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The Guardian Student Newspaper

Student Activities

11-11-2019

The Guardian, Week of November 11, 2019

Wright State Student Body

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Repository Citation

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The Wright State GUARDIAN

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Weekly Horoscopes

Star Signer

November 11, 2019

It's mercury retrograde! Read your weekly horoscopes to help you get through this solar slump.

ARIES

Focus on thinking before speaking this week Aries. Especially when your roommate asks if her DIY rose gold hair looks good. You will find luck in a food court.

TAURUS

Take time to pay attention to your surroundings the next few days Taurus. We suggest paying attention while driving all the time though. Stop signs are not suggestions.

GEMINI

Have you not been honest with your emotions lately Gemini? Voice your concerns for the lack spoons in the union. We understand why this bothers you.

CANCER

The stars think it's time to start testing your patience dear crab. Expect some really annoyingly slow walkers in the tunnels and hitting red lights the entire way to work. Sorry, blame the stars.

LEO

When was the last time you tried something new Leo? This week you will try out a new recipe that will change your life. We see noodles in your future.

VIRGO

There's an eclipse that will throw your exercise routine out of whack this week Virgo. Try to stay on track and maybe incorporate a new exercise or two. Try that weird workout equipment that intimidates you.

LIBRA

Plans that you felt forced to make will cancel early in the week dear Libra. I know, you're thanking us for that. You are welcome. Stay in and rewatch American Horror Story.

SCORPIO

Start looking at ways to naturally detox Scorpio. Your body is sick of fast food. We do not suggest taking up witch craft though. Try a vitamin shop instead.

The Wright State GUARDIAN

MEDIA GROUP

SAGITTARIUS

You've been trying really hard to make something work recently Sagittarius. You've tried to listen to every single one of Fall Out Boy's new songs but your heart can't take it anymore. It's okay to let go.

CAPRICORN

Have you been finding a lot of dimes lately Capricorn? It's because the universe is telling you that you will be fine. They're trying to be poetic, just appreciate the effort.

AQUARIUS

Make more decisions with your heart this week Aquarius. Like when your heart says you should nap instead of go out. Do that. Always nap.

PISCES

You will come across a lot of confusion this week Pisces. Try to wade through consciously and take time making your choices. Don't jump to any conclusions without learning all the facts.

The Wright State GUARDIAN

MEDIA GROUP

Raider sports recaps: What you missed

Jamie Penwell

November 11, 2019

Here are the sports highlights for Wright State Raiders from November 4 through 11.

Volleyball Nov. 6 and 8: Senior Night

After a long-fought battle with Cleveland State Wednesday night, the raiders came out on top, winning 3-2.

Cleveland State won the first set 25-23. Wright State took the next two, 25-11 and 25-20. Cleveland State took the fourth set 26-24. In the last set, the raiders won 15-9.

Game leaders included OH Taylor Gibson (5) with 14 kills, MH Nyssa Baker (7) with 14 kills and eight blocks, OH Megan Alders (15) with 14 kills and two blocks, DS/L Jenna Story (1) with four aces, three assists and 39 digs, and S Lainey Stephenson (2) with 57 assists and 12 digs.

Friday night was Senior Night for Gibson and DS/L Hannah Colvin (8). The Raiders beat UIC 3-1; they finished undefeated at home this season. UIC took the first set 25-23. Wright State took the next three sets, 25-21, 25-18, 25-16.

Game leaders included Baker with 13 kills and eight blocks, Gibson with 13 kills, Story with two aces, two assists, and 16 digs, and Stephenson with 26 assists.

Women's Soccer Nov. 4

In the first round of the Horizon League Championship, the No. 4 Women's Soccer team lost to No. 5 Northern Kentucky University (NKU) 1-3. The sole goal was scored by F Sydni Callahan (14) with an assist from F Brittney Petroski (25).

Wright State had 13 shots, four shots on goal, four saves, two corner kicks, and 11 fouls. NKU had 15 shots, seven shots on goal, three saves, seven corner kicks, and 20 fouls.

Women's Basketball Nov. 6

On Wednesday night, the Women's Basketball team beat Kentucky State (KSU) 88-40.

In the second quarter, the Raiders scored 27 points and allowed KSU only four. Game leaders included G Michal Miller (24) and G Anisja Harris (5) each with 18 points and three rebounds, G Angel Baker (15) with 16 points, five rebounds, three assists and three steals, F Teneshia Dixon (22) with eight points and 10 rebounds, and C Tyler Frierson (33) with nine rebounds.

The Wright State GUARDIAN

MEDIA GROUP

Men's Soccer Nov. 5 and 8

Monday night, the Men's Soccer team lost to Bowling Green (BGSU) 1-0. Wright State had nine shots, two shots on goal, three saves, five corner kicks, and 12 fouls. BGSU had 14 shots, four shots on goal, two saves, eight corner kicks, and nine fouls.

On Friday night, the Men's Soccer team traveled to IUPUI, where they defeated the jaguars 6-1. M Jackson Dietrich (8) and MF Deri Corfe (11) had good nights, scoring two and three goals respectively. One goal is accredited to the team as a whole. The raiders had 27 shots, 14 shots on goal, one save, five corner kicks and 22 fouls. IUPUI had 11 shots, two shots on goal, eight saves, four corner kicks, and eight fouls.

