

THE CAVALIER DAILY

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EMMA KLEIN | THE CAVALIER DAILY

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NEWS

This week in-brief

CD News Staff

Food trucks, C3 renovation to take place at Lambeth Field Apartments

The introduction of food trucks and a renovation to the C3 convenience store have been put in place to offer students living in the Lambeth Field Apartments an increased variety and convenience of food options. El Taco Nako began visiting Lambeth last Friday, from 4 to 7 p.m., with the potential for food trucks becoming a permanent weekly fixture in the on-Grounds residence area.

Matthew Smythe, District Manager for the University's Aramark Dining Program, explained that an assessment of the program is being carried out for the next couple of weeks "before being able to commit long term one way or another." Smythe concluded by saying, "hopefully it's well enjoyed by the residents and we can continue to have them there."

Additionally, the C3 convenience store, which is located in Lambeth Commons, will be an updated resource for residents. This takes place along with a broad-

er update of the Lambeth Commons building. The official date of its completion has not yet been confirmed.

The renovation will also entail a refreshing of the Lambeth Commons space to "increase participation and make it more user friendly for the students living in Lambeth," Mountain said. "Similar to other student spaces across Grounds, Lambeth Commons will become a true hub for student engagement."

Gay Perez, assistant vice president of student affairs and executive director of Housing and Residence Life, expressed a hope to open the refurbished space by Thanksgiving break. Perez added that the HRL team is also in the process of designing a dance rehearsal room in the building but are still waiting for a sprung floor, barres and mirrors to be added. Perez was "optimistic" that this would be finished by the end of the year.



ARIANA GUERANMAYEH | THE CAVALIER DAILY

Updates to Lambeth community look to include residents in decision-making.



SEVY VAN DER WERF | THE CAVALIER DAILY

Longo focused on building relationships between UPD and students.

Interim Chief of University Police speaks at UJC meeting

Tim Longo, interim chief of University Police, spoke to the University Judiciary Committee during its meeting Sunday, emphasizing his focus on building relationships between the University Police Department and the University community at large.

Longo said he would be relying on feedback from the University community as he steps into the role, including reporting of any suspicious instances and general voicing of community perspectives on the UPD. He quickly opened up the meeting to questions from UJC members, promising to explain the barriers preventing him from answering any questions.

Addressing the question of trust in the police, a student asked how the UJC could help publicize the efforts the UPD is making to be more transparent. Lon-

go pointed to encouraging people to attend the UPD's outdoor roll calls — a briefing before they begin policing Grounds — and grab coffee afterwards with the community members who attended the event.

Longo also had warnings for students, including advice to not become too complacent in the Honor Code.

"We leave the computer on the table in the library, and we go to the restroom," Longo said. "You're assuming the person that steals it goes here. You're assuming that the person who steals the computer believes in the Honor Code."

Confederate statues found defaced again

The Robert E. Lee and Stonewall Jackson statues located in downtown Charlottesville were discovered with chipping to the features of the pedestals' allegorical figures Wednesday morning — similar to previous vandalism that occurred earlier this month. Police are currently investigating the incident.

This is the third time since September that vandals have defaced the Civil War monuments. "1619" was spray painted across the Lee statue Sept. 17 — referring to the year enslaved African people were first brought to North America — after State Judge Richard Moore ruled that the statues would remain standing.

These incidents come amid a larger concern over the presence of memorials to the Civil War, stretching back to February 2017, when the City Council voted to remove the Lee statue due to its racist implications. The decision became a central factor in the violent white supremacist Unite the Right rallies of Aug. 11 and 12 later that year.

Charlottesville Police Department said in a press release that there is no suspect description and that the case has been assigned to detectives for further investigation.



CHRISTINA ANTON | THE CAVALIER DAILY

Lee and Jackson statues have sustained damage three times since judge ruled they will remain.



CHRISTINA ANTON | THE CAVALIER DAILY

The subjects left the area on foot heading north towards Preston Avenue in the area of Washington Park.

Reported armed robbery on Cabell Avenue

Charlottesville Police are investigating the incident.

Charlottesville Police were alerted Sunday night of an armed robbery reported at 8:32 p.m. at a parking lot of 832 Cabell Avenue — a townhome owned by the Management Services Corporation — near Preston Avenue and Rugby Road.

A male victim said he was robbed at gunpoint after parking his car in the parking lot. The victim reported that he was walking through the parking lot when three males approached him and asked for some money. Before he could answer, one of the males pulled out a small black handgun. All

three males were wearing black hoodies and basketball shoes, and one was wearing a backpack.

The subjects left the area on foot heading north towards Preston Avenue in the area of Washington Park.

Gloria Graham, associate vice president for safety and security, sent an email to the University community detailing the incident, and encouraged anyone with relevant information to contact CPD.

Associate VP for safety and security resigns

Interim UPD Chief Tim Longo will hold the position in Gloria Graham's absence

Jenn Brice | News Editor

Gloria Graham, the University's associate vice president for safety and security, has submitted her resignation, according to University Deputy Spokesperson Wes Hester. Graham's resignation will go into effect Nov. 1, and her role will be filled in the interim by Tim Longo, who also currently serves as interim chief of the University Police Department.

"The University has benefited greatly from Ms. Graham's leadership and deeply appreciates the time and commitment she invested in her role," Hester said.

Graham was appointed to the position in April of 2018 and assumed her role the following month. Prior to her time at the University, Graham served as assistant vice president for safety and security and deputy chief of police at Northwestern University.

The position was created in the wake of the events of Aug. 11 and 12, 2017, after consulting firm Margolis Healy determined that consolidating safety and security divisions would improve functioning.

Following the white supremacist rallies of August 2017, an independent

review issued by former U.S. Attorney Tim Heaphy and other lawyers criticized then-UPD Chief Michael Gibson for failing to coordinate with law enforcement partners. The review called the response "woefully inadequate." Gibson announced his retirement in May of 2018, and Tommy Sutton officially began serving as chief of the UPD Aug. 1, 2018.

Longo recently replaced Sutton after Sutton's resignation went into effect Sept. 27. He will serve as interim police chief for a 12-month term.

"I am excited to have been afforded the opportunity to serve in these important roles, and remain humbled that I have been entrusted with these duties," Longo said.

Longo was chief of the Charlottesville Police Department for 15 years before announcing his retirement from the department in 2015. After that time, he served as the director for the Master of Public Safety program at the University's School of Continuing and Professional Studies.

The University did not comment on the reason for Graham's resignation, given that it is a personnel matter.



COURTESY UNIVERSITY OF VIRGINIA

Graham was appointed to the position of associate vice president for safety and security in April 2018. Her resignation will go into effect Nov. 1.

Student Council announces a free STI testing event

Safety and Wellness Committee says that 70 free tests will be offered

Anna Heyse | Staff Writer

Student Council will hold a free STI testing event for students at the end of the fall semester. The event is the product of one of the Safety and Wellness Committee's initiatives, which also include initiatives to create a Student Police Advisory Board and to increase mental health services at the University.

John Krause-Steinrauf, a second-year College student and chair of the Safety and Wellness Committee, said Student Council began partnering with the LGBTQ Center and the multicultural students center to offer free STI testing for students a couple years ago.

"In addition to offering free STI testing, we also wanted to investigate the possibility of offering free STI testing through Student Health," Krause-Steinrauf said. "In past years we have held the event in the fall semester and this year we're hoping to hold it in both the fall and spring semesters so that more students can get tested and also learn more about STIs."

Although being able to offer free STI testing is a large step towards their goal, Krause-Steinrauf said the Com-

mittee is only able to offer 70 tests each semester, with \$1,400 in funding from Student Council allocated in the 2019-20 budget that passed less than two weeks ago. The Safety and Wellness committee is partnering with the LGBTQ center and the Multicultural Student Center — and hopes to partner with Hoos for Inclusive Sexual Education — for the event.

According to Krause-Steinrauf, making the leap to give all students access to free STI testing beyond the 70 per semester is a challenging obstacle. Currently, getting testing for chlamydia and gonorrhea, the two most common STIs for college students, costs \$30 at the Elson Student Health Center.

"Our original hope was to figure out something to make it free so that students could easily access it," Krause-Steinrauf said. "A couple concerns of Student Health raised is that number one — the lab tests themselves are not analyzed at Student Health. Instead they're analyzed at the UVA Health System laboratory, so they don't have control over the costs of them — so someone ultimately has to

pay that bill."

A date has not been set for the STI testing event.

In addition to advocating for students' sexual health, the Safety and Wellness committee is working to further student conversation and awareness about mental health and giving students the ability to address their mental health with proper and affordable resources.

"We are working on better publicizing mental health resources that are available on Grounds, and also looking into how to address the root causes of mental illness as well as talking with Student Health about how we can make treatment for mental illness more affordable, especially because it's very expensive to go to have private counseling sessions," Krause-Steinrauf said. "Oftentimes there's a pretty hefty copay."

The Safety and Wellness committee has also been working to create a new Student Police Advisory Board to address any tensions between students and the University Police Department. The Safety and Wellness committee is currently putting together a Selections

Committee that will be in charge of assembling the board.

The Student Police Advisory Board was created in fall 2018 under the leadership of former Student Council president Alex Cintron and current third-year College student Katie Kirk. The Police Advisory Board has been tasked by Student Council with facilitating communication between the University community and the University Police Department and to advise the department on student concerns.

According to the Student Council Website, staff such as Gloria Graham, asst. vice president of safety and security, Jamie Leonard, director of the Office of Health Promotion, and Dirron Allen, asst. dean of students and director of student engagement, are playing an active role in making the board a reality.

New University Police Chief Tim Longo says he will be working with the advisory board as well. Longo began his tenure as chief of UPD on Oct. 1, replacing Tommy Sutton, who resigned from the position. Sutton previously described his plan to improve

the relationship between UPD and the student body.

"The University Police Department is a critical partner to the Student/Police Advisory Board," Longo said. "I envision that not only will I be engaged with the board on issues impacting our University Community, it is my expectation that the broader department will be engaged as well. I see this as an opportunity to share our collective knowledge and to learn from those who will serve on the board."

UPD has faced criticism from students and community members in the past for its lack of response to the white supremacist demonstrations of Aug. 11, 2017 near the Rotunda, as documented in an independent review by Tim Heaphy, a former U.S. Attorney and current University Counsel. UPD was also criticized by community members in August 2018 for a large massing of police personnel near the Academical Village during a UVA Students United rally at Brooks Hall.

University expands living wage to contracted employees

Providers like Aramark will begin paying their workers \$15 an hour starting Jan. 1

Abby Clukey | Managing Editor

The University announced Thursday that its living wage plan first described last March has been adjusted to include most of its contracted employees. The minimum wage for more than 800 University-contracted, full-time employees will be raised to \$15 an hour starting Jan. 1.

This change will affect the University's food service providers Aramark and Morrison, as well as other companies such as child care providers KinderCare and Bright Horizons, mail services provider Exela, custodial services provider BMS, environmental services provider Crothall and valet services provider Towne Park. Aramark currently pays its workers an hourly wage of \$10.65.

Adjusting wages so that approximately 1239 University employees are brought to \$15 an hour will cost around \$1.8 million for the remainder of this fiscal year when including the cost of fringe benefits and compression adjustments for the workers who currently earn between \$15 and \$16.25 an hour.

While nearly 90 percent of the University's full-time contracted employees who work on Grounds regularly will be covered by this plan, contracted workers whose employers only provide episodic services to the University will not experience an increase in wages. When factoring in the previously-announced raises, the total amount of the University's full-time and full-time contracted employees who will receive at least \$15 an hour this January reaches roughly 96 percent. This plan does not include student workers.

In an interview with The Cavalier Daily, University President Jim Ryan said that offering a living wage to both contracted and non-contracted employees is one of the most important initiatives the University can pursue to improve its relationship with the broader community.

"If we didn't tackle this issue, our other efforts around our relationship with community members in the greater Charlottesville region would be really difficult," Ryan said. "I also think that it's both the right and the smart thing to do. It's a way for us to be attractive to talented people in Charlottesville who are looking for employment, and a way for us to retain the employees that we already have."

Ryan has been aware of the living wage issue since he was a faculty member at the University's School of Law, adding, "when I came back, it still seemed clear to me that this was an issue that we really needed to address."

When the original living wage plan was announced last semester, Ryan had promised to work further to extend the wage increase to contracted workers. He had said in a previous in-

terview with The Cavalier Daily that legal issues and the potential cost of the plan were elements that needed to be addressed before introducing a more comprehensive plan. Through extensive research and collaboration with its contractors, the University believes it has created a plan that works.

A non-binding legal opinion that then-Virginia Attorney General Jerry Kilgore made in 2002 said localities could not force their contractors to pay their employees any set wage under the Virginia Public Procurement Act. This opinion has been repeated by later Virginia Attorney Generals like Ken Cuccinelli, who issued a statement on the subject in 2012.

