# How to care for your mental health on campus pg. 7



WEDNESDAY, AUGUST 26, 2020



Students moving into Dabney Hall Aug. 20. UC expects around 5,000 students to live in university affiliated housing this year. QUIN BENTLEY | NEWS DIRECTOR

# **Campus reopens amid pandemic**

#### QUINLAN BENTLEY | NEWS DIRECTOR

With campus life resuming at the University of Cincinnati, students, faculty and administrators brace for the likelihood of a campus-wide outbreak.

As early as Aug. 14, thousands of new and returning students began moving into residence halls optimistic about regaining a sense of normalcy after the coronavirus pandemic forced the university to close its doors and transition to remote learning.

But the pandemic has cast a shadow over welcome week, as reports surface of public universities across the country experiencing outbreaks only a week after reopening.

Having only just moved into on-campus housing, firstyear chemical engineering major Ashley Florence has already prepared herself for the inevitability of being sent home before the semester ends.

"I know that's a reality," Florence said. "I just don't want it to happen."

The university expects approximately 5,000 students to opt for on-campus or university-affiliated housing, said UC spokeswoman M.B. Reilly in an email to The News Record. Around 7,200 students lived in university housing last year, she added.

Of the many protocols adopted by the university to mitigate the spread of COVID-19, students on campus are required to wear a face covering at all times-except when eating or in a private room-maintain a distance of six feet from others while in open space and to avoid gatherings of 10 or more people.

While many students on campus appear to be following social distancing and mask protocols, there are just as many who are not, said Florence.

Though he's confident in the university's ability to contain an outbreak, first-year aerospace engineering major Slade Brooks said that he doesn't trust students to police themselves and that he's already heard rumors of parties off-campus.

Local media has already reported on crowded dining halls and students hosting parties.

Students who fail to follow campus health guidelines are subject to charges under the university's student code of conduct, Department of Public Safety spokeswoman Kelly Cantwell said. University police will watch for large

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# **Campus Crime Log:** Aug. 16-22



#### **QUINLAN BENTLEY | NEWS DIRECTOR** Aug. 16

Vandalism at the Taft Law College was reported to UCPD. The disposition is "active."

Aug. 18 Criminal mischief at the Stratford Heights Parking Garage was reported to UCPD. The disposition is "active."

Another incident of criminal mischief was reported to UCPD at the CCM Patricia Corbett Center. The disposition is "active."

Criminal damaging at Stratford Heights Building 16 was reported to UCPD. The disposition is "active." Breaking and entering at the 2300 Block of Rohs Street was reported to UCPD. The case was handed off to the Cincinnati Police Department (CPD). An incident of fondling at 165 W McMillan St. was reported to UCPD. The case was handed off to CPD.

Aug. 20

A false alarm at Edwards Three was reported to UCPD. The disposition is "active." Aug. 21 A robbery at 15 W

Charlton St. was reported to UCPD. The case was handed off to CPD. Another false alarm at

Edwards Three was reported to UCPD. The disposition is "active."

A robbery at the 200 Block of Warner St. was reported to UCPD. The case was handed off to CPD.

#### Aug. 22

A robbery was reported to UCPD at the 2300 Block of Stratford Ave. The case was handed off to CPD.

A liquor law violation was reported to UCPD at Morgens Hall. The disposition was a student conduct refferal. Motor vehicle parts theft was reported to UCPD at

3011 Clifton Ave Lot 1. The disposition is active.

# Students return while COVID-19 continues to loom Page 2

#### **Continued from Page 1**

gatherings of students and issue reminders as necessary, she added.

Yet there appears to be little to no enforcement on campus from Public Safety, as students were seen roaming campus during welcome week without face masks.

An outbreak on campus will most likely occur in places where guidelines are not being followed such as residence halls, frat houses and parties, said Robert Murphy, a professor of medicine at Northwestern University in Chicago, who specializes in infectious disease.

Students' unwillingness to wear masks and social distance will cause the university to experience an outbreak early in the semester, he said. "These kids get into college; they have to be smart. They need to get more smart."

Only a week into the fall semester, the University of North Carolina Chapel Hill was forced to revert to remote learning after more than 100 students tested positive for COVID-19.

Because the university isn't requiring testing on arrival,"the chance for failure is really high," Murphy said, adding that all students should be tested on arrival and frequently afterward.

In lieu of testing on arrival, the university will conduct testing on randomly selected students living on campus beginning the first week of classes.

Virus testing is also available to students experiencing symptoms as well as those who have come into close contact with an infected individual.

The university expects to test 1,000 students during the first week of classes, said Christopher Lewis, vice provost for academic programs at UC.

Certain activities and classes may be canceled based on the results of this testing. The University of Illinois, which has a

larger enrollment than UC, is going as far as administering mandatory virus tests twice a week for all students living on campus, even those who are enrolled in online classes exclusively.

However, this testing strategy conducted by the University of Illinois is proprietary and not yet available in Ohio, said Lewis, who is a professor of family and community medicine at UC.

There is also skepticism that too much testing would create a high number of falsepositive tests, he said, adding that testing decisions are based on scientific modeling from the academic health colleges.

'While testing is also about stopping spread, it is more so about taking a snapshot at one moment in time to determine prevalence to guide overarching decision making," he said.

Given a lack of systematic studies, the Centers for Disease Control and Prevention does not recommend testing all students upon arrival. There is persistent debate as to the effectiveness of this kind of testing.

Students are also being asked to complete a self-administered wellness check daily before coming to campus.

One problem with this approach is that it doesn't account for asymptomatic carriers - those who are contagious but are not experiencing the telltale signs of infection, Murphy said. Asymptomatic carriers are most responsible for spreading the virus and account for up to 40% of cases, he said. In the event of an outbreak, the

university-based on guidelines from the Cincinnati Department of Health-has reserved approximately 530 dorm rooms to be used for quarantine, Reilly said. Students living in single rooms are able to stay there during quarantine, she added.

