

WAFFLE HOUSE VISTAS

Micah Cash's exhibit displays landscapes of the American

South as seen through Waffle House windows **pg. 6**



VOL. 32, ISSUE 2
SEPTEMBER 10, 2019
NINERTIMES.COM



f NINER MEDIA
@UNCCMEDIA



f NINER TIMES
@NINER_TIMES

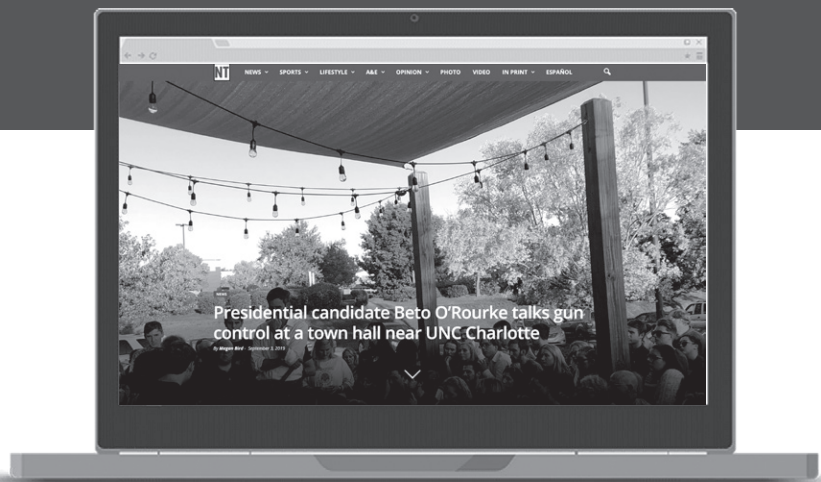


f RADIO FREE CHARLOTTE
@RAD110FREECLT

Sanskrit
LITERARY-ARTS MAGAZINE

f SANSKRIT LIT ARTS MAGAZINE
@SANSKRITUNCC

READ MORE ONLINE AT NINERTIMES.COM



VIDEO

- Niner News Sept. 10
- Hurricane Dorian Awareness
- Student Voice: What are you most excited for this year?

NEWS

- Man stabbed at University City IHOP

A&E

- TV REVIEW: 'Fear the Walking Dead' - 'Ner Tamid'
- GAMING ROUNDUP: September 2019

SPORTS

- Charlotte 49ers fall to Mountaineers in an epic matchup 56-41
- 49ers end three-game skid with 3-1 victory against But
- No. 17 Charlotte wins matchup 2-1 against no. 12 Coastal Carolina
- 49ers outlast Mountaineers' comeback attempt in 3-2 overtime victory



NINERTIMES

EDITOR-IN-CHIEF
Madison Dobrzanski
editor@ninerimes.com

EDITORIAL BOARD
Brandon Mitchell **MANAGING EDITOR**
Jeffrey Kopp **COMMUNITY EDITOR**
Emily Hickey **COPY EDITOR**
Megan Bird **NEWS EDITOR**
Sam Palian **SPORTS EDITOR**
Noah Howell **A&E EDITOR**
Olivia Lawless **LIFESTYLE EDITOR**
Nikolai Mather **OPINION EDITOR**
Pooja Pasupula **PHOTO EDITOR**
Maria Solano **VIDEO EDITOR**
Natasha Morehouse **LAYOUT EDITOR**
ASSISTANT EDITORS
Max Young, Kennedy Hehr, Elissa Miller, Elizabeth McGuire
CONTRIBUTING STAFF
Jacob Baum, Yesika Sarto Andino, Elijah Evensen,
Arik Miguel, Blake Cauty
LAYOUT STAFF
Sam Palian, Drew Fitzgerald, Reuben Sanchez, Olivia
Lawless, Aarushi Katoch
COVER DESIGN
Natasha Morehouse **LAYOUT EDITOR**
COVER DESIGN CONCEPT
Waffle House
COVER PHOTO COURTESY
Christian Alexander Tietgen

NEWSROOM:
STUDENT UNION 047
705.687.7150

Follow us on Twitter @niner_times
ninerimes.com/staff

MEDIA MARKETING

**MARKETING
DIRECTOR**
Caleb Adams
mktdirector@uncc.edu

**CREATIVE
DIRECTOR**
James Bourke
production@uncc.edu

MARKETING STAFF
Joe Calhoun, Paityn Kapesser, Abram Shaw, Kayla Christian



LOCATED IN THE LOWER LEVEL OF THE STUDENT UNION

NINER TIMES • RADIO FREE CHARLOTTE
SANSKRIT LITERARY-ARTS MAGAZINE
MEDIA MARKETING • TECHNICAL

THE UNIVERSITY OF NORTH CAROLINA AT CHARLOTTE

NINER MEDIA ADVISER: **WAYNE MAIKRANZ**
MARKETING ADVISER: **KELLY MERGES**
BUSINESS MANAGER: **LAURIE CUDDY**
GRAPHICS & PRODUCTION: **JOSHUA WOOD**
OFFICE MANAGER: **KELLY DUDDEN**

Search for UNC Charlotte's fifth chancellor underway

Upon Dubois' announcement of retirement, the University forms a committee to begin the search for his replacement

by Jacob Baum
Staff Writer

UNC Charlotte has begun the search for the University's fifth chancellor, who will replace Philip Dubois, the longest serving chancellor in the entire UNC System, holding his position at UNC Charlotte since 2005.

