

Wright State University

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Wright State Student Body

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The Wright State GUARDIAN

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Weekly Horoscopes

Star Signer

March 23, 2020

The stars are here to send good vibes this week dear star children. The pandemic may be in the minds of many but the universe is here to ease your fears.

ARIES

Stay at home and take your pet for a walk.

TAURUS

Stay at home and take your pet for a walk.

GEMINI

Stay at home and take your pet for a walk.

CANCER

Stay at home and take your pet for a walk.

LEO

Stay at home and take your pet for a walk.

VIRGO

Stay at home and borrow your neighbor's pet to walk.

LIBRA

Stay at home and take your pet for a walk.

SCORPIO

Stay at home and take your pet for a walk.

SAGITTARIUS

Stay at home and take your pet for a walk.

CAPRICORN

Stay at home and take your pet for a walk.

AQUARIUS

Stay at home and take your pet for a walk.

PISCES

Stay at home and take your pet for a walk.

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Wright State students react to campus housing shutdown

Natalie Cunningham

March 23, 2020

As of March 20, Wright State students who lived in campus housing have moved out. With few students who were granted extended stay, students reacted before they went back home.

“The most important information students should know about has been and will continue to be emailed to them in all-campus emails from the president/provost, their professors with respect to how their classes will operate going forward, and in the case of students who live on campus, Housing, for example,” said Seth Bauguess, director of the Office of Communications. “There could be others but those seem to be the obvious ones. Those communications are also shared on social media.”

All official university events, student activities, gatherings and receptions are suspended during this time. All foreign and domestic university-sponsored air travel is suspended at this time, according to University Communications.

“I think it’s the right decision right now for universities to further prevent the disease. There is still a lot we do not know about it so respect to colleges for making the public health of their students a priority,” said Stephen Taylor, freshman at Wright State.

Director of Residence Life and Housing, Dan Bertso, has not yet commented about Wright State Housing.

“Although it is very inconvenient, I think it was a necessary move by Wright State to force students to leave the dorms. It is definitely an inconvenience because I work close to school and now have to find a job closer to home,” said Caleb Vanhook, sophomore at Wright State. “Also, it’s hard for me to find a quiet place to study and do schoolwork at home. But we will all survive and get through it!”

Wright State has a website for information and updates on COVID-19 which can be found at wright.edu/coronavirus.

“I feel that Wright State University has handled the outbreak in the best way that they can and are doing great with support and carefulness for all students. But we should be refunded. And the only way I have been affected is by not being able to be social with my friends that I only see in class and not outside of school,” said Courtney Dodds, freshman at Wright State.

There have been no confirmed cases of COVID-19 at Wright State’s Dayton or Lake campuses at this time, according to Wright State Communications.

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“I understand why they’re asking students to leave but it’s a huge inconvenience. Not everyone has a home to go back to. I personally had to leave my job because of this and now I’m not sure I’ll be able to afford to move off campus next semester,” said Amanda Beavers, sophomore at Wright State.

In-person classes have all been moved online as of March 16. Wright State Dayton campus and Lake campus operations and administration will both remain open during this time. Libraries and computer labs are now closed. University Dining Options are now limited to carry-out only.

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Athletic officials test positive for coronavirus

Makenzie Hoeflerlin

March 23, 2020

Two officials from the collegiate officiating consortium tested positive for coronavirus after officiating a men's basketball game between WSU and UIC on March 9.

Officials tested positive

The Horizon League released a statement on March 18 regarding these officials with a list of basketball teams that one or both had been in contact with.

"Horizon League staff members have directly communicated with League members, related game personnel, related volunteers and the Indiana Farmers Coliseum," said The Horizon League. "We continue to adhere to the guidance issued by the CDC and federal and state governments in these unprecedented times and we encourage our fans to do the same."

Players have not been tested

The Wright State Athletic Department is continuing to monitor the situation closely and follow federal, state and local guidelines.

"As always, Wright State Athletics is committed to the welfare and safety of our student-athletes," said WSU Assistant Athletic Director Nick Philips. "Their health and well-being, along with that of our coaches and staff, is paramount. Wright State is closely monitoring this rapidly evolving situation and continuing to follow direction from federal, state and local authorities to make decisions based on the most up-to-date information available."

According to Philips, none of the players have been tested for the coronavirus.

Players were not available for comment.

