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The Guardian Student Newspaper

Student Activities

11-25-2019

The Guardian, Week of November 25, 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 24, 2019

It's the week of shopping sprees and big meals. Do the stars have something exciting in store for you? Here's what your weekly horoscopes have to say.

ARIES

Fall is nearing an end dear Aries and so is the need for all those pumpkins you are using for decorations. It's about time to start throwing them away, seriously we think the pumpkins are starting to rot a little. The universe will help you adjust to the new season with some newfound romance in a Home Goods as you search for new snowmen decor.

TAURUS

Do the holidays make you nervous Taurus? It's okay to admit to your great aunt Barbara that you are in fact not going to pursue a career in politics. This week the stars are aligning for calm and easy flowing conversations at the dinner table. Enjoy the little moments this break with friends and family.

GEMINI

The stars see that this fall season has been difficult dear Gemini. Starting on Wednesday the moon will have a shadow cast on the north side, bringing you clarity and control. Start in on that project you've been neglecting the past few months. Success is near, go forward and you will accomplish your goals this winter season.

CANCER

The past few weeks have inspired spiritual growth Cancer. Although it's easy to shy away from the limelight, make the effort to step into it. Your Friendsgiving will give you the opportunity to show off your personality and cooking skills. On Saturday be on the lookout for new connections, is it romantic or friendship? Trust in the universe!

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LEO

The rings on Saturn are much clearer this week Leo and so is your mindset. You will feel an unusual pressure to get things done early in the week so you can enjoy the shopping and food later in the week. Get those projects out of the way and begin the meal prepping early for an easy-going holiday meal.

VIRGO

You naturally stick to the status quo Virgo. So when it comes to trying new things, you try to shy away. This week get out of your comfort zone and get a little crazy. The stars are aligning to give you that boost of confidence you need. Try that unique green bean casserole and say yes to that ax throwing date!

LIBRA

You like to live in the moment, Libra, but today, try to pause and reflect: Where do you see yourself in five years? What about 20 years? How do you want to be remembered 100 years from now? You are a master cook but do you want to be remembered as the one who ONLY makes mashed potatoes for the holiday meals?

SCORPIO

There's a strange comet passing the moon, bringing news your way Scorpio. As it illuminates the moon, you will take a focus in how you communicate with others. Maybe, just maybe, it makes people uncomfortable how frequently you quote TikToks. Try to avoid this when out shopping this weekend.

SAGITTARIUS

You feel inspired you to go on an adventure this week Sagittarius! Have you tried a new hiking trail or food truck lately? You have something to get off your chest this weekend but it's nothing new. It's okay to rehash the dirty laundry argument. You feel like you need to express it again.

CAPRICORN

Make sure you are looking at the big picture and stay open-minded intense situations this week Capricorn. Unexpected news arrives this later in the weekend, but dependable people are here to support you. Your team is standing on the sidelines cheering for you!

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AQUARIUS

This week cranberry sauce will spiritually change you Aquarius. Just start putting that stuff on everything from toast to pie to pasta. The universe is sending positive vibes through the sauce. Trust in this odd but classic Thanksgiving dish.

PISCES

It's time to start adding some holiday cheer to your playlist Pisces. Mostly because your friends are becoming concerned by the amount of Kid Cudi you are listening to. We recommend throwing a little Justin Beiber Christmas songs into that sad season playlist to give it a little cheer. The universe is sending good vibes in the form of holiday songs.

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Movie Review: “Frozen”

Trey Brown

November 25, 2019

Never trust a man named Hans.

Given that “Frozen 2” is now playing in theaters, I thought that it would be appropriate to revisit the original that has become a classic since its release six years ago.

Personally, I have always been lukewarm towards “Frozen” for reasons exclusive to a few overplayed songs (I’m looking at you, “Do You Want to Build a Snowman.”) Regardless, the film has a lot of perks to enjoy.

The animation is still top-notch and the voice cast is great too; Kristen Bell, in particular, runs every scene that she’s in. Idina Menzel’s vocal performance shines most when she’s breaking down power ballads with ease, most evident with everyone’s favorite, “Let it Go.”

Although this is a musical, I strongly oppose the casual breaking-out-into-song moments that are layered in the film. The scene where Anna has found Elsa in her recently renovated ice castle is a particularly annoying example. The emotion that had been building up to that point is frozen by the jarring song that follows (even if it sounds good).