Colette Sheehy, the University's senior vice president for operations, said that on the issue of legality, nothing has changed — she said that state agencies like the University cannot require certain wages in the contracts they write.

"What has changed is the priority placed on getting this accomplished, and what we've done is we have worked together with our contractors to develop a path to a \$15 an hour wage for their employees," Sheehy said. "We've done some modifications in the contracts, and they have been willing to do that and we have been willing to do that in order to achieve the objective."

As for the financial considerations, Sheehy said that re-negotiating the University's contracts with the providers and finding efficiencies helped address the cost of the plan. Sheehy also noted that Aramark's participation in the plan will not affect the price of meal plans for students. Aramark currently has 15 years left in its 20-year contract with the University.

Kelley Stuck, vice president and chief human resources officer, said that the expanded plan was able to come together because Ryan made offering a living wage to contracted employees a priority.

"When it comes down to finding efficiencies in an organization that's \$3.8 billion, you look for those everyday, and it's just a continual part of doing business," Stuck said. "It's just a matter of priority — where are you going to use the money gained from those efficiencies?"

Stuck also mentioned that the possibility of higher employee retention encouraged the University to move forward with this goal — a factor which could even help offset the cost of the plan when it's implemented.

"If you can pay a wage that helps to retain employees then that alone reduces your cost, you don't have the turnover and recruitment and that sort of thing," Stuck said. "There are some efficiencies inherent in the fact that we're raising the wage and will be

able to better retain employees."

When the University announced the phase of its living wage plan applicable to non-contracted workers, the Living Wage Campaign issued a statement calling the plan a victory. They added, however, that there was still work for the University to do to match its living wage to the wage MIT defined in its living wage calculator — \$17.16 for a family of two working parents and two children.

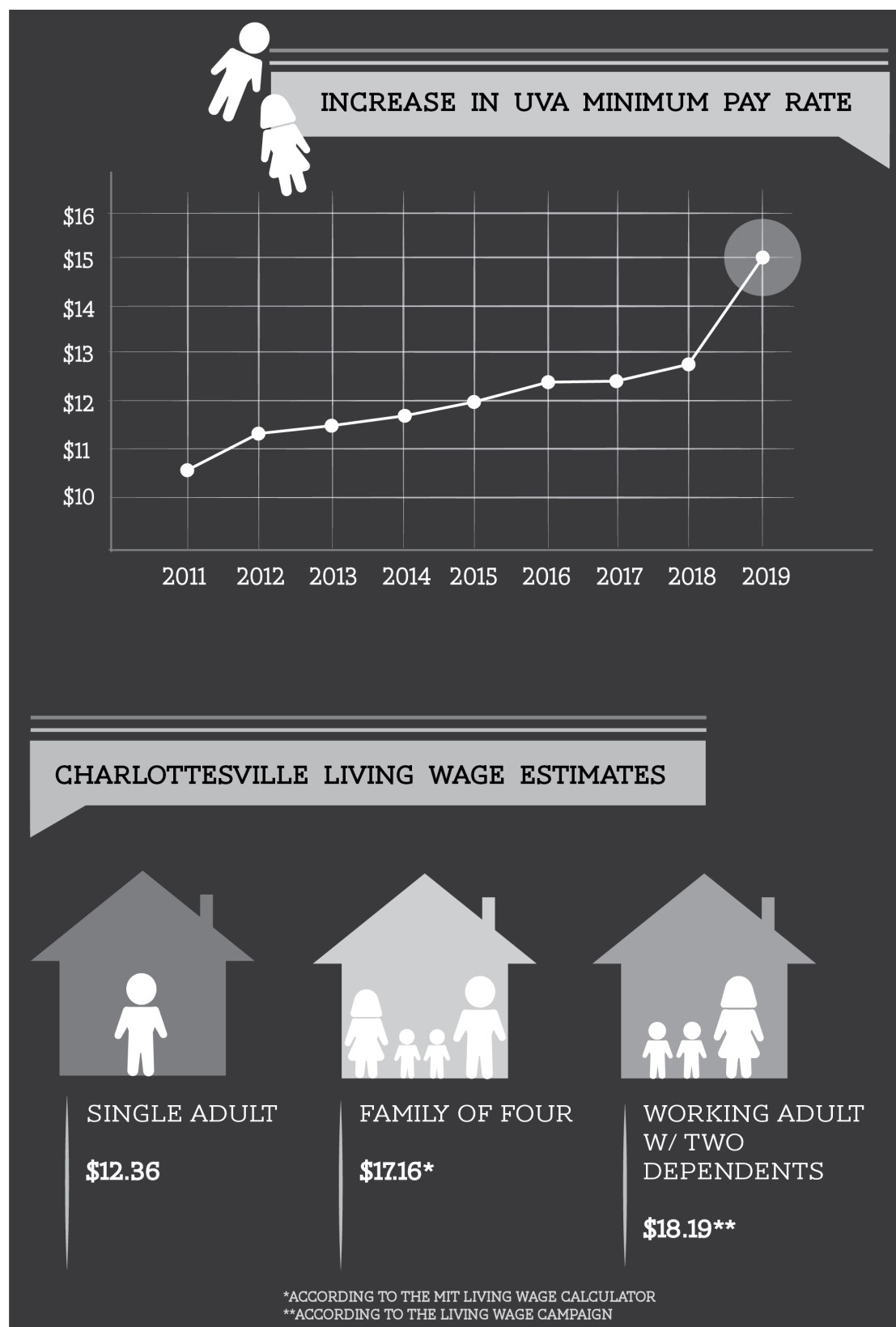
"There's a lot of disagreement

about what exactly constitutes a living wage," Ryan said. "I think the thing to understand is that there's no one single figure because it depends on the demographics of your family. So what's a living wage for a single adult is going to be different than two adults, one of them working with three kids."

However, based on his understanding of the demographics of the University's employees, he said this new plan should cover the majority of them.

The University said it is prepared to continue discussions with its contractors — both those that have decided to participate now and those who have not yet done so — and plans to re-evaluate wages down the line when necessary.

"Every year, we take a look at salaries and make adjustments," Ryan added. "And we will continue to do that."



LIFE

A guide to the best coffee grounds near Grounds

From great coffee to exquisite interior design and music, these coffee shops are worth checking out

Yujin Oh | Food Writer

In Northern Virginia, my neighborhood was filled with aesthetically-pleasing locations that promised great coffee and even greater study vibes. I was slightly disappointed at the apparent lack of options for similar cafes in close proximity to first-year dorms.

After two months of relying on Newcomb Starbucks and Java City, I decided to take matters into my own hands by venturing out to find the perfect cafe. I intensively scoped the opinions on Yelp and other sources before heading to my first location on the Corner.

Grit Coffee on Elliewood

Conveniently located on the street between the well-known locations of Mincer's and Starbucks, Grit offers a wide array of great quality coffee, tea, baked goods and plentiful seating for those who dare to embark on hours of pure productivity on one of their patio tables outside. This would be the first coffee shop to recommend to any newcomers to the University — it has

all the right scents and sights to produce the perfect “hipster” coffeehouse ambiance.

Not to mention, their seasonal drinks are phenomenal. On this particular fall day, I figured it would only be fitting to order their limited-edition Pumpkin Pie Latte for \$4.25 for a small latte. The drink had just the right amount of sweetness and pumpkin.

Although there are multiple Grit Coffees in Charlottesville, the Elliewood location is easily the most accessible to first-years and University visitors alike, as it is within a five-minute walking distance from the Rotunda. Besides, their thick mugs — that may differ from order to order — and abstract, yet comfy sofas upstairs make the experience all the more personable.

Grit is wheelchair accessible except for the outdoor patio that is only accessible by stairs.

Corner Joe

There is nothing as simple and ordinary as this next coffee shop hidden in the plaza next to Asado and the

Corner Grocery — and in this case, ordinary didn't seem so bland. Corner Joe features coffee beans from locations such as Brazil, Costa Rica and El Salvador, allowing for students to get a taste of the world right on-Grounds.

I opted for the classic small latte which cost \$3.50. I was pleasantly surprised with the amount of coffee I received for a fairly good price. I would have to say that I appreciated the ample space and concealed, intimate location more than the quality of its coffee, which seemed to slightly pale in comparison to its competitors.

One aspect of Corner Joe worth mentioning is their choice of music. I wasn't sure who was in charge of the playlist this day, but I found myself voluntarily choosing to work along with the music playing in the shop rather than my existing, curated coffeehouse playlists on Spotify.

Corner Joe would be an ideal place for an interview or meeting, as it hits the mark on an old-fashioned coffeehouse aesthetic minus the crowd. This

location is also within a seven-minute walking distance from the Rotunda. This location is wheelchair accessible.

Sheepdog Cafe

I was very excited for this location as I had never walked this far up the Corner. Sheepdog Cafe is inside The Graduate, a hotel located on Main Street. This is one of those places you pass by and marvel at, wondering if you're even allowed inside — trust me, you are.

Sheepdog's interior design evokes a strangely familiar feeling of home, inviting you to sit at any of their long, wooden tables with outlets that remind you to be grateful of the simple things in life. The seating area also features a rather quirky display of Thomas Jefferson on the wall, along with a bright neon wall quote that emphasizes “WE ARE ALL STUDENTS.” Oddly enough, I found the fluorescent tint against my laptop screen soothing.

I tried a small \$2.50 Cafe Au Lait, and I absolutely loved it. The drink itself exceeded my expectations for

something cheaper than \$3. It was the perfect combination of creamy, yet subtly nutty and strong. I may or may not have been a little too excited over the quantity given at this price. It almost felt as if they knew we were broke college students in dire need of new study spaces and caffeine.

The Sheepdog Cafe is also a seven-minute walk from the Rotunda. It is also located across from the W Main Street stop on Jefferson Park Avenue, which is part of the Inner Loop bus route. Sheepdog Cafe is also wheelchair accessible.

I hope this guide will provide even just the slightest bit of motivation to get out and get grinding in this busy season. To my fellow busy, or simply caffeine-loving, first-years out there, I can confirm that this beautiful city offers a variety of coffee grounds from different locations beyond Grounds.

Become a real townie — eat at the Blue Moon Diner

Blue Moon reopened last month to carry on its Charlottesville legacy

MC Crawford | Food Writer

When you first walk through the doors of the Blue Moon Diner, it can feel as if you've gone back in time. In fact, if it wasn't for the screen of your phone reminding you that it's 2019, it would be easy to believe you were back in 1979 when Blue Moon first opened.

Located on West Main, Blue Moon Diner reopened last month after closing for renovations in May 2017. While the diner repainted its exterior and expanded its rooms to accommodate more customers, it wasn't long before it returned to its iconic ways with its laid-back atmosphere, smiling servers, collectable-covered walls and vinyl tunes.

Blue Moon has served out of the 1800s-era Hartnagle-Witt House since it first opened. The diner originally operated as the Waffle Shop in the 1950s and has been owned by several people since then. Its current owners, Laura Galgano and Rice Hall, took over in 2006 and have successfully carried on the Blue Moon legacy.

Blue Moon is a Charlottesville staple and self-proclaimed community hub overflowing with character and history. Through food, music and customer appreciation, the townies bring life to the diner — and the diner brings life to the townies.

In 2018, Class of 1989 alumnus Rich

Tarbell published “Regarding Charlottesville Music,” a 300-plus page book of portrait photographs and interview quotes detailing the history of Charlottesville's music scene, which included a lengthy section designated to Blue Moon.

In the book, former Blue Moon owner Mark Hahn described the diner as a “community unto itself” that attracts a “very varied, eclectic group of people from all walks of life.”

Sián Richards, a Charlottesville theater artist and co-owner of Market Street Wine, whom Tarbell also interviewed, mentioned the unique crowd that can be found at Blue Moon. One evening she recalled looking around the diner and being amazed by the variety of people she saw. She was surrounded by parents and children, professors and painters, musicians and actors and scientists and activists.

“For so many of us, artists, activists, laborers, fancy asses and weirdos alike, it is an extension of our homes and families,” Richards said in an interview with Tarbell.

What consistently draws this diverse crowd to Blue Moon is the music. Whether it's one of the hundreds of records spinning on the turntable or a live artist serenading the diners, Blue

Moon always has music playing. In “Regarding Charlottesville Music,” owner Laura Galgano disclosed to Tarbell the musical roots of the Blue Moon Diner, though the scene has changed over the years. When Buzzy and Allison White first opened the diner, all Blue Moon had was its now-legendary jukebox.

“Live music really started to happen in the late 80s or early 90s when Mark Hahn and Rob Gustafson owned Blue Moon,” Galgano said in an interview with Tarbell.

Live music soon became one of the diner's signatures. According to Hahn, if there was an available night, anyone was more than welcome to move a booth, set up in a corner and play some music.

