORIAL

Make the University Community safer at night

Ambassadors aren't enough — popular off-Grounds areas need more effective safety measures in cases of emergency.

Since the start of this Fall Semester, there have been several reported cases of attempted robbery, sexual assault and pickpocketing around Grounds, most of which have occurred during evening hours. These numerous safety threats have caused students to fear walking home at night, raising doubts about the effectiveness of the University's commitment to student safety. While the University has implemented many measures to improve campus security in recent years, the fact that serious crimes are still regularly being perpetrated against students clearly indicates that the administration needs to do more to improve the safety of Grounds.

The University has many Student Safety Resources, including Blue Light Phones, a community safety alert system, lighted pathways and Safe Ride, "an on-demand shuttle service that provides students a safe alternative to walking home alone after UTS bus service has ended for the evening." Per-

haps most importantly, however, the U.Va. Ambassador Program was created in February 2015 as a means of promoting campus security on Grounds. Ambassadors regularly patrol 14th Street NW, Jefferson Park Avenue and parts of the Corner on weekdays and weekends, wearing bright yellow uniforms and driving in specially marked vehicles so that they can be easily identified by students and community members. Although the presence of U.Va. Ambassadors on the Corner undoubtedly improves student perceptions of campus security on Grounds, the problems lies in the fact that these individuals lack the necessary law enforcement power to directly intervene in cases of emergency.

The U.Va. Ambassador program's services include "walking, bicycle and vehicle patrols," "[alerting] police to hazards, medical emergencies or other possible criminal activity," and other functions to monitor and deter crime. While these services are certainly helpful

in promoting campus security, the program's website explicitly states that "the Ambassadors do not have law enforcement power and are not a replacement for 911."

When an ambassador witnesses a crime take place, lack of law enforcement power restricts them from directly intervening when students are in danger, meaning perpetrators could quickly commit a crime and escape before police could arrive to the scene. One potential solution would be for the University to expand its police presence off-Grounds. There are multiple communities at the University, however, who feel unsafe in the presence of police. In light of these concerns, increased police presence is only one possible solution, and there are several others that may improve safety to a greater degree.

There is a much higher concentration of ambassadors and police officers on the Corner during weekends than there is on weeknights. Although there is obviously a much

higher proportion of the student body on the Corner on Thursday, Friday and Saturday evenings, that does not negate the fact that students are exposed to dangerous threats on their walk home from the library on a Monday night. For example, a female student was recently sexually assaulted and robbed on the corner of 14th Street NW and Grady Avenue on Wednesday, Sept. 19, at 9:33 p.m.

There are several other measures that the University should take as a means of promoting safety in student-housing areas. Although off-Grounds areas are not directly affiliated with the University, the administration should lobby the City of Charlottesville to improve street lighting down 14th Street and on side streets such as Virginia Avenue, Grady Avenue and John Street due to the high concentration of students who live in those areas. Because many areas of the Corner are so poorly lit, students become more vulnerable to robbery, sexual assault and other forms of attack.

By implementing some of these measures, perhaps similar incidents could be avoided.

The safety of students should be the University's utmost priority. Considering such a high proportion of the student body lives off-Grounds, the administration should do whatever it takes to ensure that incidents of sexual assault and robbery are avoided at all costs. By providing more effective safety measures, students will be able to more easily access emergency resources that are crucial to their security.

THE CAVALIER DAILY EDITORIAL BOARD is composed of the executive editor, the editor in chief and three at-large members of the paper. The board can be reached at eb@cavalierdaily.com.

THE CAVALIER DAILY

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THE SHORTCOMINGS OF U.VA.'S PARENTAL LEAVE SYSTEM

U.Va.'s parental leave system, though recently expanded, isn't comprehensive enough, and does not work for the benefit of many employees

In early September of this year, U.Va. President Jim Ryan publicized the extension of paid parental leave to all eligible staff — salaried, full time academic employees — of the University and the University's Health System. The new policy is designed to align with the executive order Virginia Gov. Ralph Northam delivered, which provides eight weeks of paid parental leave to state employees, expanding the benefits beyond just those who birthed the child.

While Northam's order was a progressive step concerning parental leave policy, it was available only "to classified employees at the University, but not to other groups of employees" — Ryan took this a step further, guaranteeing "parity across Grounds." This decision to magnify the scope of whom this policy reaches reflects very well on the University's goals in higher education — other institutions must follow the University's lead in modernizing their policies to maintain the well-being of their employees and competitive position among other schools across the country.

Yet, the conversation must not stop here. Over and over again, our

universities have ignored graduate students and post-doctorates from inclusion in these policies — these students should not have to choose between their child and job just the same.

University parental leave policies vary extensively — while some insti-

take it due to financial reasons." These statistics are sobering.

That being said, more companies that ever before are beginning to offer pay for new parents. While this compensation is presumably self-serving, such policy amendment sets a positive

precedent for others to follow. On the contrary, our nation's universities are not on the same page in this effort to help parents maintain a healthy and fruitful work-life balance.

Most university faculty and staff are guaranteed 12 weeks of unpaid, job-protected parental leave through the Family Medical Leave Act. However, parenting students do not qualify for these benefits unless they are also considered employees with the required qualifying hours. This oversight needs attention, and unraveling

the complexities associated with Title IX is the first step to redirect this focus. According to Jessica Lee, a staff attorney at the University of California, Hastings College of the Law, parenting students have a legal right to paid leave only "if a doctor says the student needs 12 weeks to recover, and it's medically necessary for them to have time off, the university has to provide it."

Yet, these protections only go so far, as the decision lies largely in the hands of the school's advisors. As students become aware of their legal parental rights, the demand for family-friendly policies will be rightfully actualized — the institutions that fail to provide will lose their competitive edge and feel the effects of brain drain.

Returning to school or deferring education should not have to be a choice any mother or father considers. With that, universities need to stake their claim in this policy arena and offer institutional support for new parents. Only three universities in the country have graduate parental leave policies, none of which offer time off comparable to that guaranteed under FMLA. Most graduate programs

allow for their students to take a semester-long "leave of absence," which does not guarantee their spot will be open in the year to follow, jeopardizing their enrollment in the school.

While Ryan's recent announcement has cause for excitement, the University's Financial Childbirth Accommodations for Graduate Students on Assistantship needs revision in order to acknowledge graduate students' labor and compensate them appropriately in these critical milestones. Graduate students do the groundwork that keeps universities competitive — parental leave policies recognize this effort as well as "the humanity of graduate students."

The University should initiate a more nuanced policy change for new parents so as to bridge the compatibility gap between succeeding as a parent and succeeding in the workplace.

LUCY SIEGEL is an Opinion Columnist and was the 128th Opinion Editor of *The Cavalier Daily*. She can be reached at lsiegel@cavalierdaily.com.

