Candidates have announced their campaigns for senator-at-large positions within the University of Cincinnati’s Undergraduate Student Government (SG).

Students will be able to submit their votes on Blackboard from 8 a.m. Wednesday, March 13, until Friday, March 15, at noon. Election results will be announced at 6 p.m. March 15.

Here are this year’s candidates and their platforms:

**Chandler Rankin/Abbie Smith**

Chandler Rankin, a third-year economics and political science student, is running for president. His running mate, Abbie Smith, a third-year business analytics and international affairs student, is running for vice president. Both currently sit on the SG senate. Rankin is an external holdover senator, and Smith is a senator at-large.

**Rankin/Smith’s platform goals include:**
- Provide mental health training to faculty and staff to offset the university’s high demand for counseling services
- Establish a fund to cover medical costs for survivors of sexual assault to receive forensic exams
- Ensure a safe environment for minority demographics and faculty education on equity, inclusion and social justice
- Collaborate with University Health Services to make healthcare more accessible for students
- Expand composting in dining halls
- Offer phone/tablet/laptop charger rentals in Langsam Library
- Expand Learning Communities
- Provide clickers and computer software for classes
- Offer shuttle service for Career Fair participants that receive job interviews downtown

**Sivani Alla**

Sivani Alla, a second-year medical sciences student, centered her campaign on four platforms: creativity, accessibility, transparency and sustainability.

**Alla’s platform goals include:**
- Develop a bright mural designed by UC students on the exterior of Langsam Library
- Create a “Rest+Reboot” station on campus with massage chairs to ease student stress

**Meet your 2019 student government candidates**

**SG Candidates** Continued on Page 3

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**Here are the Bicentennial Community Week events**

**KEELY BROWN | NEWS EDITOR**

The University of Cincinnati has announced its “Bicentennial Community Week,” presented by The University of Cincinnati Foundation. The event will take place the week of April 1-6.

Here’s a list of the upcoming events, according to the UC bicentennial website.

**Analytics Summit, April 1-3**

The three-day business analytics conference, presented by the UC Center for Business Analytics, aims to increase knowledge about analytics topics, tools and trends used by industry experts.

**Research and Innovation Week, April 1-5**

R&I Week will honor the university’s 200 years of research. It aims to celebrate inclusivity and innovation at UC, and highlight the societal impact of researchers’ work.

**Day of Giving, April 2**

Students can join teams of ambassadors designed to unleash school spirit. Learn more at dayofgiving.uc.edu.

**Equity and Inclusion Conference, April 3**

The 11th annual equity & inclusion conference will encourage both individuals and organizations to build diverse and inclusive environments.

**Bicentennial Alumni Celebration, April 4**

This annual event recognizes the contributions of UC alumni. The night will consist of presentations, dinner and a reception.

**Bearcat Block Party, April 5**

Students, faculty and staff will celebrate the end of the year with free food, UC Student Government inaugurations, games, giveaways and prizes on Main Street.

**Bicentennial Community Day, April 6**

This event, from 8:30 a.m. to 2 p.m., will feature academic and athletic experiences, family-friendly activities, health screenings and entertainment.
The struggle for justice

ELIZABETH SCHMITT | FEATURES EDITOR

Pictures can be worth a thousand words, but The Cincinnati Project (TCP), a research initiative in the College of Arts and Sciences, aims to flip that idiom in its latest exhibition, “What Is and What Can Be: Women of Color and the Struggle for Justice.”

Its founders, director Jennifer Malat and sociology professor Earl Wright II, first conceived TCP in 2013. Through research, the organization works to promote equity throughout the city.

“We wanted to find a way for all the knowledge and resources we have as a university to help make our city a better place,” Malat said.

This ambition led TCP to begin closely collaborating with several of its community partners. The initiative works with 30 community organizations and more than 400 University of Cincinnati students, faculty and staff at any given time.

Through research, TCP found a need to amplify the voices of women of color in Cincinnati. After three years, the initiative showcased its research to the public.

Turning research into an exhibition
Promoting women of color is a unifying point for the various research projects TCP conducts. It’s what led the organization to focus its exhibition on amplifying voices.

The exhibition’s curators, associate anthropology professor Stephanie Sadre-Orafai and assistant communication design professor Matt Wizinsky, worked with a team to brainstorm these five questions that frame three different TCP research projects into a single cohesive exhibit:

• What is home?
• What is community?
• What is ours?
• What is fair?
• What is action?

Each of these questions are featured in large, bolded font on panels throughout the exhibition. The curators also created nine booklets for people to take home after visiting the exhibition — all of which can be viewed as PDFs on the TCP website.

These booklets encompass the work of Dr. J.T. Roane and Dr. Anjali Dutt’s “Archiving Activism” project, which recorded the oral history of activists throughout the city. The booklets also contain Dr. Carolette Norwood’s qualitative study “Place Matters,” which chronicles the impact of violence on black women’s sexual health in Cincinnati, and “Locked Out,” a research project by Elaina Johns-Wolfe that tracks eviction in Greater Cincinnati.

The physical space, accented by structures with typographic illuminations and benches with bright pink headphones, allows attendees to sit down and hear these women’s voices.