One of Blue Moon's long-time performers is Charlottesville's “favorite country gentleman,” Jim Waive, who plays every Wednesday night and has done so regularly since 2006. While performers primarily make money through tips, the diner also offers a stipend. The first time I dined at Blue Moon, Waive was performing. His soft, folk music played soothingly behind the sound of my friends' laughter as we ate omelets and pie. The combination of Blue Moon's delicious food and cozy atmosphere with Waive's music made

for a night that left me smiling long after I walked out the door.

According to Hahn, the music at Blue Moon has never been about wanting to showcase songs or make money. He's always seen it as an extension of the Diner's community.

In an interview with Tarbell, Hahn explained the reasoning behind Blue Moon's live music. The establishment's regulars had expressed interest in sharing their musical talents with the diner. He only mentioned the financial benefit in passing — the real benefit came from the hidden gem music that could be shared at Blue Moon.

Although the music is often what brings people to the diner, the food and amazing menu are what keep townies coming back year after year. Blue Moon serves all-day breakfast, as well as a complete list of burgers, sandwiches and numerous other entrees. Many people — myself included — recommend the diner's extensive and tasty food selection.

Tara Bossi, Charlottesville local and long-time Blue Moon waitress, said their most popular dishes are the Skip Burger and the Grills-With. The Skip is a \$12.00 cheeseburger with a fried egg and bacon, and the Grills-With is a \$6.00 grilled Krispy Kreme donut with

Chap's vanilla ice cream and Hershey's syrup. Her personal recommendation, though, is the Grit Bowl. These local ground grits are \$11.00 and topped with feta, arugula, red pepper, black olive and one fried egg.

Larry Mueller, assistant dean of global advising in the Darden School of Business and Class of 1989 alum, recalled going there frequently with friends when he was an undergraduate student.

“It was our favorite Saturday brunch spot,” he said. “We would all get the Huevos Bluemooños.”

The Huevos Bluemooños still exists as one of the diner's signatures today. Priced at \$9.00, the dish comes with two eggs over home fries with melted cheddar and house salsa.

Blue Moon is a Charlottesville must for many reasons. The food will leave you ready to order more, and the music will leave a smile on your face. And from personal experience, I can say that the people will leave you with a desire to come back again and again. Eat at Blue Moon to become a true “townie” — it will reaffirm your love for Charlottesville and reason for being here.

Korean Student Association hosts annual Korea Day

KSA brought aspects of Korean culture to the University through games, performances and food

Isabel Galgano | Feature Writer



ISABEL GALGANO | THE CAVALIER DAILY

Participants at Korea Day were encouraged to visit each booth and learn about a Korean tradition or play a game.

As dancers from the University's Korean Student Association took the stage at the McIntire Amphitheater Saturday afternoon, shouts and cheers echoed from around the concrete steps. The KSA dancers received an enthusiastic response as they showcased their choreography and culture simultaneously.

Korea Day, hosted by the KSA, is a day of cultural celebration that also promotes KSA as an organization. The event attracted nearly 200 attendees. Ardean Kim, third-year College student and president of KSA, hopes that Korea Day raised awareness about the KSA and cultural pride.

"My ideal result is that people will notice us and people will understand that the Korean Student Association does exist at U.Va.," Kim said. "We have an identity here. We are proud to have some of these dances. We are proud to have some of these foods and traditions."

Korea Day also provided the opportunity for students to discover an interest in Korean culture. Kwangmin Yoo, second-year College Student and KSA culture co-chair, wants other students to recognize the organization as

all-inclusive.

"We accept all races," Yoo said. "We only call ourselves KSA because we're bringing out Korean tradition and culture to the U.Va. community. It's not for Koreans students to just come together and isolate themselves. We want to have everyone come and join, anyone who appreciates and enjoys Korean culture."

Yoo and Alicia Wang, second-year College student and culture co-chair, worked since September to organize the event. The day consisted of booths with traditional Korean games and information about Korean culture, performances and food from local Korean restaurant DOMA.

Attendees could pick up a free raffle ticket and a punch-card at a table in the center of the Amphitheater. Participants were encouraged to visit each booth and learn about a Korean tradition or play a game. Yejung Jeong, first-year College student and KSA member, explained the use of the punch-cards to arriving guests.

"Guests have to go around to all the booths and get as many signatures as they can and wait until the end until after the performances so that they can [re-

deem their punch-card for] free food," Jeong said.

The booths around the Amphitheater consisted of trivia games like "Jeopardy!" about Korean pop culture, photo stations with traditional Korean dresses called hanbok, Korean games and informative posters about holidays and customs. Participants played games like Jegi Chagi (a game resembling hacky-sack), Tuho (stick throwing), Gonggi (a children's game involving stone tossing and catching) and Ssireum (a type of Korean wrestling).

Attendees also learned about Korean pop culture through posters about dance, television, music and holidays. At one booth, Liam Whitted, KSA social co-chair and second-year College student, compared Korean romantic holidays to American traditions. One example of a holiday was White Day, a day that occurs one month after Valentine's Day that involves boys giving gifts to their love interests.

"Valentine's Day [in Korea] is pretty much the same in the U.S., except there's this condition where the girl has to give the guy the presents, candy [and] stuff like that," Whitted said. "For

White Day it's the opposite, the guy gives the girl a gift."

After attendees walked around to the booths, performances started on stage. Both KSA members and external groups performed. The acts included singing groups, The Hooligans: Breakdancing Club, Tae Kwon Do Club and modern dance crews APEX and K-Edge. Members of KSA also performed a traditional dance, a modern dance and an additional dance by the officers of the organization.

The modern dances and officer dance were more upbeat performances to modern Korean pop music, while traditional dances were slower to classical music, and dancers wore hanbok attire.

"I'm the choreographer for the officer dance," Wang said. "Most of these dances were held actually last week at Culturefest but the officer dance is the only one that is supposed to be a secret until the day of. So it's more of a surprise and it's supposed to be a crowd pleaser."

The crowd seemed pleased with all of the acts, cheering loudly for each performance. As the Taekwondo team split wood

with kicks and punches and the KSA traditional dancers spun with large fans, people gathered along the outside of the stage and around the theater to watch.

Many guests came primarily to see the performances. Second-year College student Abby Legear searched for friends on stage.

"I came to support my friends who are coming tonight," said Legear. "I like how inclusive it is. There are way more organizations and groups that perform a lot of different Korean arts here than you might expect. It's kind of nice to see people come together."

Second-year College student Megan Lee also came to support friends on stage.

"I really love the variety of performances and the activities that let you see different parts of the culture," said Lee. "And of course, there's food at the end."

After the performances, people flooded the grass of the Amphitheater towards the tables of rice and noodle dishes, chicken, barbecue and sodas to share food together and bring an end to the event.

Top 10 last-minute Halloween costumes

Halloween sneaks up on us all, but that doesn't mean your costume has to be bad

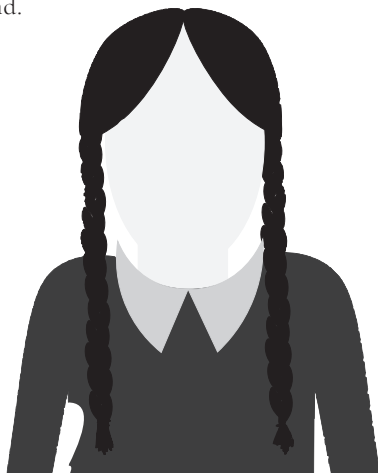
Riley Phillips | Top 10 Writer

1. Characters from “The Office”

“The Office” is an iconic show that many students hold dear. Since every character wears normal professional clothes, their looks are easy to recreate. Throw on some of your best interview outfits that match the style of your favorite character and grab a prop that matches them. A pink cardigan, curly hair and teapot makes a perfect Pam Beesly. You can even recreate some of Jim's lazy costumes such as writing “book” on your face to become Facebook.

2. Wednesday Addams

Every cynical student can relate to Wednesday Addams' dark personality and general apathy towards life. All you need is a black dress and your hair in two side braids. You can also make it more realistic by refusing to smile, which is easy when you think about all the exams you have after Halloweekend.



KHUYEN DINH | THE CAVALIER DAILY

3. A Lime scooter

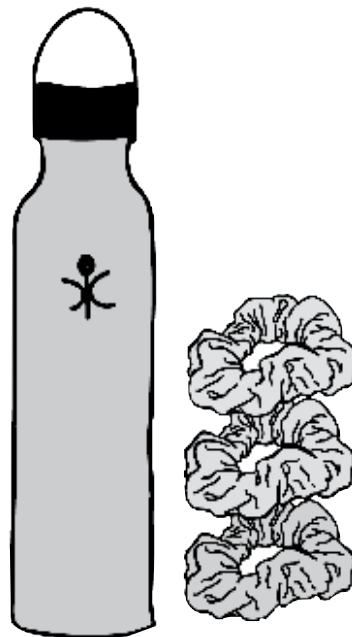
Lime scooters have become an integral part of every student's life. You can pay homage to these amazing devices with just a few items. Take a piece of paper and write “Lime” on it, stick it on a green shirt and give piggyback rides to all of your friends. You can also get an amazing photo for Instagram by posing next to a bunch of actual scooters.

4. A frat boy

This age-old stereotype is perfect for those who want to have a memorable costume while only using what is already in your closet. Khaki pants, a button-up shirt and baseball cap will make you look like the best-looking pledge on Grounds. It also helps to bring out your grandma's old heirloom rings, and tie this look together with sunglasses and boat shoes.

5. The VSCO girl

The stereotypical VSCO girl has become infamous online, sparking many parodies. Start off by wearing shorts, an oversized t-shirt and scrunchies around your wrist. You can supplement this by borrowing your friend's Hydroflask and throwing on some sandals. Bonus points if you throw in an “and I oop” or “sksksksksk.”



LAKSHMI POSNI | THE CAVALIER DAILY

6. Bob Ross

We've all been there — you're stressing about a test so you watch one of Bob Ross's iconic painting videos. We all hope to be as mellow and happy as this artist, but we can still honor him with a wholesome representation. Thankfully, all you need is a blue button-down shirt, a paintbrush and a piece of plastic or cardboard to serve as your palette. You can even make it a couple's costume by having your partner dress up as a “happy little tree” or a painting you're working on.

7. Your major's stereotype

As an English major who owns too many cardigans and poetry books, this idea gets me pretty excited. Whether it be a studious engineering student or a sharp-looking business major, you can become your major's stereotype without having to worry about being judged. Coordinate your outfits with fellow students to create the perfect ensemble costume.

8. Eleven from “Stranger Things”

Season three of Netflix's “Stranger Things” makes dressing up as Eleven extremely easy. All you need is a black patterned shirt, jeans and some Converse. If you're feeling ambitious, add some fake blood under your nose to simulate her iconic bloody nose. Finally, jam out to Madonna's “Material Girl” to get in the spirit, and you'll be ready to slay the Mind Flayer and your Instagram feed.

9. A Sim

The Sims is an amazing game that many students have grown to love. Who doesn't want to be able to have any job they choose, have no student loans and be able to build an incredible house? You can dress up as a character from this game in just one step. Print out the green Plumbob — the diamond above their heads — and attach it to a headband. You don't even have to change your clothes! If you are feeling really ambitious, you can practice the game's own language — Simlish. You'll be sure to wow your friends with this simple yet impressive costume.

10. A stressed-out student

This one is the easiest — especially if you've procrastinated as much as I have. Just wear your normal clothes, throw your hair in a messy bun or fluff it up and carry around all of the assignments and readings that you are currently pushing off. And who needs makeup to create dark and baggy eyes when they're already au naturel? You can show off how hard you've been working with this great ensemble.