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All WSU sporting events, NIT cancelled

Makenzie Hoferlin

March 24, 2020

Amid coronavirus concerns, all sports events and mass gatherings have been cancelled, including the National Invitation Tournament 2020 (NIT).

Cancellations

Following Ohio Governor Mike Dewine's progressive approach to battling the coronavirus, the Horizon League and NCAA officials have decided to suspend all league-sponsored sport competitions.

Just after Dewine issued a ban on all mass gatherings over 100 people on March 12, the NCAA and Horizon League followed suit.

According to a press release sent out on March 12, NCAA President Mark Emmert and the Board of Governors announced the cancellations of all remaining winter and spring NCAA championships.

This includes the 2020 NIT, which was set to include the Wright State Men's Basketball team.

Wright State University commented on the cancellations following the decision.

"As always, Wright State Athletics is committed to the welfare and safety of our student-athletes," according to the Wright State University Department of Athletics. "Their health and well-being, along with that of our coaches and staff, is paramount. Wright State is closely monitoring this rapidly evolving situation and continuing to follow direction from federal, state and local authorities to make decisions based on the most up-to-date information available."

A bittersweet end

For seniors, their final seasons have been cut short following these cancellations.

Some of these athletes have used Twitter to express their gratitude for a great season and their sadness at the unexpected end.

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“And just like that it’s over,” said senior basketball player Bill Wampler. “[I] want to thank everyone for believing in me and supporting me. Was hoping we could have at least one more game together, love you Raider Nation. ONE OUT!”

Many have responded to the tweet thanking the senior for his time on the court and wishing him luck wherever the future may take him.

For seniors all over the world, their final moments are being cut short due to the coronavirus outbreak.

Nevertheless, the university is reassuring students that everyone is in this together.

There are currently no confirmed cases of coronavirus at Wright State main campus or lake campus.

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President Edwards video to campus community: 'The lack of physical connection does not mean you can't connect to each other'

Marissa Couch

March 24, 2020

An email was released from Wright State University President Dr. Sue Edwards' desk on Monday, March 20.

The email served as a check-in from administration during the questionable time that students have been navigating upon switching to an online format and handling the developing news of a pandemic.

Dr. Edwards encourages students to remain strong in this time of need, attaching a video of herself addressing the student body.

The video reiterates parts of the email, diving further by addressing seniors on a personal level.

"Your strength in character will prevail and you will excel in your future," she said.

Edwards thanked faculty as well, pointing out that interaction with students is critical, especially through a time like this.

"The lack of physical connection does not mean you can't connect to each other," she said.

She doesn't fail to mention staff members' efforts to continue working from home as well. Edwards continues to be a source of positivity by quoting John Adams: "Every problem is an opportunity in disguise."

She signs off by wishing safety to the students, as well as one last thank you.

"Please stay safe and I do hope I get to see you very soon," she said, ending the video. "Thank you."

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How Gov. DeWine has handled the coronavirus pandemic

Ethan Gilliam

March 25, 2020

Mike DeWine, the governor of Ohio, has led an unprecedented campaign to fight the coronavirus in the state of Ohio, which has led to both widespread praise and criticism.

DeWine, a 73-year-old Republican who has previously held numerous public office positions, became governor in January 2019.

DeWine's response to the coronavirus

DeWine made a swift and decisive action to stop the virus before Ohio had a confirmed case. On March 3, DeWine made his first executive decision to cancel the Arnold Classic, a weightlifting competition, and two days later held a summit on the coronavirus. Not long after, on March 9, Ohio reported its first three cases in Cuyahoga County.

Executive orders

On March 9 DeWine declared a state of emergency and began to make orders to protect his state.

On March 12, DeWine met with health officials and made his first order, announcing that schools would be going on a three-week break starting March 16, making him the first governor in the entire country to do so. The Ohio Department of Health also banned any meetings of more than 100 people but included exemptions such as churches and workplaces.

The next day, DeWine supported this movement and made the claim that it is very likely that Ohio has more than 100,000 cases of the virus (only 13 cases were confirmed).

Once more cases were confirmed, DeWine made further, more drastic measures to try to calm the spread of the virus. DeWine ordered all bars and restaurants to close and only offer carryout or delivery; DeWine also expanded unemployment benefits to help citizens directly affected by this order.