UNC Charlotte has completed the first of many steps in this process, naming the official search committee. The search committee includes 16 representatives, seven of whom currently serve on the institution's Board of Trustees, the highest governing body of the institution.

UNC Charlotte said in a statement that Michael L. Wilson '93, chair of the UNC Charlotte Board of Trustees, will oversee this committee.

Wilson commented saying, "The search committee is a diverse and accomplished group of leaders who are passionate about UNC Charlotte's mission and values."

Wilson went on to add, "Since Chancellor Dubois announced his intention to retire a year in advance, it allows the search committee ample time to recruit and recommend high quality, visionary candidates to lead the next chapter of this great university."

The next two steps include selecting an outside search firm to do background checks and seeking out qualified candidates to add to a candidate pool. At the same time, the third step — the campus community giving insight into what they want in the University's next chancellor — has already begun. UNC Charlotte has opened an online public forum where students, staff, alumni and any member of the public can provide comments about what they want in UNC Charlotte's next chancellor.

After these steps are complete, UNC Charlotte will begin drafting a leadership statement in coordination with a third-party search firm which will list what they are looking for in the school's next chancellor and a candidate pool of nearly two dozen candidates will be initially chosen by the search committee and search firm. That list of candidates will then be reviewed, evaluated and narrowed to a smaller pool of candidates.

At this point, the process becomes confidential so as to not compromise the selection process or identities of candidates. "Airport interviews" are done often in a hotel near a local airport to protect the identity of candidates.

Once the search committee identifies ideal candidates, they will submit those to the UNC Charlotte Board of Trustees who will then vote on candidates to recommend to UNC System Interim President Bill Roper.

Upon receiving the three candidates, the president of the UNC System will conduct extensive background checks and interviews to identify one final candidate to submit to the Board of Governors or send the process back to the Board of Trustees for further consideration.

The Board of Governors will review the candidate and the terms of appointment to office and vote to elect or deny the nominee to the position of chancellor, thus eventually approving the next chancellor of UNC Charlotte.

The policy of selecting chancellors was recently revised after failed searches at Western Carolina and East Carolina. The search at Western Carolina was compromised when a board member revealed candidate

information to the outside consulting firm. Additional problems arose at the state level, when a Board of Governors member requested to be named acting chancellor. The search at East Carolina failed when the outside search firm faced various challenges during the selection process and opted to return or refund the payment it received from the UNC System.

UNC Charlotte is expected to attract candidates from across the nation as it is one of the fastest growing and largest universities in North Carolina at almost 30,000 students.

The new chancellor will join Bonnie Cone, who served as the director of the Charlotte Center from 1946-1949, President of Charlotte College from 1949-1965 and acting chancellor from 1965-1966, followed by Dean W. Colvard, who was the first official chancellor of UNC Charlotte serving from 1966-1978, followed by the second chancellor E.K. Fretwell who served from 1978-1989, followed by James H Woodward who served 1989 until 2005, to the current Chancellor Philip Dubois, who has served UNC Charlotte as chancellor since 2005 as well as provost from 1991-1997.

The next leader of UNC Charlotte will be charged with the adoption of a new "master-plan" for UNC Charlotte's facilities, addressing the safety at UNC Charlotte following the on-campus shooting in April 2019 and addressing additional fields of growth including a medical school, law school and other programs that have been discussed in recent years.

Philip Dubois will officially leave his post at UNC Charlotte on June 30, 2020. Dubois shared this summer that he and his wife will retire in Georgia.



Photo by Chris Crews



QUEEN CITY CIRCUS MEETS UNC CHARLOTTE

A student-led circus troupe revitalizes its presence on UNC Charlotte's campus

by Yesika Sorto Andino
Staff Writer

As one walks through UNC Charlotte's campus, you may notice student organizations tabling for events, see your friends and professors or students playing with puppies. If you are walking through campus this year, expect to see a new student organization, Queen City Circus, performing different sets of aerial, acrobatic, theatrical and contemporary circus-related performances.

Queen City Circus is a student-led circus troupe specializing in physical theatre performances. Formerly known as the Aerial Artistry Contemporary Circus Troupe, Queen City Circus is making a revitalization of their student organization this school year. So far, they have been able to do different pop-up shows on campus and also performed at the Student Organization Showcase.

This summer, some of the members of the Queen City Circus executive board were able to take an intensive circus course with Professor Carlos Cruz. This course sparked an interest and invigorated their desire to pursue the rebooting of the student organization.

Currently, one of their overarching goals is to bring more awareness to this form of art. Blake Briles, the president, believes that this organization allows them to perform "extraordinary things in ordinary atmospheres."

Krysta Rogden, the secretary and artistic manager of public relations, stated that one of her goals for the organization is to "bring circus and physical theatre performance arts to every inch of campus." She noted that art related majors tend to be secluded in their respective buildings. Thus, by performing in different areas of the University, it allows for other students, professors and community members to witness this art form.