If quarantine space reaches maximum capacity, common spaces will be commandeered for quarantine use, though the university recommends that students return to their permanent homes should they need to quarantine.

"This recommendation stems from both clinical experience and research. Quarantine or isolation is very difficult for some students, and most ultimately opt to go home to be more comfortable and for increased emotional and psychological wellbeing," Executive Director of University Health Services Kim Miller said in a statement.

Considering the unpredictability of the pandemic, it's not easy to plan for the event of another campus closure.

"The one thing we've learned so far in COVID, you can't decide ahead of time what the right answer is," Miller said at an Aug. 17 faculty town hall meeting.

Yet faculty have expressed concern that the lack of a university-wide contingency plan has created a patchwork of inconsistent policies throughout various colleges.

"In truth, UC faculty, students and staff travel daily between multiple university buildings regardless of which college those buildings ostensibly belong to," read a statement from the executive council of the UC chapter of the American Association for University Professors."Despite wellmeaning college-level efforts at clarity,

many unanswered questions remain."

But given that each college has different operational needs,"it does make sense to allow them flexibility in how they develop their own policies," said Greg Loving, faculty senate chair.

There are also frustrations that UC is not offering virus testing to faculty, he said."But this situation is so global and so systemic that we can't just snap our fingers [and have] testing available for everybody."

The university has been forced to make difficult decisions at nearly every turn during the pandemic, Loving said.

"We've been putting out the fires that are closest to us and trying to get the university open and running in some capacity," he said. "Retrospect really is the only way we're going to be certain that what we've done is right."

As a line of students wrapped out the door of Edwards Center on the afternoon of Aug. 19, Nikki Morr was waiting across the street for her son, Coleton, a first-year DAAP student, to get his Bearcat Card.

Though Morr is concerned for her son's health, she thinks being on campus is an important step toward independence.

"He needed to get away and go become his own person," she said, adding that if students are serious about being on campus, they will follow public health guidelines.

Kiara Gross, a second-year student majoring in electronic media, also thinks that it's up to students to keep the campus open.

"I'm doing my part," she said. "I hope everyone else does theirs."

The university is encouraging students to report any symptoms related to COVID-19 to COVIDWatch@uc.edu.



Students return for the first day back to class on Monday, August 24, 2020. **BAILEY VIANELLO | CONTRIBUTOR** 

#### QUINLAN BENTLEY | NEWS DIRECTOR

Among the many changes facing University of Cincinnati students upon their return to campus, the university's libraries are taking precautions to stem the spread of the novel coronavirus.

As students return to campus after months away following the university's transition to remote learning in March as a result of the coronavirus pandemic, UC Libraries has made several operational changes including limited hours and occupancy, according to the university's website.

Beginning the first day of classes, Walter C. Langsam Library, John Miller Burnam Classics Library, Albino Gorno Memorial Library, and the Archives and Rare Books Library will be open for use, though social distancing protocols will be in place.

The 400 level of Langsam is open on weekdays from 8 a.m. to 8 p.m., with a total of 240 seats divided among three quadrants to meet social distancing guidelines. The library stacks, study rooms, classrooms and the Student Technology Resources Center will remain closed.

Printers, computers, scanners and pianos at Langsam are available to students. The prayer and meditation room is open with a three-person occupancy limit.

While construction is ongoing outside Langsam, the library is still accessible through the main entrance, UC Libraries spokeswoman Melissa Norris said.

The College-Conservatory of Music library is open on weekdays from 1 p.m. to 6 p.m. with a maximum occupancy of 37 patrons. The library stacks in the reading room are available for browsing. Two electronic pianos and the scanner are available by appointment only.

The Health Sciences Library is open on weekdays from 9 a.m. to 7 p.m. with a maximum occupancy of 25 patrons. The library's E-level is open, though library stacks remain closed, though other floors may reopen following a reassessment of space usage.

Though hours of operation have yet to be decided, the classics library will be open for browsing on Wednesdays from 1 p.m. to 5 p.m. and Thursdays from 9 a.m. to 5 p.m.

The archives library is open by appointment only.

Remaining libraries on campus are still closed, and the university has yet to announce a reopening date, which is currently under review.

Students can check out material from any library on campus but must now request it online with pick-up at a designated location. Due dates for all library materials have been extended until February 2021, Norris said.

The university is requiring the campus community, including students, faculty and staff, to wear face masks to reduce the spread of COVID-19.

At Langsam, a public safety officer is tasked with handing out masks at the front door, Norris said. "So if someone walks in and doesn't have one, they will be asked to put one on."

Since the outbreak began, Hamilton County has recorded over 10,000 confirmed cases of COVID-19, with nearly 300 related deaths, according to data from Johns Hopkins University.

Approximately 5.6 million confirmed cases have been recorded in the U.S., accounting for almost a quarter of the total number of confirmed cases globally.

# What you need to know: UC makes mask mandate

#### TAWNEY BEANS | TRENDING REPORTER

In response to the coronavirus pandemic, UC is requiring that everyone who visits campus wear a face covering, but many students want to know who is enforcing this mandate, the repercussions for not wearing a facial covering and other related questions.

Facial coverings must be worn at all times while on campus, except when eating, according to UC's webpage.

UC is not providing masks or face shields to its community members, so students, faculty and staff must come to campus equipped with their own masks. However, faculty members have been given a supply of disposable masks in case a student comes to class without one, though repeatedly forgetting to bring a mask can lead to academic discipline.

For students who find themselves caught on campus and in need of a mask, the Campus Recreation Center (CRC) is selling them this semester at its member services desk.