Returning to school or deferring education should not have to be a choice any mother or father considers.

tutions offer fair to generous paid parental leave opportunities, many have no policies at all. And it's not just academia that suffers in this department. The United States trails far behind the rest of the world in regards to policies protecting the rights of parents who have just had children. Despite the U.S.'s proclivity to support the institution of the family, first and foremost, "paid leave remains unavailable to 114 million workers in the United States, and nearly half of the population who qualify for unpaid leave are unable to

PERKINS: RE-EXAMINING HONOR

Equitable application of our basic systems of justice requires self-examination and acknowledgement of individual bias

Since 1842, the Honor System has prohibited lying, cheating and stealing. Although Honor has been lauded as a distinctive characteristic of the University, it has also been the subject of criticism. For one thing, violating the Honor Code — excluding the informed and conscientious retraction system — results in a single sanction: dismissal. For another, the Honor infrastructure is entirely student-run.

Over the years, Honor has worked to develop processes to account for various considerations that might impact its search for truth. For example, Honor has identified, correctly, that special rules should apply to persons suffering from psychological conditions which materially impact their culpability. As a result, Honor has implemented mechanisms to address these important concerns.

But what happens when racial prejudice and/or bias impact the filing of charges? No mechanism exists to explore the role race plays within the Honor structure. Moreover, with only one punishment available, evenhandedness is presumed and there is little room to debate uneven application or disparities of outcomes.

Honor wields incredible power. To properly evaluate its equity and effectiveness, we must account for racial biases held by both those within Honor and those attempting to analyze it. This is not to say every Honor charge involving a racial minority is racially-motivated. This also does not

mean cases involving black students are never fairly adjudicated. But refusing to acknowledge that unconscious racial bias often informs adjudicative processes ignores a prominent and harmful characteristic of American society. Unless the Honor System and those evaluating it identify their own biases, the community of trust we Wahos have come to cherish will never be completely just, nor will any evaluations be truly precise.

At my Honor trial, the Committee and jury were confronted with their own potential biases because I, a black man, was accused of fabricating a story about police harassment. It is apparent, however, that one of the primary organizations tasked with public assessment and commentary — The Cavalier Daily and its Managing Board — did not consider their own biases or the racial realities of my case before they rushed to judgment.

In 2011, during my final weeks of class at the Law School, campus police profiled and harassed me. I spoke openly about the encounter with the hopes that my classmates would understand that life is different for black people in Charlottesville. A few weeks into the police department's so-called internal investigation into the police misconduct, an FBI special agent showed up at my car in the Law School parking lot, led me to a small room and pressured me into signing a statement that said the police hadn't harassed me.

The University published a press

release and several prominent outlets reported on my signed statement, none aware a rogue FBI special agent had pressured me into denying what

The prosecution and the jury panel asked questions and made arguments clearly indicating a lack of experience or thoughtful perspective with respect to race.

had happened.

Over the summer, I was tried and exonerated by the Honor Committee, who were informed of the FBI special agent's high-pressure interrogation tactics.

Race was a consideration in my Honor trial. The substance of the allegations mandated as much. And the student panel struggled to understand how their biases influenced their evaluation. The prosecution and the jury panel asked questions and made arguments clearly indicating a lack of experience or thoughtful perspective with respect to race.

After I was exonerated, The Cavalier Daily, which enjoys a long history of evaluation of and commentary on the Honor System, published a series of scathing articles about my case. Writers at the newspaper knew I had been exonerated but, due to the confidential nature of all Honor proceedings, were forced to speculate as to why.

Without access to a number of key

facts, not the least of which was the FBI agent's clandestine involvement, the paper's Managing Board authored an article, which levied personal at-

tacks against me and expressed outrage at Honor's apparent inadequacies.

Recently, I became legally permitted to disclose the full set of circumstances, including the FBI's involvement, surrounding my experience—an experience the public, and by extension The Cavalier Daily, believed I had fabricated.

Now that the dust has settled and the public has been informed of many of the previously-undisclosed facts, I was surprised to receive a letter from Jason Ally, the 2011-2012 Cavalier Daily editor-in-chief, apologizing for the handling of the situation and taking responsibility for his failure to take his own biases into account.

The letter is a perfect example of the type of reflection required to identify and address one's own potential racial biases. It took a series of interviews and news articles published over six years later for the editor-in-chief of the University's renowned newspaper to understand that racial bias might have played a role in a black student's

experience with law enforcement and subsequent trial.

Critically, from an institutional perspective, it took Jason Ally's self-examination to realize his organization's assessment of a judicial process aimed at finding the truth was negatively informed by those same biases.

Every black person in America experiences daily the repercussions of white people's often subconscious prejudices. If we hope to have any chance at institutional understanding that the consequences of implicit racial bias are an unmistakable part of the black experience, untold personal realizations similar to Jason's are a prerequisite.

White people, particularly those in positions of power, must be willing to do the hard work of educating themselves and each other so that they might identify and address their own racial biases. Such work is necessary to begin taking responsibility for the role they play in perpetuating the system in place. Only then do we stand any chance of steering legal and moral principles like the Honor System, trusted news outlets like The Cavalier Daily and historic institutions like the University in a better direction.

JOHNATHAN PERKINS is a higher education attorney and activist, and will return to the School of Law to host a public conversation about his experience and larger race issues on Thursday, Oct. 18 at 6 p.m.

H

HUMOR

In case it isn't obvious already, it's freaking fall. The leaves are changing color, it's getting colder and pretty soon my mom is going to bring out this little box of decorative gourds we have and put them all over the house. Honestly, I couldn't be more excited. I've been wearing a flannel shirt since Sept. 21. The very thought of making a scarecrow makes me tear up a little bit. I went into Walmart the other day, saw that pumpkins were on sale and screamed for a full two minutes without breathing. No words either, just screaming at the top of my lungs.

After campfires, cozy sweaters and premature Halloween-costume planning, there are

few things that say "fall" more than a tasteful seasonal recipe. And this Ultimate Fall Salad is cheap, quick and easy to make, a crowd-pleaser and will definitely get you in the mood for fall! Whether you're looking for a nice dish for your next fall potluck, or just a last minute solution for family dinner, this simple, awesome recipe will do the trick. Here's what you'll need...

Ingredients:

1 pumpkin, seeded
2 butternut squash
4 cups dried leaves
1 1/2 cups chopped hay
**1 flannel shirt (to be shredded)

1 autumnal scented candle
1 good book
2 cups apple cider
2 3/4 tablespoons tree sap
1 pound pumpkin spice
** May substitute denim jacket or chunky sweater

Directions:

Prep time: 9 months (January-September)
Cook time: 2-8 hours

Serves 2

First, take the butternut squash and just set them up somewhere on the counter. They look so nice and really add to the fall atmosphere.

