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The Guardian Student Newspaper

Student Activities

1-26-2020

The Guardian, Week of January 26, 2020

Wright State Student Body

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Repository Citation

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Weekly Horoscopes
Star Signer
January 26, 2020

Your weekly horoscopes are now available! The sun and moon are falling into a romantic dance as we near Feb. 14. What should your go-to move be to ask your crush to be your valentine?

ARIES

Go for the cheesy approach Aries, and by that, we mean a cheese pizza with pepperoni or veggies asking your crush out. Food is the way to anyone's heart.

TAURUS

The stars suggest asking your crush out with chocolate-covered strawberries. Allergic to strawberries? Don't worry, you can cover anything in chocolate and it will make someone happy.

GEMINI

Create a puzzle to ask your crush out, it can be a picture of you two together or of a dog that says "be mine?" You can't go wrong with dogs.

CANCER

Write your crush a heartfelt letter about how much they mean to you, letters are vintage but appreciated.

LEO

Ask your crush out with a big display of balloons. They're instagrammable and fun, don't worry about that helium shortage.

VIRGO

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Make up a scavenger hunt for your crush! Lead them on a fun little adventure and at the end a nice dinner or ice cream trip!

LIBRA

Draw your crush on a sketchpad, show them how incredibly attractive they are through art.

SCORPIO

Just take your crush to Target, you can't go wrong with a run to the best store ever. They will find thousands of ideas for you to pick out and buy. Shopping made easy.

SAGITTARIUS

You can't go wrong with a heartfelt poem, go for something sweet but cheesy.

CAPRICORN

Does your crush like smoothies? Write a smooth pick up line on that smoothie cup and get them something sweet.

AQUARIUS

Give your crush a succulent in a pot shaped like a heart, you can't go wrong with a plant.

PISCES

Use that Chickfila 30-count nugget meal to make a heart. Unless your crush is vegan, then use waffle fries.

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Because I said I would: A new movement on campus
Alexis Wisler
January 27, 2020

What if everyone on campus made a promise to put good into the world and kept their promises?

That's exactly what the people behind Because I Said I Would want to find out.

How it started

Started by Alex Sheen, Because I Said I Would is a social movement that encourages people to make promises and stand by them. The program decided to partner with 10 campuses to spread the message of Because I Said I Would, and Wright State University was chosen.

After hearing about the campus partnership program, Student Government Association (SGA) President Ivan Mallett sent in an application nominating WSU. The team behind the initiative hopes that it works to bring the community together following the strike last year.

"We really want it to be a healing process since last year with the strike. We think that making and keeping promises is a really positive initiative and through that, there can be a lot of positive change on campus to bring people together," said SGA Director of Outreach and Collaboration Austin Rex.

Starting this semester, SGA plans to promote Because I Said I Would at their tabling events around campus. The campus partnership will continue through the 2020-2021 academic year. SGA members behind the initiative want it to become a widespread and collaborative program across campus that continues after the partnership program ends.

How it works

Students and faculty take the cards that say "Because I Said I Would" on them from tabling events and write their promises on them. Those who make promises then give their card to someone else to hold onto until they fulfill their promise.

"It doesn't have to be anything big. It's just that act of saying 'I'm going to put this out there into the universe' and [we] encourage people to make it powerful for them," said Gina Keucher, program director of fraternity and sorority life, who is working with SGA to jump-start the initiative.

Those working on the initiative hope that it transforms the campus and continues to make a change in students' and faculty's lives long after the campus partnership program ends next spring.

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“I think that if we can fundamentally change the way that people think about making promises and keeping promises, it will have a huge impact on our student body, not just for their time at WSU, but hopefully for their entire lives,” said Mallett.

Look out for the little white cards that say “Because I Said I Would” at SGA tabling events and make a promise. Imagine how positive WSU could be if everyone made one promise to help themselves or others, no matter how small those promises are.

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9-8-8: The nation's new suicide prevention number

Laci Wells

January 27, 2020

The Federal Communications Commission (FCC) recently proposed an attempt at creating a new suicide prevention number, quite similar to 911.

1-800-273-TALK leads callers to a network of counselors through calls or chats to provide aid.

The intent behind changing the number was to create a faster response system. National Public Radio (NPR) stated from an FCC report that the number will “make it easier for Americans in crisis to access potentially life-saving resources.”

The FCC was asked to collaborate with the Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA), and the Department of Veterans Affairs had the goal of creating “a simple, easy-to-remember, 3-digit dialing code” for the hotline.

The new code

“[The 3-digit code is] a way to increase the effectiveness of suicide prevention efforts, ease access to crisis services, and reduce the stigma surrounding suicide and mental health conditions,” according to the FCC.

The new number is not yet in effect with the newly approved plan. The given approval is just the first step in getting the code into use.

“[The grace period given is 18 months and is] opening a period of public comment on the proposal before the commission reaches the stage of finalizing the rules,” according to the FCC.

Saving lives

FCC Chairman Ajit Pai shared suicide statistics, showing that suicide is one of the most common causes of death.