“We were [adamant] about putting women of color in the center,” curator Sadre-Orafai said.

For Sadre-Orafai, the project was a labor of love — one in which she listened to and edited the oral histories featured in “Archiving Activism.”

She particularly enjoyed curating the voice of Brittany Bibb, who now uses part of the main quote from her pamphlet — “You just need to start ... It’s gonna be hard, but you got it. You Black. You dope. It’s all good” — as part of her brand by placing it on t-shirts in her online store.

Students were involved at every level to aid the collection of research, data and record voices, curators said. Munazza Aijaz, a fourth-year graphic communications student, created much of the design for the exhibition and booklets, said Wizinsky.

The final production was handled by the Hot Take Press, a group of students who printed, colorized, cut and assembled the booklets.

“Locked Out”
TCP worked with two organizations — the Legal Aid Society of Southwest Ohio and Housing Opportunity Made Equal — to craft a database that maps evictions rates throughout Greater Cincinnati based on Johns-Wolfe’s research.

Johns-Wolfe taught a TCP classroom course that allowed students to assist her research and define areas of the city with the highest eviction rates.

“Neighborhoods with the highest eviction rates also tend to have the highest rates of poverty and heaviest rent burdens,” Johns-Wolfe said in her research. “The racial composition of neighborhoods is the strongest predictor of eviction rates, too.”

“Archiving Activism”
In their Archiving Activism project, Roane and Dutt explored the power of oral history. From former councilwomen Yvette Simpson to Irate 8 co-founder Brittany Bibb, the researchers archived voices of women from the roots of their communities.

They recorded Maria Cabrera, an immigrant from Mexico who created Casa de Paz — a temporary home for Latina migrant women and children who have experienced trauma and violence — in her native Spanish.

The complete oral histories of the women featured in Archiving Activism can be found on Soundcloud through TCP’s website.

“Place Matters”
In Norwood’s research about violence, women’s health and well-being, she evaluates the daily lives of African-American women in Cincinnati and their elevated risk to HIV and other STIs.

Her study carefully examines the impact of societal social arrangements, actions and policies to see how those structures may bring harm to social groups.

“Black women’s experiences in Cincinnati are compounded by poverty and drug and alcohol use,” Norwood said in her research. “Much of the violence that women in the sample endured went unchecked and unpunished.”

Where to see it
The exhibition was previously hosted in the atrium of the Tangeman University Center from Feb. 17 to March 1. Now, it is on display at the Cincinnati Public Library downtown until March 25.
SG Candidates Continued from Cover

• Add more printing stations on campus
• Post signs for accessible routes in and around campus buildings
• Create a job fair and increase visibility of on-campus work positions
• Create a user-friendly database for students to access statistics on classes and professors
• Organize a spring cleaning sale where students and organizations can resell old items

Kofi Amponsah
Kofi Amponsah, a second-year biological sciences student, based his platform on the saying, “Life isn’t about finding yourself, it’s about creating yourself.” His campaign’s Twitter bio states that he hopes to inspire students to create their own passion through genuine encouragement, passionate conversations and memorable service.

Amponsah’s platform goals include:
• Create new programs to train student organization leaders on conversation and leadership skills
• Improve UC shuttle services to encourage student involvement

Teja Bollimunta
Teja Bollimunta, a second-year chemical engineering student, is the chief-of-staff for the current SG administration.

Bollimunta’s platform goals include:
• Build a relationship with tourist attractions, including museums and professional sports teams, to request discounted student tickets and expand shuttle routes to these locations
• Expand Bearcat Card service to new vendors on campus and downtown
• Offset textbook costs by creating a textbook bank for students
• Start a research career fair with a “hands-on learning experience”
• Implement a co-op car policy with local car dealerships to lease vehicles to UC students during co-op semester rotations with an opportunity to purchase the car after the lease expires
• Create a carpool platform for students to find rides to work

Reiley Cowart
Reiley Cowart, a second-year medical sciences student and SG’s director of federal policy, focused her campaign on four platforms — sustainability, affordability, academic accessibility and mental health.

Cowart’s platform goals include:
• Implement composting in dining halls and partner with local sustainability efforts
• Advocate at a state level for tax-exempt textbooks
• Increase the per-semester credit-hour maximum from 18 to 21 hours
• Implement a peer-to-peer, non-emergency call service

Gerald Crosby
Gerald Crosby, a second-year marketing student, based his campaign on the slogan, “Alone it’s a fight, together we UNITE. Vote GC for UC.” UNITE is an acronym that stands for update, nurture, invest, teach and energize.

Crosby’s platform goals include:
• Enable credit card payments for vending machines and laundry facilities
• Implement Apple Pay support in dining halls
• Invite marginalized groups from branch campuses to student senate meetings
• Create a site within CampusLink where students can display their work
• Host interactive programs to teach “the importance of politics/SG”
• Create a newsletter that highlights students on social media and encourages volunteering on and off campus

Emma Nurre
Emma Nurre, a first-year information technology (IT) student, based her campaign on the slogan, “New Vision. New Direction. Vote Nurre.” The campaign focuses on six platforms: student debt, sexual assault, transportation and housing insecurity, IT presence, innovation and multidisciplinary collaborations.