Drew Coley, a Dance and Accounting double major, hopes to incorporate physical theatre performances and contemporary circus elements into theatrical productions. He noted that the theatre department will be incorporating some aspects of physical theatre into Pippin in the spring, but he hopes this will lead to a deeper exploration of the two art forms.

Theatre, dance and circus-related performances can be intertwined with one another. Briles mentioned that an ongoing process is trying to break the bond between what people's preconceptions are of circus and incorporating new,

contemporary aspects to circus performances, such as dance and theatre.

Rogden says that while circus is an art form, it is also a way of expressing oneself through a different medium.

While performances can have a narrative and storyline, similar to theatrical or dance performances, the troupe will also be participating in showcases that allows them to freely express themselves and bring awareness and education to their form of art.

Roles vary throughout performances. If one has received a certain number of hours of training, they are able to perform and utilize their aerial skills. If one has not received formal training, members can still participate in other parts of the performances, such as production and juggling amongst other skills that does not require you to be in the air.

As far as its impact on its members, Rogden stated that it has allowed her to be a leader and an advocate for circus arts. Coley believes that this form of art has allowed them to form a family and a stronger bond that is not bound by certain conventions. Briles said, "The possibilities are endless and this experience is a blessing." Their hope is that as their presence increases, they can obtain a space on campus to formally perform and practice.

Queen City Circus will be performing at Kids Fest on Oct. 5, 2019. Rogden says this will be more of an education outreach focus. The performance will allow children to learn about the connection between exercise, physical activity and creativity. Additionally, the troupe will be performing at the Renaissance Festival. If you cannot make it to these events, the troupe will be performing throughout campus at different pop-up shows and Halloween showcases.

To stay up to date on events and upcoming performances, follow Queen City Circus on Instagram. Their Instagram username is [queencitycircus](#).



Photo courtesy of Alexandr Ivanov via Pixabay



NOW HIRING

- servers
- busboys
- cooks

Flexible hours, No tip sharing.

arsalco@aol.com
or apply in person at
230 East WT Harris Blvd.
(Behind Walgreens)

ENVIRONMENTAL REGULATION

Why it is needed, even if climate change deniers are right

by Elijah Evensen
Intern



Throughout the years, there have been endless back-and-forth debates about environmental regulation and protecting the environment. The most common argument is about climate change and whether it is real or not. When arguing against the need for policies to protect our environment, people claim that it is unnecessary because they don't think climate change is a real thing. Even if climate change isn't real or is something outside of humanity's control, protecting our environment is still a necessity.

Say the world isn't heating up. Do we really think it's still perfectly fine for industry and other polluters to pump tons of chemicals into our atmosphere? The increased amount of CO2 and other chemicals in our atmosphere can, according to the World Health Organization, increase our risk of cancer. Back before we knew about the negative effects of lead, we used to put it in our gas. With every car in America releasing lead into our atmosphere, people ended up breathing it in. Lead poisoning is dangerous enough for adults, but can have an even worse effects on children. According to the Center for Disease Control, lead can end up stunting the mental and physical development of children. If all the buses and cars on campus still used lead gas, what do you think your mental and physical health would be like?

Another major issue that would be problematic, even without climate change, is littering. Whenever somebody doesn't properly dispose of something, it doesn't just look bad, it can also damage the health of our wildlife. Animals can't always tell the difference between trash and food. Animals will often eat plastic waste, which according to the National Oceanic and Atmospheric Administration can lead to their starvation.

We are also causing the extinction and endangerment of many animals. In order to feed humans, we need hundreds of acres of farmland, ranches for livestock, and farmland to feed our livestock. This need of land has led to humanity cutting down acres of forest and jungle, eliminating the homes of many species. We are also depleting the world's fish population because of how large the fishing industry has become. We have also hunted, whether for food