It was noted that “suicide is the second leading cause of death among young people aged 10 to 24, who saw a stark 56 percent rise in suicide rates from 2007 to 2017,” and “overall, suicide is the 10th leading cause of death in the U.S.”.

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Within the last year however, Lifeline counselors have answered millions of calls and thousands of chats to help those in need. Callers noted feeling more at ease after speaking to a Lifeline counselor.

“Approval has been passed on to the Senate Committee on Commerce, Science and Transportation, which sent it along to the wider chamber for further consideration,” according to an NPR statement.

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Review: “Dragon Ball Z: Kakarot” video game

Trey Brown

January 28, 2020

A role-playing game (RPG) centered around Dragon Ball Z lore? Where can I start playing? This is what I thought when this game was announced last year.

I’m glad to say that for the most part, “Kakarot” meets those expectations quite nicely; if you’re already a fan, that is.

For the uninitiated, Dragon Ball Z is a manga series by Akira Toriyama, that was later adapted into a popular anime. There have been many games that retell the events of the story, but there has never been an “open-world” Dragon Ball game. Until now.

The game itself plays like a typical RPG, where the goal of the game is to boost your XP and level up your character while advancing through the story.

“Dragon Ball Z: Kakarot” allows for this through a system of fishing, hunting and of course fighting floating robots, because that’s so Dragon Ball Z.

The fighting is a strong point of the game though. Sure, fighting against thirsty waves of robots can get annoying a few hours in, but the combat mechanics themselves are pretty awesome.

The game does a good job at making the player feel like they’re fighting like a true Z-Warrior.

Fighting villains like Raditz, Nappa and Vegeta (ex-villain) feels climactic and grand in scope. They’re actually exciting in the moment. The game also nails the cut scenes that are inspired by the original series.

Like I mentioned, fighting is only a piece of the puzzle here, as the rest of your adventure will be filled with remedial tasks such as hunting for food. The method through which hunting happens in this game isn’t very dynamic. It’s basic, entry-level, RPG work on that front.

If you spot a deer in the wild, you can run up to it and press the circle button to catch it (for PlayStation users). This isn’t a difficult task and it’s also not nuanced in any way. The same goes for the fishing mechanic, which is to simply approach a fishing post and press the action button(s).

Long story short, the RPG elements that don’t involve fighting are very basic and may be lackluster for many.

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“Dragon Ball Z: Kakarot” excels when the story is progressing and when it focuses on the lore from the series. It’s a great homage but with its promise to be something more, I can’t help but be slightly disappointed.

That said, if you’re a fan of Dragon Ball Z, then I’d recommend it for sure.

P.S. This game is long. For context, I’m about six hours into the game and I’ve just began the “Namek Saga” (2nd saga of the series).

Five helpful apps to improve mental health

Leah Israel

January 28, 2020

Spring semester is here and while it may be exciting for some students, it can be overwhelming for others.

The following apps are compatible for iPhone and Android users and can limit stress and keep mental health content, so that you can have a successful semester.

Calm

Calm is an app that helps reduce stress, helps with sleep, and overall aims to makes the user happier. It's also good for people who meditate or want to try it. Calm's rating is a 4.8 on the app store and free of charge.

Headspace

Headspace uses relaxation and meditation to better health and happiness within a few minutes of the day. They also have an app called "Sleep" that will improve the user's sleep schedule as well. Its rating is a 4.9 on the app store and is also free.

Moodnotes

Moodnotes is a personal journal where the user can track their feelings and mood over a period of time. Moodnotes helps to stop the process of overthinking and keeping the user's mind at ease. This app costs \$4.99 on the app store but its rating is a 4.8.

Moodpath

Moodpath is strictly for people with mental health issues. It's a mental health tracker that asks questions about how the user is feeling, talk with mental health professionals, journaling, and more. This app is free and its rating is a 4.7 on the app store.



Sanvello: Stress & Anxiety Help

Sanvello is an app that helps with anxiety, stress and depression. Its job is to provide the tools the user needs to feel better and relieve these symptoms while also talking to individuals with like-minded thoughts that the user may have. The app will teach users how to cope with videos, audio exercises and activities. It is free to download but does have premium upgraded charges. Sanvello's rating is 4.8 on the app store.

Dealing with mental health can be scary but no one should go through it alone. These apps can help and so can resources on campus, peers and even professors.

It all takes a one-step action, whether that be with a person or with an app.

Mindful meditation: The Wright state of mind
Makenzie Hoeflerlin
January 29, 2020

Meditation could be a great addition to your daily routine to improve your mental health and physical well-being.

Mindfulness meditation

According to Dr. Robert Rando, assistant vice president for Student Affairs, Counseling and Wellness Services (CWS) at Wright State teaches mindfulness meditation, which seeks to help students increase their awareness and focus in difficult situations.

Meditation allows one to shift a negative or unhealthy thought to one that is helpful. This change in thinking will then have a positive impact on the body and mind.

Allison Newlin, staff psychologist, and therapist for CWS, suggests meditation regularly, especially if mindful awareness is a goal she and her clients are working toward.

Although seemingly simple, it is easier said than done. Mindfulness meditation is something that takes practice and patience.

