Forum Magazine

Volume 2019
Issue 1 Forum Magazine, Spring 2019

2019

Forum Magazine, Spring 2019

Follow this and additional works at: https://scholarship.richmond.edu/forum

Part of the Civic and Community Engagement Commons, Community-Based Learning Commons, Journalism Studies Commons, Nonfiction Commons, Other Arts and Humanities Commons, Other Social and Behavioral Sciences Commons, Photography Commons, and the Publishing Commons

Recommended Citation
Available at: https://scholarship.richmond.edu/forum/vol2019/iss1/1

This Complete Issue is brought to you for free and open access by the University Publications at UR Scholarship Repository. It has been accepted for inclusion in Forum Magazine by an authorized editor of UR Scholarship Repository. For more information, please contact scholarshiprepository@richmond.edu.
from the editor:

I joined Forum Magazine the same way many freshmen join their first on-campus organization: by thoughtlessly jotting my name down on a scrap of paper at SpiderFest the first month of college. As an aspiring journalism major, the magazine’s attractive layout, fun features and warm, friendly members immediately grabbed my interest. Like many other freshmen, I joined about five other organizations that day in a superhuman effort to “be involved.” And yet, as a graduating senior nearly four years later, of the many, many organizations I started “being involved” with, Forum is the only one I am still a part of. In Forum, I found a young, fresh new platform that granted me the creative license to explore my interests as a reporter while the skills that I would need to face the “real world” post graduation.

Throughout these four years, I have seen Forum evolve as new editors in chief, creative directors, reporters, photographers and other staff members imbued it with their own personal touch. It’s gone from a print-only publication with high reliance on opinion and analytical articles to a journalistic magazine with a focus on feature writing. Within the last year, we’ve created an amazing new website, rebooted our social-media sites, hired and trained new designers who are optimized for both online and print and started a video department for on-campus events. More and more, we’ve looked to expand to the kinds of platforms that feel more natural to you, the reader, and sought ways to foster the sense of community the magazine’s founders envisioned.

It hasn’t all been easy -- to say it’s been a steep learning curve is an understatement. It’s ironic that now, toward the end of my time as Editor in Chief, I finally feel as if I have a more steady grasp on how to run the magazine. But I’m more than confident that next year’s executive staff will have learned from my mistakes and do an even better job at running this publication, and can’t wait to see what they have in store.

In Forum’s inaugural issue, published September 2013, John McAuliff, founder and then Editor in Chief, wrote: “In our debut year, we are still defining ourselves. Your feedback is essential to making sure we get it right.” Six years later, we have progressed, but we are still a young publication with limitless potential. Your feedback, questions and engagement are just as essential -- if not more so.

After all, it’s your campus, your culture, your Forum.

Best,

Sabrina Escobar-Miranda
executive staff

SABRINA, the EDITOR IN CHIEF, oversees the entire production process of FORUM Magazine including editorial, creative and business. From time to time her work is featured in the magazine.

KAY serves as the MANAGING EDITOR, which means she directs the editorial function of the magazine. Writers, copyeditors, and the assistant managing editor all look to Kay for guidance and support.

EMILIE, our AST. MANAGING EDITOR, provides support to Kay and the editorial staff. She provides copy editing to incoming stories from reporters and leads our editorial pitch meetings.

WILL, the CREATIVE DIRECTOR, leads FORUM on all things creative! He oversees the multimedia team, the designers, and the web-development to ensure that FORUM is as presentable as possible.

BEAU, our MULTIMEDIA LEAD, directs our team of photographers and videographers. As a photographer/videographer himself, he brings a great deal of experience to our design staff. From time to time you can find his images and videos on display.

DIEGO, the BUSINESS MANAGER, handles all of our financial operations. He supports FORUM Magazine as our SO-BAC correspondant, and he makes sure that our bills get paid.

FORUM MAGAZINE, is looking to fill positions in all functions for the 2019-2020 academic school year. Specifically, we are looking for more editors, writers -- all majors welcome! For design, we are hoping to hire more photographers, designers, web developers and videographers. Contact richmondforum@gmail.com for more information.

ABOUT FORUM

Our mission at Forum Magazine is to create a revealing and balanced magazine, designed and reported with University of Richmond students in mind. Forum Magazine will be a place for conversation of all topics that leaves students with a deeper understanding of both the college world and beyond.

THE COVER SHOT

BY BEAU HOGAN

“This photo is actually a composition of four different shots, so that we could capture as much. I put this together in Photoshop and I’m very happy with the result. We took this the day after the big snowfall so the tree had a great mix of both green and white which I loved.”

THE BACK

BY WILL WALKER

Composed by our creative director, this image combines photographs from Beau Hogan and Eibhlin Villalta.
FREEDOM OF EXPRESSION
EMILIE ERBLAND

12 HOURS IN DHALL
MOLLY BRIND'AMOUR

A LAKE IN DISTRESS
DIEGO RAYAS
GROUPME: A WEAPON AGAINST FOOD INSECURITY ON CAMPUS

BY ALEX MALONEY

FREE DUCK DONUTS IN WOOD HALL LOUNGE! SNACKS IN THE BROWN ALLEY ROOM! FREE MAMA J’S IN THE WHITEHURST LIVING ROOM!

These are just a few of the many messages straight out of the “Free Food at UR” GroupMe -- a group made to combat food insecurity on the University of Richmond campus.

Lisa Miles, Associate Director at the University of Richmond’s office of Common Ground, worked with a student assistant to make the GroupMe after attending a conference in summer of 2018 about supporting underrepresented students. She felt the GroupMe would cut down on food waste throughout the Richmond campus as well as provide many students with opportunities to eat regular meals they otherwise could not.

Food insecurity is defined as, “the state of being without reliable access to a sufficient quantity of affordable, nutritious food,” according to the Oxford English dictionary. This is an issue some students and faculty at Richmond, including Miles, say is not discussed enough on the university campus.

“Food insecurity is not an easy thing to talk about on the Richmond campus, or in general,” Miles said. “It’s not easy to talk about being a low-income student because there’s such a wide range of socioeconomic realities here.”

Therefore when Spider Generation, the first-generation programming at Richmond, formed the group, Miles knew it would be open to all students, not just those with need. Closing the group may create hesitation about joining it, as students who do express need may not be forward about needing help. Additionally, students who do not face food insecurity can benefit from the group -- sometimes meals are missed accidentally or class runs later than the dining hall is open, and a student can grab a meal without any cost.