Students who want to wear an alternative to a close-fitting mask must receive approval from University Health Services (UHS) for an accommodation, according to Aniesha Mitchell, UC's director of student conduct and community standards.

Students can start this process by emailing UHS at COVIDWatch@uc.edu.

Those who receive an accommodation will be required to wear a clear, plastic face shield that extends below the chin and around the sides of the face instead of a mask.

Students who refuse to wear facial coverings can be reported by faculty, staff or other students to the Office of Student Conduct and Community Standards. Repercussions for not wearing a facial covering range from a warning to suspension, Mitchell said.

Christopher Lewis, vice provost of academic programs and professor of family and community medicine at UC, completed his final inspection of campus Aug. 21. While most of the students he encountered were wearing masks and social distancing, there were about a dozen doing the complete opposite, he said.

Lewis confronted the students and believes that if everyone does their part to protect themselves and others by wearing facial coverings and social distancing, faceto-face instruction will continue throughout the semester.

"As a doctor, I know people who have died from COVID-19,"Lewis said, adding that the toll of the pandemic is evident walking through the intensive care unit at the University of Cincinnati Medical Center. "When you see it up close, it is impossible to ignore the consequences of not taking this pandemic seriously."

Nutrer C. Langsam Library

Walter C. Langsam Library. ALEX MARTIN | ART DIRECTOR



Facial coverings must be worn at all times while on campus, except when eating.  $\ensuremath{\textit{QUINLAN BENTLEY}}\xspace$  ) news director

#### SALLY BISHOP | FEATURES EDITOR

Every year, thousands of students at the University of Cincinnati move into campus housing for the classic freshman dorm experience. Due to COVID-19, this year is one like none other.

The usual crowds of students and parents were replaced by a socially distanced movein week.

Each hall has put in place a mandatory mask policy, and the communal bathrooms are being cleaned every few hours, including a deep cleaning overnight.

Marina Manos is a resident advisor (RA) at Siddall Hall. She went through a two and a half week-long virtual training to prepare for students moving into the dorm

"Training this year was nothing like what we have done in the past," Manos said.

Usually, training would include policies on situations such as noise complaints and roommate disagreements. This year, RAs were trained on politely asking students to wear a mask and how to encourage their residents to stay healthy and safe.

"The residence hall is a very different environment and experience this year," said Manos

There will be no general room swap options, according to the university's website."Room swap will be limited to extenuating circumstances and administrative moves only."

The communal kitchenettes that were available to residents are no longer open for use. In the communal bathrooms, shower shoes are very encouraged, and deep cleaning will be happening every night. In addition to cleaning procedures and hygiene recommendations, plexiglass has been added between all sinks to prevent the virus's spread.

The elevators now only allow two people in the space.

"I am an RA on the ninth floor, and I am caught between waiting ten minutes for the elevator or walking up nine flights of steps," said Manos.

All triple rooms in Siddall are now doubles, and all quad rooms are now triples, bringing max capacity on each floor to 49, rather than last year's max capacity of 53. According to Carl Dieso, executive director of housing at the University of Cincinnati, these policies could be subject to change within the first couple of weeks.

"What we want to do is get everybody settled, make sure everybody understands how to be safe, and then as we get to the second or third week of classes, we'll take a look at how things are progressing, and then see where we can make some adjustments,"Dieso said.

Still, there is one part of Manos' job that remains slightly normal. The rounds made at night, where RAs pace different hallways to make sure everything is going smoothly, will still happen. The participating RAs will have to wear a mask and social distance as they make the rounds.

Schneider Hall and the Campus Recreation Center (CRC) residence halls will serve as a quarantine space for students who test positive for COVID-19. They will properly quarantine for about two weeks there. When they test negative, they will be allowed to return to their original dorm hall.

As for the social aspect of dorm life, residents will not be allowed to visit their hallmates' room. However, RAs and dorm halls are still planning events for community building. These events will either take place virtually or outside, abiding by social distancing guidelines.



ALEX MARTIN | ART DIRECTOR

# creating art from home

#### SALLY BISHOP | FEATURES EDITOR

For fashion design students in UC's College of Design, Architecture, Art and Planning (DAAP), there will be an element missing this semester that is a crucial asset in design: collaborative work.

Before the pandemic hit in March, you could find fashion design student Clarisse Rosteck in the DAAP studio sewing with needle and thread, sketching with pencil and paper, and designing with her laptop.

What was once a classroom filled with large group tables, buzzing students, and professors from around the world is now a dark room full of empty chairs and naked mannequins.

Four out of five of Rosteck's classes this past spring semester were studios, each lasting about three hours. In these studios, classmates would give each other constructive criticism on group projects and individual homework assignments. This upcoming remote semester, she will only have two classes that will be studios.

"Feedback is so important in the world of fashion," Rosteck said. "If no one likes your design, no one will want to buy it. I want to design and style clothes that people will like."

This year, DAAP will have limited hours for studios, where students reserve a seat, social distance, and work on their latest projects.

A sewing machine and her laptop is all that fills her make-shift studio desk in her bedroom at her apartment—no colors, fabric, or patterns. Rosteck hasn't felt a spark of creativity in a while.

"It has definitely been harder to be creative because I'm stuck in my own room," she savs.

Many students like Rosteck are nervous for the upcoming year and crave the intense and rigorous education they would typically get in-person.

Over 2,500 students signed a petition created by fine arts student Ava Whitson calling for DAAP to lower the tuition during the pandemic in April. The petition listed off several things that DAAP students have lost access to, including fashion design majors' sewing and digital pattern-making labs and sublimation and embroidery studios.

Members of the UC community flooded the comments section, one stating,"The arts aren't meant to be taught online nor should they have to pay like they are taught in person."

"Design is fundamentally collaborative and iterative," one of the top comments by a DAAP graduate reads. "Without proper tools to prototype, like the RPC, CGC, Wood Lab, STL, fashion studios, and 1819 Building student(s) will not be receiving the same education."