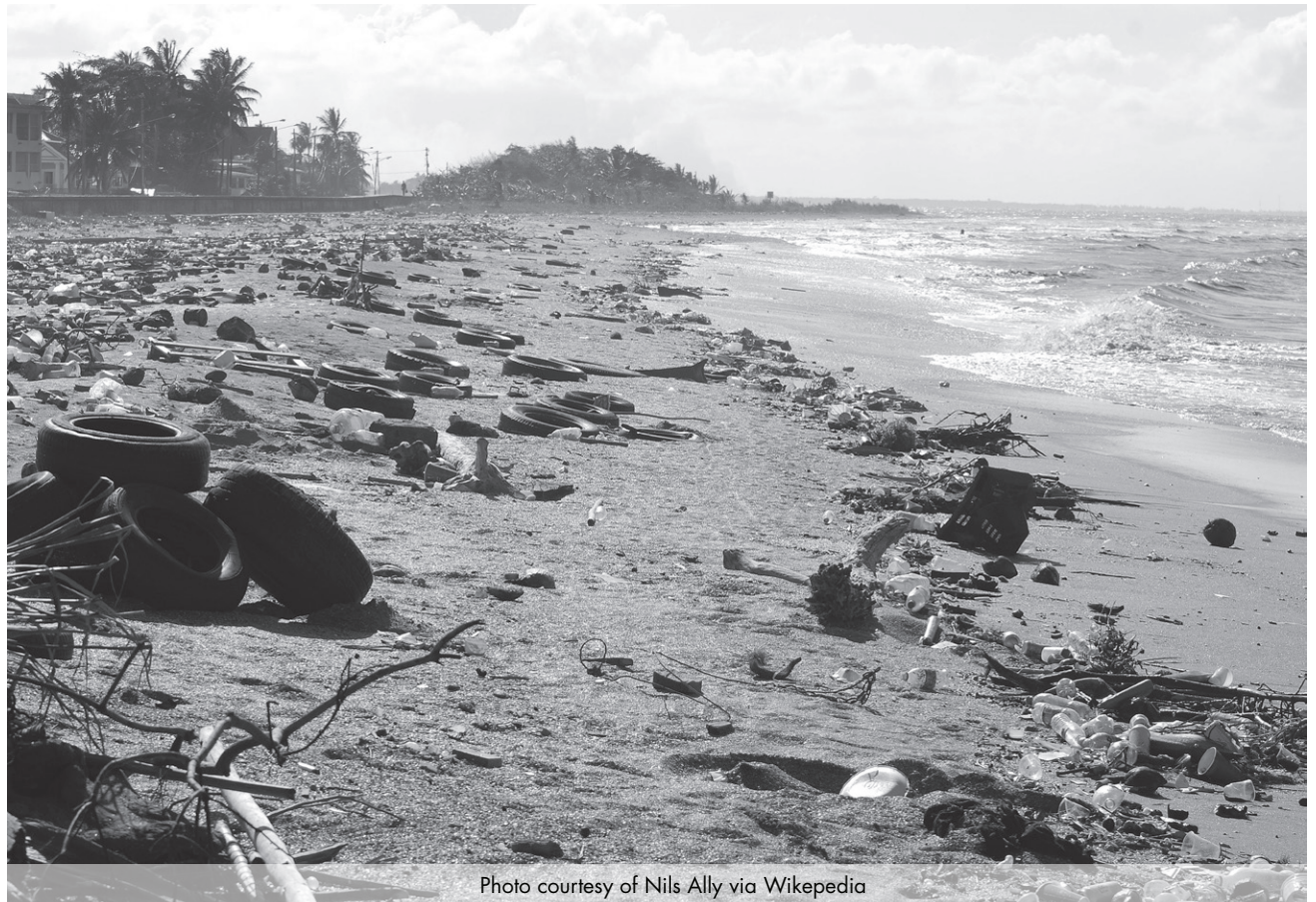


Photo courtesy of Nils Ally via Wikipedia

or sport, many species to near extinction.

A big reason why there's such large resistance to passing any new environmental regulation is because of large companies. The oil industry is one of the most powerful lobbying industries in America, desperately trying to protect their bottom line against even the smallest of regulations. According to the Huffington Post, the oil industry spends around \$115 million each year to resist any environmental regulation. It even funds one of our state's senators, Thom Tillis. According to the Center for Responsive Politics, Thom Tillis reportedly received \$64,000 in funding from Koch Industries, which is notorious for its anti-environmental policies and action. The fact is that these politicians won't do anything as long as Big Oil is paying them, so what we have to do is vote them out. If we mobilize and vote en masse, then we can get some politicians into Congress

who actually care about the environment and not just their wallets. One senator who is up for reelection is Thom Tillis. So if you aren't happy with him listening to Big Oil, vote him out in 2020.

It is time to move past the argument that we don't need to protect the environment because climate change isn't real. Protecting our environment is a necessity for the health of our planet and ourselves. When we poison our homes, we poison each other as well. If we don't push for more environmental regulation, we will only continue to kill more and more of our planet and perhaps eventually kill ourselves. But we can stop this. If we make sure our actions are environmentally friendly, pressure corporations to take care of the environment and push our representatives to consider this issue, then we can still save this planet.



Micah Cash's fantastically mundane 'Waffle House vistas' exhibit

American life viewed through the lens of a Waffle House booth

by Arik Miguel
Staff Writer

Thursday, Aug. 29 was the opening reception for Micah Cash's "Waffle House Vistas" exhibit at Storrs Gallery. The makeup of the exhibit is exactly what the title suggests, photographs of different Waffle House locations. Cash himself says that the project "documents the landscape as seen through the windows of Waffle House restaurants across the Southeast." It sounds slightly silly, but the project is incredibly smart. The pictures in the gallery provide an incredibly realistic portrayal of American life and can be used to talk about what race and class struggles in the South look like.

Cash began the project in March of 2018. He visited over 60 Waffle Houses, usually visiting multiple locations in a day. In every photograph of Waffle House, Cash followed a set of rules that he defined for the project in order to capture a sort of realism in the photographs. Pictures were always taken while seated. Pictures were always taken from whatever seat the Waffle House employee directed him to. There was no moving around or adjusting in order to get a better shot. There's nothing artificial about these photos. Nothing was planned. This is what really makes the exhibit shine. The images are so real and descriptive

of the normal lives of people in normal towns. The pictures are incredibly captivating in their mundanity.