“There is a common misbelief that meditation will automatically make you feel relaxed, however, this is absolutely not the case for everyone, and certainly not a realistic expectation in the beginning,” said Newlin.

Types of meditation

There are multiple types of meditation, such as transcendental meditation, which includes yoga, meditative prayer, and many others. One can practice open meditation, guided meditation or event meditation that involves movement such as running and walking meditation or tai chi.

Rando practices meditation himself and uses it on a regular basis. He typically meditates with a focus on breathing or loving-kindness, which focuses on wishing health and wellbeing to himself and others.

A simple way to improve mental health

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According to the American Psychological Association (APA), mindfulness meditation has become a popular way to relieve stress, improve overall well-being, and is actually backed by a wealth of research that shows its effectiveness.

According to Newlin, meditation has been shown to be helpful in addressing different concerns such as sleep problems, chronic pain, and symptoms of anxiety and depression.

“With routine meditation practice, you will literally change the pathways in your brain,” said Newlin. “It’s like lifting weights. The more bicep curls I do, the stronger my arms will be and the more capable I will be to lift heavy weight throughout any given day. By practicing meditation, I am building the skill set of ‘present moment awareness.’ Then, throughout the busyness of your day, you are able to ‘flex’ your mindfulness muscle with ease.”

Five simple steps to meditate:

1. Find your meditation spot
2. Sit in a comfortable position
3. Clear your mind
4. Simply sit and observe
5. End and reflect

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Lake Campus mental health services
Roxanne Roessner
January 29, 2020

The Lake Campus has several services from the Wellness Outreach Program each month, counseling and Safe Spaces to offer students.

Wellness Outreach Program

The Wellness Outreach Program was started in 2016 as a way to bring awareness to individuals; not only students, but also staff and faculty, about what resources are available within the community for healthier lifestyles.

There are different topics and sponsors each month. The program is hosted throughout the fall and spring semesters at the Lake Campus. It is located at the Lower Level (outside the Boathouse and Bookstore) and is free of charge.

The upcoming topics are:

January-

Our Home Family Resource Center (OHFRC) will highlight their Direct Services & Referral Program, which strives to help you find and receive support during times of need. They will also have information about their food pantry!

February-

Mercer Health will be here with their Body Composition Analyzer to perform free screenings. In under one minute, the analyzer will provide a breakdown of your weight including: lean body mass (muscles), fat, minerals and body water status. The results will help guide you to better achieve your goals and make meaningful lifestyle changes.

March-

Our counselor, Kim Altstaetter, will be available with information about mental health (depression, partner/domestic violence, suicide prevention, etc.).

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According to Beth Wells, BSN, RN, and head of Health and Wellness Services, “the individuals at these events are experts within the presented areas. They are there to provide you with valuable information and answer any questions you may have. The information is free for the taking!”

Counseling services

Counseling services are available at the Lake Campus through Kim Alstaetter, the Wright State Lake Campus Counselor.

The services are available to students for free and they are eligible for up to six sessions per semester. If a student requires long term services, the counselor will assist in making a referral to local community services.

Kim Alstaetter, LPCCS, CDCA (Licensed Professional Clinical Counselor Supervisor, Chemical Dependency Counselor Assistant) has been providing her services at the Lake Campus since 2015. Her schedule is as follows:

Monday: 10 a.m. – 1 p.m.

Thursday: 1 – 4 p.m.

If a student can't make it during those times, they are encouraged to email Kim Alstaetter at kimberly.altstaetter@wright.edu. If a student does not want to meet with the on-campus counselor, the counselor can assist them in finding local resources to meet their needs and their insurance benefits.

Counseling can assist students in managing emotions, dealing with relationship issues, dealing with addiction issues and coping with life adjustments. Each individual's reason for seeking services is unique to their situation.

“Counseling is a judgement free place to express your thoughts and feelings. I embrace each person's unique qualities and assist students in finding their strengths and learning ways to cope with the obstacles in the way of them achieving their goals,” said Alstaetter.

Safe Spaces

According to Merriam-Webster, a Safe Space is defined as “a place (as on a college campus) intended to be free of bias, conflict, criticism, or potentially threatening actions, ideas, or

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conversations.” At the Lake Campus, Safe Spaces are available to students through faculty or staff that have been trained about Safe Spaces.

Some professors include a blurb about Safe Spaces in their syllabus in order to let students know they are Safe Space Trained. Other may have magnets or stickers on the outside of their doors. This program is not required for educators, it is all volunteer based. Training is done periodically when there is enough interest.

This resource provides students with someone or someplace to express their views and opinions without fear of being judged by those trained in Safe Space practices.

“If students want to get to more resources, they have somebody they can trust to ask about them... people deserve any safety that they can find if that’s what they need or want,” said Dr. Christine Junker, associate professor of English.

While Safe Spaces are available to students at the Lake Campus, students are gently reminded that those not trained in the topic may not share the same views as those who are Safe Space trained.

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Board gives last best final offer to Teamsters, 10-strike noticed filed
Natalie Cunningham
January 29, 2020

The Teamsters Local 957 has filed a 10-day strike notice with the State Employment Relations Board and will begin striking on Feb. 3. The union and university have been trying to mediate contractual disagreements for several weeks now.