DeWine continued trying to protect his state by banning gatherings of more than 50 people, and on March 17, DeWine postponed Ohio's Primary Election, the day before the election. He also closed all but five BMV's in the state of Ohio, and activated personnel from the Ohio National Guard to help with this crisis and other humanitarian problems.

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DeWine made additional comments to help Ohio, such as suggesting to employers to take the temperature of employees when beginning their shift.

He did not make any executive orders until March 22 when he issued a stay-at-home order which would take place on Tuesday, March 24 at midnight, and would stay in effect until April 6.

This order forces citizens to stay home and that businesses that are not deemed “essential” to close, further preventing human interaction and therefore preventing the virus from spreading at a rapid rate seen in states such as New York and Florida.

Has it made an impact?

As of March 22, 13 days after the first confirmed case of the Coronavirus in Ohio, the state faces 351 cases in 40 counties and has three confirmed deaths. Despite DeWine’s efforts, Ohio still faces countless cases and deaths, and will continue to face problems caused by the virus.

While there is no way to know the exact influence DeWine and his administration’s orders have caused, he considered the chaos that the coronavirus could bring and brought attention and action to the issue before many states considered the virus a problem.

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Businesses offering free Wi-Fi during quarantine

Maram Abuhaidar

March 25, 2020

With the current circumstances that the country is in, services such as Wi-Fi seem to be out of reach when many institutions such as schools, libraries and businesses are shutting down amidst the coronavirus.

This makes it difficult to pay bills for services such as internet. Luckily, many internet service companies are stepping up to change this by extending free Wi-Fi to Americans for 60 days.

The way we are learning is changing as many schools and universities are going online. Students are struggling with this, since many businesses that provide students with the jobs that support them are shutting down.

These companies include AT&T, Comcast Xfinity, Verizon, Charter Spectrum, Sprint and T-Mobile. This way, during this time of quarantine, students and people with jobs requiring them to work from home can stay safe inside and not have to go out for internet.

The internet services supplying this generous coverage for Americans will also be providing extra aid such as waiving late payments, opening Wi-Fi hotspots, and other resources depending on the company.

For more information regarding free internet service from Charter Spectrum for students, contact them at 1-844-488-8395.

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Laker Life: How online classes are affecting students, professors
Roxanne Roessner
March 25, 2020

As the first week of remote learning wraps up at the Lake Campus, professors and students have shared their thoughts on the impact of COVID-19 and how to move forward during this time.

“All students have been receiving great information from the campus. Students need to connect with their instructors. If students have questions, they need to ask it – don’t be afraid to ask it. Things won’t go off without a hitch,” said Dr. Giovanna Follo, associate professor of Sociology.

Students and staff are encouraged to take care of themselves during this time.

Have a routine, take a shower and get out of your pajamas.

Mental health needs to be a priority as well. Students are encouraged to connect with their instructors if there are any questions about their courses.

“We are nine weeks through the semester and are going to do our best to plow through the rest of the semester remotely. We are proud of the way that our faculty and staff have risen to the challenge of this pandemic and grateful for the calm and patience of our students,” said Dean Dr. Dan Krane.

“Wright State and the Lake Campus are not just places where students, faculty and staff come to learn or to work – we are communities where students live, study, play and grow together and where faculty and staff support them and each other,” Krane said.

Some students at the Lake Campus are also high schoolers that must balance schoolwork with college work.

Programs like College Credit Plus allow them to earn college credits while still completing their primary education.

“[It’s difficult] to find the time to complete higher level studies online and my overwhelming work of high school. Trying to find a balance of time and a sense of normalcy in this uncharted territory is very difficult. It’s always been hard to be a full-time college student and high schooler. Recently things are just more challenging,” said Remi Fokine, a junior at Parkway High School taking college classes at Lake Campus.

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Students aren't the only people under stress.

"I normally spend months putting together an online class and I've just done four in four days," said Dr. Christine Junker, associate professor of English.

"Faculty who have never taught online are suddenly teaching all online," Junker said. "And we're all making different decisions based on the classes that we teach and how we think things will work best. There are bound to be glitches and problems, and the only thing we can do is work through them together and be generous and give each other the benefit of the doubt."

According to Krane, the Lake Campus will fully transition to remote operations for faculty and staff beginning at 5 p.m. on Monday, March 23 and remaining in effect until further notice.