This group currently contains over 650 Richmond students -- almost a fourth of the entire campus. The rules are strict in the chat: post only free food, where it is on campus and when it’s gone.

Additionally, importance is placed on food safety in the group. Since food insecurity is a real issue on campus, students who regularly benefit from the free meals can not be eating unsafe foods. “We make sure hot, prepared meals are only left out for about two hours,” Miles said. “We message people to be thoughtful and dispose of food in a timely, orderly fashion for the safety of everyone in the group.”

The group attempts to destigmatize food insecurity and wealth disparities and open up the conversation on the Richmond campus.

“Some students may come to campus and realize there are others who have a lot more than they do, so the question becomes how much do you talk about that?” Miles said. “Food insecurity is the extreme end, with students who come from families that really need them to contribute financially -- to the phone plan, bills or other expenses -- and some students couldn’t even imagine that, because their parents are so able to help them. When you have such a broad spectrum of realities, it isn’t easy to talk about.”

Miles said that the doughnut one student takes advantage of as a free treat, is another student’s breakfast for the day that they otherwise wouldn’t have eaten. Many don’t realize that reality that exists for some Richmond students.

UR does meet 100 percent of financial need from its students, which Miles acknowledges makes the campus fortunate compared to other universities who are unable to do that. At UR, most students also live on campus, giving those in dorms access to an unlimited meal plan and those in apartments options for smaller meal plans, both of which can be covered by financial aid. However, there are still students that demonstrate need, especially with regard to food. Dining options are limited on campus and there are not many local options to walk to surrounding UR, Miles said. While there are delivery options, that is an additional expense, one that some students can not afford.

“The office [of financial aid] is always willing to have a conversation if need has changed or if a student feels need is not being met.” Miles said. “I think it’s important students know that.”

UR does other things to combat food insecurity, like allowing students who are able and willing to hold jobs at food service establishments on campus. This way, students can work, make some money, but also are provided with a free meal at each shift.

The Free Food at UR GroupMe goes beyond just supplying students with extra snacks and free treats from some of their favorite restaurants. Its goal is to minimize food waste, combat food insecurity and open up a larger conversation to destigmatize wealth disparities on the Richmond campus.
WHEN I CAME to the University of Richmond, I wanted to do everything possible to expand my political horizon. Coming from San Francisco, where Republicans are an endangered species, and being an anarchist isn’t completely uncommon, I wanted to meet, speak and discuss with those who truly disagreed with me, rather than just ranting over the same topics we agreed on over and over again. Identifying as a Bernie Sanders liberal, I knew I wouldn’t find debate without looking around. So I went where I knew I would find disagreement: I joined both political party clubs.

Almost immediately I began to find differences in the two clubs, beyond just their political beliefs. When walking through Spider Fair and signing up at their booths, these differences became all too clear. When visiting the Democratic Party club, I found a simple cardboard sign on a table, and not much else. There was significant lack of enthusiasm, and it felt like they were doing very little to gain other people’s interests. When visiting the Republican Party stall however, I found a completely different experience. An American flag had been draped across the table, and those manning it were handing out stickers, bottle openers, and even pocket constitutions. When speaking with them, I could see the immense patriotism and enthusiasm they felt, as they gunned to get every member they could.

And when I signed up and got my pocket constitution, I felt like a patriot. When I had been reading articles and statistics depicting the vast array of problems the United States, it felt good to reveal in the positive and patriotic messages the Republican club was using. This is an immensely powerful tool they are using to great effect. Many Americans understand and agree that the U.S. isn’t perfect, but they also don’t want to feel bad for being American. The Democrats have the numbers, the Republicans have the passion. When I went to the first Democratic meeting, it felt incredibly formal, as we all sat in rows and watched a presentation. The first Republican meeting instead was more of a social gathering of friends, with food being served and people chatting about every topic imaginable across the room. When going to volunteer at phone banking at the Democratic club, the lack of passion revealed itself to be a dangerous problem. Just a few days from an critical midterm election, and only three people, including myself, showed up. For a club easily numbering over 80 people, this was a pathetic display. While the Democratic Party club has the numbers, they lack passion among their members. The Republican Party club has passion in spades.

I witnessed the opinions both sides have, with each club having its own spectrum of opinions and internal debates. In the Democratic club, a huge debate broke out after a member of the group chat was kicked out for calling for a discussion about the Kavanaugh confirmation. This led to a discussion about what speech should be blocked due to being triggering, and whether a person deserves to be kicked out of a discussion for voicing their opinion. In the end, Kavanaugh was never effectively brought up again, and discussion on the topic had been shut down. In the Republican club, another discussion happened after the 2018 Midterms, over what the best strategy for the Republican Party going forward should be. One member argued for an increased focus on the white voter, saying that People of Color will never vote Republican, while others pushed for aiming at a more diverse electorate. In both these clubs, I see a willingness and eagerness to express opinions and debate with people they disagree with, something this country sorely needs.

When joining these two clubs, I was surprised to find the Republican and Democratic Party clubs were very different from what I had expected. Having met few conservatives, I had expected their club to be far less open to discussion, especially from someone who represented the polar-opposite of their views. Yet the club I found was not only open to discussion but actively supported it, devoting half of their monthly meetings to it. I was amazed by their acceptance of differing opinions, allowing for a diverse club with a wide spectrum of opinions. When I joined the Democratic club, I hoped to find a group of people full of passion similar to what I found back in California. Sadly, despite this being a midterm year, this wasn’t the case. Despite still identifying strongly on the liberal side, I found myself identifying with the Republican club, especially their use of patriotism and their fight against the restriction of free speech to avoid offending others. These are powerful tools, something the Democratic club would be smart to learn from. Despite all of this, I still have a lot of faith in the Democratic club. They have a massive potential due to their overwhelming numbers, and if they can instill the same passion the Republican club uses, they would be a compelling force across campus. Both clubs have the power to bring effective, thought provoking, and powerful discussion to the entire campus, and I look forward to being part of it.