Waffle House is a safe and comfortable place for everyone, which is one reason Micah Cash chose the establishment for this project. Waffle House is deeply entwined with Southern culture, especially the lower class. During the reception, Cash referred to the "architecture of poverty," specifically the "poverty that hides in plain sight." The landscapes seen through these Waffle House windows are littered with McDonalds, gas stations and cheap motels. Cash says that these views show income inequality in America. Waffle House is not a place for the one percent, and these photographs show it. These photos suggest class struggle and tell the story of the hardworking 21st century American.

One of my favorite pieces in the project is a photograph titled "Store #1655: Monroe, North Carolina." This one photograph perfectly encapsulates the essence of the project. The photo is from the corner booth of the Waffle House, with the top of the booth in the foreground and slightly out of focus. Outside the window are a few layers

of strip mall signs, and some sort of fast-food restaurant across the parking

The simplicity of the project and the factual nature of these photographs force the viewer to consider their place in these images. There is nothing incredibly flashy or showy about these images; they depict real life. And that is what makes them so important. Cash talks about how Waffle Houses are "exactly the same wherever you go." If you look at the photographs in this project, you will see things like the red vinyl booths and the iconic glowing globe lights; things that anyone who has been to a Waffle House has definitely seen. This makes it incredibly easy to imagine what it feels like to be in both a Waffle House in a small town in Mississippi and the Waffle House near the UNC Charlotte light-rail stop. Cash said that he wanted to use the sameness of the Waffle House archetype to emphasize the differences between individual people. We are all different people, living different lives, but we all have the shared experience of eating at Waffle House. As Cash puts it, Waffle House is a "common denominator" when looking at the complexities of race and class in Southern America.



Photo by Olivia Gregson



Photo by Olivia Gregson

WAFFLE HOUSE VISTAS
DATE: AUG. 29-SEPT 20
TIME: 9AM-5PM
LOCATION: STORRS GALLERY



Photo by Olivia Gregson

August - September
**THE UNION
ART SALON**

Popp Martin Student
 Union, Art Gallery
 Reception: Tuesday, September 24 • 5 - 7pm

UNC CHARLOTTE
 Popp Martin Student Union

STUDENTUNION.UNCC.EDU • 704-687-7100

@UNCCUNION

ARE YOU INTERESTED IN WRITING
 ABOUT IMPORTANT EVENTS ON
 CAMPUS AND IN THE COMMUNITY?

THE NINER TIMES MIGHT BE FOR YOU!
 Email editor@ninertimes.com for
 information on how to get involved

READ MORE ONLINE



NINERTIMES.COM



SAVE SOME GREEN

RATES STARTING AT \$395 & \$455

NOW ACCEPTING SPRING 2020 RESERVATIONS!

- WALK TO CLASS • ALL 4 BEDROOMS
- 2 & 4 BATHROOMS • LEASE OR OWN
- UTILITIES INCLUDED • FREE PARKING
- INDIVIDUAL LEASES

**CALL (980) 226-1071
OR COME BY TODAY!**

**NEXT TO CIRCLE K,
BESIDE UNCC**



SEPTEMBER 12 - 15 **MOVIES** AT THE UNION THEATER



FIVE FEET APART



FRIDAY THE 13TH

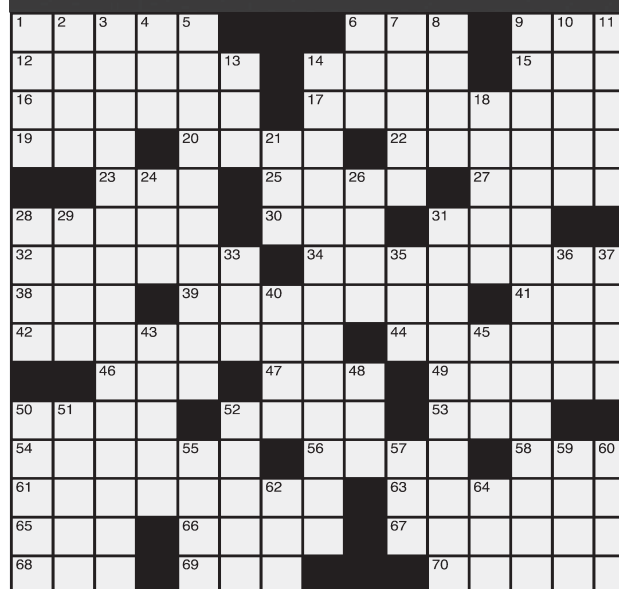


GODZILLA

FREE WITH UNC CHARLOTTE STUDENT ID • \$2 ALL OTHERS
SHOWTIMES: studentunion.uncc.edu/movies

NINERTIMES.COM

YOUR ONLINE SOURCE FOR CAMPUS NEWS



65 Guggenheim display
66 Johns, to Brits
67 “___ can play!”: “It’s easy!”
68 Caustic chemical
69 Bowler’s target
70 Emails
DOWN
1 Barbecue rod
2 Arm bone
3 *Deadly “game” in “The Deer Hunter”
4 Big Band ___
5 *Ones helping with the horses
6 Expert
7 Low-pitched brass instruments
8 Cookiedom’s Famous ___
9 *Stallone nickname, with “the”

ACROSS

1 More certain
6 Gp. with moms, dads and educators
9 “Thereabouts” suffix
12 “Men” or “teeth,” grammatically
14 One of Ringo’s set
15 ___ kwon do
16 Absurd, as a scheme
17 Autodialed annoyance, often at dinnertime
19 Prof’s aides
20 System of rules
22 Protection for political refugees
23 German I
25 Philosophies: Suff.
27 Picky details
28 Computer event with a “blue screen of death”
30 Penultimate Greek letter
31 Big Pharma watchdog: Abbr.