Using a knife, carve a spooky face or seasonal shape into the side of the pumpkin to make a jack-o-lantern. It's pretty fun. This will also serve as the container for your salad.

In the jack-o-lantern bowl, toss the dried leaves and chopped hay. Though not required, it is recommended that the dry leaves be pre-crunched underfoot, and that the hay be sourced from either a real scarecrow or a local fairground, corn maze or anywhere where it is likely to have been trod on by boots and crushed by the wheels of a farm vehicle. This will add

to the salad's authenticity and unique seasonal flavor.

Before shredding, put on the flannel shirt, cuddle up in front of a fireplace and read the good book. Light the autumnal scented candle. Take time to enjoy the intricacies of the book's plot, the poignant way in which the author weaves together the lives and events of the characters. Make sure to allow yourself sufficient time to reflect on the book after finishing it. Then shred the flannel shirt and incorporate it into the salad.

Set aside 1 teaspoon of melted wax from the scented candle, 1/4 cup of candle shavings, and 3/4 cup of the ashes from the fireplace.

In a separate bowl, mix the apple cider, tree sap and melted candle wax. Set aside. This will serve as the salad dressing.

Finally, toss the salad and serve on a plate or in an emp-

ty apple crate. Add dressing to taste. Garnish with candle shavings and fireplace ashes. Season with pumpkin spice and enjoy!

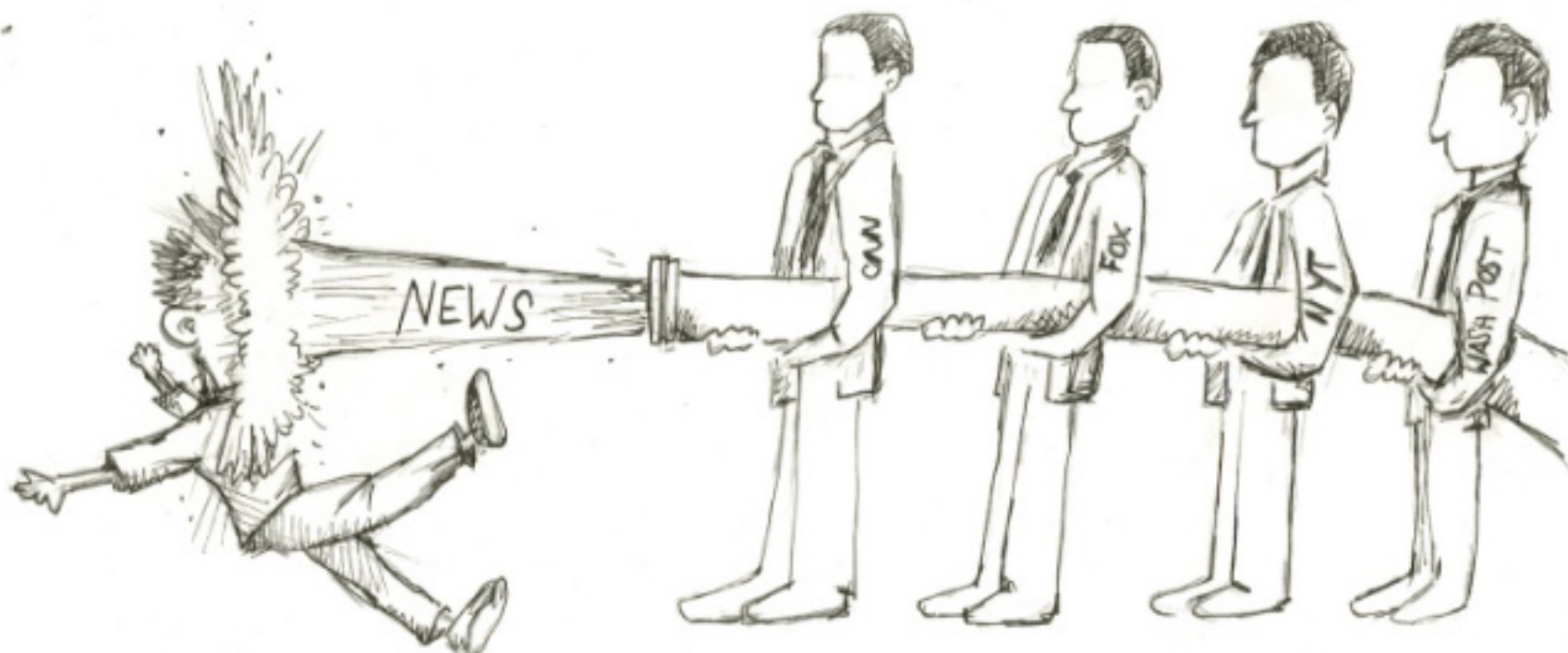
JESS MILLER is a Humor Columnist for *The Cavalier Daily*. He can be reached at humor@cavalierdaily.com.

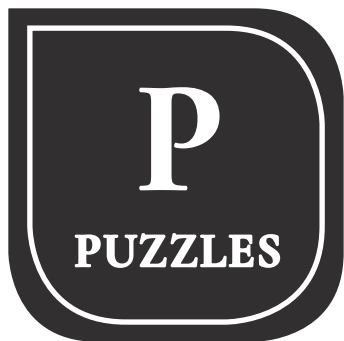
C

CARTOON

How informed is too informed?

