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The Guardian Student Newspaper

Student Activities

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## The Guardian, Week of January 4, 2021

Wright State Student Body

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# The Wright State GUARDIAN

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Weekly Horoscopes  
Star Signer  
January 4, 2021

Ring in the new year always comes with talk of new year's resolutions. Here are some resolution ideas for you based on your zodiac sign.

## **ARIES**

Aries, it's easy to catch yourself being a negative nancy, especially with the year we had in 2020. Use 2021 to focus on positivity. You'll be surprised how much this can change your outlook on life.

## **TAURUS**

Taurus, you spent so much of last year putting things off. But if you put things off, when will they ever get done? Use 2021 to check everything off that to do list of yours. But first things first, you need to make that to-do list.

## **GEMINI**

Gemini, 2021 is the year to stop letting your fears get the best of you. There are so many amazing opportunities in the world for you right now, you just have to take a leap of faith and see where you end up.

## **CANCER**

Cancer, staying young forever could certainly be fun. It's definitely tempting, but at some point you need to grow up and take responsibility for actually being an adult. 2021 is the year you are going to take things into your own hands and prove to yourself that you are capable of bigger and better things.

## **LEO**

Leo, you let a lot of relationships fall through last year. The quarantine made it tough to socialize and you probably didn't try as hard to take care of all of your relationships as you should have. Use 2021 to rebuild old relationships and foster new ones.

## **VIRGO**

Virgo, you've tried resolutions in the past and it's time that you realize they really don't work for you. Let go of the resolutions, stop being so hard on yourself and just live life. You will be much happier this way.

## **LIBRA**

Libra, there are many resolutions you could make this year that have to do with self improvement or change, but the best resolution you can make for the year of 2021, is learning to love yourself and all of your imperfections. You are perfect just the way you are.

## **SCORPIO**

Scorpio, you have a long to do list of things that you HAVE to do, but it's time to put that aside and work on your to do list of things that you WANT to do. You've worked really hard and you need to set more time aside in 2021 to reward yourself for all of that hard work.

## **SAGITTARIUS**

Sagittarius, you are very intellectual and often give great advice to others. In 2021, take the initiative to learn more and listen more. There may be some things that you could learn from others that you missed before.

## **CAPRICORN**

Capricorn, 2020 was filled with a lot of worry, concern, and stress for you. You really need to take 2021 as a year to relax and leave your worries at the door. Everything happens for a reason and you need to trust that everything will turn out okay.

## **AQUARIUS**

Aquarius, you've been holding back, for whatever reason. You need to give 2021 your all. All your focus, all your effort, and all your knowledge. You will be surprised where it will take you.

## **PISCES**

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Pisces, despite everything that happened in 2020, you came out relatively unscathed. Take this, learn from it, and share it with others. Use 2021 to share your knowledge and to help those around you overcome their struggles.

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Raiders Play Green Bay, Win Both Weekend Games

Noah Kindig

January 4, 2021

The Wright State Raiders beat the Green Bay Phoenix in two games over the weekend on Dec. 26 and 27, winning game one 67-53 and game two 90-77.

The players to watch this weekend were Green Bay's Amari Davis, who scored 20 points in the first half of game two, and Wright State's Tanner Holden, whose performances in both games over the weekend earned him the Horizon League's Player of the Week award. Holden is Wright State's second player to earn the award this year, after Senior Center Loudon Love.

## Game one

Game one was a low-scoring match for both sides, with Loudon Love standing out for the Raiders. The Raiders lead at the half 23-21, with Love scoring eight points in the paint and securing rebound after rebound.

In the second half, Junior Jaylon Hall helped secure WSU a convincing lead, with 12 points in the half. With Holden and Love as the top scorers, WSU was able to finish the game with their first win of the weekend, 67-53.

"More than any other team I have been on, this could be a very good defensively minded team... We knew as long as we would stick with it on the defensive end that we would be alright," said Hall during a post-game interview.

"I was proud of our guys at halftime. Offensively, we were playing about as bad as we could play, and we were ahead by 2... The reason we won the game was when we were so bad offensively we were good defensively," said head coach Scott Naggy.

## Game two

After the loss in game one, the Phoenix played aggressive, picking up early points, with Amari Davis and PJ Pipes leading the charge.