I should mention that the music is pretty great. The songs are well-written and they do expose a lot of the characters’ backstories and thoughts.

There were also a few moments in this movie where I was surprised by the emotional depth involved. I found myself cursing the screen in its attempts for my tears.

Full disclosure, the only Disney (Pixar) movie that has made me tear up was “Inside Out.”

I will also say that I’m sort of impressed that they found a sequel out of the ending of this movie, although I guess venturing into Elsa’s past could be interesting.

Overall, “Frozen” is a fun and breezy musical ride that introduced a cool cast of new characters. I’ve gone this entire review without one mention of Olaf, which I’m proud of. Also, Sven is not a dog even though there are moments where he acts like a dog. Someone had to say it.

“Frozen” is still watchable, and enjoyable even, just proceed with caution in showing little kids, unless you want to hear “Do You Want to Build A Snowman” on a continuous loop.

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Organization spotlight: MMA Club

Alexis Wisler

November 25, 2019

Mixed Martial Arts (MMA) is a full-contact sport that incorporates different styles of combat. The MMA club on campus is brand new, officially established this semester while having been in the works for about a year.

The club evolved from the kick boxing club after the founders of that club graduated.

The MMA club is not just for those already skilled in combat sports; the club has both beginner and advanced classes to tailor to any level of experience. According to Club President Sinjin Crowe, this club is a good place to begin and learn MMA.

“I’d walk [newcomers] through the very basics as soon as they get there,” said Crowe.

These basics include simple boxing moves such as the jab, cross, and block.

There are many benefits to joining MMA club. It offers students a fun way to learn self-defense and stay active.

Building a community

The club is also a great way for students to make new friends and step out of their comfort zone.

“I can address all the things that I’m interested in pretty much at once. I like competition, I like games, I like fitness and I like these long-term goals that preoccupy me for a long time. With mixed martial arts, you’re getting all that,” said Vice President Kevin Pham.

Having only done competitions within the club, the club wants to start competing against other schools’ MMA clubs.

Next year, the club hopes to put on a fundraiser competition where spectator fees will go towards equipment for the club, such as new mats.

Another goal the club has is long-term: to continue on, even after those who started it graduate.

The club hopes to do this by training members now to become leadership in the club once it’s time to pick a new president and other leadership roles.

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“The main thing I want would be for it to actually continue. [With] kickboxing club, as soon as the people who started it graduated, it kind of fell apart,” said Treasurer Nicholas Gadd.

How to get involved:

The club practices every Monday at 4:30 p.m. in studio B of the Student Union, Thursday at 4:30 p.m. at the Nutter Center and Sunday at 1:30 p.m. in studio C of the Student Union.

Any students interested in joining the club or attend a couple of practices should reach out to Crowe directly through email or the club’s Instagram, @wsclubmma. “

If you have any interest at all just come out, it’s free,” said Crowe.

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Wright State Board of Trustees cancel meeting

Natalie Cunningham

November 26, 2019

The Wright State Board of Trustees meeting was scheduled for Friday, Nov. 22 at 9 a.m. in 157 Student Union but canceled without a reschedule date.

The meeting was a Finance, Audit and Infrastructure Committee.

The meeting was cancelled due to “recent operational changes at the university and with changing schedules and availability,” according to General Counsel.

The Board of Trustees have not rescheduled the meeting for another time before their next monthly meeting in December. The Board of Trustees will have a Committee Day on Thursday, Dec. 12.

There will be an Executive Session and a Public Session on Friday, Dec. 13, according to the Board of Trustees.

There is no more information about the reason for the cancellation available, according to Seth Bauguess, director of the Office of Communications.

The agenda of the cancelled meeting is unavailable.

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Sigma Gamma Rho holds new members presentation

Alexis Wisler

November 26, 2019

“It is the mission of Sigma Gamma Rho Sorority, Inc. to enhance the quality of life for women and their families in the U.S. and globally through community service, civil and social action,” said Vice President Ayauna Goodwin. “Our goal is to achieve greater progress in the areas of education, health awareness, and leadership development.”