Walter Sharon | Cartoonist





WEEKLY CROSSWORD PUZZLE

Dan Goff | Arts and Entertainment Editor

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

Across

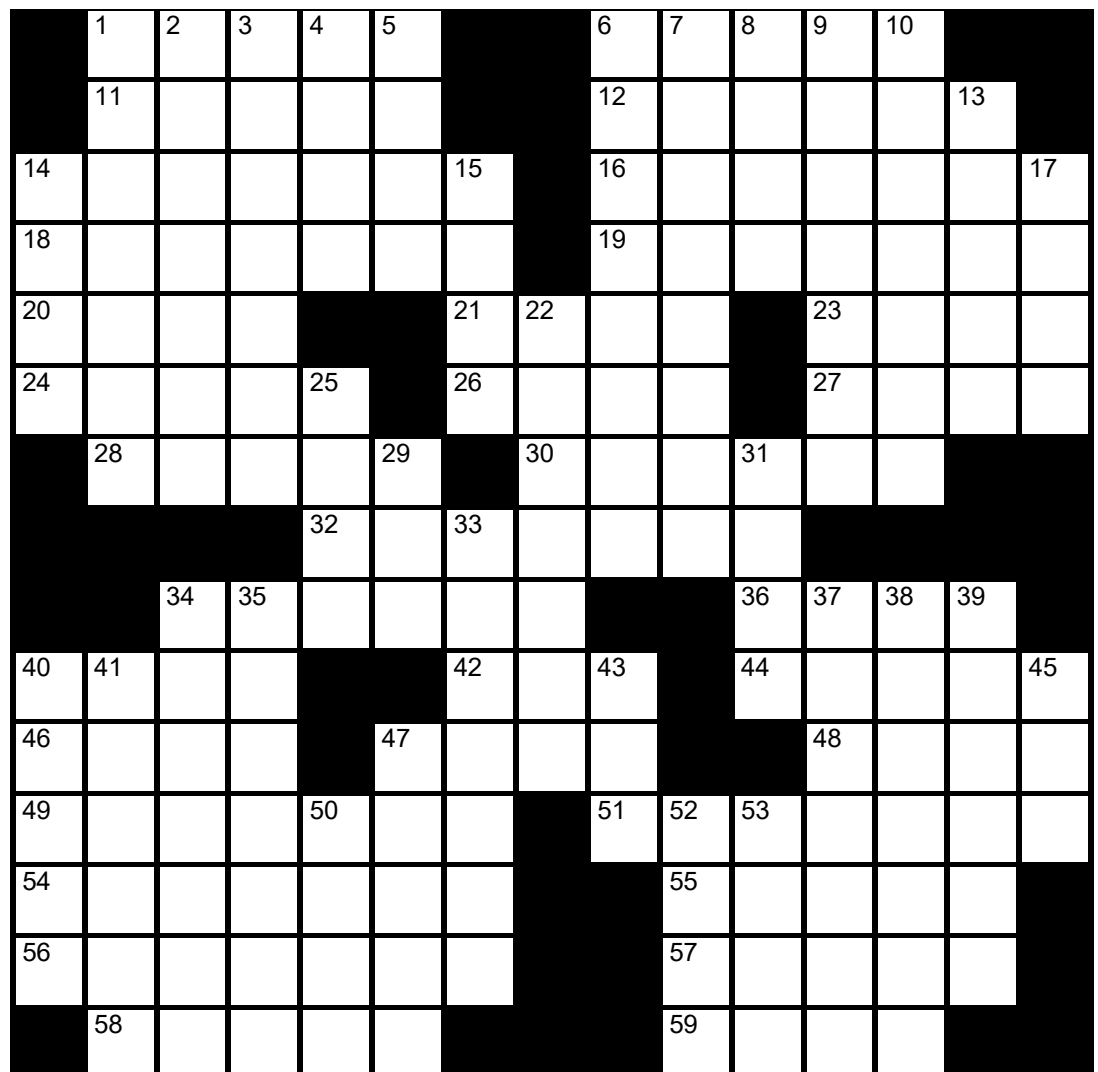
1. Lip birth defect
6. ____ Delta — sorority who has a house on Chancellor Street
11. "Pioneer girl" ____ Ingalls Wilder
12. Enter forcibly or suddenly
14. "That's none of your ____"
16. Someone with a lot of power can be prone to this — two words
18. One who cares about beauty — a variant spelling starts with "a"
19. English worker who opposed technology
20. Famous Shakespeare tragedy "King ____"
21. "Ali ____ and the Forty Thieves"
23. South American plants with edible tubers
24. Cloth woven from flax
26. What you might do with a Q-Tip
27. One' customary behavior
28. Relating to the nose
30. Crooked, at an angle
32. Performed a Bohemian dance
34. Venus de Milo and one of Liberty are famous examples of this
36. Medical professionals
40. Actress Stone of film to be shown at this year's Virginia Film Festival
42. Dynamite abbreviation

44. Christmases

46. Fertile soil of clay and sand
47. Popular card game Go ____
48. Hyperbolic tangent
49. Car holders
51. Seaward flow, lowering water levels — two words
54. Opposites supposedly do this
55. "Remember" this new Virginia Film Festival location
56. Experiences again
57. "A ____ of my gratitude"
58. Unit of force that preceded modern SI
59. Large jug with wide mouth

Down

1. Come nearer — two words
2. Tropical evergreen shrub
3. Card games usually played with the 32 highest cards
4. What Virginia Film Festival tickets are for students
5. Pastry with filling, often fruit



* SOLUTION FROM LAST ISSUE



6. Director of the Virginia Film Festival and Vice Provost for the Arts Jody ____
7. Not set in stone, open to disagreement
8. Poke
9. Make one feel small through belittlement — two words
10. Fruit which resembles a peach
13. Parent of the gods, in Greek mythology
14. Prisoner's room
15. Scottish slang for "noses"
17. Flea or cockroach, for example
22. Gains consciousness
25. Soft sheepskin leather
29. The University is in need of a parking ____
31. Slang for where one can send mail
33. Those who play lutes

34. Cleverly
35. Small South American monkey
37. Bloop
38. One who declares or asserts something
39. Move something down the line — two words
40. "Pomp and Circumstance" composer Edward
41. What many castles are, as protection
43. Most common word in the English language
45. Female pronoun
47. Poop
50. Supplied with
52. With "d," first word in phrase "We waited with ____ breath" — with "s," first word in popular show "____ Motel"
53. Expel air

CORRECTION

In the Oct. 4, 2018 edition of The Cavalier Daily, in a Focus article entitled "Joined in Strength campaign receives mixed feedback," the article previously misspelled the name CACVB Interim Executive Director Adam Healey as Adam Healy. It has since been updated.



‘A Star Is Born’ is a fresh rebirth of a classic plot

Bradley Cooper’s directorial debut takes on iconic love story

Kate Granruth | Staff Writer

“A Star Is Born” must be the most aptly named movie right now because it truly is akin to a falling star. The film is beautiful and emotional — it burns so brightly you can’t take your eyes off it, even for a second.

This particular script and film already has its own place in Hollywood history, with Bradley Cooper’s latest interpretation being the fourth in a line of star-studded productions, the first of which — starring Janet Gaynor and Fredric March — came out in 1937. The original script and subsequent 1954 remake — headlined by the iconic Judy Garland — both follow the romantic story of a young aspiring actress who falls for an established actor and is taken under his wing. This results in a dynamic power swap as the apprentice becomes more famous than the master, and the master devolves into addiction and hardship.

While the story’s general plot and structure have remained the same across every adaptation, the 1976 version starring Barbra Streisand and Kris Kristofferson turned the actress storyline into a songstress one, beginning a new tradition for a classic film. And now, this plot baton has been passed to Cooper and Lady Gaga, who’ve taken it and sprinted away into the sunset.

