

3-11-2019

The Guardian, Week of March 11, 2019

Wright State University Student Body

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Repository Citation

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WEEKLY HOROSCOPES

MARCH 11, 2019 BY SARAH CAVENDER

The stars have a week of emotions and surprises in store for you. Check out your weekly horoscopes for March 11 through the 16.

ARIES

Searching for new genre of music Aries? The stars are suggesting trying classic rock music. Shake up your routine a little with some Lynyrd Skynyrd and Led Zeppelin. Boost your bass!

TAURUS

You have been investing into too many subscription boxes lately Taurus. We know the world is big scary place but there is more to life than blogging about your recent unboxing. Try Meijer or Walmart. The items there will surprise you just as much as a box.

GEMINI

Stop describing memes in social situations Gemini. We get it, your angry Arthur clenched fist when someone says something offensive. Just act normal instead of a real life timeline.

CANCER

Reward yourself for your efforts this semester Cancer! Get yourself some ice cream and a gold sticker! You deserve it for all your hard work.

LEO

You will be feeling a little psychic this week Leo. Consider this a gift from the universe so you are aware that you should go to class. You will see visions of doing better on that test if you are present.

VIRGO

Compliment and spread happiness today dear Virgo and the universe will reward you! For every smile you give someone else it will be reciprocated. Make the world a little happier today.

LIBRA

The stars suggest quoting the Office for the rest of the week. You are now named Dwight and this is your week to pull your best knowledge of the show into your life.

SCORPIO

Words are kinda difficult right now Scorpio. The stars know you are struggling with putting your emotions and thoughts into sentences. We suggest only communicating in emojis this week. Better yet use Bitmoji. It's basically you reenacting the emoji in cute outfits.

SAGITTARIUS

Looking for a good distraction from your personal life this week Sagittarius? Take up learning a language! The stars think you should learn Portuguese. Why you might ask, because it's unique and a good way to start a fun dinner conversation.

CAPRICORN

Drinking energy drinks and coffee at the same time is not only unhealthy but a bad decision Capricorn. We suggest drinking water and detoxing. You shouldn't be talking that fast.

AQUARIUS

Going out on Wednesday is a bad idea this week Aquarius. Mostly because you go out every single night. We do not understand how you can afford it. Take Wednesday off from social activities and spend time with your pet fish. He misses you.

PISCES

Have you been needing to start a swear jar Pisces? Start replacing swear words with strange overly large words no one knows. Like adomania or kairosclerosis. Happy googling!

FAD DIETS: POOR TECHNIQUES FOR WEIGHT LOSS

MARCH 11, 2019 BY ARIAN MCNEIL

There are always people looking to lose weight fast. The constant need for fitness shortcuts leads to popular diets that usually come with health consequences. These diets are known as “fad diets” and are not the way to go when hoping to lose weight.

Some signs that a new diet plan may be a fad diet are: it claims to cause fast and easy weight loss, there is no need for exercise and/or it highlights certain foods.

These diets lead to weight cycling, which is losing weight, gaining it back and repeating the process several times. They can help shed weight, but in an unhealthy way. Which means the weight usually comes back as soon as you stop the diet.

Paleo, Keto and the lemon detox diet are all clear examples of fad diets.

These diets have been proven to be unhealthy due to the strict dietary restrictions that deprive the body of necessary nutrients. People who do these diets often lose weight rapidly but gain it all back once they stop dieting.

If a “fad diet” isn’t the way to go, what is?

It is important to make a lifestyle change that will help you reach and maintain the weight you want to be at. Weight loss should be slow. The slower the weight comes off, the easier it will be to keep the weight off.

To do this, one must eat the right amount of foods for their body and make sure they are nutrient-dense.

Exercise is also an important key when wanting to lose weight. An exercise plan that includes cardio and strength training is beneficial when wanting to make a change in weight or appearance.

It is important to remember that trying to lose weight doesn’t mean that you can never have sugar or snacks. Keep room in your life for sweets – you will be happier and more motivated if you enjoy some of the food you eat.