Only personnel that are deemed essential will be permitted on the Lake Campus.

There will also be measures taken such as Wright State-Lake Campus Police monitoring and securing the campus.

Individuals on campus who have not been identified as being essential will be asked to leave immediately or to get permission to remain on campus from the dean's office.

Most campus buildings will be locked at all times and essential personnel will only be allowed to access campus facilities between 9 a.m. and 5 p.m. without specific permission from the dean.

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Music Review: Heartbreak Weather by Niall Horan

Maxwell Patton

March 25, 2020

“Heartbreak Weather,” the second studio album by Irish singer Niall Horan, was released on March 13 to positive reception from critics and fans.

The release was preceded by four singles: “Nice to Meet Ya,” “Put a Little Love on Me,” “No Judgement” and its title track.

A collection of breakup songs for the digital age, “Heartbreak Weather” is a diverse and interesting album that doesn’t just stick to a single angle of breakups, adding sleek production and melancholy lyrical content to convey Horan’s message.

Highlights

1. “Heartbreak Weather”

The album opener, this track gives off a strong tropical house vibe with synthesizer to spare. I love the way the instrumental compliments the lyrics, and it all weaves together well.

2. “Small Talk”

The bass in this track gives it a nice flair as the first chorus kicks everything into high gear, and the build up is nice to a pounding synth-heavy anthem about skipping unnecessary conversation and just letting loose.

3. “Cross Your Mind”

Once again, the bass guitar and synth complement each other well here, with a poppy chorus that is guaranteed to get stuck in the listener’s head. It has a really nice groove to it and might be my favorite song on the record.

Background

Horan rose to fame by competing in “The X Factor” in 2010.

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Though he was eliminated as a solo performer, he was placed in a group with Harry Styles, Zayn Malik, Liam Payne and Louis Tomlinson to form the boy band One Direction. The group finished in third place overall, signing with Syco Entertainment and releasing five studio albums.

After the release of their final album, “Made In The AM,” the band went on a permanent hiatus, with each member releasing their own music as a solo artist.

Horan signed with Capitol Records as a solo performer in September 2016, later releasing two singles, “Slow Hands” and “This Town,” from his debut album, “Flicker.”

“Nice to Meet Ya,” was made available in October 2019, about a month after Horan first stated that he had been working on the album.

“Put A Little Love On Me” was released in December of that year, with the announcement of the album’s title joining the third single, “No Judgement,” three months later.

In an Instagram post, Horan advised fans to listen through the album start to finish in order to feel the full story.

“With Heartbreak Weather, I wanted to tell the story that was in my head, hopefully lead people down the storytelling lane of an album track listing,” he continued.

“I was trying to think how I could write a different album than the usual. I wanted to write songs from different sides or from someone else looking in.”

I would say that Horan pulled the multiple perspectives off rather well with “Heartbreak Weather.”

Most of the songs on this album sound like they could be on the radio at any given moment, which is great for a young artist like him. Nothing here seems random or out of place; every song on this record has its purpose, and they fulfill that purpose with enthusiasm.

It will be interesting to see what musical paths he follows in future projects now that he’s spent some time as a solo artist. I’m excited to see where he goes next.

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Local restaurants are closed but still keeping people fed

Marissa Couch

March 26, 2020

After Gov. Mike DeWine ordered all bars and restaurants to close on March 15, companies began to scramble for ways to stay afloat and to help the community in a time of need.

Carry-out and delivery options are still widely available, including many previous subjects of The Wright State Guardian's Dayton's Not Dead series.

The Wandering Griffin

The Wandering Griffin has made efforts to ensure that their food is still available for carry-out and through delivery service apps. This includes their selection of beer, which the brewery prides themselves on.

571 Grill & Drafthouse

571 Grill has changed their hours of operation to include curbside and carry-out services. Following the news of all restaurants and bars closing, the grill took a few days to regroup and came back to offer a free roll of toilet paper while supplies lasted for a bit of comedic relief. Since then, toilet paper has run out but business is still booming.

Lily's Bistro

Lily's is providing comfort food through curbside service, delivery and carry-out at this time. Their eclectic menu is still changing daily, offering a variety of drinks as well. Lily's prides themselves on being able to continue paying one-third of their employees' wages through the support of the community at this time.