On Nov. 19, Sigma Gamma Rho Sorority, Inc. (SGRHO) held a national intake process to initiate five new members:

- Jaimy Alejandro
- Tia Roberts
- Lonnia Berry
- Sydney Wyatt
- Senea Tisdale

SGRHO is part of the Divine 9, which are the nine African American Greek organizations under National Pan-Hellenic Council (NPHC).

‘ I couldn’t have made a better decision by far this year’

For SGRHO, and other groups in NPHC, involvement is a lifetime commitment and the new members intake process ensures that new members understand the history of their sorority and the commitment that they are making.

“For our newer members, they are to complete our national intake process. Throughout this, they are enlightened with the history of our organization and the history of our specific chapter. Also, the ladies are introduced to our surrounding chapters to formulate that great bond that the former members already possess,” said Goodwin.

The intake process is a 45-minute presentation in which the new members recite the history of SGRHO and the Divine 9.

The surrounding chapters at Wright State are introduced and included in the presentation, demonstrating the bond that NPHC fraternities and sororities have.

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“Words can’t express the way that I feel about SGRHO and the Mighty XiXi Chapter. It’s so rewarding to be a part of Sigma Gamma Rho Sorority, Inc. I couldn’t have made a better decision by far this year,” said Tisdale.

At the end of the presentation, new members had their masks removed by current members of SGRHO and announced their names and what their sisters and sorors would know them as.

How to get involved:

For those who wish to join SGRHO, research is crucial. Because it is a lifetime commitment, interests must become informed on the organization and the chapter at WSU.

For more information, students can email sgrho.xixi@gmail.com to be added to their email listing and be notified about events happening throughout the year.

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NCAA votes to allow athlete compensation, what does that mean for WSU athletics?

Makenzie Hoeflerlin

November 27, 2019

In late October, the NCAA Board of Governors voted unanimously to allow athletes to receive pay for their name, likeness and image.

Previously, the NCAA had rules in place prohibiting athletes from earning money, emphasizing that student athletes are students first and athletes second.

What does this mean though?

Under the new law in California, students will now be able to receive money from endorsements and outside companies. Many states are following and similar bills have been, or will be, introduced in 16 other states.

The NCAA was long against allowing athletes to be paid, wanting to keep a firm line between college and professional sports.

They have now compromised in order to avoid a fight in court.

Although the bill in California was recently passed, it is not set to be effective until 2023 and there is still a lot of work to be done regarding how athletes will get paid.

With this being a huge change for college athletes, it could have a big impact on Wright State University, being successful in sports and a Division I college.

WSU athletics may join the conversation in the future

“While we are aware of the announcement by the NCAA’s Board of Governors, we cannot be sure yet how much that it will directly impact us here at Wright State,” said Bob Grant, director of athletics at WSU. “We in college athletics must continually adapt, albeit in a sensible manner, but our duty will always be to support our own Raider student-athletes first and foremost. We look forward to contributing to the discussion on the national level.”

While this decision could impact WSU, currently Ohio has not passed or proposed any bills similar to that of California’s.

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Many people have strong opinions about this change, but few are willing to give statements considering the contentious nature of this issue.

“Because this is an ongoing thing and almost all of the actual details are still being figured out, our coaches don’t want to discuss this at this point, but potentially in the future as more information and details come out from the NCAA,” said Nick Philips, assistant athletic director at WSU.

Others, like Cheryl Schrader, current President of WSU, have taken to Twitter to express their opinion on the matter:

Schrader references athletes being allowed to receive compensation for their name, likeness, and image and states that she believes it will “further the divide for opportunities in sports between genders.”

When asked for more clarification, Schrader declined to comment on the matter.

Recent alumni have also expressed their dislike of the new law passed by the NCAA:

Although to some, the vote seems like a great change that athletes would benefit from, for others, it raises big questions about the purpose of college sports and the divide between college and professional athletes.

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Celebrating cultures the Wright way

Marissa Couch

November 27, 2019

The Culture and Identity Center at Wright State University holds many different celebrations of heritage and culture throughout the academic year.

“We have to play around with the dates a little bit. Having programs when students aren’t in classes won’t have the audience,” said Mia Honaker, interim associate director of Latinx, Asian and Native American Affairs (LANA).

Events to plan for:

Sept. 15 through Oct. 15 is Hispanic Heritage Month.