ACROSS

32 Suggest
34 Encroach (on)
38 Musical knock
39 Naughty
41 Black or Red waters
42 Downpour concern
44 Bills with Franklin on them
46 Good times
47 Japanese vegetable
49 Infatuated with, with “about”
50 “___ Land”: 2016 Best Picture? Not!
52 Elite English boarding school
53 Deadly “2001” computer
54 “Bridgeshead Revisited” novelist Waugh
56 Laundry
58 Wall St. takeover
61 Exacts revenge
63 Punctuation that Brits call a full stop

10 Henri’s “Hi”
11 Pilothouse wheels
13 Lion constellation
14 Severe reprimands, and a hint to the starts of the answers to starred clues
18 Singer Lauper
21 Slight market slide
24 St. Louis hrs.
26 Short skirt
28 Kitchen master
29 Iranian currency
31 *Trio after turtle doves
33 Paris pronoun
35 TV watchdog
36 “Wow!”
37 “No sweat”
40 Letter-shaped fastener
43 October gemstones
45 Italian hour
48 “We’re ___ schedule here!”
50 Permitted by law
51 Bugs Bunny animator Tex
52 Ballade’s last stanza
55 Website with business reviews
57 Rejuvenation site
59 “___, James ___”
60 Poems of praise
62 Many millennia
64 Deli bread

UPDATED EVERY DAY!

The Watermann Way

Redshirt freshman Jaxson Watermann has rejoined old teammates to continue his collegiate career as a 49er

by Blake Canty
Intern Photo courtesy of mavadee



The Charlotte 49ers men's soccer team just gained a new defender by the name of Jaxson Watermann. After his freshman year at Chapel Hill he decided to transfer to begin his new career as a Charlotte 49er.

Playing for the Carolina Rapids and then coming out of high school as a three star recruit, Watermann redshirted for his freshman year and trained hard with the team. Now ready to begin, he is the newest defender to suit up for the 49ers and expectations are high for him and the team so they can show what they can bring to the sports world.

Growing up in North Carolina, Watermann first started playing soccer as a child with his brother. Starting at six years old, they would go to the recreational center to play soccer and that is where his real love for the sport began. As his love for the sport started to grow, he began paying close attention to players and even watching matches for certain teams. He became an FC Barcelona fan and also favored Lionel Messi as his favorite player all time. As he became more and more invested in the sport, he even started to see players whom his skillset resembles.

"I'd say Raheem Sterling or Lucas Moura, just because I try to incorporate a lot of pace, dribbling and just getting into my game and that is all characteristics that they share," said Watermann.

This season everyone has high hopes for Watermann and this is even evidenced by the praise that was given by his Head Coach Kevin Langan.

"He brings energy, pace, fitness, drive and enthusiasm," said Langan.

The 49ers' coach plans on using Watermann to push the pace, and when he is on the field, wants him running and setting. Coach Langan also is very enthusiastic about Watermann's ability and his willingness to learn.

Watermann transferred from Chapel Hill to Charlotte due to the history of the team and the chance for this opportunity. He has known the coaches for a while and some of his teammates for years. Watermann jumped at the opportunity to be a part of the illustrious program. The program has been top 25 consistently for the past couple of years and has faced some tough opponents as well.

Watermann has two teammates that are from his childhood and also from his U.S. Soccer Development Academy tenure. Another big factor that drew him into the program is that he is from Harrisburg and played for his high school team, which is 15 minutes away from where the 49ers play their home games. His support system being so close to him so he is always able to use them as a sounding board helped with the decision making process as well. The fact that the coaches and players that Watermann has a history with welcomed him with open arms helped him to make his decision to become a 49er.

"My teammates, they've been really supportive from the start. Our captain Teddy, he has been really supportive of my game. Patrick Hogan, my freshmen Kameron Lacey, Carson Price and Sean Suber. Sean [has been] my best friend since I was seven, so everybody I know has been pretty close and pretty supportive of me," said Watermann.

During captains practices over the summer, the team really gelled well and came together as a strong support for the new addition. He went through a seamless transition and became a part of a strong team that is going to play hard to represent the Charlotte 49ers. With high hopes, a strong support and the joy of playing at home and with friends, the future is looking bright for Watermann.

When it is game time, Watermann becomes a fierce competitor. The level of focus and drive he shows really reflects how hard he works to be the best he can every day. He is humble when it comes to his own skills and the things that he can improve on in his own game. Worried more about the team and winning than his own stats, he wants to help get



Photo courtesy of Sam Roberts/Charlotte 49ers Athletics

wins however he can help.

"There is always things to improve on. Me personally, I try to improve on my speed of play, finishing just things that will help us win games," said Watermann. "I think we just approach every game with the same mentality. We do not really look ahead towards future opponents; we just look towards the game and team that we are about to face, and then after we play that game then we move on to the next game," said Watermann.