Lefty's Eats and Espresso

Lefty's has reevaluated operating hours among switching to a carry-out facility. Additionally, they have partnered with DoorDash to have meals delivered to customers. The menu is available at their website.



DiSalvo's Deli & Italian Store

DiSalvo's is still operating through calls and carry-out, ensuring customers that they're keeping stocked. They offer grab-and-go items for a quick visit, as well as calling ahead to place an order.

Blind Bob's

Blind Bob's is offering their menu through carry-out, curbside pick-up and delivery. The restaurant ensures a delivery fee for a reasonable distance is \$3 and unreasonable distance is negotiable. Bob's is also offering carry-out on their beer collection at discounted prices.

Cake, Hope, and Love

At this time, the bakery is primarily focusing on previous orders to be made for pick-up. There is a limited menu available for those who are still craving sweets during their weekend hours. Owner Shannon Teague has started a program in which sack lunches are available each day, beginning once all schools closed on March 12. Teague is asking volunteers to help deliver sack lunches to those in need.

These small businesses are relying on carry-out orders to assist in keeping afloat at this time of uncertainty. As important as it is for consumers to have access to hot meals still, it's equally as important for locals to continue to order from these places.

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Coronavirus disruption: Student opinions on online classes

Natalie Cunningham

March 26, 2020

With the outbreak of coronavirus, classes are now online and no longer in person. Many students are not used to the format of online courses and working exclusively from home.

“My online classes are chaotic, but my professors are trying their best. I only have one class that uses video lecture once a week so it’s kind of confusing to keep up with everything. I’m taking three classes with labs and one of them was anatomy and physiology. So that class will be hard to really understand the material without going to lab,” said Breanna Postman, sophomore at Wright State. “I love and hate having online classes because it’s hard to keep up. I don’t ever study at home, so this has been extremely challenging for me. Everywhere I usually study has been closed.”

Online classes have many interesting benefits and features but also pose difficulties for classes that are designed to be taught in a traditional classroom, such as labs.

“Online classes are a lot harder to get a true learning experience of the classes. I feel like it has affected my grades because I am a better learner when it’s a face-to-face lecture,” said Kylie Howell, sophomore at Wright State.

Blake Martin, sophomore at Wright State, also feels that his education has been negatively impacted by the switch to online as he feels he learns better in a face-to-face environment.

“[Online classes] aren’t great but I’m making it work. At this point, I’m still waiting to see how American Sign Language will be done as it’s very visual and any foreign language can be difficult to learn online. And so far, I feel fine about [my classes;] they’re doing the best they can so I’m just having patience and letting it ride out,” said Noah Lowe, Wright State student.

Other students are also struggling with foreign language classes during this unique situation.

“Online classes are easier in some respect however language classes are much more difficult. Also, technical difficulties from online stuff is hard to deal with,” said Andrew Strait, sophomore at Wright State.

Vitamins and foods to keep you healthy

Alexis Wisler

March 26, 2020

Staying home can affect a person's mood and energy levels, and it's easy to feel a little low while doing classes online and practicing social distancing.

That's why it's important to eat foods and take vitamins that give a boost of energy and even support a healthy immune system.

Foods

Raw walnuts

According to Today, the magnesium in walnuts helps fight off depression. Walnuts also contain antioxidants for good health and are low in carbohydrates to prevent a sugar spike and, ultimately, a sugar crash. Don't like eating walnuts by themselves? Try them on a salad or in trail mix.

Coffee

A college student's dream: being told to drink coffee.

According to Today, the caffeine in coffee boosts alertness, aiding in working from home with a lot of distractions. Don't consume too much caffeine though, limit coffee intake to two cups a day and try to avoid added sugar which can lead to sugar crashes later in the day.

Apples

According to Everyday Health, in order to keep a positive mood all day, foods high in fiber are a must. Fibrous foods digest slowly, meaning stable energy levels. Apples are easy, versatile and full of fiber. Try adding apples to morning oatmeal, which is also high in fiber, or for a late-night snack with peanut butter.

Peanut Butter

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Speaking of peanut butter, it's high in protein which, according to Everyday Health, is important to stabilize energy levels. Stabilizing energy levels gives more focus and an uplifted mood, perfect for working from home.

Vitamins

Vitamin B12

According to Healthline, vitamin B12 aids in turning food into energy. Vitamin B12 can be consumed naturally through animal protein like meat and dairy. Vegetarians, vegans and others who do not eat a lot of animal products need to supplement their vitamin B12 intake.