MADDIE WYNNE | THE CAVALIER DAILY

PUZZLES

WEEKLY CROSSWORD PUZZLE

Dan Goff | Puzzle Master

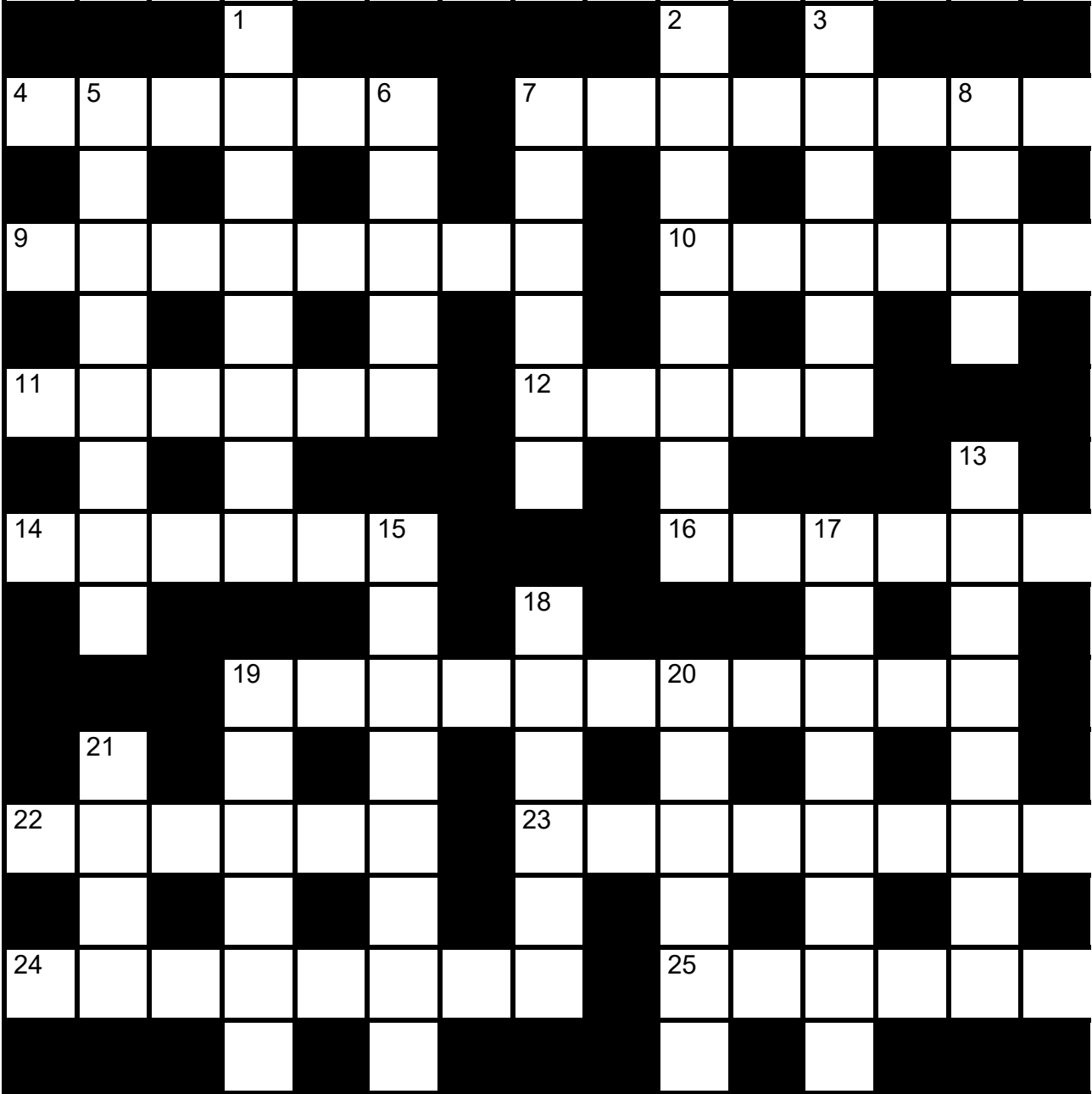
* THE SOLUTION TO THIS PUZZLE CAN BE FOUND IN THE NEXT ISSUE

Across

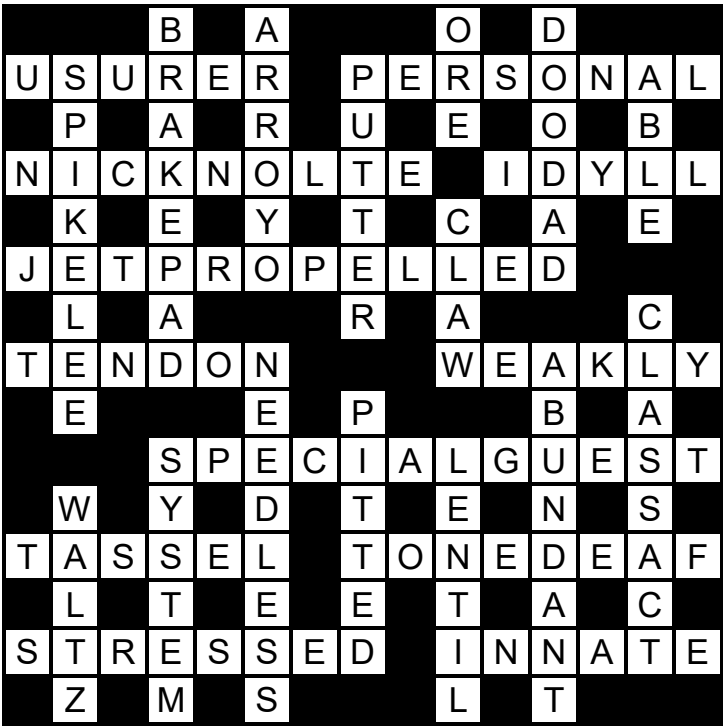
- 4 U by Kotex is a popular variety of this
- 7 She sells seashells by the ---
- 9 With "of Hill House," it's a classic Shirley Jackson novel. With an "s," it's Brown College's Halloween tradition
- 10 Unreasonable, illogical
- 11 Carved, as into stone
- 12 Not odds
- 14 Constellations have big and little versions of this
- 16 Agree to
- 19 Voyeuristic Intentions puts on a shadow cast of this cult classic every Halloween
- 22 Visuals
- 23 Relating to hell — often used to describe "racket," strangely
- 24 Paired with a password
- 25 Respect, admiration

Down

- 1 System whereby employees aren't required to join labor unions
- 2 Cuban dance
- 3 The University's older buildings surely have at least a few of these specters
- 5 British term for slaughterhouse
- 6 Water nymph
- 7 Small seal often found in a ring
- 8 Uncommon
- 13 Weaken
- 15 "Guitar Hero" competitor
- 17 It's all Greek to me
- 18 Mine is followed by "Puzzle Master"
- 19 If you ___ someone highly, you view them with 25-across
- 20 One of three Migos members
- 21 Not-so-secret society whose dress code is pretty spooky



* SOLUTION FROM LAST ISSUE



SPORTS

Thirteen spookiest moments in Virginia sports

Counting down 13 moments that have haunted the Cavaliers' history

Henry Hempel | Associate Writer

Do first-round upsets scare you more than ghosts and ghouls? If so, this list will keep you up at night, cowering under the covers. In addition to stunning successes, the Cavaliers have had some terrifying times over the years. Here are 13 of the spookiest moments in Virginia sports history.

13. Virginian horror story — 52-10 loss, Football, 2016

The Hokies dominated the Cavaliers in all facets of the game, a lopsided loss to finish off a 2-10 season. The 42-point loss was the second-worst in Commonwealth Cup history, as the Cavaliers' defense allowed 579 yards. This loss marked a scary start to Coach Bronco Mendenhall's tenure as head coach.

12. Nightmare on Hoo Street — Women's golf, 2015

During the ACC Championships, Briana Mao went head-to-head with Duke's Leona Maguire for the individual title. In what could've been the second individual championship in Virginia women's golf history, the two leaders were tied after the final round. Maguire narrowly defeated Mao by one stroke in a two-hole playoff, a soul-sucking loss for women's golf.

11. The silence of the Cavs — 80-47 loss, Women's basketball, 1989

In the largest margin of defeat

ever for the Virginia women's basketball team, Tennessee possessed the Cavaliers' defense into allowing 80 points, while simultaneously shutting down former Virginia all-time scorer Dawn Staley and the offense. It was a bone-chilling watch for any fan as the No. 4 seed Cavaliers suffered their worst loss ever in the third round of the NCAA Tournament.

10. Maryland massacres Virginia defensemen — 18-0 loss, Men's lacrosse, 1955

This shutout loss at home to rival Maryland is not only the worst loss in the history of the Virginia men's lacrosse team but also was the first of eight straight losses to the Terrapins, a six-year losing streak lasting until 1961.

9. Virginia volleyball spooked — 3-1 loss, Volleyball, 1998

Virginia volleyball made its first NCAA Tournament appearance ever in 1998 after finishing the season with a 26-7 record. The Cavaliers faced a 15-11 UCLA squad in their first match with high hopes. The Bruins, however, spooked the Cavaliers into dropping two straight games, resulting in a disappointing postseason debut for Virginia.

8. Virginia boxing cursed forever — Boxing, 1985

Few know that Virginia was once

a boxing powerhouse and home to the only boxing team ever to go three consecutive seasons — 1932 to 1936 — without a single loss. Colleges lived in fear of Cavalier boxers until 1985, when the last Virginia boxing match ever occurred, amid waning support for the game.

7. Michael Jordan kills Cavs in cold blood — 64-63 loss, Men's basketball, 1983

Virginia led by 16 points with eight minutes remaining in the second half, and it seemed that the Cavaliers were a lock to beat overall No. 1 North Carolina. However, Michael Jordan and the Tar Heels came crawling back. Jordan sunk Ralph Sampson's Cavaliers on a game-winning slam with under a minute to go, ruining Virginia's chance at pulling off the upset.

6. Vanderbilt becomes Virginia's worst nightmare — 3-2 loss, Baseball, 2014

Seeking the first NCAA title in program history, Virginia faced Vanderbilt in the College World Series. The series was tied 1-1 heading into a decisive game three, but the Commodores silenced the Cavaliers' batters. Virginia — down 2-1 in the bottom of the eighth inning with the bases loaded — failed to produce any runs. It was a painful death for one of the greatest teams in Virginia baseball history.

5. Women's soccer bewitched in penalty kicks — 4-2 loss, Women's soccer, 2013

After winning 20 consecutive games in the regular season and cruising to the national semifinals of the NCAA Tournament, the Virginia women's soccer team's historical run came to a gruesome end. The No. 1 Cavaliers fell just short of their first NCAA title game appearance after losing to UCLA in dramatic fashion. The Bruins scored with just five minutes left in the semifinal game to tie it up and then won in penalties, sucking the life out of Cavaliers' fans.

4. Chaminade haunts Virginia — 77-72 loss, Men's basketball, 1982

There's more than one spooky upset in the history of men's basketball. Chaminade, a small college in Hawaii, took down the undefeated and No. 1 ranked Cavaliers led by Ralph Sampson. At the time, it was considered the biggest upset in NCAA history. The loss against Chaminade was not to be the only time an underdog haunted men's basketball.

3. James Madison sends Hoos to the grave — 71-62 loss, Women's basketball, 1986

In James Madison's first NCAA Tournament appearance ever, the No. 8 seed Dukes upset No. 1 seed Virginia

in the Round of 32. It was a humiliating loss at home for the Cavaliers and marked the foreboding first chapter of No. 1 seed horror for Virginia basketball.

2. Phantom penalties spook Cavs against Georgia Tech — 41-38 loss, Football, 1990

Virginia football was No. 1 in the country only 29 years ago, boasting a 7-0 record and two Heisman candidates in receiver Herman Moore and quarterback Shawn Moore. The Cavaliers had championship aspirations going into their game at home against Georgia Tech. However, the Yellow Jackets spooked those hopes, and two illegal-procedure penalties forced Virginia to settle for a field goal instead of scoring from the one-yard line, costing the Cavaliers a chance at a national title.

1. UMBC historically haunts Virginia — 74-54 Loss, Men's basketball, 2018

No. 1 seeds had a 135-0 all-time record in first round matchups before this infamous game. That was until UMBC's three-point shooting bewitched the Cavaliers into a double-digit loss. Although Virginia exorcised these demons the following season by winning a national championship, this game was undoubtedly the spookiest moment in the history of Virginia sports.



ANDREW WALSH | THE CAVALIER DAILY

Virginia sports' woes came to a head after men's basketball suffered a historic defeat to UMBC in 2018.

Laurel Ivory sets her sights on playing professional soccer

The junior goalkeeper is determined to do what it takes to compete at the next level

Caroline Lund | Senior Associate Editor

Seven games and over 775 minutes — that's how long junior goalkeeper Laurel Ivory played without conceding a goal before a heroic Boston College shot ended her streak Sunday. In her three years at Virginia, the junior is already fourth all-time in shut-outs and fifth all-time in victories. Ivory is impressive not only in her ability to produce clean sheets, but also in the intensity she brings to every match.

Her talent on the field is unquestionable, and her goals in the sport extend far beyond excelling at the collegiate level. The irony is hard to miss. Ivory is excellent at the No. 1 position, denying goal attempts at every opportunity, and yet the junior is chasing the biggest goal of all — playing for the U.S. Women's National Team.

For many athletes, being called up to play on the national team is a dream. Ivory's first call to camp came when she was just 13 years old. After serving on the U-14 squad and playing with some of the best young athletes in the country, Ivory didn't receive another call for the next year and a half.

Then, when she was 15, Ivory was called up to play on the U-17 national team in preparation for the upcoming World Cup in Jordan. Current Virginia players — sophomore midfielder Alexa Spaanstra and junior midfielder Sydney Zandi — were also a part of the roster that played in the 2016 tournament. Despite the team's early departure after losing two of three matches in the group stage, Ivory's first World Cup was one of many learning experiences in her soccer career.

Ivory was called up repeatedly after playing on the U-17 team, a frequent name on U-20 rosters. She played on the U-20 team alongside senior defender Zoe Morse, junior midfielder Taryn Torres and Spaanstra, representing the United States in the 2018 World Cup in France.

Competing with the top soccer players in the world, Ivory quickly learned how important it is to get all the little things right in order to succeed at the highest level.