“Both clubs have the power to bring effective, thought provoking, and powerful discussion to the entire campus”
a step back:
how injuries affect student athletes

BY JULIA STRAKA
photos courtesy of Jessi Alt
SENIOR ANA RAMIREZ EARNED a scholarship to play for the University of Richmond’s tennis team, trained for 20 hours every week during the season leading up to conferences, and kept in top shape by training for 8 hours a week during the off-season. But only a week before conference last year, she suffered a disc movement in her lower back. “You work hard all year for those important conference matches,” she said. “Not only the conference tournament, but every single match in that season is important. It is frustrating to know you were practicing every day during the fall for this, and preparing, and killing yourself with fitness [...] It’s like a step back, when you were already prepared and at your peak.”

Fortunately, Ramirez started feeling better right before her team played. After some doubt, she was able to help her team out and performed well. However, her recovery took a lot of time in the training room, cooperation from herself, her coach, Mark Wesselink and university trainers -- and patience, which she joked she doesn’t have.

“Injuries in general take a lot of patience, and I am very impatient,” Ramirez said. She said she felt that watching her team practice and play matches while sitting down, in a boot, was one of the most difficult aspects of being injured. While being injured, she felt that she was letting her team down because she couldn’t participate in the more important matches leading up to conference that had the potential to bolster her team’s ranking.

Junior Lyndell Giffenig, one of Ramirez’s teammates, agreed about the most frustrating part of athlete injuries. Giffenig strained a flexor in her foot last year around the same time that Ramirez hurt her back. The unfortunate timing of her injury caused her the most worry, she said. Her injury also cost her confidence since she wasn’t able to play in matches leading up to the conference, that if she had won, could have pushed her forward, she said.

Both athletes visited the “training room” to speed up their recoveries. The training room refers to a room in the Weinstein Center for Recreation and Wellness where athletes can work with trainers to rehabilitate and then strengthen their injuries. Ramirez went to the training room everyday for her lower back injury and used anti-inflammatory machines, as well as electrical muscle stimulation, known as “e-stim,” to boost her recovery. Once she started getting better, she learned strengthening exercises for her back and went to the training before each practice to warm up and reduce her chance for re-injury. Overall, it took her close to a month to fully recover.

Giffenig has also frequented the training room for a previous shoulder injury. She has a recurring knee injury that she ices and does rehabilitation exercises for once it flares up. “I just think as long as you get ahead of it, it’s fine.”

Both Giffenig and Ramirez felt the pressure to recover quickly when they were injured close to conference time. Because of the proximity of conference matches, Ramirez felt the pressure to heal quickly and get back out on the court. Ramirez feels that the training room staff try to do everything they can to ensure the speedy recovery of their athletes. “I guess there is some pressure to recover,” she said. “In season, there are matches every week, so obviously, you know that the faster, the better. You do feel pressure to do everything every day. Every exercise they give you. Show up to the training room everyday and be willing to spend an hour or two doing rehab and everything you can, because you know that it’s not off-season. You need to be ready as soon as possible, with taking into consideration your body.”

In addition to working in the training room and treating their injuries with different therapies, the athletes are also required to attend practice, even if the most they can do is watch. “When you’re injured, I feel like it’s another commitment, it’s another [...] one hour of your day,” Ramirez said.

However, both tennis players agree that their coach is understanding and supportive when it comes to injuries. “He’s never exactly thrilled
that we get injured, but he knows that there is nothing you can really
do,” Giffenig said. “He’s pretty supportive of when we’re injured
and just wants us to get healthy as soon as we can.” Ramirez said
that her coach would call her and offer condolences, as well as any
support she needed. He also asked the training room staff to give
him a daily report of her recovery to see how far he could safely
push her during practice. Even though Giffenig never doubted that
she would recover from her foot-flexer strain, she knows if she didn’t
let it heal, she could’ve torn it and been forced to deal with a much
more serious injury.

Both athletes also agreed that the team was very supportive of those
going through an injury. “We are all understanding because we’ve
all been through it so many times,” Ramirez said. Because of the en-
durance that tennis players must build up — some matches can last
up to four hours — and the need to play through soreness, injuries
are not uncommon. “They are definitely very helpful when someone
is injured or sick. We definitely help each other out as much as we
can,” Giffenig said.

That is also one of Giffenig’s favorite parts of playing tennis for the
University of Richmond: having a team to be a part of. “We balance
each other out; there’s definitely a lot of different personalities,” she
said. “I don’t think that there are two people that are the same, but
we all get along really well and it’s really fun to be around girls that
like each other.”

On top of the 20 hours that they spend together at practice, the ath-
etes also plan workouts and study sessions together, as well as eat
dinner and attend social events as a group. Ramirez said it’s helpful
to have a support system and a coach that “cares about you, not only
on the court” throughout the trials and tribulations that being a
student athlete can bring.
HIDDEN GEMS
BY COLBY ALVINO

PHOTO COURTESY OF SOUL TACO
EDO’S SQUID // 411 N. Harrison St.
This tiny hole-in-the-wall in Richmond’s bustling downtown dishes out authentic pasta dishes from spaghetti tossed in carbonara sauce to penne with marinara. Walk up the stairs and find yourself among only a few small tables, allowing for an intimate dining experience. Expect to get what you pay for, and then some, because these serving sizes are colossal.

JING SUSHI // 7019 Three Chopt Rd.
Have you ever ventured down the path in the Village Shopping Center? Back there, you’ll come across JING Sushi, formerly known as Mai Sushi.

LEHJA // 11800 W. Broad St., #910
Lehja is an Indian restaurant located in Short Pump Town Center, so it is the perfect spot to eat after a long day of shopping. In Urdu, the restaurant’s name translates to “accent,” and in Punjabi, which is the executive chef’s mother language, it translates to “style.”

SABAI // 2727 W. Broad St
Although Sabai might seem unassuming from the outside, you are immediately greeted with funky hanging tables, chairs and planters the second you walk in the door.

BILLY JACK’S SHACK // 409 E. Cary St.
The best friend duo behind Jack Brown’s Beer & Burger Joint decided that they wanted to offer their customers more than just burgers, beers and fried Oreos, but didn’t want to get rid of JB’s simple concept. So they decided to open Billy Jack’s Shack. The laid-back spot offers comfort food like chicken nuggets prepared multiple ways, and craft beer and cocktails, while still maintaining a fun bar atmosphere, just like JB’s.

SOUL TACO // 321 N. Second St.
Sitting on a quiet street in the heart of Jackson Ward, Soul Taco serves up tacos that blend Southern and Latin American flavors, like the Buttermilk Battered Fried Chicken Taco and the Smoked Mac and Queso-dilla.