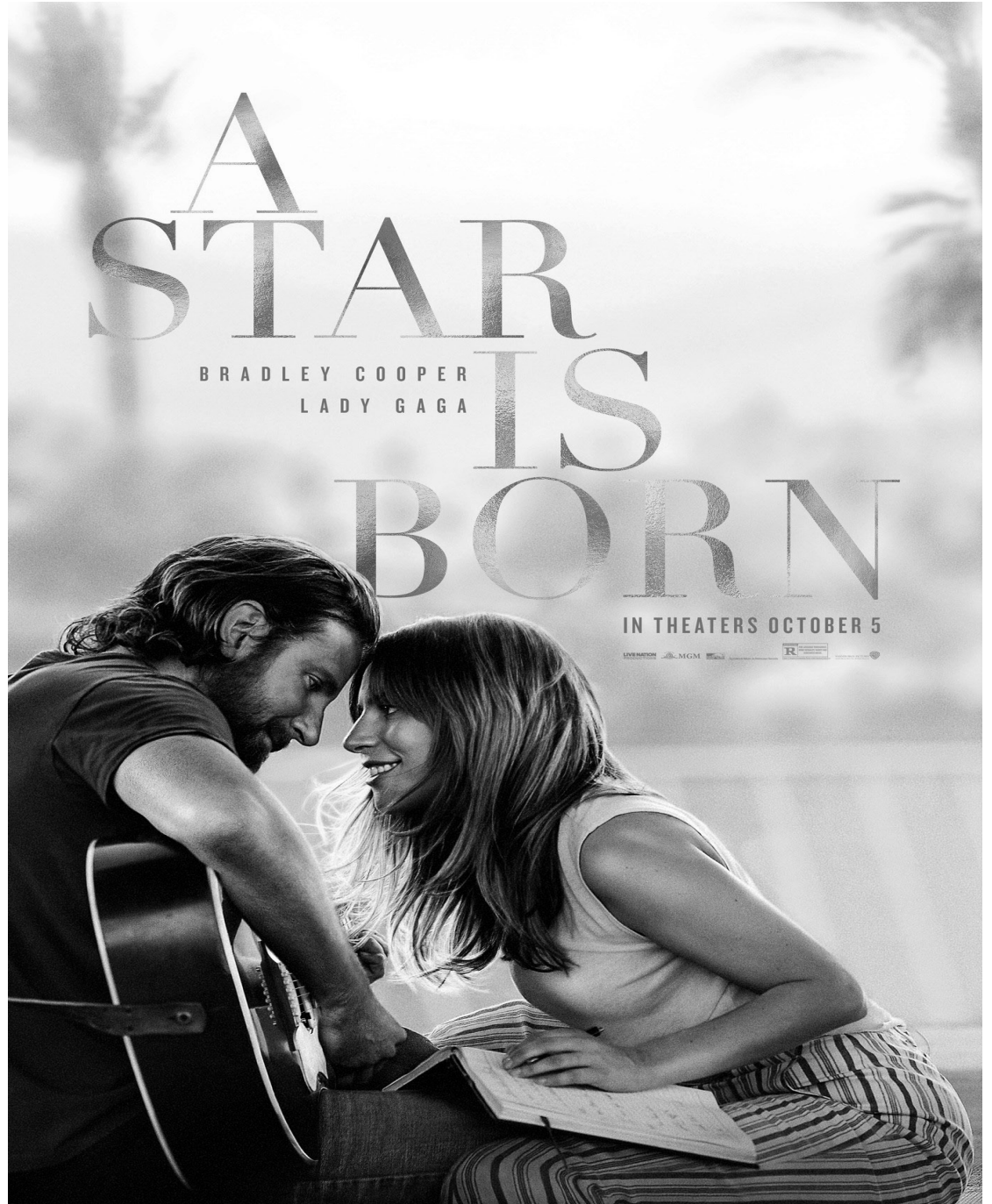
“A Star Is Born” may be an age-old title and story, but the 2018 adaptation is full of firsts. Cooper, who has starred in hits such as “Silver Linings Playbook” and “American Hustle,” both co-starred and made it his directorial debut. Lady Gaga — the legendary pop singer behind “Born This Way” and “Just Dance” — had a first of her own with this movie, making her feature film debut in a leading role. That said, Gaga is no stranger to the acting world, earning a Golden Globe for her role as the vampiric matriarchal Countess on the sixth season of Ryan Murphy’s anthology series “American Horror Story.” The combination of Cooper’s cinematography choices and acting skills with Gaga’s musical and acting performances makes this movie a vibrant and raw experience.

Rolling from jittery handheld

shots of country music star Jackson Maine (Cooper) in concert straight to solidly sterile shots of aspiring singer Ally (Gaga) breaking up with her boyfriend in a restaurant bathroom, this movie immediately sets itself up as one of emotional juxtapositions. Old versus young, poor versus rich, famous versus unknown — the film is an emotional rollercoaster exploring all of these back-and-forth dilemmas. But, while the camerawork is impressive in its own right, the true mastery of this film is the performances from Cooper and Gaga. In one of the film’s pivotal scenes, after spending a whirlwind night of improv songwriting, bar fights and drag shows together, Jackson invites Ally onstage to sing with him. Nervously, she joins him onstage in front of a crowd of thousands, and that is where the real magic of this movie lies.

“A Star Is Born” manages to convince audiences that Lady Gaga as we know her doesn’t exist. The world “A Star is Born” takes place in is modern-day America, with stars like Alec Baldwin and Halsey making cameo appearances. Lady Gaga, a literal living legend, isn’t mentioned at the Grammys in the film. She doesn’t grace magazine covers and billboards, and she isn’t at the top of the charts. There are no meat dresses or caution tape bondage outfits — there’s only shy, mousy Ally who can’t even open her eyes to sing in front of a crowd. Lady Gaga fully embodies her character. And of course, when she opens her mouth to sing, it becomes even more of a privilege to be sitting in the audience.

This movie is more than just a really good musical love story — it’s a piece of Hollywood history. Cooper and Gaga’s “A Star is Born” is the most recent modernization of an old classic, and it certainly has left its mark on audiences, the industry and the tradition it was born from. To make a long story short, when in a few decades producers decide to make the next “A Star is Born,” they’ll have even bigger shoes to fill than ever before.



COURTESY OF WARNER BROS. PICTURES

The latest vision of “A Star is Born,” an oft-remade classic story of love and substance abuse, displays a powerful dynamic between Lady Gaga and director and co-star Bradley Cooper.

ADMIT ONE
First Man
ENTRANCE

Offscreen at UVa. and Universal Pictures are teaming up for a special advance screening of “First Man” in the Newcomb Theater Thursday at 7p.m. The Damien Chazelle-directed film stars Ryan Gosling as Neil Armstrong, detailing the astronaut’s role in America’s first moon landing. The movie is Chazelle’s third, after the critically-acclaimed “Whiplash” and “La La Land,” and is Chazelle and Gosling’s second collaboration.