The goal for this season is to make it as far as possible but Watermann has his sights and hopes high as the season begins to start.

"As a team [we want to] just make it as far as possible. Our team goal is to make it to the Elite Eight, but I honestly think that we have a really deep squad, good players at each position and everyone working hard, I think we can make a run for it," said Watermann.

Not just an athlete, Watermann loves soccer, listening to his favorite Drake song "The Motion" and eating Blaze pizza. For his life after athletics he wants to pursue a career in entrepreneurship and technology, hopefully merging the two. When not preparing for matches, practicing or going to school, Watermann is most likely to be caught listening to music, playing video games or hanging out with his friends. He loves being a Charlotte 49er, and one of his favorite parts of attending Charlotte is being able to play for and with people that he loves and cares about. Welcomed with open arms and love, Watermann is set to become a big part of the Charlotte 49ers' future for a long time.

Football Mini Senior Features

Photos courtesy of Charlotte 49ers Athletics



7 Anthony Butler

Position: Linebacker

Hometown: Charlotte, N.C.

Favorite place to eat in Charlotte: TMAC, but it closed!

Fun fact: Confident that if there was a national tournament for one-on-one basketball that he would win

Anthony likes to spend his free time with his family and watching old school college and NFL Football

"It's going to be a blast, it's going to be fun, it's going to be amazing. It's going to go by quickly because we're always going to have fun and we're going to win a lot of games."



10 Tyriq Harris

Position: Defensive End

Hometown: Roanoke, Va.

Favorite place to eat in Charlotte: TMAC, but it closed!

Fun facts: Challenges anyone willing to a round of ping pong and he used to live in Germany

Tyriq likes to spend his free time taking naps and hanging out with his friends on the team

"I don't think it's going to be a quick result kind of thing. I feel like we've got to take it week by week, play every game like it's our last and just have fun. I feel like the coaching staff has really done a good job preparing us for it."

HABITAT FOR
HUMANITY

HOMEcoming BUILD



UNC CHARLOTTE
Leadership & Community Engagement

SIGN UP TODAY! LEADERSHIP.UNCC.EDU

PORTION PANIC

How to control portion management in college dining halls

by Olivia Lawless
Lifestyle Editor



Although that reasoning might sound good for your wallet, it's not good for your health. It's reasonable to want to "get your money's worth" by eating as much as possible while you're inside Crown Commons, or to have a heaping plate full of only pasta just because you can, but consider what's best for your overall health.

Portion sizes can have a huge impact on your health and weight, and most of the time, we go overboard with them. That shouldn't come as a surprise to anyone who has eaten at any handful of restaurants in the United States. Most American restaurants serve twice or even three times the portion sizes of other countries.

We see this everywhere. Many of these meals are enough to feed two or three people (or one very large, very hungry person). Then, in an effort to avoid wasting food and money, we attempt to eat the entirety of the huge portions we've been given. We eventually realize we can't finish it in one sitting and concede with leftovers and stomach cramps.

Maybe funds are tight and you're trying to supersize your food for the best deal. Maybe you love the buffet down the street. Maybe you're required to have a meal plan on campus. For whatever reason, many of us buy food we know we cannot all eat at once and then push ourselves to eat as much of it as possible to the detriment of our health.

Portion control can be especially difficult in a college dining hall, where we are often motivated to eat more because of sheer availability. This motivation also sometimes produces what people usually refer to as the "freshman fifteen," or the fifteen pounds people may gain shortly after getting to college. I have no idea how often this actually occurs, but if you're worried about that, it's a good idea to pay attention to your portion sizes.

In some dining halls, or in certain sections of a dining hall, the food may be portioned out in smaller bowls and plates. This is presumably to avoid people from taking too much food and then wasting it. I like that portioning because it makes

it a little harder to mindlessly spoon more food onto the plate. At the same time, however, it's important to note that those portion sizes may not necessarily match with a balanced diet. Your diet depends largely on unavoidable things like genetics, allergies, and size, but the guidelines for a healthy diet involve similar portion sizes for many people.

Anyway, most of the food in dining halls is not portioned out, leaving us with the responsibility of choice. Sometimes that choice is a plate filled with just one or two foods. Although this is often the more convenient or more delicious choice, it is typically not the healthier choice. Whether you want to gain weight, lose weight, avoid feeling tired or sick, or just maintain your general health, it's in your best interest to eat a variety of foods.

It's healthy to fill your plate with a significant portion of vegetables. Admittedly, eating mostly vegetables won't be helpful for anyone trying to gain weight, but vegetables provide nutrients and

essentials to your health. Complex carbohydrates like peas, beans, and other whole grains are also good to fill up your plate. Proteins should generally take up the least amount of space on your plate.

If you still find yourself unsure about how much you should eat, try waiting and drinking water. Wait fifteen minutes before getting more food after you've just eaten a lot. Drinking a full glass of water during a meal also helps you feel more full.

What's most important is that you listen to your body when deciding portions. If you normally need larger-than-average portions, go for it. If you normally eat smaller portions, grab the amount of food you usually eat and wait before going back for seconds. Remember that just because there's a lot of food available doesn't mean you have to eat excessively.