Nurre’s platform goals include:
• Combat student debt by raising the campus minimum wage
• Raise awareness about sexual assault by promoting the resources available to students
• Push to require more comprehensive and intersectional Title-IX training
• Work with UC transportation to update shuttle routes
• Create a morning version of NightRide, or give students an Uber, Lyft or Bird allowance
• Install digital locks for lockers in the CRC gym and add Bearcat Card-friendly locks to on-campus housing
• Work with UCIT to update the UC Mobile, NightRide and shuttle service apps
• Promote scholarships, grants and resources available to students through the University Funding Board and 1819 Innovation Hub

Aashka Raval
Aashka Raval, a first-year exploratory student who plans to declare as a computer science student this fall, centered her campaign around four platforms: academic resources, health and nutrition, equity and inclusion and mental wellness.

Raval’s platform goals include:
• Advocate for lower textbook prices
• Collaborate with the Bearcat Pantry so students can donate used textbooks in exchange for volunteer hours
• Add printers to residence halls
• Work with the learning commons to add a resource for students to learn and enhance their coding skills

SG Candidates Continued on Page 4
SG Candidates Continued from Page 3

- Work with the Student Wellness Center to offer free public nutrition and dietician workshops complemented by one-on-one sessions for personalized plans
- Hold LGBTQ+ specific sexual health workshops to spread awareness and establish educational resources for students interested in regular sessions
- Initiate a Counseling and Psychological Services (CAPS) feedback system where patients can fill out a form after each counseling session, allowing the organization to track the progress of each student and provide the most effective treatment possible

Kish Richardson
Kish Richardson, associate justice for SG’s student court, is running a campaign based on four platforms — knowledge, acceptance, respect and empathy — or K.A.R.E, for short.

“I feel that being the voice for the student body is imperative,” Richardson said in an email. “I want to be able to be a voice for the Student Body At-Large, particularly for those minority communities that too often feel as if their voice isn’t truly heard on campus.”

Richardson’s platform goals include:
- Engender change on campus by empowering students to enact change themselves
- Ensure minority communities’ voices are equally represented in SG

Sarvani Vermuri
Sarvani Vermuri, a first-year psychology student, based her campaign on three platforms: “Make Campus Smarter,” “Unify Cincy” and “Invest in Success.”

Vermuri’s platform goals include:
- Integrate live digital updates on parking availability across all UC platforms
- Create digital wayfinding for the quickest routes between buildings and around construction
- Make a point-of-interest map that details gender neutral bathrooms, printers and vending machines
- Implement live traffic updates on school days and during special events
- Expand UC shuttle service to provide transportation to art events in Cincinnati

Faalik Zahra
Faalik Zahra, a first-year biology student, designed her campaign to focus on four platforms: food diversity, resource accessibility, student discounts and campus sustainability.

Zahra’s platform goals include:
- Add halal, kosher and vegan options in dining halls across campus
- Bring back “Boldly Bearcat” ice cream
- Add irons in laundry rooms of residence halls
- Add laptop, phone chargers and headphone rentals in Langsam Library
- Collaborate with food delivery services, including Doordash and Postmates, to acquire a student discount for on-campus deliveries
- Offer more discounts in grocery stores on and near campus

Abbie Smith and Chandler Rankin are the only candidates running for president and vice president for the University of Cincinnati’s student government. PROVIDED BY RANKIN AND SMITH

Rankin, Smith face no opposition in election

For the first time in more than 10 years, two candidates are running unopposed to become student body president and vice president within the University of Cincinnati’s Undergraduate Student Government (SG).

Chandler Rankin, a third-year economics and political science student, and Abbie Smith, a third-year international business and business analytics student, announced their campaign March 1 to become the next president and vice president of the UC student body. Both joined SG in 2017 and currently serve as representatives — Rankin as external holdover senator, and Smith as a senator-at-large and the director of scholarships.

The two met through a learning community freshman year, and both lived in Morgens Hall. Before coming to UC, Rankin and Smith both knew they wanted to be involved on campus, and that interest manifested in SG.

When Rankin first arrived at UC, he was eager to do more things — to meet more people, connect with more students and try to make an impact in several areas, he said. Smith said UC transformed her as a student, and she wants to give back to the school that has made her a better person.

During their respective terms in SG, Rankin and Smith decided to run as a slate to become the 2019-20 student body president and vice president, respectively. When they first announced their campaign, they were surprised to find that they would be running unopposed.

“Our whole theme coming into it was ‘Rise as One,’” said Rankin. “That’s our mantra, our slogan — what we’re really holding ourselves to. [I] didn’t think it would literally be one slate.”

Instead of focusing on trying to beat another candidate, Rankin and Smith concentrated their time on interacting with students. If elected, they plan to focus on fostering connections with the student body and engage with students who don’t feel heard, don’t trust SG or don’t understand what the organization does, Rankin said.

Rankin said there are many things that need to be improved for students specifically.