STUDENT GOVERNMENT TO HOLD PUBLIC SESSIONS ON PROPOSED CAMPUS
RECREATION PROJECT
MARCH 11, 2019 BY LUCAS GONZALEZ

Wright State Student Government Association, or SGA, will hold public informational sessions regarding a proposed campus recreation project.

The two sessions will be held on Thursday, March 14 at 7 p.m. in 109 Oelman Hall and Friday, March 15 at 2 p.m. in the Student Union Atrium.

“We look forward to continued dialogue at these informational sessions and welcome your feedback,” Student Body President Daniel Palmer said.

Student Government representatives have been working to establish a new recreation facility on campus since at least September. They are asking the student body to vote on whether or not to build a facility through a referendum called the Campus Engagement Project.

If passed, students would be required to contribute to the expense of the facility. It is not yet clear how much the project would cost students, but SGA plans to announce the individual expenses before voting takes place, according to Ivan Mallett, SGA chief of staff.

“The cost per student is going to depend on what ends up being the final product,” Mallett said. The project will also be supplemented with capital dollars from the state, according to SGA. Construction on the proposed facility is expected to last five to seven years, if the initiative passes.

A new facility is expected to include gymnasiums, a fitness center, group exercise studios, indoor track, climbing gym and swimming pool. Details are still being finalized. Palmer said he hopes the final product will be “the most accessible recreation facility in the country.”

Voting is expected to take place in early April. “It’s really important that the student body puts in their vision,” Palmer said.

NEW WRIGHT STATE FOUNDATION INITIATIVE TO HELP STUDENTS THRIVE
MARCH 12, 2019 BY MICHAEL MATHEWS

A new Wright State Foundation Board of Trustees initiative will help students apply for funding for programs, organizations and activities on campus.

Students First Fund is a grant-based initiative which helps empower students, staff and faculty at Wright State to create and further programs helping students on campus, according to Holley Mapel, student trustee for the Foundation Board of Trustees.

“The goal of the Foundation Board was to help as many students as possible succeed, thrive, persist and then go on to graduate,” said Kim Patton, assistant director for Advancement Communications.

Members of the Wright State community are able to apply through Students First Fund during the current school year, for the upcoming school year.

If a student completes an application, it must include a faculty or staff member designated as an advisor. If a staff or faculty member completes the application, their supervisor must be designated. “This helps make sure sustainability is maintained after the funds are allocated,” Mapel said.

It is important for students to understand this is not a scholarship program, it is a grants program, and it is not intended for individual support, but for groups and organizations to start, continue and advance, Patton said.

Mapel encouraged applicants to complete forms on behalf of organizations or initiatives.

“Collaboration is key. We want to make sure that there is something sustainable for them to actually implement it together.”

The Foundation Board hopes to encourage innovations and sustainability among programs, Mapel said.

“The goal really is to provide opportunities for students, staff and faculty to really implement innovative and strategic initiatives that support student success holistically.”

The Foundation Board of Trustees has authorized and committed to \$50,000 minimum being available each year for the next three years to be allocated to applicants.

For those interested in the Students First Fund, the current application is still open for the 2019-2020 academic year. The applications close at 11:59 p.m. on Friday, March 15.

For more information, contact studentsfirstfund@wright.edu.

WRIGHT STATE FACULTY SENATE OPENS VOTE OF NO CONFIDENCE IN BOARD OF TRUSTEES

MARCH 12, 2019 BY LUCAS GONZALEZ

Wright State's Faculty Senate is conducting a vote of no confidence in the University Board of Trustees.

Voting opened Monday and will last through March 22 at 5 p.m., according to the Faculty Senate's webpage.

After voting, the Faculty Senate Office will provide the results to the Board of Trustees, Faculty Senate, and the Chancellor of the Ohio Department of Education, according to a Faculty Senate document.