Another thing that students like Rosteck are concerned about is the Co-op program DAAP offers. As Rosteck starts her second year in DAAP, she prepares for her spring 2021 co-op by taking a class for it this fall.

The class guides students in securing their first-ever Co-op, primarily through UC DAAP's partners. Popular cities for Co-opsuch as New York and Los Angeles-were all options for her, but now, she is unsure.

"I don't know if the same co-op companies that are partnered with UC will still be looking for interns with cutbacks and stay-at-home orders," Rosteck said.

Along with her Co-op class, Rosteck will be taking 12 more credit hours this semester. She is scheduled for a drawing class, textiles, history of fashion, and pattern-making class which will all be held on either WebEx or Zoom.

"I wish there was a way we could have safe in-person classes," she said. "I would just love the instant feedback from a professional, like if I have a question about how to draw something, or if I am sketching correctly."

Although Rosteck is disappointed that many DAAP classes are online, she wants to think positively. She struggles to find the benefits of being a virtual design major, but ultimately says,"I look forward to the extra time I will have to work on my portfolio for Co-op and also working in the comfort of my own home."



Clarisse Rosteck's work desk. PROVIDED | CLARISSE ROSTECK

## PHOTOS

# FC Cincinnati against DC United ends in a stalemate



FC Cincinnati drew against DC United, 0-0, on Friday, August 21, 2020 at Nippert Stadium in Cincinnati. ALEX MARTIN | ART DIRECTOR



Fans watch the soccer game from Mary Emery Hall on Friday, August 21, 2020 at Nippert Stadium in Cincinnati. ALEX MARTIN | ART DIRECTOR



FC Cincinnati defender Tom Pattersson (3) loses a header to DC United defender Frederic Brillant (13) on Friday, August 21, 2020 at Nippert Stadium in Cincinnati. ALEX MARTIN | ART DIRECTOR

#### FE&ARTS

# How to succeed in class when everything is online

We were all thrown for a loop this past spring when our "extended spring break" turned into a remote semester. This past April, The News Record published an article dubbed "5 ways to master the art of online learning," including advice like utilizing a planner, not abusing Google and setting up a comfortable work environment.

UC students are back, and only 25 percent of classes are in person or hybrid this semester, according to UC's vice provost of the Center for the Enhancement of Teaching and Learning (CET&L), Bryan Smith. Now that we have learned to adjust to remote learning, here are some tips for surviving a full-semester online.

#### Schedule breaks and use them well

A lot of classes this semester will be in a "synchronous format," meaning they are held in real-time via Zoom or Webex. With a lot of these falling back to back with only 10-minute breaks in between, it can be beneficial to use those 10 minutes to stand up, stretch, get a fresh glass of water, open a window, do a 5-minute yoga session with Adriene or find some way to get your blood moving. A little dose of activity will help keep you from getting burnt out by the end of the day and skipping that 3:30 class.

## Take advantage of events put on by the school or student organizations

The thought of not having an opportunity for human interaction all semester is tragic for most extroverts. Less tragic for introverts, but we all need a bit of community in our lives. Stay involved, meet new people and enjoy some semblance of college normalcy by participating in one of the many events offered (both in-person and remotely) by organizations around campus. Relax virtually at Meditation Mondays with SKY@UC, join a Youtube watch party with the office of sustainability (this week it's 13th), or let the professionals tell you how to get involved at the workshop series "Evolving Expectations and Engagement during a Pandemic," co-hosted by the Student Activities Board and other organizations.

#### Explore campus

A whole semester taken through your laptop from your dorm room? Sounds a bit too cozy. A change of scenery can do wonders when you feel your mind starts to wander. Take advantage of the nice weather while we still have it and do some work outside. The school Wi-fi works all over campus – inside and out.

Pop into one of the cafes with Wi-fi in the Clifton area. This could be a good way to



As a result of COVID-19, only 25 percent of classes are in person or hybrid this fall semester. WIKIPEDIA | ANGELOUUT22

#### keep some variation of a weekly routine. Take the time to find your favorite go-to spot for when you need a breather from your dorm room.

## Pay attention to your health, mentally and physically

While we're all cooped up taking classes from our beds, it can be exceedingly easy to slip into unhealthy habits and mindsets. Do your best to keep healthy snacks on hand, stay hydrated, get up. Taking care of your physical health can do wonders for your mental health. In a time like this, becoming overwhelmed or feeling isolated or anxious is likely. If you're feeling any of these things and can't seem to shake it on your own, never hesitate to ask for help. UC offers plenty of resources for times like these.

#### Go easy on yourself

Don't hold yourself to impossible standards. We're all figuring this semester out as we go – teachers, students, administration, everyone. Be open and communicative with the people around you about what you need to succeed. Ask questions. Ask for help. Be kind to yourself and those around you. Focus on doing your best and staying healthy.

# Local cafes with Wi-Fi for work from home breaks

#### OLIVE NIESZ | LIFE AND ARTS EDITOR

During a mostly remote semester, a change of scenery from your dorm room can be helpful for staying focused and upbeat. We've compiled our top three favorite campus cafes offering Wi-Fi and good vibes for the best study space.

#### The 86

Located just across the street from the east side of campus, the serene, honeysweet setting of The 86 makes it a popular spot for students to fulfill their caffeine fix amidst a flurry of schoolwork and study sessions. Ample seating is provided throughout the building and their cozy outdoor patio, including large corner booths, small tables, and individual high-top chairs along the wall. Beneath some lush greenery and local artists' work displayed upon exposed brick walls, single-person workspaces provide outlets for plugging up your laptop and plenty of space to spread your papers before you. Between the homespun ambiance and the large variety of morning beverages to choose from (caffeinated or not), The 86 is a classic choice for students to get down to business and get their work done in an environment that's both calming and close to home.