The Teamsters are comprised of facilities and maintenance employees. This includes HVAC, plumbers, electricians, MNRs, custodial, floor-care, bus drivers, grounds department, parking and water treatment, according to Tom Bellew, facilities operations employee.

The university made their last best and final offer after the strike notice was received. The Teamsters did not accept but are hoping to make progress with future negotiations.

[Read the full offer here>>>](#)

“The health insurance, there’s a lot more to it than what the university is letting out on it. It’s a totally different program than what they have now. So, they’re not letting all the true information out on the insurance,” said Bellew.

Last best final offer

Article 9 is miscellaneous and Section 8 covers parking.

Article 14 covers seniority, layoff, and recall.

Article 17 covers wages and Article 25 outlines employee benefits.

Wages will see an increase over the next few years starting in July 2021 a 2.5 percent increase and then an additional increase in July 2022 at 2.5 percent.

The university also opted to withdraw furlough language that was written into the previous offer of the contract.

How we got here:

The university and the Teamsters have been having off-and-on discussions and disagreements regarding health insurance and wages for roughly a year and a half, according to Bellew.

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According to the last best and final offer given by the university to the Teamsters on Jan. 23, the university will accept the fact-finder's recommendations on Article 9 and Article 14.

The university and the Teamsters have reached a tentative agreement on Sections 1, 3, 4, 5 and 6 of Article 17.

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From the Editor: Student Press Freedom Day and a press pass
Sarah Cavender
January 29, 2020

“You are a student who writes for a school paper and you think you’re important?”

I will never forget the day those words were said to me. I spent weeks and months thinking about it. I questioned my role on the newspaper and if my work mattered.

And then something incredible happened; I watched the impact of student journalism in action. I watched the ripple effects of students taking action, faculty, and staff voicing their thoughts. And I now wear a press pass with a different type of pride and respect for what it symbolizes.

A journalist is often defined as a person who writes for a newspaper or magazine, a watchdog or a truthseeker.

Then why is it any different when you put ‘student’ in front of the word journalist? My pass says ‘press’ just like everyone else’s in the field.

On Student Press Freedom Day, hosted by the Student Press Law Center (SPLC), we celebrate and acknowledge the work not just our team at the Wright State Guardian does, but that of student news publications across the United States.

Especially at a time of great change and even greater controversy toward media roles.

But why does this matter? It matters because many publications still suffer from censorship, prior review and threats to funding. The SPLC is a nonprofit organization that works to promote, support and defend the First Amendment and press freedom rights of high school and college journalists and their advisers.

This year, the SPLC has chosen a theme of ‘what does student press freedom look like?’

This is what Student Press Freedom looks like – From your Wright State Guardian team

Our team of journalists in our newsroom come to the table every Friday with story pitches. We sit in a circle with our laptops open and begin going down the list.

Section by section, reporter by reporter, they are assigned.

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The stories they bring to the table? They are the student organization hosting a conference. They are the board of trustee meetings to hold our administration accountable for decisions with your tuition. They are the stories about crime on campus, the scores for the basketball games and coach of the year.

Student Press Freedom looks like students who go to class every day, who work on campus and who are involved but have questions that dig deeper.

Student Press Freedom is exercised through our ability to write the very words you're reading now and know they were not under prior review by an administrator.

Student Press Freedom also looks like frustrating late nights of trying to meet a deadline when the public records request is taking months to fulfill or your source has not responded back to your questions.

Student Press Freedom is so vital to the checks and balances system of an institution but it comes with setbacks as we learn to navigate a system that contains many roadblocks.

Student Press Freedom is one of the largest megaphones on a campus.

As student journalists without a journalism program, we spend much of our time navigating the system. We are fortunate to have faculty, alumni, and staff in our corner when we have questions. We do not take our roles lightly and we understand the significance of the work we do.

Student journalists are a voice. They are the watchdog for a university campus. They bring to light the best and brightest parts of a campus community but highlight the darkest as well in order to demand change from those in positions of power.

In the last year, student news publications have broken national news and raised questions for local and state governments. But most importantly, they informed others.

Our jobs are not to be a branch of the public relations department; our jobs are not to always make everyone happy. They are to inform our campus community. We celebrate the opportunity to do so.

But in the last few years, these freedoms have come under fire and even scrutiny across the country from middle school publications to high school and at the college/university level.

The student press is not quite safe though. We at the Wright State Guardian know that and are excited to announce we will be working with SPLC in the [New Voices](#) initiative.



New Voices, a new initiative

Currently, there are 14 states in the United States with laws in place to protect First Amendment rights of student journalists.

Ohio is not one.

[New Voices](#) is a nonpartisan student-driven initiative with the goal to restore and protect student press freedom and stop retaliation against advisers.

According to the SPLC website, "New Voices laws ensure that student media can only be censored if that media is libelous or slanderous, contains an unwarranted invasion of privacy, violates state or federal law, or incites students to disrupt the orderly operation of a school. New Voices laws also prohibit retaliation against advisers who refuse to censor student journalists."