Men's Basketball Nov. 5 and 9

On Tuesday night, the Men's Basketball team beat Central State 96-77. According to the Athletic Department, there were 688 students in attendance. Tanner Holden (2) was named Player of the Game with 21 points and seven rebounds.

Other game leaders included Skyelar Potter (5), who went 5-6 on three-pointers, with 19 points and three steals, Cole Gentry (31) with 13 points and five assists, Jaylon Hall (0) with 11 points and four steals, and Loudon Love (11) with nine points and six rebounds.

On Saturday, the team traveled to Miami (OH), winning 88-81. Love was named Player of the Game with 27 points and 16 rebounds. He now has 1,000 career points.

Other game leaders included F Bill Wampler (1) with 17 points and five rebounds and Gentry with 12 points and five rebounds. G Trey Calvin (10) led the team in steals, with three.

The Wright State GUARDIAN

MEDIA GROUP

Wright State celebrates veterans year-round

Marissa Couch

November 11, 2019

“We have a pyramid we’ve created in our space on how to reach that success. It starts with financial and goes to mental health and sense of belonging, then to academic and career, so we’re moving them through the pyramid,” said Amanda Watkins, associate director of the VMC and Undergraduate Retention.

Wright State’s Veteran and Military Center (VMC) is available on campus to provide student veterans with the assistance they may need in their transition and journey through college.

The VMC is accessible to all veteran students who utilize their G.I. Bill, as well as those who have proof of military involvement.

G.I. Bill is a Government Issue Bill, which provides benefits to assist veterans and family members, according to the Veterans Affairs webpage.

Due to the proximity of Wright Patterson Air Force Base, Watkins believes WSU offers a substantial support system for student veterans.

Watkins started in the Office of Veteran Affairs in June 2006. In 2014, the push was made to expand the space based on student feedback and petition. The office was renamed the Veteran and Military Center.

Over the past weekend, the VMC celebrated their expansion that happened five years ago with their annual veterans Champion’s Ball on Nov. 9.

“Traditionally, we just did military benefits which is an enrollment function. We expanded to three full-time staff and peer advisors as well as student workers who process G.I. bill and the Veterans’ Voices project as well,” said Watkins. “We work closely with student success services to have workshops on how to stay on track.”

The Veterans’ Voices project is a documentary produced by WSU’s New Media Incubator and the VMC.

Veterans identify themselves to the center through admission, coming to the space or using their G.I. Bill.

The Wright State GUARDIAN

MEDIA GROUP

“Most people if you stop and ask on campus if they know someone in the armed services, they would say yes. Having that culture around the Miami Valley makes us more accepting to military culture and understanding their needs and how to best assist them,” said Watkins.

Curtis Tenney is a student veteran who utilizes the VMC. Tenney has a bachelor of Arts in Women, Gender and Sexuality and is pursuing his master’s degree in Applied Behavioral Science from WSU.

“The VMC has saved me much time by providing a secure and quiet place to study. Along with the Office of Disability Services, the VMC has had a direct impact on my ability to complete assignments and attend class. I really like the free printing and all the various activities and seminars sponsored by the VMC,” said Tenney.

Additionally, Tenney has an associate in Golf Complex Operations and Management, bachelor’s degrees in Electrical Engineering and Economics, a master’s in Business Administration, and a Ph.D. in Economics.

“Since I was initially very overwhelmed with returning to school, I was quite the wallflower at the VMC for a while and just did my own thing. I was focused on my studies and wasn’t looking to get involved. Then I had a couple of conversations with Dr. Gordon and he started inviting me to participate and help my fellow veterans,” said Tenney.

Dr. Gordon offered Tenney an idea that would educate the center in his undergraduate studies, Women, Gender and Sexuality studies. This project turned into Curtis Talks (Because My Dad’s Name Was Ted), where Tenney informs the audience of how to approach situations in an appropriate manor. Tenney is still currently conducting these presentations for students.

“Creating and funding the VMC is a very important enrollment and retention factor for Wright State. The institution’s recognition of the contributions and sacrifices of veterans is amazing. I have been very impressed with the cooperation and coalition involving all of the cultural and identity centers,” said Tenney.

While WSU does a lot right for veterans, there is always room for improvement.

“For veterans, it is important for the university to develop a good policy that will allow for excused absences for active duty, reserve and guard members so they are not negatively affected by their responsibilities here or when they are deployed or sent for temporary duty,” said Tenney.

The Wright State
GUARDIAN
MEDIA GROUP

Tenney is an advocate for the Office of Disability Services and the VMC and would like to see more cooperation in encouraging veterans to enroll with both services.

“Since disability still carries a stigma for many veterans, a liberal attendance policy for all veterans would be quite beneficial. Veterans have unique circumstances that can easily lead to absences from class,” said Tenney. “It would be nice to see and hear of more support from faculty, staff and administrators for the VMC and individual veterans.”

WSU has offered veterans the opportunity for integration into campus life by supporting the VMC. Student veterans have a safe space to go for support and any needs they may have.

Veterans Day was on Monday, Nov. 11. WSU was closed in observance of the holiday.

The Wright State GUARDIAN

MEDIA GROUP

SGA to spend next few weeks reviewing constitution

Shaddia Qasem

November 12, 2019

During the Student Government Association (SGA) brief meeting on Nov. 5, rules of debate concerning its bylaws and constitution were passed by the Senate.

“[For] the next couple of weeks we will be going over [and amending] our bylaws and constitution,” said SGA President Ivan Mallett.