“We understand the balance of celebrating the university and being proud of the university, but also recognizing that when you love something, you want it to be the best it can be,” said Smith.

“Acknowledging and working to solve UC’s issues are one of the best ways we can demonstrate our pride. With their combined experience in SG, Rankin and Smith hope to be powerful candidates in the upcoming election.

“We’ve become quite familiar with the functions of the different branches,” Smith said, “which gives us the benefit of knowing how this organization needs to run.”

“Progress for us means perseverance and persistence, and that’s something we’re going to be working on every day in office,” said Rankin. “I would ask students to put their trust in Abbie and I — and the rest of student government — for the next year.”
Friday, March 15

CCM Studio Acting Series — “Transmigration”: As defined by Merriam-Webster, “transmigration” is “to go from one state of existence or place to another.” In CCM Acting’s “Transmigration,” six teams of CCM Acting students do just that: perform five original 30-minute shows simultaneously in different areas of CCM Village, allowing the audience to migrate between them. Call (513) 556-4183 or stop by the CCM box office to reserve your free ticket. 7 p.m. Friday, Saturday and Sunday. CCM Village. Free.

CCM Musical Theatre Senior Showcase — ‘Not Famous Yet’: Another CCM theatre event this weekend: The seniors in the musical theatre department perform in the 26th edition of their “Not Famous Yet” showcase, featuring the 2019 class in their last hurrah before their New York City debut. Call the CCM box office or stop by the office in Mary Emery Hall to get tickets. 7 p.m. Friday and 5 p.m. Saturday. Patricia Corbett Theater, Mary Emery Hall.

Saturday, March 16

St. Patrick’s Day Weekend on Fountain Square: It’s finally St. Patrick’s Day — the one day of the year when everyone in Cincinnati who claims to be German can claim to be Irish with no repercussions. Come celebrate the weekend at Fountain Square with festivities running throughout the afternoon: Get your face painted like a true leprechaun, listen to music from Celtic rock bands, chow down on some authentic Irish food and wash it down with some Guinness and green beer. Noon-6 p.m. Saturday and Sunday. Fountain Square, 520 Vine St., Downtown. Free.

Cyclones Hockey Marvel Weekend: Still reeling from superhero fever after seeing “Captain Marvel” last weekend? Head to the Cyclones this Saturday as they take on the Wings for a superpowered evening. As you watch the players, decked out in special jerseys that will be auctioned after the show, you can enjoy special appearances by The Hulk, Spider-Man, Thor and Black Panther. 7:30 p.m. Saturday. UC Bank Arena, 100 Broadway St., Downtown. $15.

Sunday, March 17

St. Puptrick’s Day at 50 West Brewing: Celebrate St. Paddy’s Day with your furry friend at your side at 50 West. There will be plenty of puppy-themed festivities for your very goodest boy or girl while you’re busy guzzling down a cold one. Give your doggo one of 50 West’s Tail Ale doggy beers, treat them to a freeze-dried duck treat from Pugalicious Pet Treats and utilize some props the brewery has set up to take some selfies with your pup. Proceeds will benefit League for Animal Welfare. 2-4 p.m. Sunday. 50 West Brewing Company, 7605 Wooster Pike, Mariemont.

Shamrocks and Shenanigans at Streetside Brewery: Grab your greenest shirt and head to Streetside Brewery for some more St. Paddy’s shenanigans. Streetside’s Irish brews — their Irish Stout and Black Velvet Band — will be pouring all day long for your drinking pleasure. The first 20 leprechauns through the door will get a limited edition T-shirt, so try to arrive early. 7 a.m. Sunday. Streetside Brewery, 4003 Eastern Ave., Columbia-Tusculum.

Get out and do something: March 15 to March 17

LET’S MARCH
UNBEATABLE UC BASKETBALL COVERAGE

St. Puptrick’s Day will be held at 50 West Brewing this Sunday and the proceeds benefit League for Animal Welfare. ISHIKAWA KEN / FLICKR
How to live sustainably on campus

ALEX MARTIN | CHIEF PHOTOGRAPHER

Recycling and eco-friendly living have grown popular in the U.S. over the past couple of decades. As scientific research about pollution rolls in, people have become more conscious about their choices — from biking to work to carrying a refillable bottle.

Living sustainably may seem like an unreachable goal for college students — especially those who live in dorms, where it often feels like every decision has already been made.

University of Cincinnati’s Uptown campus.

“We have a fleet of about 26 bikes that are free,” said Daniel Hart, sustainability coordinator at UC Sustainability. “It’s called the Bearcat Bike Share for students, staff, and faculty to check out [bikes] for up to a week.”

For ridesharing or public transportation, the university offers the following options:

• UC Shuttles — basically a local bus system for Uptown campus
• ZipRide — a ridesharing service that allows students, halls, including On the Green and Market Point. Students can also reduce the amount of meat they consume. UC’s food courts offer plenty of meatless options, and there are even vegan options.

Outside of the dining halls, students should consider where their food is coming from. Locally produced foods mean less energy spent in transportation, which in turn reduces your carbon footprint.