Pipes picked up seven points in the early minutes of the game, forcing a Wright State timeout with a 14-8 scoreline in Green Bay's favor. WSU was able to bring the game back near the end of the first half, but Green Bay still led 39-36 at the halfway point, with Davis scoring 20.

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Both teams fought hard in the second half, but Wright State gained an edge with a 14-point run, and turned it up on defense, getting a convincing 68-53 lead with 10:30 left to play. The Raiders carried that lead to the end of the game, finishing with a scoreline of 90-77.

“Everyone was kind of mad. It felt like a 15 point game to us, but we were only down 3, just because we knew how much better we could do.... What it really boiled down to was just heart,” said Holden during a post-game interview.

Music Review: 2020's Playlist  
Maxwell Patton  
January 4, 2021

One constant in the move between 2020 and 2021 has been music blaring from our smartphones and stereos. The soundscape that defined last year consists of indie rock, introspective hip-hop and disco-pop tunes straight out of the 1980s, and often the songs that soundtracked each month went hand in hand with then-current events.

Here is a short playlist of the songs from 2020 that made it special.

### **“Good News” by Mac Miller**

Released: Jan. 9.

The lead single from Miller's posthumous album “Circles,” “Good News” features morose lyrical delivery and a mellow groove that compliment each other perfectly. It is a look into Miller's psyche during the period before his death, and it is brilliant, to say the least.

### **“Breathe Deeper” by Tame Impala**

Released Feb. 14.

“Breathe Deeper” was inspired by an experience Tame Impala mastermind Kevin Parker had while high on marijuana and shopping. Parker encourages the listener to breathe deeply and relax during a stressful event, and that tone paves the way for six minutes of alternative bliss.

### **“Break My Heart” by Dua Lipa**

Released: Mar. 27.

The melody bares a striking resemblance to the INXS hit “Need You Tonight,” but Lipa and company make this song stand out with a refreshing blend of 80's disco influence and modern pop flair.

### **“Stuck with U” by Ariana Grande and Justin Bieber**

Released May 8.

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“Stuck with U” was released as a charity single to benefit the First Responders Children’s Foundation and debuted at number one on the Billboard Hot 100 chart. The song is a sentimental ballad that discusses lovers quarantining together during the coronavirus pandemic, with the music video featuring Bieber’s wife Haley and Grande’s now-fiancé Dalton Gomez.

The voices of Grande and Bieber blend together quite well, and though the lyrics are a little cheesy at times, it has a strong degree of honesty about love in the time of quarantine.

## **“I Know the End” by Phoebe Bridgers**

Released June 18.

The last track on Bridgers’ sophomore album “Punisher,” “I Know the End” features masterful songwriting and a wailing climax that feels oddly appropriate when summing up 2020.

## **“I Can’t Breathe” by H.E.R**

Released June 19.

Written in response to the murder of George Floyd, “I Can’t Breathe” touches on police brutality and the need for love in a time of injustice. The lyrics are pure poetry, and they convey the song’s message with unbridled passion.

## **“Starting Over” by Chris Stapleton**

Released Aug. 28.

The title track from Stapleton’s newest album, the acoustic guitar-led “Starting Over” speaks of a man seeking a fresh start with his partner. 2020 and 2021 will be a time of change and starting anew, and this song sets the mood perfectly.

## **“Therefore I Am” by Billie Eilish**

Released Nov. 12.

Produced by Eilish’s brother FINNEAS, “Therefore I Am” sees Eilish take on her critics and body shamers, and the result is a swagger-filled work that feels like a spiritual successor to “Bad Guy.”



How to Stay Organized and Motivated for Spring Semester

Maxwell Patton

January 5, 2021

The time between mid-December of one year and mid-January of the next is full of transitions and holiday celebrations, but it is also full of boredom. Lack of school and work can cause a confusing mess. Here are five tips to stay motivated and focused for the spring semester.

### **Set small goals each day**

Have an important project to complete a week into 2021, or want to accomplish a large goal during the new year? Trying to stay productive but not sure where to start? Complete a small portion of that task every day and set up a reward system for achieving that goal. It will be much easier splitting that task into chunks than it would be to conquer it last minute.

### **Plan days of relaxation**

After a few days of heavy work and productivity, a day of rest is needed to recharge and prepare for what lies ahead. Read a book, grab lunch with a friend or take part in any activity that could be considered relaxing. That way, burnout can be avoided and the next day of work does not feel exhausting.