"It's an environment that pushes you to be better than you already are," Ivory said. "It demands the best out of you in every little thing, whether it be a meeting, a meal, a training or just talking with a coach or something like that. It's an extremely professional environment, and you learn how to carry yourself as

a professional very quickly."

Ivory committed to Virginia during her freshman year of high school. Growing up in Florida but with family ties in the Northeast, she realized it was the perfect location between Miami and Massachusetts. The weather, the campus and the academic prestige of the University attracted Ivory as well, but the deciding factor was Coach Steve Swanson.

"Just the history of the program and being under Steve [Swanson] was huge for me," Ivory said.

happened had she not been as mature," Swanson said. "She's always been a mature student-athlete, and I think the minute she came here you could see this real determined, motivated and talented athlete that [was going to try] to take the team and try to take her game to another level and I think that's been something that's happened."

Longtime friend and teammate Zoe Morse also spoke to Ivory's ability to take charge between the posts as soon as she came to Virginia.



COURTESY VIRGINIA ATHLETICS

Junior goalkeeper Laurel Ivory has 27 career shutouts and counting for the Cavaliers.

It is no secret that Swanson has been the key to Virginia's success, most notably leading the team to 14 consecutive NCAA Tournament Round of 16 appearances in his 19 years at the helm of Virginia's program. His time serving as the USWNT assistant coach also means he understands a lot of his players' ambitions to play at the next level after college.

"You do what he says and you're doing the right thing," Ivory said about Swanson. "I trust him. I have 100 percent trust in his plans for my career and his opinions about my career and what I should be doing."

Ivory was a starter in her first year at Virginia — she was just 17 years old as she graduated high school a year early. Ivory made an immediate impact, displaying maturity uncharacteristic of a player her age.

"I don't think that would have

"I think who she is, she just came in and was an instant leader," Morse said. "As a first-year, a 17-year-old at that, she came on and led the team from behind, and she's been doing it ever since."

In 2018, Ivory had to navigate between school and national team commitments. She was only taking nine credits and was absent from Grounds every couple of weeks for 10 to 12 days at a time in order to train and prepare for the FIFA U-20 World Cup in France. Missing school was difficult, but Ivory acknowledged how accommodating her professors have been and understanding of her ambitions in soccer.

"If you find the right professors and you just get the job done and do what you need to do and keep up your grades and just communicate, they're very flexible when it comes to things like that," Ivory said.

Ivory's work ethic is remarkable not only in school, but also in her performance on the field. This summer, she trained in Seattle with Ben Dragavon, an assistant coach to the U-23 Seattle Sounders men's team and former coach of World Cup champion and two-time Olympic gold-medalist Hope Solo. Ivory also spent time training with the Seattle Sounders Women, a summer league team that current USWNT players Megan Rapinoe, Alex Morgan and Rose Lavelle all played on earlier in their careers. Ivory saw

land is a top contender. USWNT members Tobin Heath, Lindsey Horan, Adrianna Franch and former Virginia star Emily Sonnett are all players on the Portland Thorns, who recently lost the NWSL Semifinal to the Chicago Red Stars.

"I've been to a couple of their games and the atmosphere there is unbelievable," Ivory said. "[They have] the best fans, and it was really cool to be a part of that."

She added that Portland is also the city with the best coffee, an important consideration in her choice of where to live.

When asked about what it takes to make a national team roster and being the best in the world, Ivory said that what sets apart the three world champion goalkeepers on the USWNT from other NWSL keepers is their capacity to serve as an extra field player in addition to being a goalie.

"The way that they manage a game and the way that they can play out of the back and handle the pressure is [the best in the world]," Ivory said. "And just their confidence and the way they carry themselves. I think all three of them are extremely professional."

She recalled this in an experience training with Alyssa Naeher, the starting goalkeeper for the USWNT.

"[Naeher] was just dialed in, 100 percent," Ivory said. "It was really cool to see and [I was] just picking apart everything that she was doing just so I could do the same exact thing and just try to take in as much as I could from her."

As she continues on her path to a professional career, one thing is clear — Ivory has what it takes to compete at the next level. Swanson has worked with her and other players who aspire to play after college, and sees Ivory as someone who is relentless in pursuit of her goals. The rest of her college career will undoubtedly bring more success as she continues to shut out opponents between the posts and further develop her game.

"I think the sky's the limit for her," Swanson said. "She's still growing and she's humble, which I think is very important, and she's still learning, but that's a good thing. We're excited for her and happy she's here at Virginia."

For now, Ivory is focused on leading No. 1 Virginia to its first-ever national championship.

it as an opportunity to accelerate her development heading into her third year at Virginia.

"I wanted to push myself this season because I knew we had the potential to do something really big and I've been working harder than I've ever worked," Ivory said.

Ivory plans to enter the National Women's Soccer League draft following college. The league, which currently has nine teams, has grown tremendously in recent years and looks to expand to Louisville in 2020, which will be the league's fourth expansion team since its establishment in 2013. The USWNT's iconic performance in the World Cup in France this summer certainly increased NWSL viewership and strengthened its fanbase.

Playing in the NWSL is the next step in Ivory's career, and while she admits she will be happy wherever she ends up, Port-

Previewing 2019-20 Virginia men's basketball

Defending national champion Virginia has a brand new look after losing four key players

Vignesh Mulay | Sports Editor



RILEY WALSH | THE CAVALIER DAILY

Senior forward Mamadi Diakite returns to Virginia after testing the NBA Draft waters.

In a memorable comeback story, Virginia men's basketball finished the 2018-19 season in historic fashion with the program's first-ever national championship. However, this year's Virginia squad will look and play a lot differently from the team that beat Texas Tech in the national title game just six months ago.

Half of Virginia's championship-winning rotation — former guards Kyle Guy, De'Andre Hunter and Ty Jerome and center Jack Salt — is now playing professional basketball. However, several strong returners, combined with promising recruits and the leadership of Coach Tony Bennett, means the 11th-ranked Cavaliers are once again poised to compete at the national level.

With the season opener approaching, let's meet the new-look Cavaliers.

Projected starting lineup

Virginia lost three of five starters from last season's NCAA Tournament run, including the backcourt pairing of Guy and Jerome. However, the Cavaliers' point guard — sophomore Kihei Clark — returns. Clark broke out last season, turning heads with his tenacious defense and high-energy style of play. Focused on facilitating the offense, Clark took a backseat to other offensive playmakers last year. He averaged just 4.5 points per game, and will need to play a bigger role this year as a creator and scorer.

Starting shooting guard will be the most highly-contested position in Virginia's lineup. That said, four-star prospect and freshman guard Casey Morsell should eventually beat out other options to become Clark's long-term backcourt partner. Morsell has high expectations as Bennett's highest-ranked recruit — per ESPN — since Guy and Jerome joined the

program in 2016. The Washington D.C. area native projects to be one of Virginia's top scoring options this year. From driving to the basket with his athletic frame to sinking mid-range jumpers and three-pointers, Morsell can score from anywhere on the court and has everything it takes to be the next great Virginia guard.

Without Hunter on the wing, senior guard Braxton Key will need to step up as a contributor on both ends of the floor. Despite logging inconsistent minutes last year after transferring from Alabama, Key has all the tools to be a two-way impact player. He is already an excellent rebounder and defender and will look to be a solid scoring option for the Cavaliers.

Senior forward Mamadi Diakite — Virginia's only returning frontcourt starter and 2019 Elite Eight hero — might just be the Cavaliers' most important player this year. Prolific on defense and quickly improving on offense, Diakite will be the focal point of this Virginia team. Expect him to score significantly more than the 7.4 points per game he averaged last season as the Guinea native looks to prove that he's an NBA-caliber player.

Bennett will round out his starting lineup with some size and offensive flair in junior forward Jay Huff. The 7-foot-1 fan favorite is a versatile, do-it-all big man — per 40 minutes, over the last two seasons, Huff averaged 18.9 points, 9.2 rebounds and 3.7 blocks. Huff will finally have the opportunity to showcase his talent this year as a consistent starter.

Other key players

Historically, Bennett has relied on a smaller seven- or eight-man rotation throughout the season. Accordingly, expect junior transfer guard Tomas Woldetensae and redshirt freshman

center Francisco Caffaro to earn substantial playing time and add critical depth. Woldetensae — a first-team junior college All-American last year — adds craftiness and solid outside shooting on offense and Caffaro — a seven-footer from Argentina — provides a physical presence down low akin to what Salt did during his time at Virginia.

Sophomore guard Kody Stattmann will also compete with Morsell and Woldetensae for playing time and could potentially start for Virginia. The 6-foot-7 Australian can cause opponents problems on both ends of the court with a smooth shooting stroke and lengthy frame. Freshman forward Justin McKoy may get some minutes as well, while freshman forward Kadin Shedrick is expected to redshirt.

X-Factors

Three-point shooting

Last season, Virginia relied on three-point shooting heavily. The Cavaliers averaged the third-highest three-point field goal percentage — 39.5 percent — of all NCAA Tournament teams and nearly one-third of their total field goals made were three-pointers.

However, this season, the Cavaliers need to fill the void created by the departure of Virginia's most prolific deep shooters — Guy, Hunter and Jerome. Scouting on Woldetensae and Morsell says they are both able to shoot the ball from three-point range, but Clark, Diakite and Key — all of whom shot below 35 percent from deep last year — will have to be better. Virginia teams under Bennett often live and die by the three. The Cavaliers could

be doing more of the latter this season if the team, as a whole, isn't accurate from beyond the arc. Otherwise, Virginia may have to find new ways to score, such as a strong frontcourt.

Backcourt depth

In Virginia's offense, guards are critical — they are responsible for controlling the tempo and the game. However, Virginia's backcourt is thin this year. Clark is the Cavaliers' only guard with playing experience, and Woldetensae and Morsell are the only other two ball-handling guards set to receive significant playing time. Virginia will need all three to contribute as facilitators and scorers.

Key storylines

How will Virginia replace the scoring of Guy, Hunter and Jerome?

The Virginia offense averaged just over 71 points per game last season. Of that figure, the "Big Three" contributed 44.2 points per game — over half of the total offense. Where will the Cavaliers find all that production? Long story short — the scoring must come from multiple places.

Unlike other teams in the country, Virginia can't just replace NBA-level players with more NBA-level players year-after-year. Accordingly, multiple Cavaliers — both in the paint and on the perimeter — have to step up, even if it just means scoring a couple more buckets every game. Specifically, Diakite, Huff, Key and Morsell have the potential to be double-digit scorers this year, so look for them to power the Cavaliers' offense.

Can the inexperienced Cavaliers make an impact immediately?

Virginia's roster turnover this year



ANDREW WALSH | THE CAVALIER DAILY

Junior center Jay Huff is a threat both on the glass and the perimeter.

isn't just rare — it is unprecedented in the Bennett era. In fact, the program hasn't lost four of its top seven players in total minutes from the previous year since 2005. As a consequence of losing so many key contributors, Virginia will have to rely heavily on newcomers to the rotation.

The risk of giving heavy minutes to Morsell and Woldetensae in the backcourt, and Caffaro and McKoy in the frontcourt is that they are all, as of yet, unproven at the Division I level. Virginia can traditionally count on experienced upperclassmen who have spent years developing under Bennett. This year will be different — the Cavaliers need several players who have never played a minute for Virginia to look like seasoned veterans. Whether they are up to the task or not will decide how far the team can go this season.

Bottom line

On paper, this year's Virginia's squad is not as talented as last year's group or other national powerhouses. However, the Cavaliers are used to beating teams with more starpower than them. Bennett's system — the mover-blocker offense and the stingy pack-line defense — is built to overcome individual weaknesses and maximize team efficiency. As long as Bennett is at the helm and has players who buy into his playing style, Virginia will always compete at a high level.

The Cavaliers begin their national championship defense Wednesday, Nov. 6 with a conference battle at Syracuse.



RILEY WALSH | THE CAVALIER DAILY

Sophomore guard Kihei Clark — known for his pesky defense — will be expected to lead the Cavalier offense after the departures of former guards Kyle Guy and Ty Jerome.

OPINION

LEAD EDITORIAL

Ryan's minimum wage announcement puts U.Va. on the right track

Expanding the \$15 minimum wage to contract workers is a huge step forward for the University

President Jim Ryan announced last week that he revised his living wage plan to raise the minimum wage for full-time contracted employees to \$15 an hour. Previously, the starting wage for contracted employees was \$10.65 per hour, making the new minimum a significant increase. This new wage floor is an extension of an earlier plan in which Ryan applied a \$15 minimum wage to University employees. The addition of contracted employees to this plan is a very important step for the University, as it will bring better wages to over 800 employees. Ryan's dedication to the living wage issue demonstrates his continued commitment to the University's workers.

The wage increase will affect employees of Aramark and Mor-

rison, which provide food services to the University, as well as some custodial, environmental services and child care companies. Contracted employees were notably excluded from Ryan's original wage increase plan, as he cited legal barriers to raising their wages. Nevertheless, Colette Sheehy, the University's senior vice president for operations, said the University administration prioritized this issue and was able to work with the contractors to raise these wages.