THE FANCY BISCUIT // 1831 W. Cary St.
Who doesn’t like anything Southern style? The Fancy Biscuit does Southern food right, like its Shrimp & Grits, Fried Green Tomatoes served with homemade pimento cheese, Tomato Pie and, of course, biscuits!

“It’s more than just a biscuit,” said owner Nicole Jessee. “A lot of biscuit places serve biscuits. At The Fancy Biscuit, we serve biscuits that require a fork and knife. People are always surprised to see that our signature biscuits are a complete meal, and not just a biscuit sandwich.”

Choose to B.Y.O.B—build your own biscuit—starting with a buttermilk biscuit base and more than 20 toppings to choose from.
MY NOODLE & BAR // 1600 Monument Avenue
Tucked in a corner off of Monument Avenue lies My Noodle & Bar. The restaurant’s owner, Joe Kiatsuranon, learned his culinary techniques from his mom. As a native of Thailand, Kiatsuranon is serving up noodle dishes he has created with influences from all over the world.

The Sesame Noodles are a must-have, which are prepared with crispy chicken, carrots, mushrooms, scallion and fresh basil leaves tossed in pan-fried egg noodles. Make sure to start out with an order of the Crispy Fried Brussels Sprouts, too.

SEN ORGANIC SMALL PLATE // 2901 W. Cary St.
As a family-owned restaurant, Sen Organic Small Plate owner Hang Pham serves authentic dishes using traditional recipes she learned in Vietnam, like pho and banh mi.

“We have a wide variety of vegan and vegetarian options, in addition to gluten-free options, in order to cater to diners with dietary restrictions or allergies,” said manager Chloe Ngo. “Our menu items are organic, and a majority are locally sourced from farms within the area. All of our food is made with care and attention, and we really value our customers and the Richmond community.”

FIGHTING FISH // 317 N. 2nd St.
Fighting Fish is a 28-seat restaurant offering its guests wine, beer, sake, sushi, raw fish, poke and everything in between.

“Our staff, from the servers to the kitchen crew, are some of the best in the industry,” said owner and chef Hyon Ko. “We provide fresh fish with unique spins on sushi.”

Although servers recommend that first-timers try the poke, it’s hard to pass up one of the sushi burritos. The Fighting Fish Sushi Burrito is a roll-style burrito stuffed with kani, cucumber, avocado, lettuce, pickled red onion, pickled radish, red tobiko, sesame seeds, garlic lime sauce and kabayaki sauce. You can also choose a protein by picking from tuna, salmon or shrimp tempura.
Rhonda McIlwain hollered, signaling where she had parked her big red truck. Her enormous grin reaches the tips of her short dusty brown hair. McIlwain swiftly shifted gears from park to drive and laid on the gas, taking off toward Lamplighter Roasting Company in Richmond, Virginia, one of her favored brunch destinations.

Tucked away off the main road in Carytown, Richmond, Lamplighter was overflowing with people. McIlwain and her abundance of confidence marched through the front door. It became clear that not only was this coffee shop one of her favorites, but that she visited it with frequency. Flashing the gentleman at the register her contagious smile, she ordered two coffees and yogurt granola bowls spilling with fresh fruit. Fluttering out the door, she proceeded to take her seat on the back patio: an area where the flies were buzzing and bothering the shop’s patrons.

As a University of Richmond alumna, McIlwain loves building relationships with alumni, especially those who graduated with her in the class of 1979 from the university’s Robins School of Business. She is easily able to practice her love for getting to know former Spiders as a gift planning officer for the university.

McIlwain has been active in UR’s Office of Gift Planning since July 2011. She works with alumni in the development office, bringing in over $50,000 per year. The funding process for a gift planning officer is a much longer process than those in annual funding, who only reach out to alumni once a year. McIlwain and her team are constantly reaching out to past UR students all over the country.

When asked why she went into alumni giving, McIlwain couldn’t help but laugh and smile as she replied, “That’s a good question.” By this time, the pesky flies had inconvenienced her few moments outdoors, so she had made her way to the screened-in porch, still enjoying the taste of fresh air while also having the security of the screen windows to keep out the exasperating bugs.

After starting a family, McIlwain began to work at a job that was not conducive to having children, so she stopped working for 15 years until it was time to pay her children’s college tuitions. She had previously worked at a computer industry once upon a time, thanks to her concentration in marketing from the Robins School of Business, but the computer industry was no longer in need of manual labor. Therefore, she decided to wander down an unfamiliar path: the path of law.

McIlwain worked at a law firm for about eight years years as a paralegal. After these couple of years, it was time for her to attend law school. This is when she decided she should step back and reevaluate: Was law her future, or was something else in store for her?

McIlwain was visiting UR with a fellow alumna. Strolling down memory lane, it came to McIlwain’s attention that she always comes alive whenever she steps foot on campus: always smiling, per usual, developing a positive attitude, leaping about the campus with a cool energy. “You will always love coming back to Richmond,” McIlwain said, almost spilling her iced coffee because of her excitement of speaking about the university.

Her friend had suggested looking into the career opportunities available at the university.

McIlwain openly expresses her love and gratitude for her role at UR. Not only has she come face-to-face with some interesting and knowledgeable alumni, but she has also learned a thing or two about where their donations to the university end up.
When alumni donate to general funding, their donations are divided up into three categories, the first of which is scholarship. Scholarship, including financial aid and academic scholarships, receives the most funding out of the three groups because of the tremendous amount of students that rely on scholarship funds. 67 percent of UR undergraduates receive financial aid, which is a bigger percentage than most people assume for a private liberal-arts institution. The second category that relies on alumni money is student life programming. The university’s Center for Civic Engagement and SpiderBoard, an organization that arranges the school’s social and cultural entertainment such as Homecoming, fall under this category. The third and final group receives the least amount of funding, which is technological upgrades.

Alumni can choose to not donate toward the general fund. Instead, they may decide to make a contribution toward a specific project, such as the constructing of a new building, in hopes of getting a room or hallway named after them. These donations are usually of a greater value and their donors typically do not have children or are requested upon their death. Including a donation in your will is an option many donors are unfamiliar with.

“We, as calling officers, need to make people of all ages aware of what their options are,” McIlwain said. However, McIlwain thinks there is one factor that is more interesting than where alumni’s money is going.

“A bigger question is why do they give,” she said.