Why does this matter? In 1988, the Supreme Court set a precedent with the *Hazelwood School District v. Kuhlmeier* where a student publication was censored for certain types of articles. At the Supreme Court level, it was ruled in favor of the school district.

Since this landmark case, the subjective language used in that ruling has allowed for censorship and retaliation toward publications and their adviser by school administrators.

"If a student believes their speech was or is about to be illegally censored, they can file a lawsuit, called an injunction, to stop the censorship. An adviser who feels they have been fired or otherwise retaliated against for refusing to censor student media that does not meet the criteria for censorship under the law can do the same," according to SPLC. "Some [New Voices](#) laws also require school districts to adopt school-sponsored media policies that provide guidance and uniformity to help administrators in their efforts to support both student press freedom and the wider school community."

I wear a press pass because I care about seeking the truth and asking tough questions. It's because I want others to understand that the role I serve is to inform and educate them about their community.

Album Review: "Circles"
Maxwell Patton
January 29, 2020

The sixth studio album "Circles," created by the late hip-hop artist Mac Miller, was released on Jan. 17.

Preceded by the release of its first single, "Good News," on Jan. 9, the album is an interesting collection of tunes while also complementing the styles found on Miller's previous album "Swimming."

Background

Mac Miller, born Malcolm James McCormick, was a hip-hop artist from Pittsburgh who rose to fame through the mixtapes "K.I.D.S" (2010) and "Best Day Ever" (2011). His debut album, "Blue Slide Park," was released in 2011 and topped the Billboard 200 chart in America. It was the first album not from a major distributor to accomplish this since 1995.

After the release of his second studio album, "Watching Movies With The Sound Off" (2013), Miller signed with Warner Bros. Records and released four albums with the company "GO:OD AM" (2015), "The Divine Feminine" (2016), "Swimming" (2018), and "Circles" (2020).

Unfortunately, Miller passed away from an accidental drug overdose on Sep. 7, 2018, at the age of 26. According to a Jan. 8 post from the artist's family on his official Instagram account, Miller was "well into the process" of recording "Circles," which was created as a companion album to "Swimming."

Producer Jon Brion, who assisted Miller in crafting his previous album, helped finish the project and bring the full "Swimming in Circles" concept to life.

Highlights

1. "Circles"

Brought together through a soft acoustic guitar melody and Miller's hazy vocals, the album's title track painfully relates the feeling of being lost and moving from place to place without any idea of your direction. This is, in my opinion, a nice way to start off the album.

2. “Complicated”

Powered by a booming synthesizer riff with an intriguing bassline in tow, Miller explains that he is “too young to be getting old” and riffs on life’s problems. The track is soulful and relatable, showing the complications of fame and how they affect a young artist like Miller. What I love about “Complicated” is how it invokes nostalgia with its synthesizers, which makes the track feel both old and modern simultaneously.

3. “Blue World”

Sampling the 1955 song “It’s A Blue World” from the Four Freshmen, Miller reminisces on life and what it has given him accompanied by distorted and chopped vocal samples and a concrete drum beat that helps drive the track.

4. “Surf”

On the surface, this track seems formulaic, but it feels like so much more. “Surf” feels like a dreamlike state that still exists in the material plane, and it is music to my ears.

To end this review, I will say this: I’ve never closely followed Mac Miller’s work before this, but I admired him as an artist. Despite this, I personally found the “Circles” album to be absolutely enthralling while listening to it. However, the heartbreaking side to this album is that we’ll never be able to see what new paths Miller treads.

Dayton's Not Dead: Kai Yoga Studio
Marissa Couch
January 30, 2020

Yoga has a history of improving mental health with a more physical practice.

A yoga studio sits on the edge of town in downtown Fairborn, owned by Cate Brinnon. Brinnon purchased the building in 2018; the previous owner had the studio since 2012.

"All I had to do was open the doors again and not screw up," said Brinnon.

The studio's history

The doors reopened, bringing back several of the original instructors and clientele. Five of the seven current instructors had been at Kai prior to the reopening.

"I started practicing at Kai as a young mother who could barely get any time for herself. I cherished the uninterrupted time on my mat where I was able to focus on myself and go home and be a better mother," said Studio Instructor Katie Mlod.

Mlod has been practicing at Kai Yoga Studio since 2013; she began teaching in November of 2016.

"My practice grew to include Ashtanga yoga, a style that is more like a moving meditation. The intensity of practice alone on my mat gave me new insights not just into my physical capabilities, but also into the depth of patience I could have for others and a voice for my own wellbeing and those I am responsible for," said Mlod. "I continue to practice and now teach Ashtanga to share these gifts of self and community with others. The effect this has on people's mental health is astounding."

Ashtanga yoga is a formulated practice, according to Brinnon. This practice encourages mindfulness and has been proven to assist addicts to stay in recovery.

"Students discover greater clarity of thought, self-esteem, self-worth and an intention for living. They learn to practice patience, to have compassion for themselves and others, something that is sorely needed in today's society," said Mlod.

Finding peace within

"Yoga tremendously helps people because it's a very internal practice," said Brinnon.

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Yoga has been thought of as a religious practice that went against Christianity and has only recently become more accepted as a physical activity, according to Brinnon.