#### 2900 Jefferson Ave.

#### Highland Coffee House

Whether it's late-night homework or a quick coffee rendezvous with friends, the cozy yet eclectic atmosphere that makes up Highland Coffee House is ideal for students up at all hours of the day and night. From 5 p.m. to 2:30 a.m., the cafe offers an incredible selection of drinks brought to you in one of their cozy corner tables or on their outdoor patio. Every inch of the place basks in the warm ambiance of dimmed lights and light music, friendly baristas catering to your cravings, and the sound of the city right outside. Students frequent the coffeehouse to take advantage of its latenight hours for getting extra homework done at the end of the day, caffeine in hand to keep the mind rolling and the eyes open. The abundance of space makes it a popular spot for students to gather for fun coffee dates or get projects completed. Regardless of what the end of the day has in store, the Highland Coffee House creates an environment to study and sit back and relax. 2839 Highland Ave.

Rohs Street Cafe

As a business proudly established within Clifton, Rohs Street Cafe has worked tirelessly to bring the community together with a welcoming and hospitable environment for any and all customers they receive. Coffee-lovers and workaholics alike can enjoy the details within the cafe's walls that bring the building to life; tables sit in the sunlight beneath immense windows, and barstools are available for seating right at the counter. The quaint space is made practical with tons of electrical outlets for all appliances, and separate rooms are sectioned off for a smaller and quieter workspace. Local art hangs on the walls, adding a splash of character to an otherwise minimalistic aesthetic, and the cafe even sells its merchandise to interested customers. Students frequent the cafe for its peacefulness and the intimate sense of family that they've managed to create within its walls, something that makes studying simple and allows work to be completed quickly.

245 W. McMillan St.



A cup of coffee at The 86. ALEX MARTIN | ART DIRECTOR

# AUGUST 26, 2020 Mental health resources for coping with pandemic



Sky at UC members participate in a wellness activity.

#### JOI DEAN | CAMPUS REPORTER

The world around us is constantly changing. Staying six feet apart from our loved ones, remembering to bring a mask to class and adjusting to classes mostly online is the new normal, but hopefully not permanent. However, despite the outside world feeling chaotic and uncertain, the University of Cincinnati has many resources available to help their students get through these uncomfortable and confusing times.

A few of these resources can be found through Counseling and Psychological Services (CAPS), Therapy Assistance Online (TAO), LGBTQ Center, Bearcat Support Network (BSN) and Sky@UC.

#### Let's Talk

CAPS is available to all University of Cincinnati students and everyone else who is a part of the UC community. Due to the pandemic, in-person services are currently closed, but phone and online services are available. CAPS provides "A free virtual consultation program" called Let's Talk, where students can speak with a counselor online. This online session is available to all University of Cincinnati students across the country who might benefit from having the opportunity to have a counselor walk them through a specific problem. Use CampusLink to sign up for a Let's Talk session. Let's Talk can be accessed by phone or through Zoom via Therapy Assistance Online (TAO) video. For any questions or concerns about Let's Talk, contact Julie Lineburgh M.Ed.,LPCC-S at (513) 556-0648. The CAPS office can be contacted at (513) 556-0648. Their business hours are 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m. Monday through Friday, but they are available to provide 24/7 mental health crisis care outside of business hours.

#### Therapy Assistance Online (TAO)

TAO is "an interactive, web-based self-help program that provides online and mobile tools to help you overcome the day to day challenges around stressors like anxiety, depression, or other concerns," according to the CAPS website. TAO is accessible through computers, phones and tablets, providing free, interactive educational modules, assessments that provide behavioral health screenings, and practice tools that include daily journaling. TAO also provides a mindfulness library that can help students improve mindfulness and meditation. It is important to note that TAO is a self-help program. It does not replace treatment.

#### **Racial Trauma**

Racial Trauma Resources, compiled by CAPS, provide"a collection of information and campus and community resources for students who have experienced race-based stress and trauma."Some of these resources include a "Black Lives Matter Meditation for Healing Racial Trauma" and a guide to "Emotionally Restorative Self-Care: People of Color," among several others.

#### **Reach Out**

Tech savvy? Reach Out is a free UC app that provides information on mental health and suicide prevention. This app also provides helpful tips on how to talk to your peers about mental health and emergency contact information for crisis services.

#### The LGBTQ Center

The LGBTQ center is another supportive resource provided by UC. According to the LGBTQ center website, their purpose is to "enhance the campus community for LGBTQ students and their allies through intentional advocacy, proving safe space, intersectional programing, and access to culturally relevant resources."This center can usually be found on the 5th floor of Steger Student Life Center. The LGBTQ Center is not providing in-person services currently due to the pandemic.

#### **Bearcat Support Network**

The LGBTQ center is another supportive resource provided by UC. According to the LGBTQ center website, their purpose is to "enhance the campus community for LGBTQ students and their allies through intentional advocacy, proving safe space, intersectional programing, and access to culturally relevant resources."This center can usually be found on the 5th floor of Steger Student Life Center. The LGBTQ Center is not providing in-person services currently due to the pandemic.

#### Sky@UC

When in need of a different approach to handling the pandemic, the University also provides Sky@UC, which encourages using yoga and meditation to reduce stress. Sky@UC focuses on students being able to "develop and maintain a relaxed and stressfree mind," by providing free, online, guided mediation sessions every Monday at 6 p.m. Sky@UC also provides "Beyond Breath" on Wednesdays at 5:30 p.m., which helps students focus on breathing and meditation.

This will be a strange semester for us all, and we encourage everyone to pay attention to their mental health and seek help as needed. As a community we can work towards destigmatizing mental health issues by participating in open conversation and continuing to offer and use supportive resources. Stay healthy this semester, and don't be afraid to take care of your mind as well as your body.