One of the most notable givers that McIlwain worked with was an alumnus who came to the university as a transfer student. During his time at UR, he received a scholarship and wanted to give back to the school that granted him the money that allowed him to receive an excellent education. Graduating from the Robins School of Business as an accounting major, he asked Professor Hoyle, a professor he was close with, what he should do. Hoyle told him to pay it forward. Thus, this donor established a scholarship for accounting majors.

Scholarships are a way for every student to feel that they have the opportunity to thrive, no matter what financial state their family is in. As McIlwain took the final bite of her yogurt granola bowl and placed her recently licked spoon on the side of her plate, her typical bright smile softened.

“If you’ve been blessed, you need to bless others,” she said.

Although there are motives for alumni to not give to the university, such as a campus scandal or other bad publicity, McIlwain believes that these few alumni discontinue their donations for a different reason.

“When people are really pissed off, what does that mean?” McIlwain said. “It means they really care.”

On the subject of alumni donors no longer giving, UR President Ronald A. Crutcher said, “We’ve got the numbers, now we just have to talk to one another.” And that is exactly what McIlwain plans to do during the rest of her time at UR.
This semester both student governments officially supported an initiative for the University of Richmond to create a policy on free expression, the question about the role of free speech became all the more prominent on campus. On Sept. 11, 2018, a group of conservative and libertarian law students invited a writer named Ryan Anderson to the T.C. Williams School of Law to talk about his book, “When Harry Became Sally: Responding to the Transgender Moment.” The book has been denounced as “junk science” harmful to the transgender people, while celebrated by many conservatives. Protesters dressed in white came to the event carrying signs of transgender people who have been killed or committed suicide because of bigotry.

And then, in December of 2018, sociology professor Eric Grollman leaked a Snapchat video in which UR students threw a gingerbread house decorated with a frosting swastika out a window. According to the police report, the students had drawn it because “both students did not like what it represents.” An email sent by President Ronald Crutcher assured the campus community that the students’ actions “[would] not be condoned” and promised further work to “ensure opportunity for people of all faiths and backgrounds to thrive.”

Both events, to varying degrees, rose the question — where is the university’s place to step in on matters related to free expression, especially when bigotry is involved?

Alec Greven, the executive secretary of the Richmond College Student Government Association who initiated the student government proposal, said his plan would add clarity to this question. He pointed out that certain phrasing in the UR student handbook, which prohibits “disruptions,” and “interruptions,” is too vague and may be vulnerable to abuse by the administration. Greven was careful to make a distinction: “We don’t believe the current administration will take action to silence students, we just want to put this initiative in place to prevent it from ever happening in the future.”

RCSGA first proposed “A Resolution Concerning Free Expression” in April 2018, which called for “the administration of the University of Richmond to take immediate steps to develop a comprehensive policy on freedom of expression.” The resolution states that “the University of Richmond does not have a clearly defined policy on free expression” and points to the University of Chicago’s free expression commitment as a standard.

RCSGA, as well as the Westhampton College Government Association, ended up passing Greven’s resolution last semester, but it stalled when it reached the University Faculty Senate. The president of the Faculty Senate, Jane Berry, withdrew a motion to create a task force for developing a new free speech policy in November 2018.

One of the reasons for the opposition came from Grollman, the professor who leaked the Snapchat video of the gingerbread house.

“As we have already consistently invited conservative, bigoted, and offensive speakers to campus with no ‘uncivil’ disruption, I wonder whose speech is currently constrained on campus (the short answer: members of minority groups),” they wrote in an email to faculty.
“Definitely felt like I wasn’t a person.”

I didn’t feel endangered, but I definitely felt like I wasn’t a person.

- Lassiter
12 HOURS IN DHALL
AND THE 12 LESSONS I LEARNED

BY MOLLY BRIND’AMOUR
FOR RICHMOND STUDENTS, the dining hall is a necessity – if you live in the on-campus dorms, you’re required to buy an unlimited swipes meal plan. As a senior, I wanted to maximize my last year with the Heilman Dining Center and answer a question I’d thought about since freshman year: what would it be like to spend 12 hours in dhall?

7:30 a.m.
I’ve always had this feeling that you could learn a lot about dhall by staying in it from open to close.

Aside from one group in the second room that looks like athletes, all the students in the dining hall are sitting alone when I walk in a little before 8 a.m. The first room is actually completely empty, and the third room has just three or so other students. I camp out at a booth near the front of the third room.

It’s so nice to see dhall looking peaceful. It’s also very, very surreal.

Lesson 1: Breakfast dhall is an entirely different dhall.

8:12 a.m.
I’m realizing that I’ve never been patient enough, or awake early enough, to go to the omelet station. I return to my table with some pumpkin bread, a biscuit, and an omelet. Needless to say, it’s pretty good, although I’m not sure if I could ever wait more than ten minutes for it. My entire meal is a solid 10/10.

Fridays are often “trayless Fridays” but today is definitely an exception. Sometimes the tray stations are blocked off, which provides enough social pressure to discourage tray use, reportedly reducing food waste.

Despite rumors that girls in dhall don’t use trays, in my trip across the second and third rooms, a clear majority of the people I see, particularly those sitting alone, are using trays.

People say that trays make them afraid of dropping everything, but honestly? I believe that trays provide essential stability. Let’s say that the typical person wants, at a minimum, one meal plate and a drink. You have two hands. If you want a hot drink, a dessert, a side, you’d have to balance that somewhere in your arms, which makes the risk of spilling even higher.

Lesson 2: People do use trays. But like eating alone, it’s a third-room thing.

9:03 a.m.
It’s officially been an hour, and somehow this little milestone has made the rest of my task seem even more daunting. There’s still two hours until lunch, and eight hours until dinner. I’m realizing that I don’t think I’ve ever spent 12 hours in one place besides my home, or someone else’s home. I’ve certainly never spent 12 hours in one public place. I’m already contemplating lying down in a “casual way.” Do people ever sleep in dhall? I’m interrupted by a loud, intermittent banging sound from somewhere outside dhall that is infrequent enough to be unpredictable but frequent enough to be extremely annoying.

9:16 a.m.
Selena Gomez’s “Back to You” starts playing on the radio. It is a cruel irony for someone doomed to continue returning to the Spider Grill, over and over, for 12 hours. I get a literal chill at the thought of how many times I may have to hear this song before close.