Tyrosine

Tyrosine produces neurotransmitters which, according to Healthline, decline during stressful mental activities. According to Healthline, tyrosine does not need to be taken during a normal routine, only when people find themselves in stressful or mentally demanding situations where

taking tyrosine can aid in boosting energy and concentration levels. If students are feeling overly stressed right now, they could benefit from supplementing tyrosine into their diet.

Vitamin C

Oranges and other citrus fruits contain high amounts of vitamin C, known for boosting the immune system. Vegetables like broccoli and spinach also contain high amounts of vitamin C.

Vitamin A

According to the Cleveland Clinic, vitamin A strengthens the immune system to fight against infections. When looking for foods high in vitamin A, Cleveland Clinic advises to think colorful. Carrots, sweet potatoes, and squash are examples of colorful foods high in vitamin A.

The most important thing when working from home and practicing social distancing is to build a routine to follow every day. Including these foods and vitamins into every day routines is an easy way to stay focused and energetic during these unique times.

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How to fact-check news during a pandemic

Natalie Cunningham

March 27, 2020

In a world of practically instant and incessant information and news, it's easy to get caught up in the excitement and forget to fact-check the information.

"It's very easy to share information without checking it. If you think it's worth sharing with other people, it's worth taking a minute to make sure of the claims," said Mandy Shannon, head of the Instruction and Research Services Department.

There are very useful professional fact-checking websites that can be used to verify information. The three favorites that Shannon uses all include a section on COVID-19.

Shannon recommends websites such as Snopes, PolitiFact and FactCheck.

"The Poynter Institute, which owns PolitiFact, runs an international fact-checking institute. They offer some general suggestions on fact-checking coronavirus claims [on their website]," said Shannon. "They also have an Instagram project called MediaWise that focuses on claims that have gone viral on social media and walk viewers through the fact-checking process."

Sometimes information can be easily fact-checked by simply performing a Google search about the information and adding the term "fact check" to the search, according to Shannon.

"Beyond fact-checking sites, I also encourage people to take a step back and ask some questions about the material you're encountering. In the book 'Blur: How to know what's true in the age of information overload,' the authors Kovach and Rosenstiel offer what they call 'The Way of Skeptical Knowing,'" said Shannon. "It includes six steps: What kind of content am I encountering? Is the information complete and, if not, what am I missing? Who or what are the sources and why should I believe them? What evidence is presented, and how is it tested or vetted? What might be an alternative explanation or understanding? Am I learning what I need to? This works for everything from memes to scholarly articles."

Shannon also suggests a strategy called reading upstream. This means finding the original source of the information rather than simply reading someone else's interpretation of the news, according to Shannon.

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“Finally, I’d also encourage people to take occasional news breaks. It’s important to stay informed, but when we reach information overload, it’s harder to apply rational criteria and make ourselves go through the process of fact-checking. It’s an anxious time and everyone needs to step away from the news once in a while,” said Shannon.

Debunking rumors on coronavirus

Shaddia Qasem

March 27, 202

With the global outbreak of coronavirus putting the world in a situation it hasn't experienced in decades, information gets obscured and rumors begin to form.

Misconstrued information often causes panic and confusion.

It is important stay up to date with official sources, such as the World Health Organization (WHO), Centers for Disease Control and Prevention (CDC) and public health officials.

Rumors

Every once in a while, it is possible to be put into a texting chain of misinformation.

In the beginning weeks of quarantine and social distancing, texts were sent out with false information of shutdowns in certain areas. If you receive a text from an unknown number claiming the sender has a friend in high places, this invokes panic and fear and is most likely not true.

Do the research and refer to official, verifiable sources.

The flu

Despite its similarities to the flu, there is currently no cure or vaccine specifically for coronavirus. Only those with severe symptoms such as fever, dry cough and respiratory issues should see a medical specialist immediately.

Those showing mild symptoms of the flu are encouraged to practice social distancing and take the necessary vitamins and/or medications to aid the immune system.

Rumors can become dangerous when unqualified sources claim to know a cure or remedy, such as the recent rumor that inhaling the heat from a hair dryer kills the coronavirus.

Matters such as these should not be taken into one's own hands; visit a health professional.