MARK FELICE | THE CAVALIER DAILY

Oct. 11 is National Coming Out Day — a day that has been celebrated since 1987, when activists conducted the March on Washington for Lesbian and Gay Rights. Since its inception, the celebration promotes a safe society for LGBTQ individuals to live truthfully and openly within their own communities.

LGBTQ film representation has been quite successful in 2018. “Love, Simon” garnered rave reviews and was a standout as one of the most heartfelt films to depict a gay character. We have yet to see “Bohemian Rhapsody” or “Boy Erased,” but both seem to promise complex and moving stories of gay culture. Before this, there have

been few standout films that have represented LGBTQ characters respectfully and honestly.

One film that did this in an unconventional fashion was the 2010 film “Beginners.” It is directed by Mike Mills and stars Ewan McGregor, Christopher Plummer and Melanie Laurent. Oliver Fields, played by McGregor, is a man who is learning to live with the hardship, shock and complexity of two life-altering announcements made by his father, played by Plummer. Plummer became the oldest person to win the Academy Award for Supporting Actor for his role.

Hal Fields, Plummer’s character, is nearing the end of his life, but five

years before his death, announces to his son and the world that he is gay. He also adds that he has recently been diagnosed with terminal cancer. The audience hears this story through selected flashbacks as this will be old news to the characters we see throughout the film.

This film is sad, heartfelt, funny, respectable and most importantly — real. When people think of the gay man’s experience, they see young people in their teens and 20s being shown as struggling with their sexuality before coming out. This challenges that assumption and shows the lesser-known instance of someone coming out in their 70s after having spent almost their entire life married to a woman.

You will dislike Hal at first, especially when the film shows the measures of what his marriage looked like and how it affected the happiness of his son and wife — but you quickly will come to love his character as you see his progression in the last five years of his life. Then you will weep for this character you have come to love and appreciate what he has been through being closeted for almost the entirety

of his life.

“Beginners” will tell you all of this through the eyes of Hal’s son. Oliver leads a drifting life without his father and what has become of his relationships. He questions what love is and how to know what is the right thing after he watched his father live such a silent life, then live life to the fullest for a small portion.

At the time of the film’s release, Barack Obama was still “evolving” on his ideas about gay marriage and would not fully support it until May 2012. Only five states had legal gay marriage — Iowa, Vermont, New Hampshire, Massachusetts and Connecticut. And finally, within the movie industry, there were only a handful of major films where the characters were out or expressing homosexuality — including 2005’s “Brokeback Mountain” and 1993’s “Philadelphia.”

If you need a film that would convince you as to how hard it is to come out to the world and how hard it is to live a life in the closet — “Beginners” is a film worth watching. More importantly, it shows you the toll of keeping a secret that long inside yourself and how a different generation

coped with being LGBTQ.

Personally, this film is one of the reasons that made me decide to come out this year. You can not imagine a life that Hal Fields lived and see that as a reasonable alternative to being free with yourself and everyone around you. Not everyone knows about me, but they soon will, and it’s more freeing to myself if I don’t have to pretend or keep something a secret from the world. That is what “Beginners” is about.

Despite all of the negative possibilities, the politics, the resentment from family, the dangers of being out to the world, “Beginners” wants you to be true to yourself and to others. You don’t want the life that Hal Fields had before — you want the life that Hal Fields had during his final years. He might have been dying, but he was dying as a free spirit.

Forgotten Films is part of a series in which the author breaks down films that have lost significance in the pop culture landscape, but still deserve attention due to their history, impact and lasting importance. This biweekly column is spoiler-free.

Virginia Film Festival releases lineup for 31st year

Jody Kielbasa, Wesley Harris present preliminary schedule at Jefferson Theater press release

Dan Goff | Arts and Entertainment Editor

Jody Kielbasa, director of the Virginia Film Festival and Vice Provost for the Arts at the University, released the preliminary lineup of films, guests and events for the 31st Virginia Film Festival alongside Festival Programmer Wesley Harris in an event Tuesday, Oct. 2 at the Jefferson Theater.

Kielbasa began the event by announcing the film festival’s opening night movie, “Green Book.” The film stars Mahershala Ali, who plays Don Shirley, a real-life jazz musician popular in the 1960s, and Viggo Mortensen as Tony Lip, Shirley’s driver and bodyguard. The story focuses on the pair’s experiences on a tour of the American south in 1962. As is custom of opening night films, “Green Book” will be shown at the Paramount Theater Thursday, Nov. 1, the first day of the four-day film festival.

The featured movie of Friday night is “The Favourite,” a film set during the reign of Queen Anne. The Queen (Olivia Colman) enjoys the attention of her

cousins Sarah Churchill (Rachel Weisz) and Abigail Masham (Emma Stone), whose battle for the Queen’s affections comprises the plot of “The Favourite.”

As has been previously announced, the documentary “Charlottesville” will premiere at the film festival. The film, which focuses on the white supremacist rallies of Aug. 11 and 12, 2017, will be followed by a discussion between Martin Luther King III and Larry Sabato.

The film festival contains several running series, which Kielbasa mentioned during the lineup. “Race in America,” a series co-hosted by James Madison’s Montpelier at last year’s film festival, is returning with films including “Circles” and “Another Slave Narrative.” The latter film depicts multiracial actors recreating slave narratives gleaned from interviews conducted in the 1930s.

Harris took the stage to highlight other series, such as “Hidden Gems,” which seeks to represent independent and lit-

tle-known films. The lineup for this series includes “Worlds of Ursula K. LeGuin” and “God Bless You, Mr. Vonnegut,” two documentaries which highlight the titular authors. Harris also discussed the featured works for “American Folk Music in Film” and “Spotlight on VA,” which features both a documentary on Charlottesville’s West Main Street and “Seats at the Table,” a documentary that details the “Books Behind Bars” initiative begun by Andrew Kaufman, Slavic Languages and Literatures lecturer.

Harris also revealed the identity of one of the guests slated to appear at the University — Peter Bogdanovich. An esteemed film critic and director of movies such as “The Last Picture Show,” Bogdanovich was also a close friend of Orson Welles, whose films and life will be the focus of Bogdanovich’s appearances at the film festival. “A Tribute to Orson Welles” will feature such films as the previously unreleased “The Other Side of the Wind,” Welles’

last film, and “They’ll Love Me When I’m Dead,” a documentary depicting the twilight of Welles’ career which features Bogdanovich. This is Bogdanovich’s second visit to the film festival as an esteemed guest, the first having occurred in 2010.