Asian-Pacific Islander Month falls at the end of March through the first half of April. Nationally, it is celebrated in May, but classes are not in session at that time.

Women’s History Month is also in March and Minority Health Month is in April.

Black History Month is in February and Coming Out Month is in October.

There is an overlap in celebrations, but the center makes a point to dedicate attention to each celebration of identity individually.

LANA is currently celebrating Native American Heritage Month in the month of November.

According to LANA’s flyer, there have been several different workshops and discussions to bring awareness to different cultural aspects of Native American heritage.

Mia Honaker has been with WSU since 2005 and has recently taken on a leadership role for the center as interim director.

“We have very knowledgeable faculty in the fields that we actually highlight,” said Honaker. “We have local talent, so we don’t have to outreach to other schools and spend thousands of dollars bringing in big-name speakers when we have knowledgeable faculty. It also helps us connect to our faculty,” said Honaker.

Bolinga a center to ‘advocate and support’

Chris Hogan is the interim associate director of Bolinga Black Cultural Resource Center.

Bolinga has been on campus for 49 years, since Martin Luther King Jr.’s birthday on Jan. 15, 1971, according to WSU’s webpage.

The Bolinga Center celebrates African culture as well as supporting other cultural identities year-round.

“The purpose of the Bolinga Center has two focuses: advocate and support all students with African background and educate students about the center. It’s a welcoming place for everyone,” said Hogan.

According to Hogan, there are seven days of Kwanzaa; each day has a different principle that it highlights.

These principles have been translated from Swahili.

The first is unity (umoja), day two is self-determination (kujichagulia), the third day is collective work and responsibility (ujamma), next is the purpose (nia), then creativity (kuumba) and the final day, faith (imani).

On Nov. 24, Residence Life and Housing hosted a cultural workshop in which Bolinga provided more information on Kwanzaa.

“The purpose of our centers is to help these different cultures interact. It’s one thing to have a diverse population and it’s another to have them interact and share that diversity,” said Hogan. “It’s a great way as a leader to lead by example.”

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DeafTown: Passport into the deaf world

Roxanne Roessner

November 27, 2019

“When I speak, it’s her voice,” said Jodi Pierstorff, sign language interpreter for Terri Quellhorst, interpreting for Quellhorst.

Grocery shopping, ABCs & jail

At Wright State’s Lake Campus on Nov. 20, Deaf Town was held for the fifth time in Dicke Hall. The event was created by Pierstorff, American sign language (ASL) professor and 28-year-long interpreter.

There are a few rules to the event: first, get a passport, then visit the stations, follow the station directions and have fun. But most importantly: no talking.

The event has undercover cops who patrol the room and send individuals to ‘jail’ if they are heard talking. The individuals then wear the sign of shame and sit out for 10 minutes.

At Deaf Town, there were three deaf individuals who were working stations. These stations were created to simulate everyday situations that the deaf must tackle.

Stations to learn from

The first station for newcomers was the ABCs and 123s. The ASL alphabet and numbers 1-10 were taught as a base for the other stations.

Stations like DiMarco’s Clothing and Gallaudet Grocery tasked individuals with signing items to the worker and collecting the clothes or foods on their list.

Quellhorst ran the DiMarco’s Clothing station. Quellhorst was born hearing but later became deaf around two years old. She is the president for the Northern Star Deaf Club and vice president of the Deaf Senior Citizen’s Club.

The Hands-On Travel station provided a slip of paper that held a sentence of where you wanted to travel to. Once you signed the sentence, the worker finger-spelled a location that had to be pointed to on the map.

Another station was Dr. Noah Voice. This station did not incorporate sign language but instead had individuals perform an ailment for the doctor to diagnose.



Each station provided a unique experience for the 'travelers' to complete in order to receive a stamp on their passport.

DeafTown event now open to all

For those who do not know any ASL, next fall, Deaf Town will be open to the public to experience and learn more about the language and culture of the community.

This event is hosted in hopes that people understand what it is like to communicate every day when one does not understand the language.

"It'd be nice to have more students to come and for more people to learn. It's important," said Quellhorst.

Pierstorff took sign language classes and went to workshops in order to learn the language. She met a deaf man at one of the workshops and then helped interpret for him during church.