During a Feb. 18 meeting, the Executive Committee of the Faculty Senate reviewed a petition calling for a vote of no confidence in the Board of Trustees. The petition, which needed 50 signatures to pass, received 91 signatures of support, according to the document.

"Therefore, the Faculty Senate Executive committee provides notice that a vote of no confidence/no confidence in the University Board of Trustees will be scheduled and go forward as described in the above policy," the document says.

In the petition, faculty outlined eight points for having lost confidence in the Board of Trustees to govern Wright State University, including the following:

An ongoing financial crisis and budget cuts which "threaten the educational mission of the university"

- The creation of the nonprofit Double Bowler Properties to expand its real estate footprint
- The flow of money to and from affiliated entities including Wright State Research Institute (WSRI) and the Wright State Applied Research Corporation (WSARC)
- A 2016 citation of a trustee for an ethics violation
- Protecting Division I Athletics over education
- A scandal surrounding the issuance of H-1B visas
- A trustee advocating for hiring people with Associates degrees
- Bargaining in "bad faith" with the faculty union

"This list of grievances speaks to a five-year pattern of behavior by the Board that has caused significant harm to the University," the petition says.

The vote is not a Faculty Senate motion and therefore cannot pass or fail, according to Faculty Senate President Travis Doom.

"Such a vote expresses a sentiment; it does not recommend a specific action in response that sentiment," Doom said.

The Board of Trustees provided a rebuttal to the petition, saying that new policies have helped strengthened the university's financial standing, that the creation of a university-affiliated entity to serve the university's real estate transactions is "common practice," that the university did not cloud the flow of money through WSRI or WSARC, that it did not protect Division I Athletics over education, that it paid a \$1 million settlement for a non-prosecution agreement in regards to the H-1B visa investigation, that a trustee has the right to state his or her opinion, and that the board bargained in good faith with the faculty union.

The board acknowledged that a trustee was reprimanded for an ethics violation, that the issue was addressed and that it "does not remain an issue."

"The board also became aware of poor or non-transparent practices in areas of governance and oversight that put the university at risk, and subsequently set in place a number of checks and balances to correct such issues going forward," the rebuttal says.

Doom said the results of the faculty vote will be announced no sooner than March 25.

“ON YOUR FEET!” THE EMILIO & GLORIA ESTEFAN BROADWAY MUSICAL REVIEW
MARCH 12, 2019 BY PAIGE COBOS

Dayton has an incredibly lively theater scene that hosts some of the biggest acts of the moment. This March at the Schuster Center, the big hit is “On Your Feet!”, courtesy of The Victoria Theatre Association’s Premier Health Broadway series.

This energetic show spotlights the incredible lives and careers of music producer Emilio Estefan and his singing-sensation and wife Gloria.

After their first meeting in a church in 1970s Miami, the two collaborate on the successful and groundbreaking Latin band, Miami Sound Machine, with Gloria as the lead singer. However, Gloria proves to be a force to be reckoned with as a solo artist, selling 115 million records worldwide and ultimately changing the face of pop music forever.

On March 5, this amazing Broadway musical made its Dayton debut to a near sold-out house at the Schuster Center.

The story is a roller coaster of emotions that shows the joys and heartbreaks of life on the stage. From Gloria’s struggle with her relationship with her mother to the near-fatal bus accident that almost took away Gloria’s ability to walk, the story is inspiring and empowering. It demonstrates the enduring power of the human spirit without losing the flame of what makes a person true.

The two hours in the theatre fly by with the show’s fast pace, energy and colorful production.

The musical includes hits such as “Live for Loving You”, “1-2-3” and “Rhythm Is Gonna Get You.” Combined with its first-rate cast, this show managed to get the whole theatre up on its feet dancing in the final act.

“On Your Feet!” was an incredible experience as a member of the opening night audience.

WOMENS BASKETBALL WINS HORIZON LEAGUE
MARCH 13, 2019 BY ARIAN MCNEIL

Wright State faced off against Green Bay Tuesday March 12 in Detroit for the Horizon League Championship. The Raiders hung on for the lead, winning the game 55-52. With this win, the Raiders secured their spot in the NCAA March Madness Tournament for the second time in history.