The University's implementation of a higher minimum wage is the most important aspect of Ryan's ongoing goal to create better relations with the Charlottesville area. According to a 2019 survey from Ryan's University-Community Working Group, jobs and wages are the most important issue to Charlottesville residents.

Specifically, the survey results noted that the University should prioritize offering living wages to both University and contracted employees to foster stronger connections with the community. Now that higher wages can be extended to 96 percent of workers at the University, further initiatives pertaining to affordable housing and education, for example, can better satisfy the needs of the community.

Nevertheless, there is still work to be done to ensure that low-wage workers can afford to live in this community. Most notably, there is debate about what constitutes a living wage in Charlottesville. According to the MIT Living Wage Calculator, a living wage for a single adult with no children would be \$12.36 while a living wage for a single adult with

one child would be \$27.20. Furthermore, the Living Wage Campaign published that the Charlottesville living wage is actually \$16.84 plus benefits in response to Ryan's new wage increase.

One way to address some of the problems put forward by critics of the new minimum wage plan is to index the wage to inflation. Implementing this policy is important because over time, even the most generous increases in the minimum wage will decrease in value. Indexing would also prevent activists from having to continually advocate for minimum wage increases as the wage will automatically be adjusted. Although Ryan said that the administration will reevaluate wages on a yearly basis, an explicit promise to index wages would ensure that he stands by his word.

Despite these minor criticisms, the expanded living wage plan is a major step forward for the University. Hopefully our suggestions can serve as inspiration for the continued improvement of U.Va.'s living wage plan. In the meantime, Ryan and University administration should be congratulated for these efforts to satisfy the demands of student activists, community leaders and, most notably, the working community in Charlottesville.

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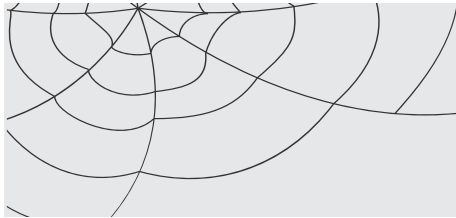
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A blue Richmond must condemn Northam

The Democratic Party has a great chance to flip the General Assembly and create positive change — but it does not need Ralph Northam to accomplish these goals

Democrats in Virginia have the chance to flip both the House of Delegates and the State Senate this year. If the Democrats are able to gain control of both houses — which has not happened since the early '90s — they will have the chance to create real change by passing common sense gun reform, ratifying the Equal Rights Amendment and redrawing the heavily gerrymandered districts in the Commonwealth, among other policies. Democrats must remain focused, committed and progressive on the issues they have been championing when the next legislative session comes around, but they cannot allow Gov. Ralph Northam to gracefully return to the limelight as a progressive leader. Democrats need to take a stand and re-energize the condemnation of Northam for the stain and disgrace that he is on the Commonwealth.

This January, photos from an Eastern Virginia Medical school yearbook of Northam in blackface. After initially admitting that he was in the photo, he turned around and said it was not him, but that he did participate in blackface during

a Michael Jackson impersonation competition.

Blackface is an explicit form of racism and hate. It is rooted in white people acting out racist stereotypes with the only intention being to dehumanize black people. The fact that the governor, who was elected by the citizens of Virginia, partook in this hateful display of

the best interests of all Virginians. Since the scandal broke and the initial condemnation, liberals have been silent on the topic. It is important that Democrats continue to label Northam and his actions as wrong in order to uphold morality within the party.

Ghazala Hashmi, a Democrat running for the State Senate,

Democrats in the General Assembly must then confront this situation again by continuing to pressure Northam to resign.

Additionally, even though he is still occupying the office of governor, Northam has proven not to be a true leader in the Democratic party. Recently, he even seemed to be supporting certain Republicans for

who have A-ratings with the NRA and voted against common sense gun reform and the ERA. This just shows how out of touch Northam is with both Virginia and the progressive movement within the Democratic party.

I believe Northam is a racist. Northam believes that conservative Republicans are doing a great job. Northam is a blight on Virginia. Democrats have a progressive plan to transform Virginia this election cycle and help improve the lives of millions of Americans — but Democrats must remain progressive on all fronts. If the Democratic party in Virginia wants to stay true to its values by fighting for a more inclusive society, then Northam can have no role in its future. Democrats in the General Assembly, hopefully with a majority by the time the next legislative session occurs, must fully condemn Northam with a continued push for his resignation.

“Democrats need to take a stand and re-energize the condemnation of Northam for the stain and disgrace that he is on the Commonwealth.”

black people while he is supposed to be representing Virginians of all races is horrible, and therefore he has lost his moral authority to continue leading the Commonwealth.

Right after these blackface photos came to light and his lackluster apology, many Democrats immediately called on Northam to resign and there seemed to be a sense of unity in the party. There was an overarching message that we do not tolerate bigoted, racist politicians who are supposed to represent

said during a recent debate, “Gov. Northam is not on the ballot in November 2019. [Her opponent] is on the ballot and I’m on the ballot. And if we’re going to make decisions about who is right for this district... we need to be focusing on issues that concern this district.” She is correct — Northam is not on the ballot, and Democrats need to be out explaining why their progressive agenda is what Virginia needs. But once the election is over, Northam will still be governor and

office. In reference to two current Republican lawmakers at an event, Northam reportedly said, “I’ve been in Richmond for almost 10 years, and I’ve had some great friends and great relationships. And you have two very fine delegates and senators. Delegate Danny Marshall... Thank you for your leadership. He’s there for the right reasons. He does great work for Virginia and his constituents. And Frank Ruff... you don’t find any better.” Northam is vocally supporting Republicans

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City Council was right to abolish Founder’s Day

The abolishment of the holiday is not an erasure of history — it is the acknowledgement of Jefferson’s real past

Charlottesville City Council, on July 1, voted to cease the celebration of Thomas Jefferson’s birthday as Founder’s Day, citing the need for the city “to confront its history and to acknowledge that this community has not always embraced all of our citizens as equals.” Two weeks ago, fellow Opinion writer Jeremy Siegel wrote a piece calling for the reinstatement of this celebration. However, considering this country has ignored the systematic racism that it was built on for far too long, ceasing this celebration of a man who is known to have perpetuated the subjugation of black citizens of this country is a step towards acknowledging this oppression. It is not a removal of history — it is the acknowledgment of a history that has been swept under the rug for the past two and a half centuries.

In his piece, Siegel argues that “this seems to be the only side of Jefferson that City Council leaders want to see,” in reference to Jefferson’s history of owning slaves and the physical and sexual violence used against these enslaved workers. However, this claim just doesn’t seem to land

— Jefferson has been celebrated by this city for years. To any University student, it would seem as if Jefferson were still alive today, walking amongst us. We see or hear references to him nearly every day, walking past his statues or a street that uses his name. Jefferson is so celebrated by this University, whether we agree with

“We can still acknowledge Jefferson’s contributions without celebrating him.”

his past or not. The fact that this holiday ever existed in the first place demonstrates the issue with this argument — the current City Council is only attempting to remind us of the side of Jefferson that isn’t displayed throughout the community. The University, even, has refused to acknowledge his disgusting past until relatively recently. If anything, this side of Jefferson’s history is a side that hasn’t been allowed to be seen for centuries.

Moreover, I take issue with the idea that the removal of this day of celebration is somehow indicative of the erasure of Jefferson’s

history — an argument made often, especially in relation to the removal of Confederate monuments. In fact, this move by Charlottesville’s City Council was the exact opposite. It is an awareness of Jefferson’s real history, the history that we have not been able to grapple with.

Furthermore, Siegel argues

son’s achievement — it was created on the backs of thousands of enslaved workers and we are just now beginning to recognize that.

Historically, the University has existed to serve one group in particular. This University was founded for white men. While strides have been made to bridge the gender gap since the Universi-

ty became fully coeducational in 1970, the University still severely lacks racial diversity. Notably, black students, who in 2018, made up less than 7 percent of the University’s entire undergraduate population. If we want to address the serious racial gap at this University, we need to also address our celebration of a man who, if he had his way, would have kept this as an institution strictly for rich white men. We should strive to make this community as welcoming as possible for people of all backgrounds and celebrating a violent, racist man is not the way to do that.

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HUMOR

Your foolproof guide to streaking the Lawn

It's the very first weekend of your first year and you and your hallmates are walking back after a night of jumping the fence at Coupes and spending your dad's hard-earned money on watered-down vodka sprites. Suddenly, you see it. THE Lawn. Jefferson's very own academical village. Graced by the presence of three U.S. Presidents, Martin Luther King Jr., and now you. It beckons you. You know the age-old tradition **MUST** be honored, but you have so many questions. Does it count if you keep your socks on? Do you wave at the Ambassador? And most importantly — will this help you get accepted to the Comm School?

Luckily for you, I — a veteran streaker — will be providing a foolproof guide to streaking the lawn like a pro. Having streaked seven times — No, I'm not a nudist, just a French major — this is my advice:

1. Make sure you can actually run that far

You would think that once you're comfortable being butt-naked in front of all your friends that nothing could possibly embarrass you. Nothing, that is, except for running halfway across the Lawn and running out of steam. Even yours truly can't make the tired half-run look graceful. To avoid this sad state, I suggest doing a **practice** streak

by yourself. This should ideally be attempted Saturday morning, when all the cool kids are too hungover to judge you.

2. Tackle the slope with grace

The small slope near the end of the Lawn is every streaker's worst nightmare!! What do you do? Slow down? Absolutely not! You've never felt this free in your life! Jump all the way down? Maybe, if alcohol somehow gives you frog-like abilities. The **ONLY** acceptable solution is to curl up into a ball and ROLL down the hill. Trust me, it's the best way to keep your momentum (who said PHYS 1050 was useless?)

3. Protect your stuff

I get the feeling. All you want

to do throw your clothes aside and RUN. But it's definitely worth being careful with your stuff. The U.Va. honor code is not in affect after 2 a.m., and we know you'd be heartbroken if you lost your Vineyard Vines shirt or Juul. My recommendation is convincing your most insecure friend that he'd the best at keeping guard. Trust me, I — I mean they — will forever be grateful you gave them an out.

4. Embrace the strobe lights

Some totally-not-pervy Lawn residents like to keep strobe lights in their rooms to expose streakers. This behavior can only be expected by our best and brightest fourth-years. Any-

how, should you be unfortunate enough to come across these strobe lights, the key is to simply **embrace** it. You've hit the AFC at LEAST twice this year — you're looking GOOD. If everybody else wants to see you naked, let them.

With these tips in mind, you can now ensure you have the best streaking experience possible. Now go and make the MOST of your Public Ivy education!

ESHAAN SARUP is a Humor Columnist at The Cavalier Daily. He can be reached at humor@cavalierdaily.com.

CARTOON

Not the best day to rob a bank

Walter Sharon | Cartoon Editor



ARTS & ENTERTAINMENT

Halloween flicks to help you get your spook on

Arts and Entertainment put together a list of frightful delights to ring in Halloween

Arts & Entertainment Staff

Looking for something to spice up your pumpkin spice season? Searching for an excuse to cuddle up with your recently-cuffed boo? The Arts and Entertainment section has got you covered with these six films curated to meet all your Halloween needs.

“Mostly Ghostly: Who Let the Ghosts Out?”

This 2008 interpretation of R.L. Stine’s book of the same name doesn’t seem that special from a simple plot overview. A loner middle-school boy, Max, finds that his house is haunted and contains a tunnel into the underworld. He overhears the evil spirit Phears planning to take over the world on Halloween, then befriends siblings Tara and Nicky, two friendly ghosts about his age. The trio battle middle school and monsters at the same time — their spooky adventures as they attempt to save the world seem cute, right? Wrong! Seriously, why is no one talking about how horribly unsettling this movie is?

The film centers around Tara and Nicky, two dead children who can’t find their family and don’t know how they died. Then, we find out that their parents were murdered by Phears. There’s some really dark stuff underlying this movie. This movie is built on an entire family having been wiped out, and no one, viewers or characters alike, seems to care at all. Instead, the kids are just helping Max gain popularity by falsifying his magician act with actual ghost magic. Plus, there’s a scene where Phears — played by Brian Stepanek, the goofy janitor Arwin from “The Suite Life of Zack & Cody” — splits Max’s dog in half, right down the middle. Seriously, this is a weird and creepy movie, which makes it worth a rewatch even if you saw it 11 years ago.

– Kate Granruth, Arts & Entertainment Editor

“Silence of the Lambs”

Is “Silence of the Lambs” a horror movie or a thriller? That might be a matter of your opinion, but it’s certainly an excellently made film and a career-defining moment for Anthony Hopkins and Jodie Foster. While not chock full of jump scares à la modern sensations like “IT”, Jonathan Demme’s adaption of Hannibal the Cannibal features a notoriously tense basement scene that is equally haunting. Oh, and it references the University in a line of dialogue to top it off. “I graduated from UVa., Captain; it’s not exactly a charm school.” (You got that right, Jodie.)