### **Take time to clean**

Cleaning your bedroom or a frequently-visited part of the house can be therapeutic especially since those spaces will often be visited during winter break. There is more time now to do that cleaning due to the break. Turn on the radio and take a few hours to clear out any unwanted items lying around. Cleaning out negative thoughts in the brain that have built up over the past year can also be helpful.

### **Hit the hay at a reasonable hour**

One way to clean the brain and think clearly is to go to bed at a decent hour. Instead of staying up all night binge-watching Netflix, try to fall asleep around midnight to clear out any fog left over from the fall semester and wake up refreshed. Plus, staying up late for nights on end would have the potential to continue into the spring semester, and no one wants that.

### **Plan a spring schedule in advance**

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After registering for classes, it is time to arrange a plan for how days will run during the spring semester. Make time so that any important priorities can be taken care of and be sure to leave free time and/or self-care in between school, work and other commitments.

Five Beginner Yoga Poses to Try in 2021

Nicolas BenVenuto

January 5, 2021

A combination of cold temperatures and coronavirus quarantining may have you feeling helpless when it comes to staying active this winter. However, yoga is a great way to reclaim your fitness desires while improving balance and peace of mind.

Listed below are five beginner level yoga poses that can be practiced indoors and give yoga practitioners of all skill levels a way to remain active this winter.

### **Tree pose**

Stand with your feet together and arms by your sides. Bend your right knee and place the sole of your right foot on the inside of your left thigh. If flexibility allows, the right foot may be placed higher on the left thigh. If unable to reach the thigh, the sole of the right foot may be placed lower on the left leg.

While balancing this position, bring your hands together above your head, or to center mass and root your position through the right foot and into the ground.

Upon holding this position for your desired time restraints, repeat on the opposite side.

A photo demonstration of the tree pose may be viewed here:

<https://www.shape-able.com/wp-content/uploads/How-to-do-Tree-Pose.jpg>

### **Seated forward bend**

Sit in an upright position with your legs extended in front of your body at a 45 degree angle.

Gently rock back and forth with eyes closed, rooting your body to the ground below.

Upon inhaling, extend your fingertips outward toward your feet and use core muscles to extend until maximum reach is achieved.

If flexibility allows, place hands flat on the ground in front of you and your forehead flush with the surface below. It's important not to over-extend in this position. Only reach your head to the ground if your hands are able to extend beyond your feet.

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Hold this position for your desired time restraints, and when ready roll the body back to an upright position slowly while exhaling.

A photo demonstration of the seated forward bend may be viewed here:

<https://i.ytimg.com/vi/Xn1wigQSrml/maxresdefault.jpg>

## **Cat and cow / tabletop**

Starting on all fours in the tabletop position, ensure that your hands are placed directly below your shoulder blades and knees are below your hips.

To begin moving into cow pose, begin by inhaling and dropping your stomach towards the yoga mat or ground. Lift your chin and chest and engage core muscles.

While holding the cow pose, keep your eyes focused towards the center and head straight forward.

When ready to exhale, the cat pose may be started.

Moving from cow pose, drop the head and neck while lifting through the spine.

Keep your shoulders engaged and a tight core underneath.

The cat and cow position may be repeated in repetition, paying close attention to the breath and moving positions with each inhale and exhale accordingly.

A photo demonstration of the cat and cow pose may be viewed here:

[https://media1.popsugar-assets.com/files/thumbor/2KhqIYejkfkgL4cNCI5UMSPhmiY/fit-in/1024x1024/filters:format\\_auto-!-:strip\\_icc-!-/2014/05/01/853/n/1922729/b56f14a8bfd8d35d\\_cat-cow-pose/i/Cat-Cow-Pose.jpg](https://media1.popsugar-assets.com/files/thumbor/2KhqIYejkfkgL4cNCI5UMSPhmiY/fit-in/1024x1024/filters:format_auto-!-:strip_icc-!-/2014/05/01/853/n/1922729/b56f14a8bfd8d35d_cat-cow-pose/i/Cat-Cow-Pose.jpg)

## **Bow pose**

Start by lying on your abdomen. While inhaling, bend your knees and reach your arms back to your ankles.

If flexibility does not allow you to reach your ankles, simply move your arms as far down your sides as possible. With practice, you will increase depth and be able to reach your ankles.