Old business was set aside in preparation for the upcoming meetings covering the structure of the organization.

The duration of the debate and discussion of the constitution and bylaws will be held in executive session, which is not open the public. Regular business will be conducted and then SGA will break into executive session.

SGA meetings are held every Tuesday at 7 p.m. in the Student Union Atlantis room 157 and are open to the public.

The Wright State GUARDIAN

MEDIA GROUP

Take Flight leads to new initiatives impacting the campus

Shaddia Qasem

November 12, 2019

For over a decade, Wright State University has hosted Take Flight, a leadership retreat program during the summer that offers students the chance to build new skills and gain experience in leadership.

“Student leaders from across campus come together to learn about different leadership skills and concepts from one of three rotating leadership texts that serve as our curriculum foundation,” said Jeremy Keller, program manager for Student Involvement and Leadership.

With past retreats held at places like Camp Kern, Camp Joy and Wilderness Ridge, participants get to experience a variety of activities and enlightening adventures.

“Depending on location, students and facilitators are also able to participate in leadership challenge activities, including things like zip lining, low and high ropes courses, and personal growth reflections,” said Keller.

Open to all students through an application process, with a limit of 50-55 participants, the Take Flight program has a tremendous impact on the university.

“The students that come back from Take Flight have a renewed energy to make change on campus. Not only do they have more skills to assist their organizations, but they are motivated to spread their influence and impact to more than just what they are involved in,” said Keller.

With the power to bring together student organizations from all over campus, Take Flight has become a beloved tradition among its members and participants.

“[Take Flight] has increased collaboration across different organizations that may not have collaborated before [and] has helped with diversity and inclusion,” said Student Involvement and Leadership Program Director Gina Keucher.

Participants of the retreat have the opportunity to put their minds together and create ideas to possibly improve Wright State for future generations to come.

“One group focused on an initiative focused on helping fellow Raiders by allowing students to donate meal swipes to the Friendship Food Pantry on campus. Another group looked at having

The Wright State GUARDIAN

MEDIA GROUP

more sustainability on campus, looking at recycling options and getting reusable cups/straws with Dining Services,” said Keller.

During Take Flight retreats, Keller admires the connections that student leaders and organizations make.

“[I love] being able to see the growth in the students from day one to the end, and even once we are back to WSU. Seeing them take leadership concepts, reframe their own leadership style and then being able to connect with their leadership purpose is probably one of the most rewarding moments that I can have as a professional,” said Keller.

Students leave the retreat with broader insight and newfound friends.

“My favorite part of the retreat was meeting other Wright State Students from all walks of life,” said Milo Simpson, geography major and recent Take Flight attendee. “I was truly amazed at the strength and passion of the leaders across our campus.”

The Wright State GUARDIAN

MEDIA GROUP

Wright State roommate horror stories

Makenzie Hoeflerlin

November 13, 2019

We've all heard stories about our friends, significant others and even had our own stories to tell about bad roommates. I asked Wright State students about their bad roommates:

Adrienne, 26

"The original girl who lived with me brought in this set of bunk beds that was from her family's storage unit or something. We shared a room and my other roommate noticed that she had a rash. At first she thought they were mosquito bites. We didn't think anything of it but then I got a rash. We called an exterminator and they found bed bugs. They were in our room in the corner where the new bunk bed had come in. We had to have our apartment fumigated and the majority of us basically ended up moving out. It gets to three weeks after we had started the fumigation and my roommate texts me. It's the girl whose bed that we think gave us the bed bugs. Her room had the most bed bugs but she denied it and said that everyone else brought in the bed bugs. Everybody is living away from the apartment except for her. Anyway, she sends me a text message and she goes, 'You need to start sleeping here again. There needs to be human bodies in here to draw them out of the walls,' basically as live bait in order to get the bed bugs to come out so that the spray is effective. You need to come back and sleep here.' I said, 'Absolutely not. Not going to happen.' She was severely peeved off because I would not sleep in my bed at home and let bed bugs eat me at night."

Mary, 18

"She would stay up until seven in the morning everyday just partying and bringing random people over and one day I asked her, "Can you please be quiet? I have to go to school," and then she said, "I get that you sleep, but NO." And then I left."

Mark, 19

"He doesn't flush the toilet. He puts his trash in the toilet. He would randomly walk into our rooms sometimes and touch us weird ways. He sees us doing it to each other, but we're friends. It's weird when he does it. Between bros it's fine, but if you don't know the guy... He also has his girlfriend that lives with us pretty much. His girlfriend lives in his room."

Isabelle, 18

"Every time I left the room to go to a class, literally an hour long class, I would come back and my bed would be made, all my stuff would be organized. It was so weird. She would have a guy over or a friend over and say, "Yeah my roommate's such a slob." She would put me down to

The Wright State GUARDIAN

MEDIA GROUP

make herself feel better. It didn't matter when I left, every time I came back everything was in a different place."

Kennedy, 21

"My roommate was incredibly messy and she would leave her Chipotle out for three days at a time and leave and then I would have to text her saying, 'can I throw this away? It's disgusting,' and she would get mad at me for asking to throw away her chipotle. She was just nasty. She was a good person but some people just aren't very clean."

Sarah, 25

"I had this one that was really dirty. She kept like half-eaten bowls of food everywhere in the room and it stunk up the whole living room. I would go and close her door while she was gone and then I would spray Febreze when she wasn't home."