"I wasn't the best at first, but I got better," said Pierstorff. "Even learning a little bit can make a deaf person's day."

Pierstorff hosts Deaf Town every fall along with a sign concert in the spring. She first started Deaf Town because she was influenced by a friend in Indiana who hosted a similar event.

Dayton's Not Dead: Penny Lane Art Gallery and Cafe

Marissa Couch

November 28, 2019

Penny Lane Art Gallery and Cafe's target market reaches beyond coffee lovers. The walls of the cafe are lined with art for sale to the public.

Art & coffee, a duo

"The owner also owns another company called Penny Lane Publishing which is why we have all this artwork," said Manager Ally Fourman. "They didn't even start this place to even be a cafe originally. They were just going to sell art and then it sort of snowballed into this."

Fourman has worked at the cafe for over four years, starting off as a part-time employee.

"People don't realize how much art we actually have in here and how many prints we have. Usually, people are coming here to meet a friend or for lunch and they see how much we have in here," said Fourman.

The atmosphere in the cafe offers a relaxed ambiance, proving a peaceful place to admire the art or enjoy a cup of coffee.

"Most of our business is from regulars. We pretty much know everyone who comes here," said Fourman.

According to Fourman, all of the art is printed by Penny Lane Publishing from artists from all over the country, including local talent.

A meal inspired by artists

Penny Lane's menu is inspired by art as well – the menu items are named after famous artists.

"A lot of the menu is based around trying to use fresh ingredients and bringing a different kind of cuisine to the area. We try to use a lot of local ingredients," said Fourman. "Just bringing a fresher alternative to this area as well as creative stuff and utilizing artists' names."

Popular menu items include sandwiches named after Van Gogh and Georgia O'Keeffe, according to Fourman.

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According to the menu, the Van Gogh is a smoked turkey and swiss sandwich with strawberry, honey-dill mayo and lettuce on multigrain bread. The Georgia O'Keeffe is a smoked turkey with pepper jack cheese sandwich with avocado and chipotle mayo, making it a spicier option.

"Everyone in management as well as our owner, they're very concerned with us. They're very personable," said employee Abbey Perkins.

Perkins is a senior at Wittenberg University and has worked at Penny Lane for over a year.

"It's really great because everyone on staff here is really awesome and really easy to work with. The commute is long but this job is worth it to me," said Perkins.

Want to go?

Penny Lane Art Gallery and Cafe is located at 109 S Main Street, New Carlisle, Ohio.

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The process of getting Wright State's academic calendar completed

Natalie Cunningham

November 28, 2019

The academic calendar is the overarching structure of each semester.

It is determined and projected a few years ahead of time and is ratified by faculty through the faculty's bargaining agreement, according to Amanda Steele-Middleton, the university registrar.

"[The academic calendar] doesn't change much from year to year. We're always looking for nuances about where holidays fall but by and large, there's not a lot of wiggle room. It stays pretty consistent from year to year," said Steele-Middleton.

Colleges and departments have a standard set of course offerings. They create and use a planning guide for courses to think ahead and determine which courses will be offered for certain programs and degree requirements, according to Steele-Middleton.

"I typically start the academic calendar, so the Registrar's Office. I'll get feedback from some of our faculty, curriculum and policy groups, the Provost's Office particularly, if there are changes. Sometimes they'll bring desired changes to me and then we incorporate those and send the draft to both the vice provost for faculty affairs and the provost," said Steele-Middleton. "The vice provost for faculty affairs takes it through the faculty approval process and the provost signs off on it as well."

The Registrar, Faculty Senate, faculty union (AAUP-WSU) and department chairs are all involved in producing the final schedules.

There are approved time blocks for certain courses to minimize overlap between courses necessary for particular majors or programs. The same final exam schedule is used each year and continues to be used until an issue arises.

AAUP-WSU is only involved in the process of creating the academic calendar and is not involved with courses being offered or finals week. The Registrar is required to inform or negotiate any changes, like how many weeks in a semester or any changes with holidays, with AAUP-WSU, according to Noeleen McIlvenna, president of AAUP-WSU.

There typically is not much change or need for negotiation, however, there was negotiation when the university moved from quarters to semesters, according to McIlvenna.