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Pulling your feet toward your back and raising your chest, keep your eyes straight forward and engage your core muscles.

When ready to exhale, slowly lower your feet back to the ground behind you and lower your chest and head to the ground.

Repeat this motion three to five times aligning the pose with your inhale and exhale.

A photo demonstration of the bow pose may be viewed here:

<https://cdn.lifehack.org/wp-content/uploads/2018/08/yoga-bow-pose.jpg>

## **Cobra**

Start by lying flat on your abdomen with the palms of your hands flat on the yoga mat or floor beneath you.

Engage your core and leg muscles while pressing your fingertips into the ground beneath you and slowly rise up upon inhaling. Bring your chest and shoulders to a comfortable upright position with your eyes straight forward.

Upon exhaling, lower the chest back to the surface beneath you and disengage core muscles.

This pose may be repeated in three to five repetitions focusing the lifting and lowering of the upper body in conjunction with inhaling and exhaling the breath.

A photo demonstration of the cobra pose may be found here:

<https://www.cbc.ca/stevenandchris/content/images/cobra-pose.jpg>

Five at Home Hobbies that Will Not Break the Bank

Kaitlyn Chrosniak

January 6, 2021

The coronavirus has caused many people to want to learn new skills in order to make time pass at home. The following are five different hobbies you can begin today without breaking the bank.

## **Cooking**

Learning how to cook does not mean you need to spend hundreds of dollars to create extravagant recipes; however, learning to make a meal that does not come from a box can be a very rewarding accomplishment.

Thousands of recipes exist online that allow even the most inexperienced chefs to learn to make some of their favorite dishes at a low cost. From pastas to pastries, anyone can learn to make their family a home-cooked meal.

A quick Google search will bring up an endless amount of recipes that the whole family will enjoy that can be made with a few simple ingredients.

## **Gardening**

Gardening is a skill that can be time consuming due to the seemingly infinite amount of available research online that covers a variety of different plants, shrubs, trees and more.

Before partaking in gardening, take some time to dive into the available research about what types of plants grow best in your area, how to maintain those types of plants and be sure you can provide a healthy environment for that plant.

Many stores sell seed packets, pots, plant food and any tools you may need to get started for just a few dollars depending on what you choose to grow.

## **Language learning**

It is never too late to take up a second, third or even fourth language. Whether you are a student fulfilling a language requirement for school or a retired professional looking for something new to learn, learning a new language can be an exciting and rewarding experience.

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While programs such as Rosetta Stone provide the ability to learn many languages for a few hundred dollars, apps such as Duolingo are also available to engage you in the language learning process for free or minimal cost.

## **Exercise**

Although exercising at the gym may not be an option for many currently, exercising from home is still something anyone can do.

All you need is an open area in or outside of your home and something to keep you hydrated. YouTube as well as many fitness apps provide free video and written regiments that can be used as guidance.

Remember to fit your routine to your lifestyle and to not overexert yourself. Exercise at a pace most sustainable for you.

## **Writing**

Whether it be in a Google Doc or with old fashioned pen and paper, sitting down to write can serve as a fun hobby and a healthy outlet for emotions during a difficult time in the world.

All over the internet are prompts for different styles of creative writing. Many libraries offer free virtual courses that help enhance creative and professional writing

Writing can be one of the best outlets for stress, anxiety and depression, and is one of the most recommended coping skills to uptake.

Tips for Mindfulness

Alexis Wisler

January 6, 2021

Life is busy and unpredictable. It is easy to get caught in the get-up-and-go of college life, making it difficult to reflect on your days and how you are feeling throughout them. One easy way to practice mindfulness in a busy world is by journaling.

### **What is mindfulness?**

Mindfulness is being aware and conscious of how you are feeling. The simple act of recognizing your emotions can then help you understand them.

It is important to note that mindfulness is not the act of trying to get rid of or change emotions—especially negative ones— but rather just embracing and becoming aware of them.

### **How can journaling help?**

With the busyness and stress of everyday life, it can be hard to take a step back and ask yourself how you are feeling. This is why journaling can be a great tool to practice mindfulness.

After a long day of work or class, you can sit down with yourself and check-in to see how you are feeling. Sometimes, it is easier to understand your emotions when you write them down and can see them right in front of you.

Journaling can also help with mindfulness because it can help you become aware of emotions you didn't even know you were feeling at first.