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In terms of prevention, WHO advises to wash hands regularly, maintain physical distance, avoid touching the face, cover mouth when coughing or sneezing, stay home if unwell and refrain from smoking or any activity that weakens the lungs. Nowhere does it involve the inhalation of heat to kill off the virus.

A common assumption regarding the coronavirus is who it affects. Many believe that only the elderly are at risk; while it is true that they are highly susceptible to contracting the virus, it does not only impact the elderly.

Those with compromised, weak immune systems are also at risk.

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A movie that uses its time well: Blade Runner: The Final Cut

Trey Brown

March 27, 2020

Within the past week we have all learned that there is truly a lot of time in a day, especially with them being 24 hours and all.

There's so much to do.

We can watch a movie, read a book, pray, play a video game/board game, watch YouTube, tweet and even chose to do homework.

Point is, there is a lot of time in a day, which is true for movies too.

“Blade Runner: The Final Cut”

Take Ridley Scott's neo-noir classic, for example. This version of the film, which is my favorite of the seven available, is an hour and 57 minutes long. In that time, we see Rick Deckard, a blade runner played by Harrison Ford, doing his best to round up four rogue replicants (a.k.a. bioengineered humans).

With most of the movie centering around the world and atmosphere of Scott's imagination of 2019 Los Angeles, it's an easy movie to catch a nap too.

Through Deckard's attempts to order noodles from a street shop, to Roy Batty (played by the late Rutger Hauer) spouting old poems to frightened civilians, this movie wants to immerse you in this world, and it's not in any hurry.

The pauses between dialogue contributes to the film's slow pace as well. Ford and Sean Young, the latter of whom plays a replicant named Rachael, share a scene where it feels like neither responds within 20 seconds of each other.

Even the film's score is indicative of the pacing. Every twinkle from Vangelis' iconic score seems to wallow in the scene, attempting to fill all of the space possible, every moment full.

I've come to realize that films described as “slow-burns” are some of my favorites to watch. When they are like “Blade Runner” I feel like I learn so much about them. Movies that take their time in establishing the rules of the world and the characters that inhabit it are becoming harder and harder to find.

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I feel like in a loosely connected way, this idea can apply to our lives as well. Over the past week, it's been a time-consuming effort in using time wisely. There's so much free space for the moment, so, why not learn more about the characters around us?

Five ways to stay safe if you go out in public

Laci Wells

March 27, 2020

With the news of an outbreak of coronavirus, we broke down a few quick tips and tricks for you to start doing to protect yourself.

Good hand hygiene

It's important when out in public, touching things like grocery carts, pumping gas and opening doors, to make sure your hands are being consistently cleansed of germs.

Carry alcohol-based hand sanitizer and/or hand wipes for a quick clean. Soap and water when available is most critical when it comes to being preventative. It is recommended by the Center for Disease Control and Prevention (CDC) that you "scrub your hands for at least 20 seconds.

Need a timer? Hum the "Happy Birthday" song from beginning to end twice."

Avoid touching unnecessary surfaces

It is easy to touch unnecessary surfaces multiple times a day without realizing the amount of germs the body contracts.

Door handles, countertops and handrails are some examples of surfaces that are heavily contaminated. When possible, use other objects to create a barrier between your fingertips and a heavily touched area.

A tissue, paper towel or simply refraining from touching a potentially harmful surface could be key in stopping the spread of a virus.

Keeping your everyday items clean

Being creatures of habit, we touch a lot of the same items daily. Think about how many times you answer your phone, drive your car or change the channel on your tv; it's a lot.

Being aware of your own surroundings and understanding the potential for germ spreading that your most used items have is essential when it comes to keeping things clean.

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Wiping down your phone, steering wheel and remotes can help cut back on the spread of germs.

Practice social distancing

This may seem like a simple task that may not be effective, however a few steps could make a world of difference.

Keeping three-to-six feet between yourself and those who surround you creates a safer environment and provides less of a risk when it comes to contracting a sickness.

Create barriers between yourself and your environment

A little space between your facial orifices and the outside air could be an extremely beneficial preventative measure for you and those around you.

According to the Red Cross, wear a facemask if you are sick and when you are around other people, such as sharing a room or vehicle, and before entering a healthcare provider's office.

It is important to not touch your eyes, mouth or nose when out in public. Gloves are also recommended so that your fingertips don't come into direct contact with any contaminated surfaces.