UC’s undergraduate student government plans to bring a farmers market to campus March 28 from

Looking for other simple ways to reduce energy consumption and plastic waste? Try these things:

• Whenever possible, take the stairs instead of the elevator
• Bring reusable utensils when going out to eat — even if it’s just a reusable straw
• Take shorter showers
• If nobody else is in the dorm, turn off the lights when you leave

Start with the closet

One major issue is buying cheaply made clothes, or “fast fashion,” from major retail outlets like H&M. While fast fashion may seem convenient to the average college student, it can also have a detrimental effect on the environment. “These cheap, trendy clothes are filling up our landfills,” said Lucinda Lawson, an environmental studies professor. “Further, they are such low quality (and often made under labor conditions that we, ourselves, could not condone) that they simply do not last and have to be replaced at an alarming rate.”

Buying from thrift stores and consignment shops is a great way to fight the growing trend. By giving clothes a second life, you’ll save energy and reduce the number of clothes that end up in landfills.

A student group on campus, The Sustainable Fashion Initiative, strives to reduce fashion waste and hosts workshops and pop-up markets on campus.

It Takes a Community

While sustainability is partly an individual effort, it’s also something that happens on the community level.

There are several groups on campus dedicated to environmental sustainability. One such club is the Leaders of Environmental Awareness and Protection (LEAP). This group “focuses on promoting recycling, environmental awareness

So, what can students do to decrease their carbon footprint? Check out the list below for some tips on how to live more eco-consciously:

Reconsider your method of transportation

If you want to live sustainably, be mindful about the transportation options you choose. Biking, walking and ridesharing are all great ways to reduce your carbon footprint.

The university even offers bike rentals for students through the Bike Kitchen, located at 101 W Daniels St. on the University of Cincinnati Bike Kitchen offers an eco-friendly transportation option for students, staff and faculty.

UC BIKE KITCHEN

Reduce food waste

Composting is a great way to cut back on food waste. While UC does not give students the ability to compost their own waste, the university has implemented composting initiatives in several dining

10 a.m. to 2 p.m. on Main Street to bring more local foods to campus.

It’s all about the little things

“Every little thing helps when it comes to sustainability,” said Erin LeFever, assistant sustainability coordinator at UC Sustainability. “Things people can do on a daily basis, like drink coffee from a reusable mug, can make a difference. Students can cut out single-use plastic from their lives pretty easily by using a reusable water bottle, reusable bags and reusable coffee mugs.”

University of Cincinnati’s campus has recycling bins placed throughout campus to make it more accessible.

“Sustainability is just by the way that people [relate] to one another,” Hart said. “I think we could work to create a better culture of sustainability by just being better to one another, whether that’s just saying ‘hi’ and acknowledging one another while you’re walking by, or [holding] the door open for someone … I think that’s a big part about creating a sustainable culture, is just being compassionate and good to one another.”
State of every AAC team heading into conference tournament

ZACH FRIES | STAFF REPORTER
SPENCER SCHAUZ | SENIOR REPORTER

The college basketball regular-season has ended. The month of March is two weeks old. The madness is here, and teams still have one last chance to secure a spot in the NCAA tournament by winning their conference tournaments.

Below is TNR’s take on each of American Athletic Conference team heading into the men’s conference championship, which takes place this Thursday through Sunday at the FedEx Forum in Memphis.

No. 1 Houston 29-2
(16-2 AAC)

Without a doubt, the Cougars have been the best team in the conference this year. They proved this in an 85-69 win over University of Cincinnati Sunday to claim the AAC regular-season title. Houston leads the conference in defensive field goal percentage, allowing opponents to shoot just 37.4 percent. On the offensive end, the Cougars lead the AAC in three-point field goal percentage.

Senior guard Corey Davis Jr. is an AAC first-team performer who is capable of catching fire at any time. Junior guard Armoni Brooks averages 13.7 points and 6.5 rebounds per game. Houston is not only the favorite to win the AAC tournament, but is also good enough to make a deep run in the NCAA tournament.

No. 2 Cincinnati 25-6
(14-4)

UC is on a two-game slide after losses to the University of Central Florida (UCF) and Houston. Head coach Mick Cronin called the latter “embarrassing.” How will the team respond? Junior Jarron Cumberland is one of the premier players in the conference, earning unanimous first-team All-AAC honors. UC has struggled finding enough offense to support Cumberland. Senior guard Cane Broome and sophomore Keith Williams are more than capable, but haven’t been consistent. Fighting to improve its NCAA tournament resume, the Bearcats are still good enough to win the conference tournament.

No. 3 Temple 23-8
(13-5)

Temple’s Saturday win over UCF might have locked up a bid for the NCAA tournament, but it’s still not a sure thing. In Fran Dunphy’s last year as head coach, the Owls have a loaded backcourt. Shizz Alston Jr. averaged more than 20 points per game in AAC play, while junior guard Quinton Rose and sophomore guard Nate Pierre-Louis are also averaging double-digits. A semifinal matchup with Cincinnati could prove a compelling rematch, but a hot Wichita State team likely looms before then.