### **How to journal for mindfulness**

Journaling can be done anywhere at any time. You can keep a specific notebook for your mindfulness journaling or just quickly write down your thoughts in the notes app of your phone. You can set aside a specific time each day to journal or journal whenever you find that you have free time.

If you are journaling throughout the day, make note of when you feel anxious, overwhelmed, sad, angry and any other emotion. If you are journaling at the end of the day, have a conversation with yourself and embrace all the emotions you remember having that day.



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When recording your emotions, the goal is not to try and “fix” them, but rather to understand why you may have felt them. With time, you will be better at recognizing your emotions as they are happening, and in turn you will be better at understanding the situations that cause you negative emotions.

Top Historical Fiction Movies to Watch

Jamie Naylor

January 6, 2021

Wright State Streaming is an online movie streaming service free to all Wright State students. This service is a great entertainment outlet for college students and it hosts a plethora of recent movies. Here are just a few great historical fiction movies hosted on this platform.

### **“The Green Book”**

This award-winning film, released in 2018, is about the adventures of an African American performer and his Italian American chaffer in the 1960s south.

This film explores the topic of racial stereotypes, class privilege and intersectionality.

With racial tensions flaring in 2020 causing a year of activism, this film sparks necessary and important discussions about the past and about understanding one another.

### **“Little Women”**

This film based on the novel of the same name by, Lousia May Alcott, is a delightful historical fiction film.

This classic explores the youth and strength of young women during the civil war in the north.

With its engaging coming of age storyline and beautiful cinematography, this film is a film that will leave anyone laughing and crying.

### **“Antebellum”**

Released in September of 2020, this film, based on the novel “Kindred” by Octavia Butler, is another film about history, slavery and race.

This movie takes a more thrilling Hollywood spin on the historic fiction novel, however, it is still an impactful film that sparks conversation.

I also highly recommend reading the corresponding novel before diving into this film.

Library Classics That You Should Check Out in 2021

Roxanne Roessner

January 7, 2021

Libraries are full of rich stories and wonderful adventures. Most people only look at the new section and miss out on the classics that have earned their keep within the stacks. Here are a few library classics that you should check out!

### **“Leaves of Grass” by Walt Whitman**

“Leaves of Grass” is a collection of poems created by Walt Whitman that shows how he views the world and what he finds important within it. The collection focuses on celebrating life and the connections people make with everyday folks.

Even though poetry tends to intimidate people, it is important to note that you do not have to read everything all at once. Find a poem a day to read and focus on. Let it sit in your mind and reflect on what it is trying to tell you. Just remember, you can always call to renew your book whenever you need to.

### **“The Metamorphosis” by Franz Kafka**

This novel tackles the question of what would happen if you were to one day wake up as a giant cockroach. It may seem like an outlandish situation, which when taken literally it is, but replace “giant cockroach” with something else in society that makes one different and uneasy to handle. “The Metamorphosis” dives into how people view others who are different from society’s standards and how it makes that person feel.

Gregor did not ask to be a giant bug, much like how people do not ask to be mentally ill, disabled or homosexual. The situation highlights the struggles of being different in a bizarre and heart wrenching way.

### **“Good Morning, Midnight” by Jean Rhys**

Sasha Jensen travels back to Paris to confront her past tragedies and accomplishments. The readers watch as her narrative jumps from past to present by certain triggers that throw her into memories. This novel is heartbreaking and generally unforgettable. I highly suggest it, though I will give a warning that very sensitive situations are discussed in great detail.

### **“Siddartha” by Hermann Hesse**

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Siddartha is a wealthy son in India who renounces his lavish lifestyle to find what the meaning of life is. Throughout his journey, he becomes a number of different characters, constantly changing himself to find what inner peace has in store for him. However, as most stories go, Siddartha learns that he can only be happy when he is simply content with who he is.

This novel goes into what life is about and how people are constantly fooling themselves into mind-numbing lives at the cost of their happiness.

Classic Board Games that Have Moved Virtual  
Kaitlyn Chrosniak  
January 7, 2021

In an era where digital gaming is commonplace, many classic board games that enthusiasts have been playing for generations have been recreated in a virtual format for anyone to play.

## **Sorry!**

The board game Sorry! was originally released in 1934 by the Parker Brothers. The game consists of players trying to get their four colored pieces from a designated starting point to a designated finish by drawing numbered cards.