Adrienne, 26

"My fiance and I had a roommate with our newborn and I let this girl live with me because we were friends from high school and middle school. I was just helping her out because she needed help. It was rocky. In the beginning she didn't pay rent for three months, so we were paying for all of her groceries and paying all the rent. While we were doing this, she decorated her room for Halloween. She would spend her money on things that were not necessary but we were paying for the rent and everything. She wouldn't clean up. We were basically trying to deal with everything on our own and raise a newborn and deal with our roommate who was basically a child. I think the last straw was when she was running late for work one day. She didn't make very much; she had spent a lot of time not paying rent. She worked a weird shift and she came out of her room and said, "Well I'm running late but I'm gonna make Chinese anyway because I want Chinese. I'm already late so I'll just be later." So she gets out this giant wok that she got from Goodwill and starts cooking Chinese food. She makes her meal, she eats her meal and then she goes to work and leaves out all of her stuff (cooking utensils, food scraps, left overs) on the counter and on the stove for me to clean up. Yeah she moved out after that and we were pretty happy."

Mariama, 18

"For the first four weeks of being here, we've been cleaning the restroom. Every time it's her turn, she doesn't clean it. She leaves trash in the shower and won't clean it, and she lets random people use our restroom."

Jenna, 22

"Freshman year I got paired up with a random roommate and she always thought something was wrong with her. The ambulance would be there like every morning at 1 a.m. I finally

The Wright State GUARDIAN

MEDIA GROUP

decided to move out and I didn't even ask the director of housing or anything. I packed up all my stuff and moved it to another girl's room. Then I told them [housing department] and they moved me down another floor. So my friend and I were literally carrying my stuff across campus in carts and my clothes were trailing down in The Woods."

Sean, 20

"I live in The Province. We were having a party and there were about 80 people in our place and there was another party going on. The other party came and joined our party and security told us that half of us had to leave. They went up to their place and they were jumping up and down and stuff and they actually split the foundation of the floor and it cost them 13 grand to fix."

Katie, 21 and Skyler, 20

"We were pretty sure she was on some kind of drug. I don't really know, but we called her 'crackhead.'

The next night I got home at like 11:30. She was in the kitchen and ambushed me as soon as I walked in the door and told me her whole life story within 10 minutes. She was 42 and a Donato's pizza delivery person, if that doesn't tell you anything. She had been divorced three times, three kids. She wasn't allowed to see her kids and she said it was because she had some beef with her ex husband but I think it's because she's crazy.

She had so much stuff and she could barely open the bathroom door. It was everywhere. I'm pretty sure she's a hoarder. She had one little spot in her room to lay down in.

She was really weird. She would come out of room and stare around the doorframe at us with only half of her face showing. She would watch me do my homework. She literally got in my personal bubble. I thought maybe she would make food or something, but no. She would look over my shoulder and get in my face and watch me for an hour.

One time I was sitting in the living room with my friends, and she unlocked her room from the inside, comes out, puts the key in and locks it, goes over to the bathroom, unlocks it, goes into the bathroom, locks it, comes out, locks it, goes back over to her room, unlocks it, goes back in, locks it. I was pretty sure she was hiding crack in there.

Instead of just knocking on the door she would always yell through it. One time she came over to my door and she was like, 'I just want to tell you that I'm a medical marijuana patient and I just really hope it's okay,' but then it started to smell really bad. It was smelling up the whole apartment.

The Wright State GUARDIAN

MEDIA GROUP

Then she said that she had a disability. She showed me her disability, and I'm very compassionate, I work with a lot of kids, but she showed me that she was double jointed, and that was her disability. She claimed that she had to smoke medical marijuana to get out of bed, because her disability impacted her that much.

She thinks that her life is so crazy she was going to email someone in Hollywood and have her life told in a movie.

She would come into the living room and sigh super loud and I think she wanted us to feel bad for her and ask her what was wrong, All The Time.

She thought all these people were out to kill her and at the end she thought I was stealing her stuff.

Whenever we had people over she would act like she was a part of the group. I brought my boyfriend over to hang out one night and we were playing cards. She came out of her bedroom to see who it was and the entire time we were in the living room, she wouldn't stop talking to us and saying "how adorable we were." She would laugh at all the things I was saying to my boyfriend.

Other times I would be talking on the phone with someone in my room, and she would listen through the walls to my conversations. I know because she would laugh at jokes that I made.

She stole my command strips and then lied about it.

She would bring pizzas back sometimes. That was the only plus side to living with her.

One of the last issues we had was the crockpot incident.

She had our freezer duct taped, and it stunk so bad, because it wouldn't shut all the way and all the food went bad. We asked her if we could clean it out, and she didn't want to throw any of it away.

She put this chuck roast into the crockpot, finds all of the fruit that is frozen, puts it in the crockpot. I get up for class and it's boiling at 9 a.m. I come home from class, and it's still boiling. I come home from work at 9, it's still boiling. At this point it smells so bad because it's burnt. I wrote on a piece of paper, 'so the stuff in the crock pot has been on for 12 hours, I do not want to be paying for the electricity used by having it on for 12 hours. It has been boiling since 9 a.m. when I woke up, so there is no use/excuse for the crockpot to be on with that stuff in it. Clean it

The Wright State
GUARDIAN
MEDIA GROUP

up.' She came home and found it and read it out loud. Then she proceeded to yell at me through my door. At that point I got in my car and left."