9:35 a.m.
My usual wake-up alarm goes off, which serves as a sobering reminder of the fact that, were it not for this ridiculous decision, I’d be in bed, probably thinking about going back to sleep. That life seems so far away.

9:45 a.m.
By far the low point of this morning is when I go to the bathroom to escape the ice-cold room and the similarly chilly omelet. Here’s one well-known dhall grievance: there’s only one non-men’s bathroom inside the dhall swipe zone. Another vaguely upsetting thing is that the bathroom cleaning log is dated to last Thursday, almost a week ago. The third upsetting thing is that the second room is noticeably colder than the already-chilly third room, and the first room is even colder than that. The fourth upsetting thing comes when I start to think about other ways to visualize the time I have left in my experiment. I’ve done almost two hours, which leaves me with ten hours left. That’s like doing this whole morning five more times, complete with the omelet and “Back to You.” Another way to visualize it is like going through an entire eight-hour work day, and then taking an extra two hours to sit in the parking lot of your job and cry. The banging starts again.

9:54 a.m.
I am fortunately distracted by the person in front of me who is working on eating four hard boiledhardboiled eggs. In the interest of full disclosure, it’s important to note that I actually like dhall. I genuinely enjoy the menu items. I can always find something that I want to eat, and I feel pretty content just hanging out and studying or talking with friends here. This is important background, right now, because I’m legitimately worried this experiment is ruining dhall for me. By forcing myself to spend an unnaturally long amount of time here, am I altering the very nature of the dining hall, which hinges on it being a place people actually want to go?

Lesson 3: Spending all day in dhall makes dhall a much less pleasant experience.

Also, the playlist needs some work.

10:09 a.m.
It takes literally everything in me to finish my omelet, but I do it anyway. One more victory against food waste. As I get up, I notice the room has really filled out. There are only 11 empty tables, in a room of at least 40.

11:06 a.m.
My mom texts in our family group chat, asking what I’m doing this weekend.

“Spending 12 hours in dhall,” I type.
“What the…” she responds.
“Is it a food festival?” asks my dad.

11:25 a.m.
I’ve just hit my article limit on Vanity Fair. This is going to be a long day. I decide to download the Heilman Center’s “Edible Bytes” app. Could this be the game-changer my dining hall experience has been lacking?

“Edible Bytes is a nutrition app,” reports the Dining Services website. In fact, it is not an app at all. It’s just a mobile-friendly website. This is a huge disappointment. I was really looking forward to be able to quickly look at menus from my phone and also to be the type of person who deletes Instagram in order to have room for a dining hall app.

11:30 a.m.
The “app” is pretty cool. Not only can you see all the nutrition information for the menu items, but there’s a function where you can add up all the nutrition information and see how your whole meal looks.

11:41 a.m.
I immediately regret ever going near Edible Bytes. My nutrition summary is absolutely horrifying. I’m only on my first meal, and I’ve already hit 85 percent of my saturated fat for the day. I’ve also eaten
191 percent of my day’s recommended cholesterol. As it turns out, I don’t have any grasp on what a healthy breakfast is.

**Lesson 4: When it comes to Edible Bytes, ignorance is bliss.**

*12:15 p.m.*

I take a momentary break from marinating in my own poor decisions to get some words of wisdom from my friend Jeff Lowe, a junior, who I spot sitting at a nearby table.

“Everyone fucking loves Indian bar,” he explains. “It was a staple. Why take it away and replace it with philly sub bar? Nobody likes that.”

And as for Edible Bytes, he agrees with me: “It’s cool but depressing.” “At the end of the day,” he says, “I always have to remind myself there’s lots of other schools that have it worse…if not the most…they’re doing close to the most.”

*12:35 p.m.*

Before I embarked on this experiment, I emailed Tyler Betzhold, the executive chef, asking for his recommendations for today. If I was going to spend 12 hours having the full “dhall experience,” I wanted to do it right.

It’s actually lunch time, and I’m surprised by how I’ve managed to last this long without getting another meal out of boredom. I decide to follow Chef Tyler’s advice.

“On Hemispheres ‘this is not public yet,’” he wrote, “We will have our grilled cheese station that we will be switching to that will replace our sandwich station that we are currently offering (offered all day).”

Very cryptic. He also suggested that I try the crab cakes. With this in mind, I pick up a crab cake, a half grilled cheese, and some of the vegan tomato soup. For some reason, they only have vegan soup, and like Jeff pointed out, the ladle really doesn’t fit the soup container.

While I wait for my grilled cheese, I can hear the girl in front of me talking to her friend.

“I’m going back to bed,” she says. Girl, I truly wish I was you. Here’s another dhall hot take: why are there so few napkins in the service area, where you get your food? This haunts me often. What if you’re making a to-go box? What if you spill something? What if you’re grabbing an ice cream on your way out? A few weeks ago, I accidentally spilled my entire water glass into the silverware containers. It was incredibly distressing. And I could have used some napkins.

**Lesson 5: THERE SHOULD BE MORE NAPKINS. Also, bring back Indian Bar?**

*12:56 p.m.*

A review of lunch: first of all, in re-reading Chef Tyler’s email, he actually did not recommend the soup, like I’d thought. Also, it turns out that he also recommended the avocado bar and the vegan crab cakes.

“Vegetarian we will offer the jackfruit cakes,” he wrote, “which is something we are very excited about, you just need to try it!!”

Two exclamation marks. I am quickly realizing that my attempts to avoid food waste and my attempts to eat everything Chef Tyler recommends are not going to be harmonious. Also, I’m scared that the amount of sodium I’m about to enjoy may cause the Edible Bytes app to crash.

First impressions of that crab cake? Delicious. The immediate second impression is that it tastes like there’s a piece of shell in there. I also get a bite with that unmistakable grit of sand but, again, the flavor is so good and my standards are so low that it’s not going to stop me from eating it. 7/10.

The tomato soup tastes…okay. I would say the worst part is that I put shredded cheddar cheese from the salad bar in it, and that was a pretty bad idea. They’ve gotten kind of slimy and unpleasant. It seems like part of the recurring theme that I create most of my own problems. 4/10.

As for the grilled cheese, the cheeses are definitely delicious. Of course, this is immediately ruined by the addition of roasted red peppers. They slip and slide all around the sandwich and provide an ice-cold addition to each bite that I dread. Dhall, I’m begging. Don’t enable my own bad decisions. I am not wise enough to be trusted to make good choices regarding grilled cheese add-ins. 6/10, but it would be a 9 without those peppers.