The title of the game comes into play when you end up on the same place on the board as another player, in which their piece is knocked over and sent back to start. Hasbro has since released multiple versions of the game, with various companies releasing similar games online.

## **Uno**

Uno is a well-known card game in which players take turns placing cards and trying to eliminate their hand, while occasionally forcing other players to draw cards in various ways. The phrase “Uno” must be called when you are down to one card and about to win or you must start over.

While different variations of the game have been released in a physical format over the years, the most famous virtual version of Uno is found in an app that also connects to Facebook, in which you can play with anyone around the world as well as friends.

The iMessage game Crazy 8’s is also believed to be a knock-off version of Uno.

## **Yahtzee**

Although Yahtzee was released in 1956, the famous dice game took several years to become popular due to its limited availability at the time. The goal of the game is to roll five dice repeatedly to obtain certain combinations and score points.

While games such as Family Game Night by Hasbro have introduced a virtual card version of the game, other websites have produced virtual variations of the original.

## **Monopoly**

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Around the same time that the Parker Brothers released Sorry!, Monopoly was introduced to the mix.

The object of the game is to own as many properties as possible while making your opponents go bankrupt. Players can purchase houses and hotels to place on groups of properties and also must navigate community chest and chance cards that keep things interesting.

Not only do arcades such as Dave & Busters have versions of the game, but multiple apps, subject-specific boards and video game versions of the game have surfaced in recent years.

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WSU Students and Admin Respond to U.S. Capitol Riot

Jamie Naylor

January 7, 2021

As designated by the United States Constitution, the House and Senate held a joint session to certify the Electoral College results of the 2020 election, when an angry pro-Trump riot broke into the U.S. Capitol building and the House and Senate chambers to disrupt the proceedings.

## **Before the riot**

In the 2020 presidential election, current President Donald Trump and Vice President Mike Pence lost to President-Elect Joe Biden and Vice President-Elect Kamala Harris by 74 electoral votes and over seven million popular votes.

Sore at this historic loss, Trump pursued lawsuits and recounts, all but one of which failed due to lack of evidence. Trump continued to claim the election was “rigged” and advocated for the overturn of results, even begging Georgia election officials to “give” him votes in a recent phone call.

Just yesterday, before the violent outbreak, Trump held a rally in front of the White House at the Eclipse to continue these false claims. Many believe that Trump’s 70-minute remarks at the event incited the violence that followed at the Capitol.

The president’s eldest son, Donald Trump, Jr., prepped the crowd with warnings to some Republican members of Congress. The latter of which does not support the president’s efforts.

“We’re coming for you,” Trump, Jr. said.

Before the president took the stage, his personal lawyer Rudy Giuliani called for “trial by combat” to overturn the election.

“We want to be so respectful of everybody,” the president said. “And we are going to have to fight much harder. And Mike Pence is going to have to come through for us, and if he doesn’t, that will be a sad day for our country. Because you’re sworn to uphold our Constitution.”

Trump repeatedly requested that the vice president block electors from being counted. Pence released a statement against the president’s wishes, reiterating that he cannot reject electors unilaterally.

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“It is my considered judgment that my oath to support and defend the Constitution constrains me from claiming unilateral authority to determine which electoral votes should be counted and which should not,” said Pence in a letter to Congress.

There would need to be a majority in both chambers to reject the electors from a given state. This was nearly impossible as Democrats control the House and with minimal support from Republicans in the Senate. Ultimately, Congress’ joint session affirmed the electoral votes as submitted by the states with failed objections to both Arizona and Pennsylvania.

### **The riot**

Shortly after Congress began debating objections to Arizona’s electoral votes, a large and hostile mob of Trump supporters forcefully made their way into the Capitol building and eventually into the House and Senate chambers.

Once rioters began to enter the chambers, key officials including Vice President Mike Pence, Speaker of the House Nancy Pelosi and President pro tempore Chuck Grassley were taken to an undisclosed and secure location.

During the riot, Congress members, leaders, staff, and reporters were evacuated while insurrectionists vandalized and occupied the building. More rioters gathered on Capitol grounds waving confederate, Trump and American flags. The disorder was later pushed out by Capitol police and other law enforcement agencies, such as the Metropolitan Police and the National Guard.