The game was a close one, with Raiders Emily Vogelpohl, Michal Miller, and Symone Simmons leading the team in scoring. At the end of the first half Wright State was leading Green Bay by double digits but Green Bay came out strong in the second half. The score was a battle from then on, with multiple lead changes occurring in the 4th quarter.

Wright State was able to keep the Phoenix at bay, winning the game by just three points.

RAIDER UP FOR SPRING SPORTS SEASON
MARCH 13, 2019 BY ARIAN MCNEIL

It's time to get ready to support your fellow Raiders during these spring sports events.

Men's and Women's Tennis conference matches
March 23 at Northern Kentucky

March 30 home vs IUPUI

March 31 home vs UIC

April 6 at Green Bay

April 13 home vs Youngstown State

April 14 home vs Cleveland State

Golf
March 17 at Bobby Nichols Invitational

April 8 at Big Blue Invitational

April 14 at Wright State Invitational

Baseball conference games
March 15 home vs Milwaukee

March 22 at UIC

March 29 home vs Youngstown State

April 5 at Northern Kentucky

Softball conference games
March 22 home vs Detroit Mercy

March 29 at Green Bay

April 2 home vs Northern Kentucky

April 5 at IUPUI

April 16 at Youngstown State

April 19 home vs Oakland

April 26 at Cleveland State

May 3 home vs UIC

Track

March 22 at Vanderbilt

March 30 at Cedarville

April 6 at Cincinnati

April 13 at Ball State

April 19 at Otterbein

April 26 at Ohio State

May 3 at Horizon League

DIY IDEAS FOR COLLEGE STUDENTS

MARCH 14, 2019 BY SRUTHI TENKAYALA

Fact: being a college student is not a walk in the park. On top of keeping track of expenses, there are lengthy assignments to finish within an impossible time limit. Top it off with a dollop of stress and sleep-deprivation, because why not?

Apart from vacations, there's no time to let yourself breathe, so below are a few DIY ideas that can make your life a little easier.

Mug meals

This is probably the most convenient way to take care of your food cravings. You can make absolutely anything; from muffins, cakes and pancakes to mac n' cheese, omelets and hashes. All you need is five minutes and you've got a warm meal.

Cookie sheet magnetic board

A cheap and simple way to create your own reminder board! Keeping track of deadlines can be confusing, so it's better to have them all displayed. Buy a can of spray paint to personalize the board, use hanging strips to hang it and buy or make your own magnets.

Or, you know, a Sharpie and a calendar works wonders.

DIY coffee filter

What happens if your dorm doesn't let you have a coffee machine? Spending money on coffee every morning probably isn't the smartest thing to do. All you need is a foam cup, a coffee filter and an elastic band. Cut out the bottom of the foam cup and secure the filter over the opening with a band.

Hacks

Keep your phone inside a cup so the sound of your alarm is amplified. Plus, you're forced to get up to turn it off. Perfect for heavy sleepers!

Setting your schedule as your screen lock is more convenient than scrolling through your photos. That way, you can always keep track of your classes.

Self-control apps are a pretty good invention too, for those who get distracted easily. Download one and use it to block certain websites while you study.

DAYTON'S NOT DEAD: HAIRLESS HARE
MARCH 14, 2019 BY MICHAEL MATHEWS

A Vandalia brewery recently announced that it has plans to expand.

The Hairless Hare, 738 W National Rd, Vandalia, plans to expand the kitchen, grow the brewery, and add a meatery, according to co-owner Matthew Harris.

"We're going to come close to doubling our seating capacity at the tavern," Harris said.

"Everything has been pretty much on track from where our goals were originally."

An old American Legion building is connected to the Hairless Hare will also be taken over by the brewery for renovations and expansions.

Due to the size of the brewery, it primarily focuses on in-house distribution. It also produces house beers for restaurants including Submarine House, Bunkers, Shins, and Longhorn on Miller Lane.