– Max Patten, Senior Writer

“Scream”

Once you know who the killer(s) are, rewatching the 1991 original is actually thrilling because you’re losing your mind the whole time and you want to scream at Neve Campbell. Plus, the opening scene is Drew Barrymore in the smallest role of her life — yet also at her most iconic.

– Eme Massarelli, Staff Writer

“Halloween”

The original 1978 “Halloween” delivers an enticing blend of terror directly into the safety of your neighborhood. Some of the first jump scares ever were seen as Laurie Strode, played by a young Jamie Lee Curtis, is tormented and chased (again, and again, and again) by masked slasher Michael Myers. Half the intrigue of this film is the calming suburban setting where your babysitters enjoy a doobie walking home from school — so, yeah, the director toys with your suspension of disbelief on several levels. No high-tech horror here, just a guy with a sheet, a mask and a knife, which adds to the authentic feel. Watch the old-time version and then catch the story 40 years later in the 2018 version, which features a still very fetching Curtis.

– Elliot Van Noy, Senior Associate Editor

“Van Helsing”

When it comes to a scary Halloween movie, a normal horror flick sometimes won’t do the trick. Halloween is about being spooked, yes — but it’s also about dressing up, having fun and not taking anything too seriously. That’s why 2004’s “Van Helsing” is the superior Halloween movie viewing experience. This movie has everything — terrible CGI, Dracula, the Catholic Church — even Hugh Jackman in a preposterous hat. Kate Beckinsale wears thigh high boots in the snow and does a Transylvanian accent. There’s camp and gore and it’s inexplicably over two hours long, but it doesn’t feel like it because the cheesy delight never stops. Watching this movie once a year is just enough — and it doesn’t get any better than when it’s the end of October and you’re in the mood for some hammy monster goodness.

– Robin Schwartzkopf, Arts & Entertainment Editor

“Invasion of the Body Snatchers” (1978)

“Invasion of the Body Snatchers” has existed in so many iterations—four, to be exact—over the past 60-odd years that it’s hard to know which is most worth watching. This is an argument for the 1978 version, starring an incredibly creepy Donald Sutherland alongside Brooke Adams and a young Jeff Goldblum. More than any other telling of the classic tale, this film captures the horrifying feeling that your most trusted loved ones may be strangers to you.

– Dan Goff, Senior Writer



Ethan Hawke talks truth and art at Virginia Film Festival

Four-time Academy Award nominee shares a screening and stories at the Paramount

Robin Schwartzkopf | Arts & Entertainment Editor

When Ethan Hawke took to the stage at The Paramount Theater Saturday afternoon, the crowd expressed a restless excitement. Jody Kielbasa, director of the Virginia Film Festival and vice provost for the Arts, had introduced the actor's accomplishments — recounting the four Academy Award nominations, a Tony Award nomination and a canon of memorable films to his name. When the man himself appeared onstage to introduce the upcoming screening, his reputation preceded him. But as the program continued, Hawke's candor and sincerity took center-stage.

"My name is Ethan Hawke and this is my mustache," he said, clearing the air about the impressive, Civil War era swirl on his lip — he is growing it for his role as John Brown in the upcoming mini-series, "The Good Lord Bird" — before beginning his introduction of the day's film, the 2007 crime drama "Before the Devil Knows You're Dead."

"I love to share this movie with people," Hawke said before the screening. He would echo the same sentiments in his discussion with Elizabeth Flock of PBS NewHour after the film. It was legendary director Sidney Lumet's last film, made off the heels — and good will — of Philip Seymour Hoffman's then-recent Oscar win for 2005's "Capote." Hoffman and Hawke co-star in the movie, which tells the story of two brothers who attempt a victimless robbery — and face the consequences of its horrific failure.

Told in time-jumping, perspective-altering sequences and shot on digital, "Before the Devil Knows You're Dead" has the bleak outlook and frustration of a man eclipsed by an industry. Hawke spoke to this point after the credits rolled.

"[Lumet] would joke all the time that it was easier for him to get a Lifetime Achievement Award

than a film made," Hawke said. "And that was very, very difficult for him. It's funny and everything — but it's really hard to feel vital and have something to offer."

When Hawke spoke about his experience with Lumet as a director, the passion in craft of both men shone through.

"People love this idea of the auteur," Hawke said. "This kind of signature — Sidney hated signatures. He hated anything that was about the ego and about the self. He believed in servicing the story."

Hawke explained this ethos with an anecdote about how Lumet critiqued one of Hawke's shots in his directorial debut. When asked how he liked it, Lumet responded "that would be a great shot if it was a movie about a film director. If it's a film about the characters, you weren't making me think about them."

Speaking to his experiences with his colleagues in the film, Hawke gained a tender animation that warmed the heart and had the audience chuckling. The conversation turned a bit more serious when Hawke spoke about his relationship with Hoffman, who died in 2014. Hawke recalled a proclamation Hoffman had made about art during the shooting of the film, and shared it with the audience at the Paramount.

"You can lie all the time in your life ... you lie here and you lie there and these little lies they go and they spread everywhere," Hawke recalled Hoffman saying. "There's one place — this thing called art, and he drew this circle — and in this thing called art, you have to tell the truth."

Hawke explained that people — in an audience and in real life — have an aversion to being lied to. It is part of what he called "the great pull to good in the universe."

"There is a malevolent force at work sometimes in our lives," Hawke said. "We see it in our pol-



COURTESY VIRGINIA FILM FESTIVAL

Actor, director and writer Ethan Hawke spoke Saturday at the Paramount in a conversation moderated by Elizabeth Flock.

itics ... we see it in how our planet is treated, the way we're not the stewards that we want to be ... There's so many ways we're disappointing ... but there's so many things that are beautiful. There's love everywhere, and there's healing everywhere. The earth turns and it wants to heal things."

Throughout the conversation, Flock probed Hawke about his beliefs and how they translate into upcoming projects. Hawke described his new focus on what he called third-person acting — focusing on the "brass tax of acting" instead of trying to be a monolithic leading man.

"When I was younger I was really very interested in ... bringing every character to myself," Hawke said. "And as I've gotten older I've gotten much more interested in ... building a character."

In recent years, Hawke has ex-

plored characterizations which have shocked and moved a contemplative audience. In 2017's "First Reformed," Hawke played a priest struggling with his faith after being confronted by the church and humanity's complicity with climate change. He brought up this character in relation to his new role of John Brown — which he said made him question "the role of the radical in a community."

Perhaps the greatest signifier of Hawke's tenor and candor that afternoon was when he spoke about time. After Flock asked him about his roles in "Boyhood" (2014) — a film Richard Linklater made over the course of 12 years — and the "Before" trilogy — three movies with 18 years in between — Hawke spoke about aging, storytelling and sincerity.

"Movies and art try to take one moment and make it extremely

important and represent other moments," Hawke said. "You know ... this is the moment this young woman came of age ... it doesn't actually work like that. Time is working on us, we are a part of time, time is us ... simply watching people age is bizarre."

To end the moderated part of the discussion, Flock asked Hawke about going beyond the individual as an artist. After an afternoon spent reflecting on his career to this point, his words and attitude about the craft rang true.

"If you're looking for the arts to give back to you, you're gonna be miserable," Hawke said. "No matter how much you get, you want more. And if you think how can I give to this — then it gives back to you tenfold, all the time ... if you love it, it all becomes real easy."

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‘Waves’ is a beautiful portrayal of life’s agonies and joys

Trey Edward Shults’ energized and innovative camerawork results in a tender examination of grief and love

Eme Massarelli | Staff Writer

Chandler Ferree, assistant programmer and communications manager of the Virginia Film Festival, briefly introduced the film “Waves,” Thursday night, which had premiered earlier this fall at the Telluride Film Festival. Written and directed by Trey Edward Shults, “Waves” is a musical, visceral portrayal of life’s small and large devastations that often coincide with happiness and intense feelings of love.

The score begins as the first scene of “Waves” fades in at a low angle behind a young girl coasting on a bike through a sunlit street. She towers over the viewer. The light pouring down through the tropical-looking trees produces a gorgeous, dreamy effect — this world is a combination of whites, pinks, greens and yellows.

There’s a fade-out to darkness and immediately, the camera cuts to the interior of a car that is so brightly lit by sunlight reflecting off the bleached road and ocean that the eyes of the viewer are seared. The camera rapidly spins in a 360-degree pan showing two teenagers screaming more than singing a song blaring through the car speakers.

Music, low angle shots, extreme close-ups, dizzying tracking shots and vivid colors keep the viewer par-

adoxically disoriented and yet completely engrossed with every conversation and expression the characters of “Waves” experience. No moment captured is unnecessary, no time is wasted — the viewer is inserted into the interiority of these characters and is never, at any point during the film, released.

The first hour of “Waves” follows Tyler, played by Kelvin Harrison Jr, who is a high school wrestler. Although there are definite signifiers that Tyler’s father Ronald (Sterling K. Brown) is overbearing when it comes to Tyler’s athletic career, Tyler and his family seem to be reasonably close and Tyler is living the average life of any work hard, play hard popular guy. Tyler’s girlfriend Alexis (Alexa Demie) is in his phone contacts as “Goddess” and the two appear to be experiencing the height of puppy love while Tyler’s wrestling career thrives.

The first hint that Tyler’s life is not going as well as it might seem is when Tyler steals some of the Oxy-codone that his dad is taking for a knee injury. From here, things begin to spiral. Tyler is first told by his doctor that he has a SLAP tear in his arm that requires surgery and will indefinitely prohibit him from

wrestling competitively. Later, Alexis informs him that she is pregnant. After leaving the abortion clinic without having gotten the abortion and telling him that she might want to keep the baby, the two get into a vitriolic fight that marks the end of their relationship and is jarring to witness.

As Tyler’s pent up frustrations and anger fester, Shults’ camerawork builds tension and anxiety in the viewer, who is aware that something unexpected and horrible is about to occur. While his erratic behavior draws the concerned notice of his father and stepmother Catharine (Renée Elise Goldsberry), all of Tyler’s emotions are internalized — only verbally recognized through an ingenious soundtrack.

The closest Tyler gets to telling anyone what is going on with him is during a heartbreaking scene in which his younger sister Emily (Taylor Russell) cares for him while he is sick from ingesting too many drugs and alcohol. As she holds his head while he sobs and clings to her, he simply says, “It’s been a bad night.”

Wholly shocking and disturbing — for most, unforgivable — is the only way to describe the event that marks Tyler having reached his

lowest point. While immersive, the film is still extremely cinematic in the story build-up and examination of Tyler’s interior life — the viewer feels this character’s pain and understands where his anger and fear are coming from. So, when Tyler commits this debased act, it sparks feelings of horror — both at what he did and for him.

This is precisely the most disconcerting and genius element of the film. Tyler’s crime is a story that one reads about and hears on the news every single day. However, whereas typically these news stories inspire sentiments of one having to be a monster and being pure evil to even be capable of committing this type of act, the viewer of the film understands this character in a certain way that evokes empathy — the viewer feels his family’s devastation.

While the first half of “Waves” demonstrates the mania of joy cut by frustration and pain, the second half focuses on the fallout and slow recovery from Tyler’s crime by examining Emily’s interiority and her perspective on how her parents and other people have been affected. The viewer follows Emily as she emerges from her semi-self-imposed isolation by entering into a sweet first re-

lationship with Luke (Lucas Hedges) and she develops a will to move forward and preserve her relationship with her parents. It is through Emily that one can perceive the reality that people can feel both joy and pain, love and hatred at the same time.

For a film that begins by closely following a male viewpoint and masculine inner life, this movie does an admirable job at recognizing the realistic theme of the female taking on male pain. Although the youngest character featured in the film, Emily takes on the pain of her brother, her father and her boyfriend. It is also heartwrenching to watch her observe other women in her life — Catharine and Alexis — take over the responsibilities that their male partners’ have forsaken while also fielding accusations of not being adequately accessible to them and their pain. However, despite feeling engulfed by the grief of so many, Emily is eventually able to achieve what most people wish they had the strength to. She recognizes her own pain and seeks to heal through acknowledging the pain of others and offers her love to them so that they may begin to heal as well.

The spellbinding nature of the female gaze

Céline Sciamma liberates tethered women — for an hour or two

Joanna Ashley Clark | Senior Writer

“Non possum fugere.”

These are the haunting lyrics repeated again and again in one of the only moments of vibrant sound in Céline Sciamma’s latest film, “Portrait of a Lady on Fire,” which was screened Friday at Culbreth Theatre as part of the Virginia Film Festival. They are sung by a horde of women dancing and clapping around a fire, while the film’s two protagonists, Marianne and Héloïse watch each other from across the flames. The translation from Latin is “I cannot flee.” If there is one thing the viewer cannot do upon watching this film, it is escape its grasp — the effortless depiction of the female gaze and the heart wrenching nature of the valleys of womanhood in both the 18th and 21st centuries.