This incident left at least four people dead, and many police and violent protesters injured. At least two explosives-like devices were also found in the area. Arrests continued into the night and Thursday, and the FBI continues to look for leads.

### **WSU’s response**

This violent episode came as a shock to the nation, leaving many worried as the republic was threatened. Here at Wright State University (WSU), many college students who voted in the 2020 election feel upset and troubled by the incident.

Sophomore Masada Warner expressed concern with the incident after planning to celebrate Senator-Elects Warnock and Ossoff of Georgia’s victories.



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“I was really expecting to spend the day thrilled about Warnock and Ossoff’s wins in Georgia, only to wake up and discover a virulent display of racism and antisemitism trying to undermine our democracy,” said Warner.

In response to the incident, WSU President Sue Edwards released a statement to the campus community on Thursday.

“We in the Wright State University community denounce that kind of behavior and will always embrace open dialogue and respectfully listening to others’ opinions,” said Edwards. “There is NEVER a justification for hatred, racism, or disrespectful and violent behavior.”

## **Student resources**

As this may be a difficult time for many, some students may require emotional support and assistance. Students have access to Counseling and Wellness Services, which can be contacted during regular business hours at 937-775-3407. Students can also utilize the Raider Cares 24- hour mental health hotline by calling 833-848-1765.

Student Advocacy and Wellness can be contacted during regular business hours at 937-775-3749 and at their 24-hour hotline at 937-260-0167.

International Corner: Winter Celebrations in Ukraine vs. America

Olha Zuban

January 7, 2021

While Christmas remains one of the most celebrated holidays across the US, Ukraine and some other countries in Eastern Europe celebrate New Year's as their main winter holiday.

It can be explained by the fact that Orthodox Christmas is on Jan. 7. Therefore, it is more convenient to start the holiday season on the night of New Year's Eve.

There are major differences in celebrating the winter holidays, and especially New Year, between the US and Ukraine.

Most Ukrainians start to put up their New Year's Tree somewhere between Dec. 24 and Dec. 31, then celebrate the New Year and Christmas (Jan. 7) and keep the New Year Tree up until Old New Year, Jan. 14.

In contrast, families in the US go back to the office on Jan. 4 and go back to a normal schedule, when the parties may still go on at this time in Ukraine.

Some prefer to spend their time with their family during New Year's or watching movies, but some organize a big party with friends and traditional tasty dishes. Something they have in common – waiting till 12 a.m. to make a wish, drinking champagne, and watching the President's speech.

Everyone knows the rule "The way you spend New Year's Eve is the same way you'll spend the rest of the year."

In Ukraine, children believe in Grandfather Frost instead of Santa Claus. He even has a young granddaughter Snow maiden, who helps him. Kids try to prepare a small performance like dancing or singing for them in order to get a gift.

When it comes to presents, New Year's Eve or the next day is the best for their unpacking. Consequently, there are no presents on Orthodox Christmas, which is seven days later.

Despite the differences in celebrating the winter holidays, both Americans and Ukrainians like to enjoy New Year's fireworks that bring some kind of magic, happiness, and unity.

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Hybrid Classes to Move Online for Two Weeks; At-Home Testing Advised

Alexis Wisler

January 7, 2021

On Wednesday, Jan. 6, Interim Provost Douglas Leaman released a statement via email stating the coronavirus protocol that Wright State University will continue during the upcoming spring semester.

## **Course delivery**

According to Leaman, all hybrid courses will be taught remotely for the first two weeks of the semester, and any face-to-face courses that can move online for two weeks are strongly encouraged to do so.

After two weeks, classes will return to their original method of instruction for the spring semester.

## **Testing**

Students living on campus during the spring semester and those enrolled in face-to-face courses will be instructed to obtain an at-home testing kit to ensure that those on campus are coronavirus free before the semester begins.

Students planning on working on campus will also receive the same instructions for receiving at-home testing kits.

“Those who take the test should do so as soon as possible so results are delivered before the start of class,” said Leaman.

The university will continue its routine for asymptomatic testing starting Jan. 11. Faculty and staff who think they might be asymptomatic and would like to be tested can schedule a test through Wright State Physicians.

According to Leaman, these procedures ensure that any students who caught the coronavirus over winter break will not bring the virus to campus with them for the spring semester.