The brewery is well known for its unique pizzas, smoked meats, and wide variety of beers. "We really specialize in having a wide variety, so were able to keep a lot of different beers out," Harris said. "we pretty much keep a wide variety on tap at all times."

Happy hour specials run every Monday through Friday from 4 p.m. to 6 p.m. During happy hour most 12 to 16-ounce beers and appetizers are a dollar off. On Wednesdays the brewery offers an off the menu dinner, "It can be anything... whatever we can dream up. That's become very popular," Harris said. On Thursdays growler fills are ten dollars.

It is not clear at this time when expansion could be completed.

FITNESS FRIDAY: COUCH POTATO EXERCISES
MARCH 15, 2019 BY ARIAN MCNEIL

It is easy to sit down on the couch, turn on the TV and binge a show. Hours can pass in the blink of an eye, and then there's no time to get in a workout. The couch potato life is tempting but unhealthy. Below are a few exercises you can do while living out your couch-potato dreams.

Seated floor taps- 10 reps

While in a seated position on the couch, reach your arms overhead and then bring them down to touch your toes, bending at the waist.

This strengthens the lower back and shoulder muscles.

Seated oblique twists- 60 seconds

Have your arms out in front of you and twist your upper body back and forth quickly, keeping your head stationary.

Seated punch twists- 45 seconds

These are the same as the seated oblique twists except when you turn, you are going to swing your arm like a punch.

This method works more muscle groups, meaning you burn more calories.

Trunk flexion- 60 seconds

Raise your hands above your head and lean your upper body down to one side and then to the other. The movement resembles the up and down of a seesaw.

This works your abdominal muscles.

“CAPTAIN MARVEL” REVIEW: SPOILER-FREE
MARCH 15, 2019 BY WILL DRAUGELIS

Score: 55/100

Twenty-one films into the Marvel Cinematic Universe (MCU) and they still have yet to make a truly bad film. This time, the film tells the origin story of Carol Danvers, better known as her super-hero alter ego, Captain Marvel.

Brie Larson stars as the titular Captain Marvel and marks her first appearance in the MCU, alongside fellow newcomers Annette Bening, Jude Law and Ben Mendelsohn. However, they are not alone, as MCU favorite Samuel L. Jackson returns to play Nick Fury once again.

This film serves as a prequel of sorts, as it takes place in the mid-90s, whereas every other film except “Captain America: The First Avenger” takes place in the new millennium.

Make sure you get to the theater right when the movie is starting, because Marvel gives Stan Lee a touching tribute to open the film. From there, the movie starts, and it is a mixed bag until the credits start to roll.

The first half of the movie is the weaker part of the film; it took a while for the movie to hit its stride.

Throughout the movie, as with all Marvel movies, there are a lot of jokes. Unfortunately, the jokes fell completely flat for most of the film; noticeably, there were not a lot of laughs.

The film is also very much like any of the other origin stories in the MCU. It’s like every superhero in the MCU must be a little arrogant and acquire the same sarcastic attitude that Marvel seems to give all its characters. The audience loves Tony Stark, but every hero doesn’t need to have the same personality qualities as him.

If anything, Captain Marvel should have been closer in tone to Captain America, since they have similar backstories having been in the military.

Some of the writing was also a little lazy, as it contradicted some of the previous events that past MCU films had stated. This movie answered some questions that earlier films brought up and might leave the audience unsatisfied, raising some questions that should not be asked.

On the positive side, this film will also leave the audience with questions that will make them excited to come back for answers in future installments. This will prove most true in a month or so with “Avengers: Endgame”, as Captain Marvel will return to help the Avengers take down Thanos.

This movie hits its stride in the second half and ends on a high note that will leave the audience excited for Endgame in order to see Captain Marvel again.

Another thing that this film had going for it was the action. You could see all the hard work that Larson put into the film; it truly showed just as much as when Chris Hemsworth or Chris Evans is on the screen.