“We want to demystify it,” said Brinnon. “It’s a physical practice, it’s not a religion at all.”

Fascia is a system within the body that surrounds all nerves, bones, muscles and organs. It shortens over time and needs a release to prevent injury, according to the Yogateket webpage.

“Fascia holds a lot of our emotional trauma. A lot of the history of what our body has been through and yoga presses into that and our limitations and reset that,” said Brinnon. “In that is an emotional release.”

Instructor Jessica Deese teaches classes that assist in this release. She has been with Kai Yoga since 2014.

“I started yoga specifically for the mental health benefits. Suffering from PTSD and depression, I was reluctant to start back on antidepressants due to the side effects,” said Deese. “I started the journey of researching alternatives and stumbled upon yoga. Walking into Kai and committing to a yoga practice has been the single best thing I’ve ever done for my mental health. Not only the practice, but the people at Kai have been incredibly supportive in my journey.”

Therapeutic practices

Yoga has been proven in clinical studies to be equally effective as antidepressants, according to Deese.

“The moving meditation activates the parasympathetic nervous system and restores grey matter and healthy pathways in the brain,” said Deese. “I could go on regarding the science behind it, but ultimately yoga is a highly individualized practice of self-discovery and awareness. Bringing control and interception back to the practitioner.”

Deese offers a class for those struggling with addiction and mental health issues on Fridays at 6 p.m. at Kai.

“Yoga has been monumental in my healing, self-awareness and self-discovery. It has improved not only my relationship with myself, but with others, with Spirit, and the world around me as a whole,” said Deese. “I could go on and on but yoga is really something you have to experience for yourself, I encourage you to come to Kai and give it a try. You won’t be disappointed.”

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Campus crime log
Shaddia Qasem
January 30, 2020

In the past week, two crimes of larceny were reported on Wright State University's campus.

Theft

On Jan. 22, a theft was reported from the Russ Engineering building, suspected to have occurred Dec. 13-30 of 2019.

On Jan. 23, a theft was reported from Oelman Hall.

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Leader to Leader conference registration available
Sarah Cavender
January 30, 2020

Next week Wright State University will hold its 15th annual Leader to Leader Conference for students to attend and improve their leadership skills.

The conference is planned and hosted by Omicron Delta Kappa students, a leadership organization at WSU.

This year's theme for the conference is 'The Purpose of Leadership' with speakers presenting on topics surrounding this topic.

The conference is held on campus during the day on Feb. 8 from 8 a.m. to 3 p.m., the speakers will be in varying rooms of the Student Union such as the Apollo Room, Discovery, and Atlantis.

This event is free to Wright State students, sign up is available until 11:59 p.m. Thursday night through the university [Engage portal](#).

The conference sessions are designed to help students leadership skills and success within a rapidly evolving new world according to the event information page.

Speaker Line Up

Speakers range from Wright State alumni, staff and faculty at WSU, to those involved in the community. The keynote speaker of the day will be Dave Kelly.

Kelly is a professional speaker, trainer, motivator, and team builder.

Others that will holding sessions include:

Charles Nick – President at Third Wave Water, TEDx Speaker, & Shark Tank Contestant

Brandy Foster – Executive Director, ONEIL Center for Research Communication at Wright State University & TEDx Speaker

Jeremy Spencer – Investment Advisor Representative with Transamerica Financial Advisors (TFA) & Operations Officer in the Army National Guard

Kendall Goodrich – Marketing Chair and Professor, Wright State University

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Lisa Eizenga – Assistant Director for Residence Life, Wright State University

Lance Salyers – TEDx Speaker & Coach, Forbes Contributing Writer, & Founder and IDEAS Evangelist at 5x5 Advisory

Vincent Lewis – Director, L. William Crotty Center for Entrepreneurship & President/Operating Manager of Arcade Innovation Hub, LLC

Nate Dillard – U.S. Air Force reservist, Founder/CEO of the National Black Business Directory, & Co-Director of Startup Grind Dayton

“As a senior, I’m most excited to learn about different skills outside the classroom and the wide range of speakers at this conference will be more than quench my thirst for that,” Ian Huelskamp, co-president of ODK said.

Networking and skill building

“I am excited to provide this opportunity of leadership development to any and all students who decide they want to take part. This conference is a great opportunity to learn and meet new people,” Markayla Clayton, co-president of ODK said.

Students who attend Leader to Leader Conference utilize the time to network and meet those in their career field.

For Wright State student and ODK member, Tyler Rupert was able to connect with one of the speakers at the conference. This connection led to an eventual job with ONEIL and launching a student organization, Entrepreneurship Club.

“I attended the Leader2Leader conference for the first time in 2017. It’s hard to overstate the impact that decision has had on my life,” Rupert said. “In the world I’m in, it’s often said that you’re just one person away from meeting the right one. At L2L, not only do you get to hear from and pick the brains of incredibly accomplished leaders from the worlds of Entrepreneurship, Student Leadership, Higher Education, and Community Development, you might just meet that right person. For me, L2L 2017 was one of those days. “

For others they find sessions inspiring and beneficial to their work as leaders in the community.