If additional procedures are needed after the first two weeks, more information will be shared, according to Leaman

Arts and Crafts: Showing Your Creative Side

Roxanne Roessner

January 8, 2021

When most people think of arts and crafts, they have flashbacks to elementary school and creating less-than-average macaroni creations. Your skills may have improved since then, but even if they have not, consider trying out something creative again.

### **Expressing your emotions**

Arts and crafts are a great way to understand yourself and what you are currently feeling. Even if you are not sure what you are creating, just put something on paper. Do a little doodle of a frog holding an umbrella. Bring yourself joy by literally creating something joyful for yourself.

Vent to a piece of paper by drawing what stresses you out and then do whatever you need to release those feelings. Creating does not have to be pretty, it just has to be.

### **A collection of you**

While this may not be arts and crafts in the traditional sense of what we learned in elementary school, it still applies to us as creative creatures. Find items that mean something to you, big or small, and set them together on a shelf or desk as a touchstone.

Found a cool rock? Put it on your shelf. There you go, halfway to creating a creative collection that represents you. Find pieces of yourself in the world and, if you want to, bring them back to you.

### **Antics**

While people can paint on canvases, draw in sketchbooks and even create molds of objects, consider bringing a little chaos into what you create. Arts and crafts are a perfect way to express yourself in whichever way you decide to.

An example of this comes down to googly eyes. You can put those bad boys anywhere and I suggest that you do. There is something about glancing around and seeing cartoonish eyes looking back at you that makes the world a little better.

### **Arts and crafts**

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The main takeaway is that art is whatever you want it to be. It does not need to be traditional in any sense, but traditional art is still important. Do what makes you happy and what makes you feel better about the world.

Winter Car Safety: What You Need to Know

Nicolas BenVenuto

January 8, 2021

As temperatures hover around freezing and winter is in full swing, it is important to conduct vehicle preventative maintenance in order to protect yourself and those on the roads around you.

### **Windshield wipers**

Replacing your windshield wipers is an easy and effective way to increase your visibility while driving this winter.

Companies like Rain-X and TRICO provide top of the line windshield wiper blades for drivers at a cost-friendly rate. On average, new wiper blades can be purchased for less than \$20 and drastically improve visibility while driving as well as the time it takes to clear snow and ice from your windshield before commuting.

In addition to windshield wiper blades, Rain-X also provides drivers with winter windshield wiper fluid that melts snow and ice from the driver's windshield without freezing and compromising visibility.

Combining new wiper blades with winter wiper fluid is the most effective way to ensure visibility this winter season.

### **Brakes**

No matter how seasoned of a driver you may be, icy roads are unforgiving.

Checking vehicle brake pads is an absolute must during winter months, especially in midwestern states like Ohio where combinations of snowfall and icy roads are a yearly occurrence.

Drivers noticing squealing while driving, shaking of the steering wheel while braking and/or excessive amounts of brake dust on the rim of the vehicle are all indicators that brake pad replacement needs to occur.

Brake pads are most often sold in pairs and can be found online or in-store with prices varying from \$30-\$80 per set depending on brand name.

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A driver's application of brakes is also very important in winter months. If losing control and beginning to slide, feather brakes instead of slamming on them. Feathering brakes gives a driver the best chance at gaining traction and regaining control of the vehicle.

## **Tires**

Driving a vehicle in the winter season without proper tire tread is a potentially deadly combination that is easily avoidable.

Shops such as Tire Discounters, Firestone Complete Auto Care and Grismer Tire & Auto Service all have Dayton locations that offer drivers winter tires at a fair price.

Tire tread may be checked manually, by clearing snow from the tire and inspecting the depth of grooves in between the tread of the tire. If unable to insert a finger in between grooves, the tire needs to be replaced immediately.

Snow and ice will get wedged into the tire and create an icy layer over the tire causing the car to slide and become uncontrollable.

## **Fluids**

In addition to replacing brakes, tires and windshield wipers, checking the internal fluid levels of the vehicle is a preventative maintenance technique that can be life saving during winter months.

Fluids to be checked and filled include transmission fluid, engine oil, antifreeze and brake fluid.

All of these internal fluids are checked under the vehicle's hood, and include indicators to let the driver know when fluid levels are at maximum or below minimum.

If unsure of what fluids are being represented by the images located on fluid containers under the vehicle's hood, check the vehicle's driver manual and image descriptions will be given to indicate which image represents each fluid.