The Wright State GUARDIAN

MEDIA GROUP

Generation Z goes to the polls and WSU researchers are studying it

Natalie Cunningham

November 13, 2019

It has been a little over a week since residents went to the polls for Ohio's local elections. This is also the first year many Gen Zers took part in voting.

Corey Seemiller and Meghan Grace are co-authors in a nation-wide study on Generation Z's attitudes on politics and voting.

Gen Z: A study

Seemiller and Grace have been examining Generation Z's civic engagement practices since 2014.

They have also used raw voting data from the Census report on the 2016 election to separate Generation Z voters and Millennial voters.

This is important to note as many news sources often lump anyone 35 and under into the same voting demographic.

That means that first-time Generation Z voters and fourth-time Millennial voters are placed in the same category, according to Seemiller.

"There are a lot of differences between generations in terms of characteristics, values, motivations, styles, preferences, concerns, aspirations and viewpoints. What is important to note is that generation 'peer personalities' are shaped by contextual characteristics," said Seemiller.

An under-researched topic

"What was happening (cultural events, pop culture, parenting philosophies, technology and innovation, etc.) around individuals during their adolescence and young adult years is what tends to shape how they see and navigate the world."

The team's current research is focused on what motivates Generation Z to vote, what they care about in politics and how they get their news and information.

The topic is unresearched, according to Grace.

The Wright State GUARDIAN

MEDIA GROUP

“A lot of our research is focused on Generation Z as they enter different stages of life whether that’s college or the workplace or beyond,” said Grace. “Right now, this is one of the first major elections that Generation Z is of voting age to participate in. In the 2016 election, there were very few who were old enough to participate. Now we have a wider population of this generation of young adults who can participate in voting in this election.”

Many polls focus on trying to figure out which candidate people support.

While Seemiller and Grace are focusing on the larger picture of what concerns Generation Z has, what motivates their vote and what political ideologies they hold, according to Seemiller.

‘What motivates their vote and what political ideologies they hold’

“It’s also important to note that the majority of individuals in a particular generational cohort tend to vote along similar party lines,” said Seemiller. “For example, those in a generation who grew up during a time a particular party was in office and had a favorable rating, that generation, on average, has tended to vote with that party for much of their lives.”

Seemiller and Grace have launched a survey which is only eligible to be taken for those born between 1995 and 2001.

The survey is anonymous and approximately 15 minutes long, according to the research website thegenzhub, where the survey can be found.

“While not everyone in each generation votes the same way, generational voting patterns, in general, do highlight that what was happening politically during one’s young adulthood can persist throughout their lifetimes,” said Seemiller.

Seemiller is an associate professor at Wright State University who teaches Organizational Leadership courses, Master of Science in Leadership Development courses and Student Affairs and Higher Education courses.

Seemiller has been studying Generation Z since 2014.

Grace is a generational researcher author and has been studying generations since 2014.

The Wright State GUARDIAN

MEDIA GROUP

Wright State stands against hazing

Marissa Couch

November 13, 2019

“Wright State is a huge advocate for anti-hazing. We believe in building each other up and developing each other professionally instead of tearing each other down,” said senior Beth Metcalf.

Wright State University (WSU) actively participates in anti-hazing activities when it comes to student organizations.

Nov. 4-8 was WSU’s campus-wide hazing prevention week, where Fraternity and Sorority Council (FSC), Student Government Association (SGA), University Activities Board and Student Legal Services held various events to raise awareness of the dangers of hazing.

Metcalf is the director of education for FSC and the director of student affairs for SGA. She was in charge of several events during WSU’s Hazing Prevention Week.

“Hazing is embarrassing someone in any way. Even if it’s funny or seemingly harmless, having anyone do anything that would earn them membership in any organization whether it be serious or not,” said Metcalf. “Even if they’re willing to participate, it doesn’t matter, it’s still hazing. That’s what we want to spread awareness for, once these little things start happening, that’s what leads to bigger problems.”

Hazing can lead to a misdemeanor of the fourth degree in Ohio, according to Ohio revised code 2903.31.

“We care a great deal about the health and wellbeing of all of our students and hazing is very dangerous,” said Program Director of Student Activities Gina Keucher.

If there is speculation of a hazing incident, an investigation will take place through the Office of Student Involvement and Leadership and the Office of Community Standards, according to Dr. Chris Taylor, director of Community Standards and Student Conduct.

“If the results determine that a university policy may have been violated, the matter moves to a hearing by a Conduct Review Panel made up of students, faculty and staff who determine responsibility and if responsible, issue sanctions. Sanctions can range from further education,

The Wright State
GUARDIAN
MEDIA GROUP

probation and others up to non-recognition of the organization,” said Taylor. “Other schools have been held liable for failure to properly respond to hazing.”

There have been incidents of hazing in the past at WSU that have been investigated. Organizations have been held accountable when found to have violated university policy.

“One of our strongest methods of prevention is to educate students on what hazing is and how to report it,” said Keucher.

WSU partners with national organizations to educate the university about hazing year-round.

The Wright State GUARDIAN

MEDIA GROUP

Dayton's Not Dead: Mirabella Boutique
Natalie Cunningham
November 14, 2019

Barbi Dewitt opened Mirabella Boutique in 2013. Her first store was only 400 square feet. Today, her store is 2200 square feet.