The visual effects in these movies just keep getting better and better. Since this movie took place in the mid-90s and Jackson has appeared in movies as recently in 2018, Marvel had to make him look as he did in the mid-90s. They have done this in other films such as "Ant-Man" and "Guardians of the Galaxy Vol. 2", but this is the best it has ever looked, especially since Jackson is in almost the entirety of the film.

The biggest thing this film had going for it was the performances. Law and Bening were great in the movie in their limited screen time and left the audience wanting more. Fingers crossed that they are in future installments.

Jackson was great as usual; he got to play a different version of Nick Fury than the audience was used to in the previous MCU installments.

The two standouts in this film were Mendelsohn and Larson. Larson is now Captain Marvel in the eyes of the audience with her outstanding performance. Next Halloween, there will absolutely be a lot of little kids dressed up as her.

Ultimately, the film was ok. The good and the bad were able to balance each other out in order to make this a worthwhile trip to the theater. On top of that, this movie will have a cultural impact since it is the first MCU movie to feature a female lead.

It will open the genre of superheroes to a whole new audience who wasn't willing to go before, which is awesome, because that is what going to the movies is all about. Everyone will look forward to seeing Captain Marvel in future installments.

All that is left to say is: good luck Thanos, you'll need it.

NETFLIX REVIEW: THE UMBRELLA ACADEMY
MARCH 15, 2019 BY SHADDIA QASEM

If you are someone who anticipates the arrival of Netflix's movies or shows, you might have heard of "The Umbrella Academy."

It goes without saying that this show, by the looks of the trailer, is not what it seems; if you have seen it and were immediately critical, just wait.

Set in a world where superheroes exist, "The Umbrella Academy" starts off with an odd and seemingly impossible phenomenon: in 1989, 43 babies are born to random women, who were not pregnant. Hence the extremely odd scene of the trailer.

The beginning of "The Umbrella Academy" is strange, yes, but it is worth it.

As the episode goes on, the audience is fast-forwarded to 2019. Seven out of the 43 babies were adopted by a millionaire industrialist, Sir Reginald Hargreeves, who creates the academy and raises the children to use their discovered powers to fight crime. Using the children as a form of juvenile police force, it's obvious that Hargreeves is not the loving father figure a kid would want.

Because of their peculiar and difficult childhood, they break away and go their separate ways; until an unfortunate event occurs that brings them all back together.

In a world where an intelligent monkey with a British accent is your butler, your mom is a robot and you must solve your most important problem, mysteries creep around every corner.

There is no getting past it. After the first episode, and maybe a few more, you will be asking yourself: "what the actual flapjack just happened?"

Apart from the amazing acting and storytelling, the music choice and soundtrack to the fighting sequences are absolutely genius. The hairs on audience's arms will stand in ovation.

While "The Umbrella Academy" is unlike any other show, audiences pick up on the similar ambience that this show has. With a fascinating fuse of Lemony Snicket's "A Series of Unfortunate Events" and "Baby Driver", this is not a show you will want to pass up.

If you saw the Netflix trailer for this show and thought it looked too weird, think again. Besides, who doesn't enjoy a comic book come to life?

WOMEN'S BASKETBALL HOSTING SELECTION SHOW PARTY MONDAY NIGHT
MARCH 18, 2019 BY ARIAN MCNEIL

On Monday, March 18, the Wright State Women's basketball team will host a March Madness selection show party for students and the campus community. The event begins at 6:15 p.m. in the Student Union atrium.

The Raiders will learn who they will face in their first round of tournament play and where they will be traveling tonight.

The games will be played March 22 and 23 in various locations around the country.

The cheer and dance teams, as well as the pep band, will be at the selection show to help celebrate the successes of the Women's Basketball team this season.

Chartwells will be providing drinks and snacks for those who attend this free event.

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The Raiders hung on for the lead, winning the game 55-52. With this win, the Raiders secured their spot in the NCAA March Madness Tournament for the second time in history.