#### LOGAN LUSK | SPORTS EDITOR

With college conferences such as the Big-10 and Pacific-12 deciding to postpone their football seasons until January or spring, the majority of other conferences have decided to play in the fall as planned. One of them being the American Athletic Conference (AAC).

As a result of the cancellations so far, the Bearcats have been shorted of three matchups; a contest against Western Michigan University, a rivalry in the form of the annual Victory Bell game against Miami (OH) University and a big matchup against the University of Nebraska, a Power-5 opponent.

UC's starting quarterback, Desmond Ridder, was disappointed in the cancellation.

"The Nebraska [game] got canceled first, that was really tough for us," said Ridder. "Anytime you can go up there against those Power-5 opponents and go out and show, I guess so to say a 'smaller school' can do, it's always a good opportunity for us. And you know, we always like to beat Miami just to keep that [win] streak going. It was always just disappointment."

As UC football sets up to return this fall, the Bearcats will look toward Ridder to provide on-field leadership in these everchanging times. Ridder had a breakout freshman season in 2018, picking up AAC Rookie of the Year honors en route to an 11-win season.

Last year, the Kentucky native affirmed his position as the go-to starter, playing in thirteen of the Bearcats' fourteen games, leading them to another 11-win season coupled with a victory in the Birmingham Bowl against Boston College. Along the way, Ridder tallied up 2,164 yards and 18 touchdowns in the air, paired with 650 yards rushing and five touchdowns on the ground.

For the 2020 season, Ridder expects even more from himself and the team.

"We're all feeling good, and we've been here at High Ground for I don't even know how many days," Ridder said, referring to the Bearcats offsite practice facility. "We've been out here putting in that work."

"Waiting for our first game—which obviously got moved to September 19th— Coach [Fickell] told us there can be a change for big things in the future of the University of Cincinnati."Ridder said. "Whether that's conference realignment or even being able to play in the college football playoffs. The Big-10 and PAC-12 aren't in it. If we were to go undefeated, win our conference championship, I don't see how you couldn't put us in the running for that."

Last year, Bearcats football concluded their regular season ranked #21 in the nation. They proceeded to lose the AAC Conference Championship to the University of Memphis, ranked #17, before declaring themselves as the newest victors of the



Desmond Ridder (9) throws a pass during the first quarter of the homecoming game against UConn at Nippert Stadium Saturday, Nov. 9, 2019.

Birmingham Bowl.

Following the 2019 season, two of Ridder's most dependable offensive weapons, tight-end Josiah Deguara and running back Michael Warren II, departed for the NFL. Deguara was selected in the third round by the Green Bay Packers, while Warren signed as an undrafted free agent with the Philadelphia Eagles.

Throughout the offseason, Ridder has been keeping touch with his former teammates.

"I talk to Mike almost every day," Ridder said. "I facetimed Josiah not too long ago with some other teammates so we were able to talk. They're doing well. Mike's grinding out there in Philly, and Josiah's been doing pretty well with the Packers."

When referring to Deguara's potential switch to full back for his rookie season in Green Bay, Ridder had some words of admiration for his prior No. 1 target.

"He's a grinder," Ridder said. "Wherever they put him, he's going to play. He can play any position, whether that's wideout, tightend or the fullback position. I'm sure he's just happy to be there."

While keeping in contact with his former teammates, Ridder has also been busy keeping relationships with returning and new Bearcats.

"[I've made sure to] make a connection with some of the new guys as well as the older ones,"Ridder said. "It was tough because we had different schedules of lifting. So it was really tough to make up a schedule to get better, but we made it work."

The offseason proved to be quite different than in past years for the Bearcats. Despite the season hanging in the balance, the team continued to work towards getting on the field.

"We weren't able to get back on campus until about June first or fourth,"Ridder continued."We were able to start workouts in small groups of about 10-15, then they started bringing in more people slowly and slowly. But we were able to get good work in with the time we had."

Head coach Luke Fickell worked with athletic director John Cunningham to determine what was going to happen this season and relayed the information to his team.

"[Coach Fickell has] done the best he could." Ridder said. "A lot of this stuff is out of our control. He gives us the details when we need them. Being out here at Camp High Ground in the middle of nowhere, we don't have a lot of distractions. We go out on the field and play football."

The Bearcats season opener will take place against Austin Peay University on Sept. 19 at Nippert Stadium, with the time to be announced at a later date



UC quarterback Desmond Ridder (9) runs for a touchdown during the TicketSmarter Birmingham Bowl in Birmingham, Alabama Thursday, Jan. 2, 2020.

# AUGUST 26, 2020 No spectators for UC home anonor vorsus Austin Peay Bearcats fall sports season Bearcats fall sports season is placed in the east division competing

The newest revelation of the COVID-19 pandemic concerning University of Cincinnati (UC) athletics has hit: no fans will be allowed to attend the football season opener on Sept. 19 against Austin Peay University.

This decision may spill into other home games for the upcoming season, as there will be no fans permitted until UC goes on record to say that they are. No timeframe has been given as to when fans will be allowed to attend, though it is stated as a possibility later in the season.

"UC will start its season without fans in Nippert Stadium," Cunningham said in a letter to fans. "Fans could be permitted in the stadium later in the season only if UC decides it is safe and appropriate to do so."

Despite expressing the desire to schedule non-conference games amid several cancellations for the Bearcats, athletic director John Cunningham has now made it clear that the university will no longer seek to schedule additional games against nonconference opponents.

Football season tickets are no longer feasible for the upcoming season, and in turn, those that have already been purchased or deposited will automatically roll over into the 2021 football season.

Cunningham also asked of his 2020 season ticket holders to consider donating all, or a portion of, their usual ticket and priority-seating investments back to the department. If not possible or wished by the holder, they can again roll their season tickets over to the 2021 season.