"What I always try to reiterate to people is: you don't have to start at 2200 square feet. You don't have to start big. Sometimes you've just got to start. That's not just with entrepreneurs or business owners. It's anybody. It's fitness or anything else. Sometimes you just have to start," said Dewitt.

Marisa Bridges is Dewitt's mother and supports and helps her daughter by hanging out at the store and helping with the seasonal decorations.

"Clothes can make a woman feel confident. I've seen her take young girls and women that had no confidence and she dressed them and totally changed them. She even had one husband tell her one time 'I love the clothes my wife gets from your shop and I love how she dresses when she comes from your shop'," said Bridges.

Dewitt is from a military family and went to Fairborn High School. She believes Fairborn is extremely supportive of their community and that they show exceptional commitment and loyalty to not only those who've been part of the community for years, but also those who are new.

"Being right next to Foy's and all the history and the vintage vibes of a 1920s dime store, I love everything vintage. That's why I chose here. There's so much going on and it's the cute quintessential small-town America. I love Fairborn's Main Street," said Dewitt.

Dewitt plans to further expand her online presence and would consider opening new stores in Fairborn. She would like to open a home store, a gift store or possibly even a second clothing store.

"Maybe they [some people] don't have the confidence to wear things. That's kind of a big deal to me. I want to give them the confidence to wear it and make sure they know how to wear it. I want to give them sort of a safe space, too," said Dewitt. "Some people just come in here to visit; they don't even shop every time they come in here which always speaks volumes. I have people all the time say 'I was in such a bad mood. I'd had such a bad day. I just wanted to stop by because you've always got such great energy.' That's more than anything I can do clothing-wise. That's always such a compliment."

The Wright State
GUARDIAN
MEDIA GROUP

Mirabella Boutique holds many discounts, deals and giveaways. The boutique is open Tuesday through Friday from 11 a.m. to 7 p.m. and on Saturday from 11 a.m. to 4 p.m. It is located at 14 E Main Street in Fairborn, according to their website.

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WSU athletes get real about mental health

Makenzie Hoeflerlin

November 14, 2019

“The athlete population is just a subset of the general population and they are susceptible to mental health issues just like anyone else,” said Robert Gordon, senior lecturer in the psychology department at Wright State.

College can put a strain on anyone’s mental health, and athletes are no exception.

According to Gordon, anxiety is a response to stress, and those who struggle to manage their anxiety may be at a higher risk for depression.

‘I don’t want to disappoint my teammates or my coaches’

On top of the stressors that accompany college such as finishing schoolwork on time, maintaining a certain GPA and managing a social life, athletes may also have to worry about the pressure to play well, multitasking and maintaining scholarships.

With these added pressures, athletes may be more susceptible to anxiety and depression.

“I don’t want to disappoint my teammates or my coaches and I think that’s a lot of pressure I feel daily,” said Bill Wampler, senior on Wright State’s Men’s Basketball team. “I feel like it’s hard as an athlete to not be hard on yourself because we’re trying to be the best we possibly can be.”

Many athletes are less likely to speak up about their struggles.

Although athletes are just as likely as anyone to suffer from mental health issues, surveys have shown they are less likely to seek help.

According to an article by the Chronicle of Higher Education, the culture of athletics trains people to “push through the pain” and be “mentally tough.”

A stigma

Part of the difficulty of having depression as an athlete is getting past the stigma society pins on them.

“I’ve heard so many stereotypes about mental illness and I didn’t want to be a part of it,” said Destiny Johnson, junior on Wright State’s Women’s Soccer team.

The Wright State GUARDIAN

MEDIA GROUP

Many bystanders find it hard to believe that athletes could be struggling with something as tough as depression or anxiety because they work so hard to conceal all of their weaknesses.

“We’re in the public eye a lot and we don’t want to seem weaker than anyone else,” said Wampler. “We want to appear strong because we think we’re role models to a lot of people, but in fact, the best role models are those who show other people that some things are really important to them.”

Many athletes don’t talk about their depression and anxiety because they are afraid other people will view them differently or look at them as weak, but the ability to stand up and talk about their mental health shows how strong and courageous these athletes really are.

Depression affects performance

Often enough, athletes don’t even realize what they are going through until they are in the middle of their peak performance in their athletic careers.

“Around sophomore and junior year of high school is when I started really noticing it because I started to get good at basketball and there was a lot of attention on me; I just never really got any gratification from anything,” said Wampler.

If these mental illnesses are left unattended, they can start to affect athletes’ performance in practices and games.

“It seemed like there was nothing I could do,” said Wampler. “I was in a downward spiral that I felt I just couldn’t get out of. It just made me not want to play.”

According to Johnson, on her worst days, her depression could be so draining that she would become mentally exhausted and it would affect her focus.

Sports add pressure but they also provide an escape

“Most of the time, as soon as I step on the field, it’s like all my problems and stress are on hold,” said Johnson.

Whether it’s playing in an important game or putting all of one’s energy into an intense workout, sports provide a way for these athletes to put their depression out of mind for just a little bit, in order to get out on the field or the court and play just like anyone else.

The Wright State GUARDIAN

MEDIA GROUP

When it comes down to it, sports are worth the struggle for these athletes. When they are doing what they love, nothing else matters.

Opening up about depression and anxiety

Although talking about something like depression can be difficult to bring up to classmates and teammates, it was a huge step in the healing process for Wampler.

“I just wanted to be able to help people if they needed anything and open more doors for other people to have opportunities to talk about it,” said Wampler.