Kielbasa took the stage again to describe other, not strictly movie-related aspects of this year’s film festival. He said that three new theater venues would be added to the classic locations — Alamo Drafthouse, Common House and the Jefferson African American Heritage Center. Kielbasa also described a new partnership that the film festival has made with National Geographic. In addition to screening two of the network’s documentaries at the film festival, a festival called “On Campus” is scheduled for University students next spring. Taking place over three days in late February and early March, Kielbasa said that this festival is not film-based, but rather a community of “educators and storytellers” interacting with

students.

In the last few minutes of the release, Kielbasa revealed the Centerpiece and Closing Night Films — “Roma” and “The Front Runner,” respectively. “Roma,” the latest from director Alfonso Cuarón, is a drama set in 1970s Mexico City. “The Front Runner” is a biopic starring Hugh Jackman as Gary Hart, depicting the national turmoil surrounding the 1988 Democratic presidential candidate’s extramarital affair. Kielbasa stated his excitement for this film, saying that “the timing could not be more perfect.”

Kielbasa also stressed that this is not the final lineup for the film festival. “We might possibly add some more films and some more guests,” he said, adding that the schedule was continually being updated.

Tickets for the 31st Virginia Film Festival are now on sale.



Company works to get closer to alcoholism cure

University-founded Adial Pharmaceuticals seeks to treat alcoholism through genetic basis

Callie Freeman | Staff Writer

Charlottesville-based Adial Pharmaceuticals, a spin-off company from the University, is developing a drug to treat alcoholism in subjects with certain genetic makeups. Founded in 2011 at the University by Bankole Johnson, William Stilley and Joseph Truluck, Adial plans to begin Phase 3 of clinical trial testing for their drug as of Fall 2018.

According to the Foundation for Alcoholism Research, society often views alcoholism as a choice — with strong doses of self-control and discipline often prescribed as its treatment. Those inside the medical community may be hesitant to treat it as a disease. FAR says that many medical professionals still only see diseases as something that can be “caught” or “spread.”

With the dawn of precision medicine, researchers are finding evidence that alcoholism is genetically linked. Johnson — chair of the Department of Psychiatry at the University of

Maryland and previous chair of the Department of Psychiatry and Neurobehavioral Sciences at U.Va. — whose research uses the concept of precision medicine to find treatments for alcoholism, explains that precision medicine is all about targeting treatment to the individual. According to Johnson, about a third of the population possesses genetic predispositions such that their alcoholism can be treated with a simple pill.

Through Johnson’s prior genetic profiling research at the University, he found that about a third of us have a “genotypic patent” — or genetic pattern — that causes certain genes to become overexpressed when we drink, causing excessive levels of the chemical serotonin to be released.

Serotonin itself is not problematic. According to Medical News Today, it is the feel-good chemical of the brain; we need it to be productive, to feel happy,

to form healthy relationships. What can be problematic, however, is when it is released into the body along with drinking alcohol, leading to drinkers to associate alcohol with pleasure. And for that third of the population, this pleasure is especially intense and can lead to alcoholism as a result.

Following 15 years of research, Johnson identified a drug — ADO4 — that blocks this serotonin when taken at very low dose. Any higher dose, Johnson said, would be ineffective, even detrimental to patients.

Johnson said prescribing this drug will work much like prescribing insulin to a diabetes patient. Those struggling with alcohol abuse will see their doctor, receive blood tests to determine if they have the genotypic patent, begin taking the drug at low doses if they have the patent and continue to see their doctor once a week for check-ins. According to Johnson, the process is a sim-

ple one and has the potential to be accessible for most patients.

George Bloom, professor and chair of the Department of Biology, also recognized the accessibility of this drug. “Very routine lab work” is all it would take to determine if a patient has the genetic patent, Bloom said.

Adial Pharmaceuticals is capitalizing on this accessibility. Through collaboration with Johnson and the University, Adial is now in its third phase of FDA testing so that it can produce ADO4 for public use.

Stilley, Adial CEO and Darden School alumnus, said the company received Initial Public Offering status back in July of this year, which means shares of Adial can be sold to investors on the stock market. Stilley hopes Adial will ameliorate the impacts of alcoholism.

“I love the pharmaceutical industry because you are always working for a higher purpose,” Stilley said.

According to Stilley, more than 35 million people in the United States suffer from alcoholism, which is the leading cause of death for those aged 15 to 40. If Adial continues to see significant data in the third phase of FDA testing as they did in the second, Stilley believes the drug can hit the market as soon as about a year from now.

Moreover, beyond ADO4, Stilley plans to use precision medicine to expand into treatments for other addictions.

Bloom sees the potential for expansion as well. According to Bloom, that the science behind ADO4 can be applied to other addictions, like opioid addictions.

To Johnson, the drug will reduce the stigma of addiction. He believes the process of genetic profiling and prescribing ADO4 will remind society that alcoholism — and other addictions — are diseases, with corresponding genetic profiles to match.



COURTESY ADIAL PHARMACEUTICALS

Adial Pharmaceuticals, through collaboration with Johnson and the University, is now in its third phase of FDA testing to produce ADO4 in pill form for public use.

Hospital Education Program provides school for patients

The HEP at the U.Va. Children's Hospital gave academic instruction and support to 82 children this fall

Ashley Ewing | Staff Writer

The Hospital Education Program — a state-operated school run at the University's Children's Hospital — provides academic instruction for hospitalized children receiving inpatient services in the hospital, as well as support services for students receiving outpatient services in certain clinics. At the clinics, educational consultants serve as liaisons between the clinic and student's schools and provide additional support to families as needed.

This school year, between Aug. 22 and Oct. 8, the HEP has enrolled 82 children between the ages of two and 22 in the school. The program has also assisted approximately 60 other students with their academics and the educational consultants have made 596 encounters this year.

Established in the late 1970s, the HEP was created out of a partnership between the Virginia Department of Education, the University Children's Hospital and Charlottesville City Schools.

Eric Johnson became the director of the Hospital Education program this past July. As a new director, he said in an email to The Cavalier Daily that “there is a learning curve” because he “must master the daily operations of [these] three entities.”

The partnership between these three entities was formed in response to Section 22.1-7 of the Code of Virginia, which maintains that state institutions with children in residence must provide the children with education that is at or above the level of education provided by the public school system. This state-issued mandate, according to Johnson, gave students “the opportunity to enroll in a school so that they can continue with their academics while receiving medical treatment.”

In addition to the University's Children's Hospital, two other hospitals in the Commonwealth of Virginia also have schools for hospitalized students — the Virginia Commonwealth University Health System Authority in Richmond and the Children's Hospital of the King's Daughters in Norfolk.

One of three in Virginia, the HEP at the University's Children's Hospital, offers academic instruction, art therapy and support services at no charge to families faced with medical situations that result in prolonged stay in the hospital.