No. 4 UCF 23-7
(13-5)

After two crucial wins over Houston and Cincinnati, the Knights will almost certainly receive a bid to the NCAA tournament regardless of what they do in Memphis. UCF will likely face Memphis in the quarterfinals — which won’t be easy, considering the Tigers walloped the Knights in FedEx Forum in January. Regardless, playing UCF is no fun. They lead the AAC in field goal percentage and rank second in defensive field goal percentage.

The 7-foot-6-inch (yes, you read that correctly) Tacko Fall makes life miserable for opponents inside, while BJ Taylor and Aubrey Dawkins are solid, experienced backcourt mates.

No. 5 Memphis 19-12
(11-7)

If there’s a “sleeper” in this year’s tournament, it’s the University of Memphis men’s basketball team huddles before the last home game against Houston on Sunday, Mar. 10, 2019 at Fifth Third Arena. ALEX MARTIN | CHIEF PHOTOGRAPHER

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No. 5 Memphis 19-12
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If there’s a “sleeper” in this year’s tournament, it’s the
Here’s why Cumberland was benched

SPENCER SCHULTZ | SENIOR REPORTER
MATT HUFFMON | SPORTS EDITOR

During the University of Cincinnati men’s basketball team’s 85-69 loss to the University of Houston Sunday afternoon at Fifth Third Arena, UC head coach Mick Cronin elected to put his leading scorer, junior guard Jarron Cumberland (18.4 points per game), on the bench with six minutes remaining in the second half as the Bearcats trailed by 12 points. Cumberland finished with 20 points on 4-of-11 shooting. He drew 10 fouls in his 28 minutes, knocking down 9-of-12 free throws.

Cronin said his decision to sit Cumberland was made to protect him from an injury, as UC begins play in the American Athletic Conference (AAC) tournament Friday evening.

“We weren’t going to win,” Cronin said. “He was not rotating defensively… It doesn’t matter. If you don’t rotate defensively, you don’t rebound — plus, he’s had a long year. What is the point in getting him hurt?”

Cumberland has appeared in all 31 games for UC this season and averages 32.1 minutes per game.

“He’s the only guy that needs a little bit of rest,” Cronin said. “Jarron couldn’t stand up in the last six minutes. He was asking to come out of the game. We were on defense the whole game almost.”

Although the Bearcats were outrebounded 22-13 in the second half, Cronin said his team’s performance in the first 20 minutes is the reason UC lost the game.

“We blew any chance to win that game in the first half when we got out of character,” Cronin said. “[We] started trying to get into a shooting match with a team that shoots the ball way better than us. We had the game at our pace. Could’ve won the game and just gave it all away in the last six minutes of the first half.”

Cronin offered props to Houston for its performance over the course of the game, as the Cougars were led by 31 points from senior guard Corey Davis Jr. He led the Cougars’ second-half charge with 17 points and four assists.

“Great passing, great shooting,” Cronin said. “[Houston] finds the open man and they make shots. Let’s give them credit now. Davis made a lot of guarded shots. But it’s just opportunity. They got 65 shots.”

Houston made 18 of 36 shots in the second half to finish 30-of-65 (46 percent). UC was left shell-shocked, making only nine shots in the second half.

“Today, we just got outplayed,” Cronin said. “[Houston’s] got a great team, and we gave them too many opportunities. The dam broke. But it can’t be OK … The day I allow that to be OK, I’ll be in trouble. My career will be in jeopardy.”

When asked about Cronin’s lineup choice toward the end of the second half, UC junior center Nysier Brooks opted not to speculate on the decision.

“It’s just whatever strategic [Cronin] had in his head,” Brooks said. “That was him. I can’t speak for him.”

Following the game, UC Athletics Communications did not make Cumberland available to media.

Opinion | Cronin’s outburst after Houston loss aims to motivate players

MATT HUFFMON | SPORTS EDITOR

“I don’t send messages,” University of Cincinnati head men’s basketball coach Mick Cronin said sternly after his team was outplayed by the University of Houston 85-69 Sunday at Fifth Third Arena. “If I’ve got something to say, I say it.”

At that moment, I was glad to be in the media room and not the locker room. I doubt there was much chatter between Cronin and his players about which barbecue spot the team planned to stop at during its trip to Memphis for the American Athletic Conference tournament this coming week.

It wasn’t just a loss at home for UC — a rarity considering the success rate Cronin’s teams have seen within the walls of Fifth Third Arena over the past few decades. This was a loss on Senior Day that handed Houston the AAC regular-season championship outright. With a win, the Bearcats would’ve shared the title with the Cougars.

That’s why this one will sting for Bearcats fans. Perhaps not as much as blowing a 22-point lead to the University of Nevada in the NCAA Tournament last year, but it ranks pretty high up on the list of crucial games where the team failed to get the job done.

“I may call Coach Fickell,” Cronin said. “We’ll see. I don’t know [when] his guys start spring ball. We’ll have tryouts tomorrow at 3 o’clock. I’m not being funny. Three o’clock tomorrow, we’ll have tryouts to see who goes to Memphis.”

As far as mentioning Fickell, Cronin was likely poking fun at the football team having a slam-dunk contest in Fifth Third Arena last week.