Simply talking about what they are going through or feeling could be the difference between a good day and a bad day. Whether it is a teammate, a roommate, a coach or a counselor, sharing about the struggles of depression and anxiety help to ease the load and make it a little easier to carry.

“I can open up to [my teammates] whenever I am down and they lift me up,” said Johnson. “I feel so safe with them.”

What is Wright State doing to help?

Both Counseling and Wellness services and the Athletics Administration at Wright State have programs and protocols in place to help athletes, as well as any other students, who suffer from any kind of mental illness.

“In addition to providing a direct liaison to the counseling center, student athletes are routinely informed of how to access mental health services on campus,” said Allison Newlin, the Counseling and Wellness Services liaison for Wright State University Athletics.

Wright State continually works hard to make sure students have people to open up to and talk to. Both Wampler and Johnson feel as if Allison Newlin has done a great job of giving support to the student athletes.

“Allison, who is the therapist for student athletes, has helped me a lot as well,” said Johnson. “I don’t like seeing therapists but she is different and really makes me feel comfortable.”

Raising awareness

College athletics has come a long way in the world of mental health but there is still work to be done.

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MEDIA GROUP

Not everything is what meets the eye. Anyone could be struggling with a mental illness, no matter what it looks like from the outside.

“You don’t know how many people are shocked when they find out I have depression because I am always smiling,” said Johnson. “Many of us hide our feelings with a smile.”

Mental health awareness, especially in athletes, is becoming a huge topic, and that’s a milestone. Just being aware is the first step to making a difference.

“If you are suffering with mental health, don’t be scared to reach out,” said Johnson. “You aren’t weak! One of the hardest things to do is fight a constant battle with your own mind. When you feel like giving up, always remember it can’t rain forever and better days are coming.”

The Wright State GUARDIAN

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Movie Review: "Friday" (1995)

Trey Brown

November 14, 2019

"Friday" is the movie you watch and re-watch when you just want to laugh and start quoting iconic lines.

Unfortunately, it's also a movie I re-watched after learning of the passing of John Witherspoon, who played Willie Jones, the father of Ice Cube's character, in the film. The character that Witherspoon portrays in this film has become a bit of a caricature at this point but, at the time of "Friday"'s original release, Witherspoon was continuing to make his mark in the lore of African-American comedy.

This role eventually became one of his most iconic roles and served to cement his legacy.

"Friday" also served as Ice Cube's attempt to portray the hood in a different light compared to the overwhelming violence that had ruled its depiction before.

The film was a showcase for Chris Tucker's unique brand of humor. His line delivery catapulted a script that may have otherwise been lackluster. He and Ice Cube also made a four-letter word amazingly popular in the meme-culture of today.

The plot of the film is simple and often finds the two lead characters, Craig Jones (Ice Cube) and Smokey (Tucker) watching the everyday happenings of the neighborhood. At first, it doesn't seem like a very sustainable plot but the comedy makes it enjoyable enough.

And yes, some of the jokes may be a bit dated. Even still, I'd be lying if I said that I didn't have a few lines from the film stuck in my head.

As I mentioned before, the script is improved upon by energetic performances from the entire cast, which is not to say that Ice Cube's writing talents didn't translate to the screenplay page. Although it helps when you have the talents of Regina King, who had already established on-screen chemistry with Ice Cube from their work on "Boyz in the Hood."

Witherspoon has a scene with Ice Cube when the former is actively using the restroom, which was just asking for cheap laughs. Witherspoon's delivery made up for the tackiness though, giving the scene a hint of comedic merit.

The Wright State
GUARDIAN

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I'd also like to point out that I'm writing this on a Friday. Now I bid you a "bye-Felisha.

The Wright State GUARDIAN

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WWSU under new leadership, bringing back DJ services

Alexis Wisler

November 15, 2019

“The station has always prided itself on the quality of its DJs and directors,” Joshua Burkheiser, programming director said.

Several changes have been made to the campus radio station, WWSU 106.9, since the start of the academic year, including new leadership and equipment.

In October, Samantha Ervin became the general manager of the station. The programming director position is now held by Joshua Burkheiser.

“I am confident that we are on the right track to both bring our radio station back into the university and even excel in everything we are striving for,” said Burkheiser.

The DJ equipment received a complete makeover.

Most of the previous equipment was several years old, according to Ervin, and the station hopes the new equipment will help their sound and performance.

“We got all new [microphones], a new controller and new speakers,” said Ervin.

With changes to leadership at the station, a new goal is to work with more student organizations and build a stronger presence on campus.

“We’re here and we’re ready to work with other [organizations],” said Ervin.

Currently, the station is working with The Wright State Guardian Media Group and Ervin hopes to get in contact with the leadership of other organizations to set up projects with them.

“Hopefully we have a better reputation on campus, and we have a lot more people interested in becoming DJs on air. As well as just fixing and mending the relationships we’ve had with other orgs,” Ervin said.

Many students may not know that live DJs cover the basketball games, so if a student is unable to attend, they can still be informed on the game in real-time.

The Wright State GUARDIAN

MEDIA GROUP

“There’s a lot of great stuff happening at this station,” said Debbie Lamp, advisor to the station.

On the station’s website, wright.edu/wwsu, students can click on the “Listen Live!” play button and interact with live DJs, request songs and listen to old archived songs.

The station encourages any students who want to join to reach out through their Engage page and any organizations that want to collaborate to reach out as well.