The exclusion of fans arguably could not

historically speaking. Last season the average attendance at Nippert was close to 36,000, which was a school record. In turn, the athletic department made \$3.8 million in football ticket sales alone.

In what has to be due partly to the atmosphere provided at Nippert, the Bearcats are one of only seven FBS teams to be undefeated at home over the past two seasons

In his letter to fans, Cunningham also states the players themselves will be taken into special consideration regarding their safety from COVID-19.

"UC will follow strict health and safety protocols for its student-athletes," Cunningham said."This will include enhanced testing, daily health and safety checks, and the creation and maintenance of a stringent gameday 'bubble'."

In what has been a recent development, head coach Luke Fickell has stated his own concerns for his student-athletes in regards to the pandemic. His concerns are fully warranted, as UC brings in a school record of 46,400 students in an online/in-person blended fall semester.

"We're going to have cases," Fickell told the Cincinnati Enquirer. "It doesn't mean that guys are bad people because they get COVID. I could be the first one to get it. I'm going to have six kids that are in school and playing sports, and they're going to live in my home. The key is that we do the things that we're supposed to do - whether it's testing, whether it's wearing our mask, whether it's distancing - so that we don't spread it."

After months of speculation whether or not sports would be happening this fall semester, the American Athletic Conference (AAC) finally provided their answer earlier this month. That answer was: yes, athletics are allowed to proceed, but under conditions.

These conditions all relate to the coronavirus pandemic that has been sweeping the country in waves over the year.

Following consultation between the AAC's Medical Advisory Group, university athletic directors and senior women's administrators, the vote for approval to play was unanimous. David Rudd, the president of the University of Memphis and the chair for The American's Board of Directors was one of the first to speak out upon approval.

"We have a sensible direction for the return of intercollegiate athletics in the fall," Rudd said, "The safety of our students, staff members and campus communities will continue to be our top priority. As medical information evolves, we will update our plans in conjunction with national, state and local guidelines."

Football will be following an 8+4 format with eight conference games and up to 4 non-conference games. With the cancellation of the Nebraska, Miami (OH), and Western Michigan matchups, UC's only non-conference opponent this season is Austin Peay University for their season opener on Sept. 19.

In the meantime, head coach Luke Fickell and athletic director John Cunningham have confirmed they are looking into finding other non-conference opponents this season.

For cross country, universities can schedule competitions at their discretions on or after Sept. 1. As for the men's and women's championship meets, the original schedule of Oct. 31 in Augusta, Kansas has not yet been changed.

AAC women's soccer will be held in an eight-match single round-robin format, all of which will be conference matches. These matches will be regularly held on Sundays beginning on Sept. 6.

Midweek matches against nonconference opponents can potentially be scheduled, but only if the Medical Advisory Group's standards are met, and traveling does not require overnight stays and/or air travel. The 2020 American Women's Soccer Championship games will take place on Nov. 6 and 8 at the site of original No. 1 seed.

AAC's women's volleyball consists of a two-division style where each team will play the other four teams in its division two times at the same location. Cincinnati against the University of Central Florida, East Carolina University, Temple University and the University of South Florida.

Conference play will begin on the weekend of Sept. 24-27 and will conclude the weekend of Nov. 12-15. Three of these weekends are open for non-conference play on or after Sept. 1.

Only the top two teams from the respective divisions will qualify for the 2020 American Women's Volleyball Championship, which will take place Nov. 21-22 at Fifth Third Arena here at the University of Cincinnati.



The University of Cincinnati volleyball team defeated the University of Connecticut 3-2 on senior day on Sunday, Nov. 3, 2019 at Fifth Third Arena



game against Temple Saturday, Nov. 23, 2019 at Nippert Stadium in Cincinnati. ALEX MARTIN | ART DIRECTOR

# OPINION **Opinion | Ohio higher-ed is failing**



The University of Cincinnati narrowly broke its longstanding enrollment record this fall with just over 46,400 students starting classes this week through a mix of online and hybrid learning. TNR FILE ART

#### ABBY STIDHAM | CONTRIBUTOR

Boldlybankrupt.com is releasing an update in the first week of the fall semester. During their collaboration with Save Ohio Higher Ed, an advocacy group comprised of seven different Ohio universities' students and professors, they gained a broader understanding of the present issues facing higher education since COVID-19.

The financial challenges our public universities now face are not a result of COVID-19. Instead, the pandemic has revealed the consequences of misspending by our administrations for years. Their reluctance to take from endowments and cash reserves to support the educational mission speaks volumes. Just taking a look at Ohio public universities, their response to COVID-19 offers the full spectrum of financial misspending and a lack of accountability within higher-ed today. Interestingly, no matter their position on this spectrum, their financial decisions look oddly similar.

The Ohio State University, for example, has \$8.9 billion in cash reserves and investments, according to its June 2020 Moody's credit analysis. The report concluded that the university is in a strong financial position, even stating that OSU could "manage through the current period of disruption to normal business operations."

Still, they claim to be suffering financially from COVID-19 and refuse to spend just \$30 million—0.34% of their reserves—to get their arts and science's college out of debt. They have instead chosen to injure the

educational mission by canceling courses, often high-level and specialized, with fewer than 20 students-putting students and instructors at risk with in-person classesand cutting adjunct and graduate students' already unlivable salaries.

Meanwhile, The University of Akron faces an extreme crisis, closing 6 of its 11 colleges and firing 96 tenured faculty, all while upholding its D-1 football status. If this does not describe the state of higher education today, I don't know what does.

Most Ohio universities lie somewhere in between: many are exaggerating the financial blows to justify budget cuts. Most notable, though, is that these cuts come from the educational mission instead of the things peripheral to it.