According to Wright State's policies:

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A proposal for a new course or proposal for modifying/deleting an existing course must be reviewed and approved by the appropriate department and college or school curriculum committee, the college or school faculty if required by that unit and the University Undergraduate Curriculum Committee.

The Faculty Senate delegates to the Undergraduate Curriculum Committee the authority to approve new course proposals and course modification requests, except where additional review and approval by the Faculty Senate is requested or determined necessary.

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Sigma Phi Epsilon hosts talent show for philanthropy

Shaddia Qasem

November 28, 2019

With performances of song, dance, music, and comedy from students, fraternity members, Miracle Makers and the Gem City Brass Band, SigEp members looked forward to congratulating the winners.

On Nov. 24, Wright State University's Sigma Phi Epsilon (SigEp) hosted its third annual SigEp's Got Talent.

Dedicated to raising money for their philanthropy Big Brothers Big Sisters, students, faculty and fraternity members came together to put on a total of eight acts.

Raising money while featuring talent

"Since its founding, our chapter has worked with Big Brothers Big Sisters [BBBS] to raise money for their operations in donating school supplies, clothes and hygiene products to low-income families along with matching volunteer adults to at-risk children who are in need of a mentoring/guiding figure in their life," said Ian Huelskamp, president of SigEp.

"Our mission is to build balanced men [and] make well-rounded individuals," said Trent Fuller, vice president of programming.

A panel of four judges were chosen to determine the winner, including: Jeremy Keller, program manager of Student Involvement and Leadership, Student Government President Ivan Mallett, SigEp AVC President Cody Butz and Dr. Diane Huelskamp, associate professor at WSU Lake Campus.

Audience members were also given a chance to get involved and compete against one another to win a prize.

"The people's choice award is a crowd favorite tradition our chapter upholds every year," said Huelskamp.

Prizes and auction give aways

Among the prizes were the auction for the chance to pie several SigEp brothers and raffle baskets donated by different organizations with contributions from the Dayton Dragons, alumni, Miracle Makers, and ReyRey Café.

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“This event has seen widespread success and involvement from a myriad of different organizations on campus and businesses in the community,” said Huelskamp.

Lee Huntsberger, past member of the executive board, brother mentor to SigEP and fellow performer, spoke on the admiration and excitement of SigEp’s work with BBBS.

“I am a brother mentor so I help the newer/younger members [advance]. We have a balanced man program where we build off each other and help [improve ourselves as men]. [BBBS is] why we are here,” said Huntsberger.

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Student Government proposes anti-hazing bill

Alexis Wisler

November 29, 2019

“With the increase of hazing that we are hearing in the news I [thought] it [House Bill 310] would be a good bill to speak for,” said SGA Chief Policy Officer Eli Smith.

Recently, Smith testified for House Bill 310 to the State House.

The bill was introduced by District 16 representative Dave Greensoan. It is an anti-hazing and anti-bullying act that will change the way hazing and bullying are defined as well as set harsher punishments for those who participate.

This is a statewide bill that, once passed, will enforce change in all high schools and colleges in Ohio.

Many people associate hazing with college. However, according to the University of Dayton, about 1.5 million high school students experience some sort of hazing each year and 47 percent of students enter college having already been hazed in high school.

Additionally, according to Hazing Prevention, 71 percent of students who experience hazing develop negative side effects such as sleep deprivation, mental and/or emotional instability and disinterest of being part of a club or organization.

Although hazing is not as big of a problem at WSU as it is at other colleges in the area, House Bill 310 will further prevent hazing from happening and emphasize the consequences of participating in hazing.

According to Athens News, eight fraternities are under investigation at Ohio University due to hazing allegations. The fraternities under investigation are Acacia, Alpha Epsilon Pi, Beta Theta Pi, Delta Tau Delta, Lambda Chi Alpha, Phi Kappa Psi, Sigma Chi and Theta Chi.

During the investigation all eight chapters are suspended and must withhold all activity.

According to the Cincinnati Enquirer, eighteen members of Miami University’s Delta Tau Delta chapter are facing misdemeanor charges for hazing allegations and the entire chapter is suspended until 2034.

“I think that it will do nothing but help us. I think that it will give us more incentive to educate our members,” said President of Delta Zeta Beth Metcalf.