The Wright State GUARDIAN

MEDIA GROUP

Organization Spotlight: Food Recovery Network

Alexis Wisler

November 15, 2019

The Food Recovery Network, a new club emerging on campus, is making strides to give back to the community and help the environment.

“If you’re somebody who cares about the environment, [has] a passion for giving back to the community and you want to make a difference, this is the organization for you,” said Jugad Mattu, club president.

The mission

Food Recovery Network’s mission is clear and effective: to end food waste. The group takes leftover and/or untouched food from campus and gives it back to the community by donating to local food banks. Making use of leftover food not only benefits those in need, it is environmentally friendly as well. Waste is an enormous problem and Food Recovery Network strives to eliminate it as much as possible.

“The basis of Food Recovery Network is to eliminate food waste across the community [and] across campus. Originally it was started to reduce waste across campus but now it [has] grown,” said Mattu.

How it helps

The group also benefits students. One goal for Food Recovery Network is to create awareness on campus about giving back to the community and those who are less fortunate. Students don’t have to be in the group to help and give back. Being aware of the issue helps Food Recovery Network to provide possibilities for students to get involved and help.

“I think [Food Recovery Network] will help a lot of students understand privilege and what it takes to earn even just a slice of bread. I think it’s also going to teach students to give back to people that are less fortunate as well,” said Jeff Shehee, social chair.

Future goals

The organization was established this semester, so one of the major goals for the group is to gain more members who are as passionate as they are. If students want to join, they can contact the group through their Engage page. Several leadership roles are still open and next year the treasurer and vice president roles will reopen.

The Wright State GUARDIAN

MEDIA GROUP

Another goal for the group is to do a full recovery, which is when they take a large amount of food from campus and donate it all to a local food bank.

“A future goal would be to get big enough to do recoveries at least once a week because I know most chapters do recoveries twice a week, but it really depends on how much extra [food] there is,” said Treasurer and Vice President Yesenia Boling.

For students who wish to get involved in a leadership position, contact either Mattu or Boling directly. This is a new group on campus, so new members will be part of the startup and have their opinions heard by the group.

The Wright State GUARDIAN

MEDIA GROUP

Honoring the wilderness near WSU with the Runkle Woods Symposium

Shaddia Qasem

November 15, 2019

“[The Runkle Woods Symposium is to] celebrate our beautiful forest. It’s so special that Wright State University has its own old-growth forest,” said Dr. Audrey McGowin, chemistry professor and organizer of the Symposium. “People don’t realize the beauty that exists on our campus.”

For the second year, the colleges and schools of Liberal Arts, Science and Math, Earth and Environmental Sciences, and Biological Sciences will be hosting the Runkle Woods Symposium.

This event is dedicated to Wright State University’s woods.

Among the topics that will be discussed are water quality on-campus and preservation of the woods.

“We are going to present data on the presence of certain organic pollutants from sediments near the parking lots. We will be talking about how much is there, where it came from and what it means for the WSU woods and surrounding areas of campus,” said Baxter Foskuhl, second-year chemistry graduate in the College of Science and Math.

From rare bats to woodpeckers to the fish in the stream, participants can learn more about their campus as well as experience and/or produce wonderful art.

“Despite a lot of heavy traffic, WSU’s woods are beautiful. It houses a lot of species of animals and insects. Showcasing all the beauty that is there will be amazing,” said Foskuhl.

The collaboration between the different colleges creates a great mixture of science and art.

With art that is inspired by the woods, the Symposium gives students the opportunity to embrace their creative side and learn in the process.

Student art will be on display and there will be poetry readings and a keynote on biology by Biology Sciences Professor Tom Rooney.

Punch and coffee, along with McGowin’s famous peanut butter cookies will also be provided.

The Wright State GUARDIAN

MEDIA GROUP

“I was astounded to find out how many people are using the woods for different things, [like] creative things, research [and] art and nobody was talking about it. Once we got everyone together, the collaboration was amazing,” said McGowin.

There will be a discussion on how to preserve the woods as well as how to make it more accessible.

“[The woods] increases people’s mental health [and] well-being. The biological and water quality concerns are [also] being proven now. That’s a narrative that I think should be told: [the woods] is an asset to the university in every single way,” said Foskuhl.

McGowin hopes that the Symposium will inspire students to appreciate the beauty that is around them.

“One thing WSU can celebrate as a community in the woods because it brings a lot of different people together and it is so unique to us. We have 200 acres of beautiful woods that will stand here for the rest of the time; that’s priceless,” said Foskuhl.

Having visited the woods once a week for 40 years, Dr. Jim Runkle, professor emeritus in biological sciences, admires the woods for its educational properties and intellectual importance.

“The woods also are a source of personal enjoyment and relaxation for many. Walks in the woods help many of us recharge ourselves. Psychological studies elsewhere demonstrate the importance of occasional walks into natural areas. We are very fortunate to have a diverse and interesting woods easy walking distance from the campus buildings,” said Dr. Runkle.

As a dedicated participant and speaker at last year’s symposium, Runkle hopes that students will take advantage of this magnificent resource at their fingertips.

“I hope students that attend the symposium gain an appreciation for a rich resource that very few other institutions have,” said Runkle. “We have a reason to be very proud of this aspect of our university and of how well WSU has taken care of it. I also hope that students are inspired to visit the woods on their own or in conjunction with classes that use it. Understanding some of their features makes our time here more enjoyable.”