Heather and Brandon Adams, two parents from Lynchburg, Va., have a son who was involved in a mowing

accident that caused him to be hospitalized for several days. They did not worry about their son's academics because HEP allowed him to continue his education during this time.

“It's hard enough to deal with this medical situation,” Brandon Adams said. “I'm glad that he is not falling behind in school.”

Johnson said that teachers maintain frequent contact with the student's school and teachers “to ensure that when the students return to their home school, most of the work, if not all, is completed.” This allows students to stay on track with their peers though they are not able to attend their regular school.

According to Johnson, the program is currently staffed by Master's level educators, for each of the pre-kindergarten, elementary, middle and high school levels, and two instructional assistants. Both classroom and bedside instruction are available depending on what is best for the student.

In addition to educational instruction, HEP helps promote a sense of normality in a child's hospital stay by providing entertainment-based activities. These include art therapy through painting and incorporating virtual re-

ality glasses in history lessons.

“HEP is an important part of what we do to maintain a sense of normalcy for children in need of medical care,” said Karin Skeen, an administrator of Women's and Children's Services at the Children's Hospital in an email to The Cavalier Daily. “That sense of ‘normalcy’ is an important part of healing and the child's overall well-being.”

HEP also offers a library where students can check both electronic and paper copies of books out with a library card. According to Johnson, a media specialist runs the library and works to “integrate technology and literacy into the curriculum.”

The HEP also provides support to individuals receiving outpatient services from the hemophilia, sickle cell and developmental pediatrics clinics. According to Johnson, five educational consultants work with schools, students and medical staff at the hospital's clinics to “recommend school accommodations to ensure a successful experience for the students.”

Porsche Roberson, a physician at the University's Children's Hospital's Orange Medical Center, said she has had a positive experience working with Educational Consultant Mary

Yowell at the outpatient clinic in the Orange Medical Center.

“She is an invaluable resource with a variety of roles,” Roberson said.

Roberson stated that as an Educational Consultant, Yowell is one of many who facilitates communication and cooperation between schools and the University's clinics by gathering information on how the medical decisions that physicians make affect a child's experience in school. This information includes the child's experience with ADHD, anxiety, school avoidance and depression once they return to school.

Through various educational and support services, the HEP strives to meet their mission, which Johnson described as educators providing “individualized instruction to a unique group of students to encourage ... and prepare them as confident, successful, global citizens.”

“As the director of the program, it is inspiring to work with students and their families,” Johnson said. “In the midst of treatment, the students are in school. It takes strong will, determination and great character to push through their situations.”

Company working to bring fresh produce to community

Babylon Micro-Farms developed hydroponic farming system to make growing produce more sustainable

Rupa Nallamothe | Staff Writer

Babylon Micro-Farms, founded by University alumnus Alexander Olesen during his undergraduate years, has developed a system using hydroponic farming to make growing fresh produce sustainable for the urban consumer. The Babylon team has recently installed more apparatuses in the University dining halls, Charlottesville businesses and consumers' homes. Company working.Va.as developed a system using hydroponic farming to make growing fresh produce more sustainable

Olesen developed Babylon Micro-Farms, a hydroponic farming system, to create an urban farming system easily accessible by consumers. During the spring semester of 2016, in the early stages of the company's development, Olesen utilized several entrepreneurship resources available through the University.

“We started with the social entrepreneurship class, but then the founders went through the HackCville Alpha program, which was very helpful for them,” said Will Graham, the director of sales and marketing at Babylon. “From there, they went through the Darden iLab.”

In hydroponic farming, plants are grown in nutrient-rich, water solvent mineral solutions rather than in soil. This farming method removes environmental limitations to maximize respiration and absorption of nutrients in plants, which contribute to a greater harvest yield. Genetically modified organisms, pesticides or inorganic fertilizers cannot be used in a hydroponic culture.

Moreover, hydroponic farming can help reduce the distance between where a food item is grown and where it is sold by allowing plants to grow in normally inhospitable environments, such as inside urban buildings. This system could potentially allow restaurants and homes to grow plants inside their own spaces.

Since hydroponic systems are generally used in mass production due to their high cost, they are not readily available for urban consumers performing small-scale farming. Hydroponic systems also usually have restrictions on the types of plants that can grow in them.

However, Babylon Micro-Farms seeks to make hydroponics available for personal use and has developed

technology that allows consumers to grow several different types of plants in their systems.

According to Graham, the Babylon team has several types of systems with varying degrees of technology. Some of the systems have two different reservoirs to allow different types of plants that require different types of nutrients or stratified sections of the same crop to grow on the same system.

The farming system has several versions which were developed throughout the growth of the company. Initially, the systems could not monitor the growth of the plants on each rack and were not stratified enough to grow multiple different types of produce on the same apparatus. Now, racks are divided based on the type of plant and can also be scanned into an app, which displays available information and data from the hydroponic system.

“You should be able to scan a farm and tell it where you're putting plants, and it can adjust the lights and nutrients to grow something,” Graham said.

The Babylon team began testing prototypes around Grounds in 2017 after building an early model through HackCville, and received funding by

winning \$6,500 from the Green Initiatives Funding Tomorrow grant. After earning the GIFT grant, the company utilized the resources of Darden's iLab, or the W.L. Lyons Brown III Innovation Laboratory — which supports the growth and development of business at an early stage by providing them resources, such as funding opportunities, legal services and faculty support.

According to Patrick Mahan, an electrical engineer at Babylon, the resources at the iLab helped the Babylon founders navigate the process of establishing a business.

After obtaining a financial basis for the project, the Babylon team installed their micro-farms in dining halls at the University. At Newcomb and O'Hill, these systems are utilized to grow produce used to prepare meals. On Sept. 12, the Babylon team installed two new systems in O'Hill and Runk.

“We mostly got positive reception,” Mahan said regarding the placement of systems in dining halls. “Part of it was almost confusion because they had never seen anything like it before, so they weren't sure what it was doing. But once they saw the plants start growing and saw the workers harvest the plants,

I think they came around to it.”

Although Babylon is still installing systems in O'Hill and Runk, the team is also working on creating new technologies. Currently, they are developing a solar powered farm at the Morven Farm with the Morven Kitchen Garden.

The Morven Kitchen Garden, similar to Babylon Micro-Farms, is part of a student-run undergraduate sustainability initiative, according to Morven Kitchen Garden manager Stephanie Meyers. Students manage a community-supported agriculture program on a one-acre sustainable garden, donated by philanthropist John W. Kluge.

In addition to the project with Morven, the company is expanding their work outside the University. The Babylon team has implemented their hydroponic systems in Boar's Head Resort and Three Notch'd Craft Kitchen & Brewery, two local businesses a few miles away from Grounds.

Babylon has also provided prototypes for personal use in the home, which are being used to further develop a hydroponics system available for purchase by local consumers.

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