Metcalf hopes that House Bill 310 will bring awareness to the fact that hazing happens in other organizations besides Greek life, such as sports and theater, and that the bill will bring a stop to hazing across all campuses.

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Organization Spotlight: EcoWarriors

Shaddia Qasem

November 29, 2019

The inspiration to start such an organization stemmed from an assignment in a research writing class.

“We were challenged to write a research-based paper that proposed how one problem may be a solution to another,” said Rachel Moorman, EcoWarriors’ treasurer.

In the making since March of 2018, one of Wright State University’s newest organizations, EcoWarriors and its 15 dedicated members, became official on Oct. 24.

“I chose the problem of wastefulness to solve poverty and ended up putting together a model for how we can redirect some of Dayton’s waste to people who really need it through a donation pick-up service,” said Moorman. While collecting my research, I fell in love with the zero-waste movement and began to rethink the way I was living.”

Impacted by her research, Moorman made a lifestyle change and got friends and family to join her initiative of going green and becoming more eco-friendly.

“I started this group with the hopes of inspiring others to do the same and have been met with an undeniable force of passionate friends and supporters. Together, we hope to change the whole city of Dayton, but for now, we’re content to focus on how we can influence WSU,” said Moorman.

EcoWarriors hopes to impart its crucial influence statewide and beyond through the students they impact.

“I would love to see [EcoWarriors’] impact reach beyond the implementation of programs. I think the greatest impact EcoWarriors could have is instilling the drive to be environmentally conscious in WSU students wherever they happen to be,” said Katie Jones, website coordinator for the organization.

“One of our planned initiatives is to restore the Garden of the Senses near the dorms. I would love to see this happen; the garden is one of my go-to places on campus and to see it restored would be a great sign of EcoWarriors’ impact,” said Jones.

Britas, reusable water bottles that the members of EcoWarriors use, recycling and composting are just a few eco-friendly initiatives that students can implement in their everyday lives.

“There are methods to cut down on waste as well as food waste. Choosing fresh foods, filling glass jars instead of plastic packaging, refillable deodorants [and more]. If they have any questions, they can

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contact us and we can help them come up with different ways to be more eco-friendly,” said Cassandra Poeppelman, president of EcoWarriors.

For those interested in joining, look for EcoWarriors on Engage or follow their Instagram @wsuecowarriors or Twitter @eco_wsu, as well as their group [website](#).

De-stress before the test: Your guide to exam prep

Laci Wells

November 29, 2019

As exam week approaches and students go into exam mode, crunch time for studying followed by even more studying creates immense amounts of unwanted stress.

The same vicious cycle keeps students up at night and up all day, resulting in minimal sleep and missing meals.

In preparation for exams, the need to take care of students' overall health seems to deteriorate as grades become more of a priority.

Prepping for exams: Mentally

"It's important for us students not to overreact and go into panic mode, which is our first instincts when we feel overwhelmed," said Seth Hohlbein, director of Accessibility, Health, and Safety.

Continuing to take time for themselves and not sacrifice their overall health just to satisfy grades and expectations needs to become a realization.

Healthy coping mechanisms tend to go unnoticed during this time. Taking the time to explore these options may save someone's mental health as well as improve test scores.

"I also believe students should keep in mind that a low level of stress can actually be beneficial [and] keeping your stress levels to a minimum can maximize your productiveness," said Hohlbein.

Staying ahead when it comes to study habits and planning accordingly for your upcoming exams will help keep students collected.

"Make a to-do list for each day of the week, or only work on a class for a certain amount of time, but do not let the end of the semester take away from your sanity," said Taylor Titer, director of campus events for the University Activities Board (UAB).

Need a distraction from the books?

The Wright State GUARDIAN

MEDIA GROUP

Several de-stressing events are being held on campus over the next few weeks to help reduce the impact on students.

UAB is hosting a de-stressing event that provides a variety of activities that are used to fit student needs so that they can relax or act out.

The event will be held Dec. 4 from 11 a.m. to 2 p.m. in the Student Union lower atrium and Rathskeller.

The libraries are hosting “De-stress for Success” from Dec. 2-12 anytime the library is open.

Meditation stations, study sessions and coloring are just some of the activities provided for all students and staff.

“That is the great aspect about different organizations putting on these events on campus and promoting not letting stress get the best of us,” said Hohlbein.