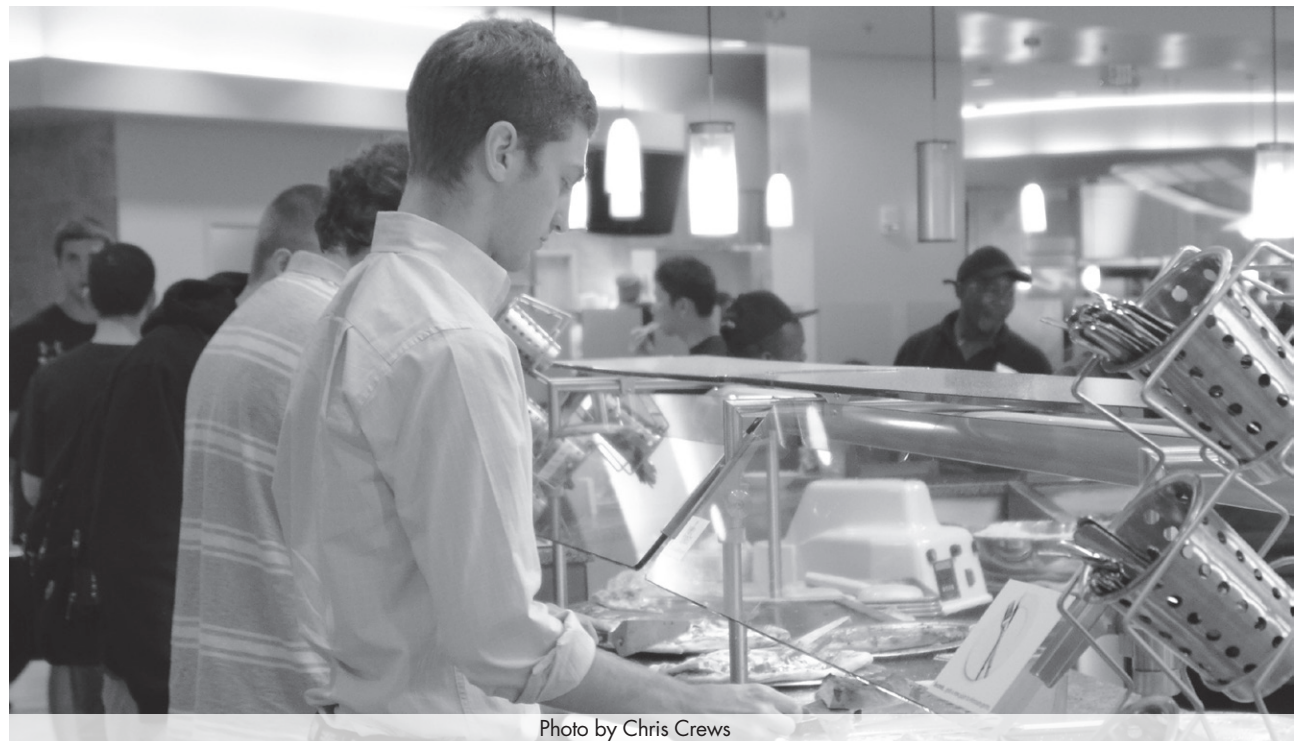


Photo by Chris Crews

GETTING STEAMY

by Olivia Lawless
Lifestyle Editor

Photo courtesy of Olivia Jester

Five reasons to buy a steamer

Dominating the lists of several “must buys” for dorms are plenty of familiar things like mini-fridges, plastic-organizer-tubs and laundry bags. Here is one addition to that list that is usually underappreciated: the steamer, which is basically a heated spray bottle that smooths your clothing. I haven’t heard people talk about steamers, but they’re really useful. I’ve used mine way more than I originally thought I would. Here are four reasons why you should get one.

They’re easy to use.

Most of them are like heated spray bottles with a trigger on the front. All you have to do is hang up the article of clothing you want to be steamed, hold the trigger on the steamer, and move it around the wrinkled areas of your clothing. Some steamers have multiple settings for tougher or more delicate clothing, but the general setting works for pretty much anything.

They’re cheap.

Steamers are usually cheaper than clothing irons. There are a few pricier models of course, but many of them fall between 20-30 dollars. Clothing irons, on the other hand, tend to be upwards of 30 dollars.

They’re portable.

Although steamers are the same size as irons, the nature of a steamer is much more versatile. You don’t have to worry about hauling a collapsible or non-collapsible board around. If you’re desperate, you can even hold your clothing up with one hand and hold the steamer with the other.

They’re convenient.

All you have to do is plug in your steamer and wait a minute or two for it to warm up. The only other piece of “set up” required is to hang your article of clothing.

They’re efficient.

Clothing irons and steamers are similar in a lot of ways, but steamers are often more efficient. No matter your preferences or living space, everyone can benefit from a steamer. There’s a 100 percent chance you’ll want to smooth out your clothing, whether it’s to look particularly nice for a meeting, a class or just daily wear. Buying a steamer is worth that 20 dollars.



THE BIG STUDENT EVENT

THURSDAY, SEPT. 19 • 11AM-2:30PM

@ CHHS/COED PLAZA

ALSO @ BELK PLAZA • LEVINE PLAZA • EPIC LOBBY

FREE!



NNG.UNCC.EDU