**Lesson 6: Using some degree of self-awareness reduces food waste.**

*1:11 p.m.*

Dhall is packed. I can’t see a single empty table in my field of vision, and now, most of those tables have more than one person at them. Someone I’ve never met before asks to sit next to me, which has only happened one other time in my three years here. This is the worst part of the day to try and get a seat. I can see two students venturing deeper into the third room and then turning back around. There is no room at the inn. Tables are now a prized commodity. My prison has become my refuge from the chaos of the 1 p.m. free-for-all.

Let’s be real. Dhall isn’t big enough. Unlike other colleges, we have just one dining hall. Well, that and three incredibly polarizing dining options. The overlap between Tyler’s customers and Passport customers really only happens during salmon bowl season. And as for Lou’s, as a journalism major, I’ve never been. I take pride in this and don’t plan on changing my stubborn ways, even though I’m sure I would genuinely enjoy their soups and salads. It’s the principle of the thing. I texted a marketing major I know and asked if I got “indie cred points” for it. “Yes you absolutely do!!” he responded.

**Lesson 7: Dhall needs more room.**

I’ve decided to channel the voice of the people by sharing the comments on the UR Heard white board. Like many vehicles for student voice, it ranges from the reasonable (“MORE TURKEY BURGERS” “We want Indian Bar back!”) to the cryptic (“Steve’s omelettes” [sic]) and the absurd (“HOT MILK!”).

*2:53 p.m.*

My stomach does not feel good. I am pushed to the limit mentally, spiritually and physically. Also, I cannot account for the last hour. I’m thinking about the pressure there is to get bang for your buck at dhall. As a senior in Gateway, I’m no longer on the unlimited meal plan that all students who live in dorms have to purchase. I’m on spider 40, which gives me only 40 meal swipes per semester along with dining dollars.

Some helpful math you need to do to decide if you should go on
unlimited:

The simplest unlimited plan costs $6,630 for the year, including $800 dining dollars, so you’re paying about $5,830 for meal swipes. There’s 116 days in the fall semester and 121 in the spring, from dorms opening until the day they close. That adds up to 237 days. Then, you can factor in the cost of dhall meals for students: $7.50 for breakfast, $10 for lunch, and $12 for dinner, on typical days. That’s an average price of about $9.83 per meal. Dividing the $5,830 you paid for the meal swipes by the 237 days in the school year means you must spend $24.60 per day in swipes. So you only begin “breaking even” with the money you spent if you eat 2.5 meals a day at dhall. That means you have to eat at least 2.5 meals every day, even on breaks, to get your money’s worth. And then, you still have to find a way to spend your $800 dining dollars. This is why I am not on the unlimited meal plan anymore.

Lesson 8: Do not get the unlimited meal plan in the apartments unless you are obsessed with dhall.

3:23 p.m.

In the boring, quiet moments of “transitional time” between meals, I dig into the Collegian archives, interested in finding out a little bit more about this place that I’m currently calling my home. I find this quote, from an article by Fiona Carmody: “We have professional chefs at our dining hall (no, seriously -- one even won a BBQ rib throwdown against Bobby Flay) …”

I spend an embarrassingly long amount of time running searches related to “bobby flay university of Richmond” through Google until I deduce that while the Beat Bobby Flay throwdown did occur in 2007 on UR’s campus, the challenger was from Buzz and Ned’s Real Barbecue, not University of Richmond.

Lesson 9: Our chefs did not beat Bobby Flay.

3:27 p.m.

“You look like you’re sick of everything,” says my roommate, Rosina D’Angelo, who has stopped by for moral support.

Unlike me, Rosina has taken on challenges like this before. She once spent a full day in the Boatwright Library.

“I took breaks to like go to 8:15 and get food,” she explains. “But I didn’t leave the building for like, 24 hours. That was the time when I, like, brought my toothbrush. If you’re gonna be there over 24 hours, you’re gonna need to do that.”

Suddenly, 12 hours doesn’t seem so long.

4:06 p.m.

“Back to You” is back on the radio.

4:41 p.m.

Is this the worst hour yet? This is a question I ponder every hour. I don’t feel nearly as miserable as I did at the start of my day. But it still seems somehow unreal that I still have over three hours left. It’s dead quiet.

I meet a kind employee named Robert Johnson. When he asks me how I’m doing, I can’t help but share my self-imposed challenge. He provides his own two cents.

“There’s never a dull moment,” he says. “I’ve seen a couple food fights.” He also believes the second room is the most popular, and surprisingly enough, he enjoyed Midnight Munchies. “It was like a club in here.”

Lesson 10: Forcing yourself to spend an unfortunate amount of time snacking in dhall is nothing compared to actually having to work there.

“God is a Woman” is playing for the fourth time, quickly chased by Weezer’s “Africa.”

I go for rosemary couscous and an assortment of dim sum. I’m actually getting my appetite back, as well as my zest for life. The finish line is in sight this time. Also, everything is delicious. I may never forgive dhall for taking away gyro station AND Indian bar, but Mediterranean bowl and dim sum are worthy additions.

6:54 p.m.

It’s a Friday night, and dhall has started to clear out. I’ve seen it through so many stages now. I send my roommate on an assignment to do a walk-by of the room and gather information on what most people are eating tonight. Chef Tyler had recommended wheatberry chili, vegan pita pizza and chicken cacciatore. The verdict? “Majority of the people are eating tonight. Chef Tyler had recommended wheatberry chili, vegan pita pizza and chicken cacciatore. The verdict? “Majority burgers, fries, grilled cheese, pasta, dessert,” Rosina reports. So much for the gourmet picks.

Lesson 11: We love our comfort food. Bring back gyro station?

7:12 p.m.

To kill the last, painful hour, I decide to dedicate my time to painstakingly logging everything I’ve eaten up until this moment into Edible Bytes, which has conveniently deleted all my previous inputs.

7:36 p.m.

The final tally? 217 percent of my saturated fat, 248 percent of my cholesterol and 171 percent of my sodium. And 100 percent of my daylight hours. What’s perhaps even more unsettling is that I’ve been here long enough to see some of the same people I saw at lunch returning, to the same areas, for dinner. This is unsettling because it’s physical proof that life goes on outside this time warp I’m stuck in. I wonder if I’ll think about this every time I go to dhall. Will it follow me to graduation? Will I be able to return for my reunion in 20 years without thinking about this place, about these endless 12 hours?