Higher-ed follows the patterns we see among institutions nationally. Austeritycuts to public services by the governmentfuels the need for the short term, profitcentric thinking by our universities. In the same way, our government is attempting to "balance the budget" with austerity, our public universities drain student services of funding, and slash budgets of colleges like arts and sciences that are not lucrative, in favor of projects that may increase enrollment and revenue.

While I understand the complexity of challenges higher-ed is facing presently, I ask UC to be an exception. Please, become transparent, change your spending habits and realign your priorities with those of your students, faculty, and community members.

# **Opinion | Too many cops in Clifton?**

#### EMILY CHIEN | OPINION EDITOR

Two months after Cincinnati's unveiling of the collaborative 'Black Lives Matter!' mural in front of city hall, Black Lives Matter protests in all 50 states, and a mirage of tear gas from an unrelenting militarized police force, cops are still everywhere.

Taking a stroll down the street in my Clifton neighborhood, I could easily walk by 3 to 4 cop cars in 15 minutes. I can only imagine that this overly saturated police presence is a scare tactic for drunken college students who might misbehave. Harmless as it may be intended, having cop cars parked on every street still feels so threatening.

Especially for Black and indigenous people of color who, I'm sure, have had more than their fair share of police encounters, this daunting presence could only do harm rather than good. Black Americans are over two times more likely to be shot and killed by police than white Americans, despite making up less than 13 percent of the total population. Of course, police tend to reside in Black neighborhoods, waiting for any chance to implement 'law and order,' as they call it.

Around UC, many of the neighborhoods have been gentrified, overwhelmed and overtaken by privileged, largely white college students. The excessive amounts of police-noticeably more now that students have moved back into the area and classes have officially begun-is still questionable at best. Safety in and around Cincinnati does not necessarily mean more police.

Last year, my partner's apartment was robbed, like many others' around campus. Despite living in a UC-owned building with supposedly maximum security and a heavy police presence, 'law and order' was never served. His roommate's laptop was stolen, and without any help from an officer, he figured out how to get it back himself. Only one of the many robbers was ever identified, and anyone could have completed most of the bureaucracy they had to go through. Social workers, mental health professionals and other de-escalating forces are often much more equipped for these tasks.

Here to keep people safe, police only act as threats to people who have been victimized by them time and time again. We marched for George Floyd, sure, but also for the entire Black community, all the pain and hardships we've systematically placed upon them for generations. 'Black lives matter,' they chanted, while getting pepper-sprayed and much worse.

Here in Cincinnati, 7,000 signatures were collected to put a charter amendment on the ballot to defund and reimagine policing. Sadly, it wasn't enough to get a vote, but the people spoke loud and clear. While it's not my place as a non-Black person to voice their needs now, I don't think anyone appreciates status quo policing in Clifton after long months of protests to reform, defund and even abolish the police.

Now is clearly the time to minimize police presence in Cincinnati- show Black and indigenous people of color that they are being heard rather than ignored.



Two University of Cincinnati Police Department officers walk down Calhoun Street in front of marchers at the Black Lives Matter protest at the University of Cincinnati on June 3, 2020. **OUIN BENTLEY | NEWS DIRECTOR** 

## INTERACTIVE AUGUST 26, 2020 A letter from the editor: TNR goes digital for the 2020–21 academic year

#### Dear friends and fans of TNR:

Welcome back, Bearcats! My name is Anne Simendinger, and I am your 2020-2021 editor-in-chief of UC's independent student news organization, The News Record.

I am about to say the cliché that you have heard too many times, but it sums up the year that we are entering perfectly. The world is continuing to face a year unlike any other in our lifetime. With a global pandemic, a human rights movement and an upcoming election, there's a lot of news to cover and read. Here at TNR, we want it to be as accessible to our readers as possible. With this in mind, it is with great excitement that I announce that we are taking The News Record to an all-digital format.

In keeping with the times, and proactively protecting the health and wellbeing of all involved in the success of TNR, going digital will both benefit our student writers for

the field that we as aspiring journalists are entering into, as well as keep the content that our readers are consuming as fresh as possible.

Our staff will still be posting articles from each section daily, but this time with a heavier emphasis on "news of now" or breaking and trending news. To keep an eye on all things UC, subscribe to our newsletter that will give you the top or most recent stories published on our site, follow us on Twitter (@newsrecord\_uc), Instagram (@ thenewsrecord) and Facebook (The News Record), and continue checking in on our site.

We cannot wait to keep publishing fun, relevant and necessary stories for our UC community, and we hope you join us in this exciting new chapter at TNR!

Stay safe and healthy.





Editor-in-Chief Anne Simendinger



Alex Martin



Opinion Editor Emily Chien



Trending Reporter Tawney Beans





News Director **Quinlan Bentley** 



Life & Arts Editor Olive Collins Niesz





Multimedia Director Kathleen Hornstra



#### Sports Editor Logan Lusk



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The News Record is an independent, student-run news organization of the University of Cincinnati. The free tabloid-size newspaper is published on Wednesdays during the school year except on holidays and during final examinations and is distributed to more than 100 locations on and near the UC campus. The News Record's website, newsrecord.org, is updated continuously and offers e-newsletters. video, audio and interactive features. The Communications Board of the University of Cincinnati is responsible for operating and policymaking activities of The News Record and its affiliated media, including oversight of fiscal operations, sound educational experience for students, protection of press freedoms and adherence to University rules and regulations.

## SEND US YOUR LETTERS

Got a suggestion? Opinion? News tip? Share it with us! The News Record prides itself as the student voice of the University of Cincinnati, and your input fuels our content. If there's anything you think our staff should cover, we want to know about it. Letters to the editor are strongly encouraged and will be published in print or online, subject to review by our staff.

Please send all questions, inquiries, or story ideas to editor@newsrecord.org.



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