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“The Leader to Leader Conference has enabled me to see leadership with a new perspective, encouraging me to reflect on how I can become a more effective leader in the future,” Andrew Bordner, ODK member said. “I distinctly remember Jason Moore’s presentation on finding your purpose, which helped me recognize my strengths as a leader and how I can best utilize them to connect with others. All in all, the conference was a phenomenal learning experience that I would recommend to any Wright State student without hesitation.”

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SGA appoints new positions and discusses potential strike
Shaddia Qasem
January 30, 2020

During their meeting on Jan. 28, Student Government Association (SGA) appointed several positions and discussed the potential Teamsters strike.

Chief Policy Officer Eli Smith was moved to the position of Director of Internal Affairs, previously held by James Curlis.

Two students, Caleb Smith and Christopher (Toph) Hartis, were appointed as Associate Justices.

On Jan. 23, the university imposed its last offer to the Teamsters (the final step before the union can issue a 10-day strike notice). The Fact fFnder was rejected.

“There was a fact finder, [which] was rejected, and the best last offer was imposed. The summary of the offer boils down to this: there were five articles that were outstanding,” said SGA President Ivan Mallett.

Articles broken down

Parking

In their old contract, the Teamsters had capped how much their parking prices could increase per year. The university accepted the fact finder report, stating that the cap would be no more than \$10 every year.

Layoff

The fact finder recommended that there should be no changes to the layoff process. The university accepted the recommendation.

Wages

The fact finder suggested that there should be a one-and-a-half percent increase in wages enacted retroactively in July of 2019, and a 1 percent increase starting July 2020. The university rejected that suggestion and switched it to a two-and-a-half-percent increase starting in July 2021 and in July 2022.

Employee benefits (still in contention)

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Teamsters want to utilize the Teamsters healthcare from a national level. The university rejected, stating they want to keep the same universal healthcare that every employee at the university is on.

Furlough

The fact finder recommended a maximum of five furlough days. The university rejected, stating that furloughs were off the table and the teamsters will not be subject to them. The furloughs make up around 150 employees at the university that make up maintenance, janitorial staff and grounds.

They have filed a 10-day strike notice, with a strike date set for Feb. 3.

“[Aside from the visual aspect, the strike] will not affect your day-to-day operations,” said Courtney Mullins, program manager of student organizations and SGA advisor. “It is not something that we should be scared of.”

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Could Wright State be the next PINK brand campus

Laci Wells

January 30, 2020

Victoria's Secret's hand-in-hand brand PINK has launched their campaign on social media in search of new brand representatives this January.

But what does it mean to be a campus representative?

PINK Campus Representatives can be any student enrolled within a university that hosts the program. As long as they are enrolled, any student can apply or be selected. There is no specific age or major requirement.

Students that are selected work as a liaison between the brand and students on campus.

“Our role is to spread awareness about the brand to the target customer, host events, engage in social content and overall enhance the experience of college for students,” said Katelyn Overla, Kent State University's PINK campus representative.

According to the PINK Nation website, students that are selected go to planning meetings, host events and visit local PINK stores.

Campus reps utilize social media to keep up to date with new products and event information as well as marketing and networking.

“PINK helped connect me with representatives from the brand for internship opportunities,” said Overla.

Campus representatives roles

Product design and development is crucial when given a voice within a university. While managing how PINK runs on campus, reps will recruit eight-to-10 other team members who will then be assigned a position. Positions include managing media, planning events, staying in contact with the local store and more.

Representatives stay involved by providing feedback on products, strategies and current trends that are seen on campus.

“While the position is unpaid, there are a lot of benefits and incentives that go along with being a PINK Campus Representative,” said Overla.

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Some of these include free product for testing, participating in brand research and building industry connections. The program is highly based off incentives, some of which include new PINK products, such as beauty, apparel, accessories, gift cards, lifestyle items and even paid trips.

Where are the brand ambassadors

Over 100 colleges in the United States and some parts of Canada are current participants when it comes to advocating.

In Ohio, there are currently currently 10 universities that have PINK reps.

These include: Ohio State University, Kent State University, Cleveland State University, University of Cincinnati, Miami University, Ohio University, University of Toledo and Youngstown State University.

Currently Dayton area colleges and universities are not part of the rep program.

With Wright State having a population of more than 13,000 students, there is a possibility of PINK expanding its program to the Raider community.

“The program could inspire girls on campus to express themselves in a way that not only builds their confidence, but teaches them real life skills,” said Emily Ortman, marketing major and local PINK associate.

Overla and her Kent State co-rep were chosen as one of the top 10 schools in the country to attend the fall 2019 incentive trip to New York City with PINK.

There are two PINK locations near the WSU campus, one at Fairfield Commons shopping center and one at the Greene shopping center in Beavercreek.

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Mental health benefits of fitness classes

Shaddia Qasem

January 31, 2020

As the third week of the semester sets in, students are starting to get settled in their classes; one of the ways students can de-stress is through exercise. Campus Recreation offers a number of fitness classes, including yoga, cycling, zumba and circuits, to name a few.

“I’ve seen first-hand the effects that working out has on my mental clarity and my overall happiness and well-being in life. I’ve seen it affect other people in that way too,” said Kara Donbrock, program manager of fitness and wellness for Campus Recreation.