If Cronin’s players hear that their head coach may consider recruiting football players to take their spots, they should be motivated to play with the highest amount of intensity that is humanly possible over the next few weeks.

Whether he’s joking or not, if I was one of his players, that quote alone would be enough motivation to make me want to run through a brick wall. Of course, there won’t be any UC football players suiting up on the hardwood in Memphis. It’s far too late in the season for a bold move like that.

“See, the beauty of college [basketball] is you keep your scholarship,” Cronin said. “But if you’re going to get on the plane and represent the team that I coach, you’re going to block out, and then you’re going to go after the ball. That’s not really rocket science.”

He’s got a point. Houston won the rebounding battle, 42-28.

Rebounding is on the players — not the coaches. It’s an effort statistic. Cronin can’t check himself into the game and try to grab loose balls like he did at La Salle High School on the west side of Cincinnati back in the day. If he could, he would’ve done so a long time ago.

It comes down to the desire of his players to compete when things aren’t going their way, and obviously, Cronin didn’t like what he saw Sunday.

When it comes to Cronin speaking his mind, his words are in the hopes that the media will criticize his players. His players are human. They eventually hear what people are saying about them, just like any other person would. All that’s left to do is wait and see how they respond.
The power of shaming

Corey Foster | CONTRIBUTOR

The #MeToo movement is a delayed fire alarm for an issue already engulfed in flames. The campaign shouldn’t be seen as the solution to the problems women face in society; rather, it’s the beginning of a difficult conversation that must be heard. #MeToo has raised awareness toward sexual harassment and sexual abuse, but sadly, it has not changed society’s outdated gender roles for women or mitigated the sexual objectification of women — nor has it impacted how men treat and interact with women.

Enters social media profiles like “She Rates Dogs,” a Twitter account dedicated to exposing lewd, disrespectful texts from men. These posts are proof that most men don’t know how to communicate with women and feel a sense of entitlement when doing so. This entitlement must end. Women don’t owe men anything. If she doesn’t want it, it’s time we officially retire catcalling, unsolicited dick pictures, “locker room banter” and using personal attacks when reacting to rejection.

Men can be better than this. It’s time we change.

Hold Kim responsible for Otto Warmbier’s death

Samuel Schell-Olsen | SENIOR REPORTER

Last Thursday, negotiations in Vietnam between President Trump and North Korean dictator Kim Jong-un to denuclearize North Korea were unfruitful. After the summit, Trump was asked whether he held Kim responsible for the death of Otto Warmbier, an American citizen who was imprisoned and tortured under the Kim regime. This was a no brainer. The correct answer was “yes.” Trump didn’t see that way. “I don’t believe he knew about it,” Trump told reporters last week. “He tells me that he didn’t know about it, and I will take him at his word.”

Wait, what? “I don’t believe that he would have allowed that to happen,” Trump said. “Just wasn’t to his advantage to allow that to happen. Those prisons are rough. They’re rough places. And bad things happen. But I really don’t believe he knew about it.”

This is such a gross answer, Mr. President. Kim knew, and you know it. After Warmbier died, North Korean officials issued a statement that their country was the “biggest victim” from his death. Officials even claimed their treatment of him was “humanitarian.” Their treatment was so humanitarian, in fact, that Warmbier suffered severe injuries to all areas of his brain during his imprisonment. Doctors noted “extensive loss of brain tissue in all regions of the brain.”

After facing blowback, Trump tweeted Friday to address his previous comments. “Otto Warmbier will not have died in vain,” he said on Twitter. “Otto and his family have become a tremendous symbol of strong passion and strength, which will last for many years into the future. I love Otto and think of him often!”

Mr. President, you still haven’t held Kim responsible. Are you really so invested in peace negotiations that you can’t acknowledge simple truths? Otto Warmbier was a Cincinnati native who attended the University of Virginia and was unfairly imprisoned for more than a year in North Korea. Warmbier was detained for allegedly attempting to steal a poster from his hotel. The act was so sinful in the eyes of the Kim regime that the government-run Korean Central News Agency (KCNA) said Warmbier had been detained for “a hostile act against the state.” Warmbier was sentenced to 15 years imprisonment with hard labor, and the Human Rights Watch described the sentencing as “outrageous and shocking.”

On June 13, 2017, the State Department obtained Warmbier’s release. Physicians at the University of Cincinnati Medical Center said he was in a “state of unresponsive wakefulness,” also known as a persistent vegetative state. Warmbier died June 19, 2017, at the young age of 22. Recently, White House national security adviser John Bolton said North Korea should give a “full explanation” regarding what happened to Warmbier. Why bother? We already know what happened. An authoritarian country led by an evil dictator abused an American citizen until his body was broken. The family doesn’t need more pain. We need results.

Since Warmbier’s death, there have been two historic summits between the U.S. and North Korea — one of the worst violators of human rights in modern history. If Trump truly believes in putting “America First,” then he will surely put Warmbier, an American citizen, above an evil foreign dictator.