Escaping this modern masterpiece is not a possibility, but escaping the male gaze — for two hours — is. Apart from one nameless man responsible for transporting the protagonists from the coast of Brittany,

France to Milan or Paris, the cast is entirely female. Sciamma allows for 121 minutes of freedom in intimacy without hypersexualization, and the depiction of a queer female romance without the performative nature that straight male directors often collapse into.

Héloïse, fresh from the Benedictines — the convent — has returned to her mother’s Brittany mansion in order to be painted for her Milanese suitor following the mysterious circumstances of her sister’s death. Marianne is there to paint her, even if “through it [she will be giving Héloïse] to another.”

Like most classic stories, we know the ending of “Portrait of a Lady on Fire.” We are told in the first scene at Marianne’s art school, that it is not a happy ending. Later on, as Héloïse reads the tale of Orpheus and Eurydice aloud in one scene, we again are reminded of the story’s end. It is a fate we cannot flee from. The question is how we will get

there. This is 18th century France. This is a wealthy woman expected to behave a certain way. This is a fate written under a patriarchal society’s pressure and cues. We know that the love we root for will not last, and that we cannot evade the tight-knit nature of romance and tragedy.

Throughout all of history it is not the ending of a famous story that matters, but the process by which we get to it. Sciamma makes it clear in her soon-to-be iconic film, aligning her story with the tragedy of Orpheus and Eurydice, that this is a love story of tragic “almosts.” We know that Marianne and Héloïse could never truly end up together, but still torture ourselves with the question — what if they did?

These moments of blissful and tragic hope are what drive the film and its plot, but what makes the film are the details. Each frame may as well be a portrait itself. There are only three moments of music in the entire 121 minutes, all other sounds

are made up of the intimate brush of a hand across dress fabric, the crackling of a fire, the ocean against the rocks or Marianne’s brushstrokes. Rather than head-on shots of the beautiful leading women, there are slow and calculated moments with their profiles, their backs, their hangnails and wispy hair. The last long and lingering shot of the film seemed to leave the entire audience breathless and in tears.

Sciamma manages to create a film that portrays a female tragedy without displaying an abundance of female trauma. She shows the ramifications of the male gaze and a patriarchal society through the tender opposition of a woman’s eye. Adèle Haenel and Noémie Merlant’s performances as Héloïse and Marianne are as healing as they are heartbreaking.

It is impossible to escape Sciamma’s new classic — it sticks to the viewer. With every brushstroke against canvas, or tender caress of

Héloïse and Marianne’s hands, one is pulled deeper into a story that is worth telling again.

“Do all lovers feel as if they are inventing something new?” Héloïse asks towards the end of the film, and in doing so forces the audience to remember that while fresh and fulfilling — this romance is not new. Queer women do not just exist today, they existed in 18th century France, and long before that too, and will exist long after any of us today. They do not exist solely to be sexualized. Queer women exist for themselves and for each other — not for anyone to fetishize or traumatize. Sciamma makes sure this is clear and its resonance will not escape her audience.

“Portrait of a Lady on Fire” is iconic for its classic nature, and we will hear it again. We will not flee from it, not even if we wanted to.

The 2019 winner of Best Screenplay and the Queer Palm at Cannes will release broadly on Dec. 6.

HEALTH & SCIENCE

Seasonal changes can affect a person's mood and behavior

Doctors Bruce Cohen and Lillian Mezey explain Seasonal Affective Disorder and how to seek help

Swati Srivastava | Staff Writer

As the colder weather arrives on Grounds, students can be seen drinking chocolate mochas and staying inside — a contrast from the outdoor activities happening during the summer months. The lower amount of sunlight in the fall and winter months correlates with people experiencing a condition known as seasonal affective disorder. SAD is a mood disorder, and people who experience it usually feel depressed starting in the fall and improve as spring approaches, according to Lillian Mezey, associate director for psychiatric services.

SAD is considered to be a subtype of two main mood disorders, depression and bipolar disorder, according to Bruce Cohen, associate professor of psychiatry and neurobehavioral sciences.

As with other psychological disorders, labels overlap and lie on a spectrum. Cohen said that it is possible to experience the blues associated with SAD without having clinical depression. He said, however, that this case would be considered “subsyndromal” — these people would not typically be labeled as having a disorder.

“The depressive episodes need to meet full criteria for a Major Depressive episode,” Mezey said.

In addition, it is possible to have a spring and summer pattern of depression.

Despite the variations in the disorder, there are some aspects of SAD that are consistently observed. The disorder seems to be more prevalent in younger people, with onset usually occurring between ages 20 and 30. Symptoms include fatigue, lethargy, oversleeping, irritability, social isolation, weight gain and carbohydrate cravings, some of which are similar to

symptoms of clinical depression.

According to Mezey, four to six percent of adults in the U.S. experience the disorder. Cohen said that 15 percent of people with clinical depression experience it as a seasonal pattern.

Although the exact mechanism by which SAD occurs is not completely clear, there are several possibilities.

“It is hypothesized that the decrease in exposure to sunlight triggers neurochemical changes in the brain,” Mezey said.

With decreased light exposure, melatonin, which Mezey called “the sleep hormone,” is produced in greater quantities. This, in turn, may lead to lethargy.

Both Mezey and Cohen noted that circadian rhythms — the body’s internal clock — may also be affected by having less light in the fall and winter.

“It also could be that there’s a misalignment between our circadian rhythms and our sleep cycle,” Cohen said. “So that by people sleeping in, that makes the light exposure even worse, and our sleep patterns get off.”

Cohen also mentioned the sensitivity of the retina to light as being a potential factor.

“Normally, our retinas get more sensitive to light in the winter months, and some people seem to be less prone to get that sensitivity,” he said. “So the light exposure doesn’t do as good a job of making it to the brain.”

At the biochemical level, neurotransmitters such as serotonin could be implicated, as less of it is available to the brain in the winter, Mezey explained. She also mentioned that low vitamin D levels could be responsible

for feelings of sadness.

With regards to treatment, options vary. One is to wait for the feelings to recede naturally in the spring. However, Cohen said, it is also worthwhile to try making lifestyle changes.

One solution could be to get more light. This could be done by going outside or by using a lightbox. Even on cloudy winter days, the light outside is brighter than artificial indoor lights, according to Cohen.

While sitting and facing the lightbox, one can do other activities such as eating or reading. According to Cohen, one should use a lightbox of 10,000 lux for about 20 minutes per day. Both Cohen and Mezey said that using a lightbox in the morning rather than during other times of day may be most effective.

“CAPS has a few loaner light boxes that students can borrow on a trial basis before investing in one,” Mezey said.

Cohen also pointed out other advantages of going outside.

“For mild to moderate cases of depression, exercise can actually be as effective as antidepressants for many

people,” Cohen said. “If you can get outside and be getting light and exercise at the same time, that’s two birds with one stone.”

In addition, socialization, as well as exposure to nature, can help lift one’s mood.

Cohen also discussed another way to get additional light exposure through what is known as dawn therapy. It uses lights that turn on an hour before one wakes up and gradually get brighter. A cheaper way to achieve the same effect could be to use a light timer on bedside or room lights.

Patients should be cautious, however, if they have bipolar disorder. Antidepressant drugs, as well as light — which would be considered a mild antidepressant for SAD — may potentially cause manic symptoms.

“Mood stabilizer medications may be considered if bipolar disorder seems likely,” Mezey wrote.

As long as a patient does not have bipolar disorder, antidepressant drugs may be an optimal choice if experiencing a more severe case of SAD.

Both Mezey and Cohen noted that if a doctor is evaluating the con-

dition, it is important to rule out other possible conditions that may be confused for or occurring alongside SAD. One of these, Mezey wrote, is a thyroid disorder.

“Both underactive thyroid and overactive thyroid can be linked with changes in mood and with anxiety,” she wrote.

Cohen also said that other psychiatric conditions — such as an eating disorder or anxiety — could occur alongside SAD and that they should be considered appropriately when discussing treatments for low mood.

Essentially, Cohen said, SAD is considered to be a variant of depression, but that does not mean that other conditions cannot simultaneously be present. If unsure or feeling symptoms that seem abnormal, he recommends consulting a professional.

“If it’s causing significant impairments [in your life], it pays to see someone for it,” Cohen said.

Students at the University can visit Counseling and Psychological Services or the Student Health Center if they are experiencing concerning symptoms or want support regarding SAD or other mental health issues.

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Students showcase research at global health symposium

The symposium included research from a variety of different fields in the College, Engineering School, Nursing School and Medical School

Ashley Ewing | Senior Writer



ASHLEY EWING | THE CAVALIER DAILY

Reynolds presented his research on the prevention of late-life depression and anxiety in low- and middle-income countries.

Every year, University students work to solve a variety of global public health issues through engaging in research across the globe with funding from the University's Center for Global Health. The CGH Research Symposium showcased the work of CGH University Scholars with a poster session Friday in Clark Hall. To close the symposium, Dr. Charles Reynolds III, a specialist in geriatric psychiatry, presented his research on the prevention of late-life depression and anxiety in low- and middle-income countries.

The symposium allowed students to teach others about global public health issues, their research and how to engage in interdisciplinary research in a global context. Additionally, the research symposium created an opportunity for networking with faculty and students involved in public health research.

The symposium included the research of students from a variety of different fields including in the College, Engineering School, Nursing School and School of Medicine. The locations of the research projects were also diverse as the CGH had research projects in Rwanda, Guatemala, Uganda, South Africa, Peru and the United States.

One project presented by

fourth-year College student Sara Krivacsy was focused on a cervical cancer screening program in Rwanda. The researchers Krivacsy worked with at the University of Global Health Equity in Rwanda used a new screening method called careHPV, which detects human papillomavirus strains. HPV is a sexually transmitted infection that causes most types of cervical cancer.

"HPV screening is the gold standard for cervical cancer screening," Krivacsy said.

She explained that not only is the screening more specific and sensitive than Pap smears, but it is also more accessible because it requires few resources. The screening needs little lab training and equipment and employs local, community health workers at every step of the screening process.

"7,000 women were screened and hundreds of women were detected and treated for precancerous lesions, so many lives were saved," Krivacsy said.

On top of research in Rwanda, the CGH also supported research projects in Tanzania. Third-year Engineering student Erin Wettstone presented her research in rural Tanzania on the source of transmission of a pathogen called *Campylobacter*, which causes diarrhea and enteric diseases. Wett-

stone said that the pathogen especially affects children living in developing countries.

Wettstone hypothesized that the pathogen was transmitted through close contact with animals, since many of the kids spend most of the day working with them. She looked for the human strain of *Campylobacter* in the stool of chickens, cows, dogs, pigs and goats with DNA extraction and sequencing.

The researchers did not identify the human form of the pathogen in the animal reservoirs, so this project led them to conclude that other humans may be the main source of transmission, which could be a new focus for future studies.

"Once you know where a pathogen is transmitted from, you can start putting things out that prevent transmission, which can really help, especially in developing countries where malnutrition takes a high prevalence in people's lives," Wettstone said.

Another presenter at the symposium, fourth-year College student Cassandra Grello, spent seven weeks working as part of the U.Va. Guatemala Initiative to assess and improve the effectiveness of an electronic medical record system in the hospital of Totonacapan, Guatemala.

"[This hospital] treats many

indigenous people and is a public hospital, so it lacks a lot of resources," Grello said.

The electronic medical record system was introduced to the Guatemalan hospital in 2014, and Grello was part of the third team to evaluate its benefits and areas for improvement. Although her team could not address some issues such as poor internet and power outages, they were able to address many of the issues with the system by being liaisons between the users and system engineers.

For example, Grello said that one of the issues with the system was that diagnoses would be put into the system with many different spellings. Her team found the 25 most common diagnoses and coded them, making it easier for individuals making diagnoses and for the statistics department interpreting them.

The winner of the poster presentation was graduate student Kathy Nguyen for her research on the synergistic effects of silver and chlorine for point of use water purification in South Africa.

At the end of the symposium, Reynolds spoke about his research on how to prevent depression in the elderly in Goa, India. His team worked with people aged 60 and above who had mild, subsyndromal depression and

anxiety.

One of the barriers to providing care in this area is that many of the participants were illiterate. Reynolds said his team circumvented this problem by creating pictorial flip charts that depicted images teaching the participants about their health, such as signs of diabetes.

The flip charts helped the researchers communicate with the local population in Goa, India.

"They themselves feel understood, too," Reynolds said.

Reynolds ended his presentation with a quote from cultural anthropologist Margaret Mead, "We are continually faced with great opportunities which are brilliantly disguised as unsolvable problems."

With Reynolds's presentation, the CGH Research Symposium showed students an example of someone who addresses seemingly unsolvable problems through global public health research professionally. The symposium is held annually to introduce students, faculty and other guests to speakers like Reynolds and the interdisciplinary research students engage in.

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