7:57 p.m.

With three minutes til close, there are still more than a dozen tables occupied in the third room alone. I start packing up. Will I miss this place, when I’m finally free? This seat that I have worn down for 12 hours, this table that has held so many plates?

8:00 p.m.

I return to my apartment after dark has already settled, a husk of the innocent woman I was at the start of this experiment. My phone is at 22 percent, and my stomach is at 110 percent. I may have survived, but I am broken.

It would be weeks before I returned to the dining hall.

The final lesson: Dhall, like omelets and lodges, is best in moderation.
In the middle of the University of Richmond sits Westhampton Lake, one of the defining features of the school’s scenery — but it may be in trouble.

Purchased alongside the original campus for Richmond College in 1910, Westhampton Lake continues to remain a part of the UR campus. Feeding into Little Westham Creek, to East Branch Tuckahoe Creek, and draining into the James River, Westhampton Lake affects more than just the student population on campus. In fact, there is an entire ecosystem surrounding the lake, as many students can observe with the ducks and geese that populate the campus. However, the lake is not as pristine as it once was. While there seems to be no imminent danger to the lake in its current state, there are issues that, if left undressed, could cause issues in the lake down the road.

Peter Smallwood, an associate professor of biology, has been at the university since 1997. Since he arrived on campus, he has collected information on many of the organisms that live in the lake. He mentioned that there were differences in the wildlife from when he first arrived on campus and now. One of the main reasons he attributed these changes in wildlife was the dredging done by the university every year. Dredging is when people go into a body of water and clean out the bed of the body of water by scooping out the excess mud and weeds at the bottom.

“When I arrived, they would lower the level of the lake to dredge every third year, then every second year, and now it’s every year,” Smallwood said.

Smallwood pointed out, however, the importance of the dredging of the lake. If the dredging is not performed, and all the excess silt and dirt is left to accumulate at the bottom of the lake, then it would become more shallow, he said. This would cause the water to heat up more, and restrict oxygen from being concentrated enough in the water, causing a large amount of the fish population to die. It would not take too long before the lake would turn into a mudflat, he said.

The importance of the yearly dredging of the lake was also emphasized among members of University Facilities. According to facilities staff, the silt that accumulates at the bottom of the lake mainly comes from the erosion of the surrounding area. This includes erosion from both the residential private homes upstream of the lake, as well as the surrounding parking lots that are also upstream from the lake, such as X-Lot. Michael Torquato, one of the landscape supervisors for University Facilities, explained the process for dredging the lake. Members of the facilities department drain the lake approximately six feet to access the silt at the bottom of the lake in many areas of the lake. They then use an excavator to remove large portions of the silt, which is then transported to a landfill off campus. The lake is then left to return to its normal height using with rainwater.
Rob Andrejewski, director of the Office of Sustainability, pointed out the issues with the yearly dredging of the lake. He explained how the constant dredging and draining cause “turbidity,” or the constant mixing of dirt with water, in the lake. This, in turn, causes the water to look and remain murky.

Andrejewski said that besides the issue of the sediment, the lake was overall a “healthy body of water.” He discussed the topics of algal blooms potentially becoming a problem if they developed on the lake -- which is exactly what greeted students arriving on campus at the beginning of the fall 2018 semester, when the lake’s bright green color elicited multiple questions. Smallwood explained that an algal bloom happens when there is a rapid growth of microscopic algae or cyanobacteria on the water. As the organisms die, they release nitrogen into the water, causing the oxygen concentration in the water to drop to an unhealthy level for the organisms in the lake, resulting in the dying off of fish in large numbers.

Unfortunately, sometimes the remedy to one problem can cause trouble with something else. Allison Moyer, the landscape manager for University Facilities, explained how there are air pumps under the surface of the lake that are used to make sure there is enough oxygen circulating in the water. This process causes movement in the lake, which helps to prevent the algal blooms from happening, and also prevents the lake from freezing in the winter. This attracts ducks and geese to Westhampton Lake, as all the surrounding water sources may be frozen over.

Paul Sandman, the integrated pest management specialist for facilities, mentioned the issue of the geese and ducks on campus. While having the animals on the lake is not a bad thing on its own, results from water quality tests showed that the total level of coliform bacteria in the lake is much higher than the United States Environmental Protection Agency suggests it should be for recreational use.

Coliform bacteria is the family of bacteria that contains E. Coli, which is found in the waste of animals. The EPA recommends that the limit for E. Coli found when testing the quality of the lake be no higher than 126 colony forming units (cfu). Results from the tests performed by facilities shows that the lake can contain averages ranging from 516 cfu to 1298 cfu based on test locations around the lake. This means that the lake is, according to EPA standards, not safe for recreational use. This is one reason that the school advises students not to go into the lake.

“We’ve already said for years ‘Don’t go in it,’ the police department doesn’t want anybody in it,” Sandman said.

While an email from the Student Health Center said that there have been no cases of students becoming sick from falling into, or ingesting water from the lake, the number of bacteria in the lake can easily cause someone to become ill. To put it into perspective, the EPA recommends that any water used for drinking have zero cfu of E. Coli.

There are currently active attempts to try to reduce the number of bacteria in the lake, first and foremost, by stopping the increasing size of the goose population on campus. From scaring the geese off with dogs, to stopping the hatching of eggs, the university continues to find ways to try to reduce the population. One of the most recent attempts involved putting up the signs that inform people not to feed the waterfowl. This has caused the geese to rely less on people for food and could signify to the animals that they may have to migrate, especially as students go off campus, such as in the winter or summer.

Smallwood, Andrejewski and the facility staff all agreed that climate change, in general, was having its toll on the lake. Smallwood said that as the environment continues to get warmer, the lake will too. The warmer the water is, the less oxygen it can hold, which can lead to the large dying off of fish as well. They all did agree, however, that there were ways to help improve the quality of the lake. From partnering with other departments on campus, to having students also get involved and even by making changes to the way things such as parking lots around campus buildings are built to help stop erosion, they all stated that there was great potential stored in one of the main attractions that our campus has to offer, especially if it continues to remain an attraction to campus.

“The lake was one of the most defining and aesthetic parts of campus,” Christopher Barry, a first-year student, said. “The campus was designed around it. For me, the campus was one of the reasons I finally decided on going to Richmond with the lake firmly being in my mind. It seemed nice.”