Mr. President, Otto Warmbier deserves justice. You must hold Kim responsible.
‘Fitstagrams:’ a public health issue

SAMI STEWART | MULTIMEDIA PRODUCER

The 21st century’s version of a fitness craze has used Instagram as an aggregate to push unrealistic body standards onto a huge pool of impressionable followers with self-esteem issues. Fitness Instagram “influencers” are dangerously misleading their followers into believing that their Barbie-status bods are easily obtainable when there are so many versions of healthy bodies that cannot fit into single-digit-sized jeans.

Neglecting to acknowledge body type diversity and promoting pyramid schemes backed by pseudoscience is creating a viral public health issue — and that’s not to mention the number of fitness Instagrammers who edit their photos to make their waists smaller and their thigh-gaps bigger. A popular subreddit, r/InstagramReality, is the internet’s designated space for calling out fashion bloggers and fitnessgrammers for their not-so-inconspicuous Photoshopping. A quick scroll through the feed will debunk any beliefs you had that any Instagram body you’ve laid eyes on is real.

Let’s consider extreme photo editing as the exception instead of the rule. Even the surplus of self-proclaimed internet influencers who keep their feeds free of retouching are setting a nearly impossible standard for most of their tens of thousands of followers. Realistically, there are so many more important things in life to concern yourself with than being “Instagram famous” or caring about someone who is.

While it’s easy to shrug off body image in the grand scheme of things, it’s an inescapable concern for all humans — simply having a body entitles you to be needlessly concerned with the way others perceive it. In fact, nine in 10 girls are unhappy with their bodies, according to a social media study conducted by the Royal Society for Public Health (RSPH) — and scrolling through feeds littered with impossibly skinny bodies pours salt into the wound.

RSPH surveyed almost 1,500 young people between the ages of 14 and 24 about the relation between social media sites, mental health and discussing related issues. The participants of the study pegged Instagram as the least positive platform. Its image-driven feed puts trendiness and skinniness at the forefront of the algorithm and spoon-feeds users a more perfect version of themselves. It’s not hard to feel bad about yourself after spending some time scrolling your Instagram feed.

At the end of the day, it comes back to reminding yourself what’s real and what isn’t. Just like the monsters under the bed and the creatures from your nightmares, you must recognize the silliness in believing that anyone’s Instagram presence remotely reflects their everyday life — let alone the so-called “influencers” who adopt an agenda to maintain their image.

Being a vegan and counting calories doesn’t make you a nutritionist. Spending 20 minutes on an elliptical and taking a mirror selfie in the locker room doesn’t make you a trainer. Having more than 10,000 followers on Instagram doesn’t make you influential. Conforming to society’s skewed body standards doesn’t make you healthy.

Podcasts: The purest form of free speech in modern media

COREY FOSTER | CONTRIBUTOR

Almost everything in modern society is automated, unoriginal and offered by a select few sources. We are given the illusion of choice, but in reality, there isn’t much difference in what we choose.

Mega-corporations like McDonald’s, Nike, Walmart and Amazon have killed most of the unique, independently-owned sources we used to enjoy. As a society, we traded individuality and atmosphere for convenience and low prices.

The same can be said about entertainment. Everything is a reboot or a remake, the video game industry is battling to see who can make the next Fortnite clone and Hollywood is doing out unwanted sequels to movie after movie.

Then, there are podcasts.

In the current media landscape, podcasts are the rebel in a leather jacket. There are no rules when it comes to podcasting — they are mostly unfiltered and noncommercial. They’re the purest form of free speech in modern media.

Anyone can start a podcast, which means you can listen to plenty of unique conversations from colorful and exciting individuals. They feature conversations that we tend to only have with our friends — conservations that would never be heard on TV. If you can think of a topic, there’s probably a podcast for it.

Podcasts give people freedom — a place for everyone to escape and express their individuality. With podcasts, we no longer feel lonely or weird in liking something that isn’t popular. It’s why the popularity of podcasting continues to grow each year.

Unlike YouTube, there is no learning curve. You don’t have to be a master at editing to start a podcast — I certainly wasn’t when I started mine. All you need is a mic, an idea, a host site for the recording, notes and, if you wish, a co-host. When my co-host and I began this journey in March 2017, we both assumed that a few family members, Cincinnati locals and a couple random listeners would tune in.

Two years later, one of our podcasts has been listened to in more than 80 different countries. It’s an incredibly humbling experience, but more important than the ratings are the connections you make as a host and as a listener. A great podcast will make you feel like you’re in a relationship with the host (or hosts). In my experience, I went from barely knowing my co-host to becoming best friends, and I have encountered countless people that went from being listeners to Facebook friends.

I began venturing into podcasts during a dark moment in my life. Each podcast episode I listened to slowly lifted me out of the darkness, and it made me a better person. As a listener, podcasts have motivated me. One show motivated me to try a diet involving potatoes, and I lost 70 pounds as a result. As a host, I’m constantly exposed to new ideas when I read listeners’ questions and get feedback. I’m continually learning new things as a host and as a listener, and that’s part of what makes podcasts such an incredible form of new media.
Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square. Does it sound complicated? Each Sudoku grid comes with a few spaces already filled in; the more spaces filled in, the easier the game – the more difficult Sudoku puzzles have very few spaces that are already filled in.

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