The classes are open to students, staff and faculty alike for any reason; whether it be a form of stress relief or a fun hobby to do with friends, these classes are a great option.

“I am making decisions all day at work. When I walk in the fitness class, I stop making decisions and shut my mind down,” said Sue Polanka, a staff librarian and student of cycle sculpt, circuit training, water aerobics, barre blend and yoga. “All I have to do is listen and follow the lead of the instructor. I spend much of my time in class with my eyes closed, especially in yoga where I focus on breathing, and in spinning, where I cycle to the beat of [the teacher’s] music and block out the rest of the world.”

As a teacher of cycling, yoga, TRX, circuit and more, Donbrock loves doing what she does and the impact these classes have on students.

“I have so much gratitude when I teach and watch other people grow in their fitness and make goals for themselves. [When] I’m not teaching, every time I walk by the studio, I see people laughing and having fun; it’s such a good stress reliever. We’re all so stressed out in life and this is such a healthy way to release it,” said Donbrock.

Mindfulness goes beyond yoga classes and/or meditation. Taking care of yourself helps you be a better student.

“Engaging in exercise, meditation or any kind of relaxing activity has the ability to reduce measures of anxiety. Anxiety is linked with depression. If you can engage in behaviors that make [you] feel less anxious, that can contribute to an overall mental well-being,” said Dr. Patricia Schiml, research professor and senior lecturer in the Department of Psychology.

Depending on your comfort level, Dr. Schiml stresses the positive impact of social support.

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“If you experience stress with people around you that you can fall back on for support, the physiological impact of that stress is going to be reduced. If you’re able to build on and strengthen your social relationships, that can provide benefits in of itself,” said Schiml.

Schiml advises awareness toward the balance between lowering your stress and procrastinating. Using effective coping strategies means studying for half an hour, rewarding yourself by taking a break, then going back to studying and so on.

Along with the mental health benefits of these classes, Campus Recreation works to make this available to anyone interested. Instructors are willing to help and can accommodate to students with special needs. Through Adapted Recreation, students get matched with a workout buddy that can focus on them and their needs.

“[We make sure] we are welcoming to people; we’re there to support each other,” said Donbrock.

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Guardian office and Office of Communications investigate burglary

Marissa Couch

January 31, 2020

Foot traffic on Wright State University's (WSU) campus slowed down through most of the month of December due to the break in classes, but activity picked up when reports of missing equipment came from the area.

On the morning of Dec. 17, a Mac Pro was reported stolen from 201 University Hall, WSU's Office of Communications by photographer, Chris Snyder. This device was worth approximately \$3,500 and was used for the office's video editing purposes, according to the Wright State University Police Department (WSUPD).

On the same evening of Dec. 17, WSUPD was called out again, this time to 015 Student Union, the office of The Wright State Guardian.

According to the police report, Officer Dena Neal was dispatched to 015 Student Union when Business Manager, Dylan Collison called the department around 7:30 p.m on Dec. 17.

Two of The Wright State Guardian's cameras were reported missing, valued at approximately \$2,000.

The equipment had last been seen on Friday, Dec. 13th and had not been reached for until the day of the report, when the equipment was realized to be missing by Social Media Manager, Shelby Prenger.

The Wright State Guardian's staff and WSU's Facilities are the only ones with passcodes into the offices. There were no signs of forced entry.

As for the Office of Communication the Mac device was attempted to be retrieved.

The device was later found on a Craigslist ad, in which WSUPD and Butler County's Police Department met to attempt a buy on the Mac but were not successful.

Photos of the missing Mac's posting on Craigslist confirmed that it was indeed the one missing from University Hall.

WSUPD has requested an affidavit for a subpoena through Craigslist to serve to the user that listed the Mac Pro for sale.

This case is still open as WSUPD waits for corresponds from Craigslist regarding the subpoena.

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Any information regarding the missing items should be reported to WSUPD at 937-775-2056.

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Student organization closes for reorganization: What to know
Natalie Cunningham
January 31, 2020

The student organization 4 Paws for Ability has shut down as it currently reorganizes and rebuilds.

The student organization will also not be accepting new members until further notice, according to Amaya Willemsen, president of 4 Paws.

Reorganization of the organization

“[4 Paws for Ability] is currently on pause to make it easier on the members of the organization. We are currently not accepting members this semester and they are more than welcome to apply in the fall,” said Willemsen.

The nonprofit agency 4 Paws for Ability in Xenia, Ohio is a separate entity from the student organization called 4 Paws for Ability on Wright State’s campus.

4 Paws Xenia not effected

The volunteer dog trainers that work with the nonprofit in Xenia and attend classes at Wright State are unaffected by the pause and changes occurring within the student organization on campus, according to a representative for 4 Paws for Ability in Xenia.

“We will not be answering questions regarding 4 Paws the organization at Wright State or any events [referring to events such as Fuzz Therapy],” said Jessica Begley, 4 Paws treasurer.

“For an organization to be paused, there needs to be a reason. It’s not random,” said Debbie Lamp, associate director of student involvement and leadership.