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Wright State Student Body

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The Wright State GUARDIAN

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Weekly Horoscopes
Star Signer
January 11, 2021

Everyone always asks you what you want to be when you grow up and you never know what to tell them... well now you do! Read on to learn what your dream job is based on your zodiac sign.

ARIES

Aries, you have always been ambitious. Your dream job is most likely being a brain surgeon or an award winning actor/actress.

TAURUS

Taurus, your dream job is absolutely based off of all the TV shows you are currently watching. Your dream job is likely being an interior designer, a professional chef, or a game show host.

GEMINI

Gemini, you are great with words but ironically not very social. Your dream job would probably be a book author, computer programmer, or an astronaut.

CANCER

Cancer, you've always been the smartest one in the room. Your dream job is either being an educator or the next Oprah.

LEO

Leo, your creative talents outshine all others. Your dream job is probably being an artist, a photographer, or a wildly successful musician.

VIRGO

Virgo, your attention to detail is not an accident. Your dream job is most likely a forensic specialist, a chemist, a researcher, or a wine taster.

LIBRA

Libra, your ability to seek out the truth is one of your most astounding qualities. Your dream job is to be a lawyer, social worker, or even a journalist.

SCORPIO

Scorpio, your ability to socialize yourself and make connections is definitely going to get you far in life. Your dream job is to be in a leadership position helping others reach their potential. This could mean an advisor, manager, or president, just to name a few.

SAGITTARIUS

Sagittarius, your favorite hobby is traveling and the world is your oyster. Your dream job is one that takes you all over the world like a marketing associate, a flight attendant, or a travel blogger.

CAPRICORN

Capricorn, you have a mind of many talents. Your dream job is ever changing, but this is okay. You are content knowing that you will chase happiness and find yourself in a job that suits your talents.

AQUARIUS

Aquarius, you find everyday boring and know that you could never work a regular 9-5 desk job. Your dream job is to be the captain of a boat, a fighter pilot, or even a dog food taster.

PISCES

Pisces, you have never been able to make your mind up about what you want to do. Perhaps the best jobs are the ones where everyday is different. Your dream job is either a detective, a construction manager, or a position at NASA.

Writing Prompts For Your Self Care Journal

Jamie Naylor

January 11, 2021

A new year brings new stress and a new semester brings new tasks. Amongst all of the business, personal mental health is still important. Here are just a few prompt ideas for your self-care journal to get you through.

How can I reflect on my day?

Self-care writing can be simple. Consider writing down your day, from the small mundane events to the larger ones.

Go through and reflect on your day, write down any feelings you had while doing any activities. Write down what brought you joy or anger. This is a great way to realize all of your emotions and stress of the day and release these feelings.

What are my goals?

A great exercise for any journal writing is writing down your goals. These can be daily goals, weekly goals, monthly goals and yearly goals. It is best to keep your more everyday goals simple and realistic, while your lengthier goals can be a little more ambitious while at the same time achievable.

Keep up with these goals, change or modify them if need be. If you don't achieve some in the time that you were hoping that is okay too, trying is sometimes better than achieving.

Go to self-care activities

Write down and reflect on relaxing activities you enjoy and how you can implement them into your everyday routine. For example, if you really like journaling then see how you can fit that into your self-care cycle.

If there are no specific practices you follow, then write down some activities you want to explore. This would also be a good time to write down self-care practices you have found unhelpful.

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Raiders and Penguins Each Take Win from Weekend Face-Off

Noah Kindig

January 11, 2021

The Wright State Raiders and the Youngstown State Penguins faced off in back to back basketball games on Jan. 8 and 9 due to the Horizon League new Covid-19 format for this season.

Wright State came into the weekend 7-2 overall and 5-1 in the Horizon League, where Youngstown State came into the games 6-4 overall, but 2-4 in the Horizon League. With Wright State 48-13 overall against the Penguins, they were the clear favorites for the two games.

The Teams split 1-1, with Youngstown taking game one 74-72, off of a last-second layup from Garrett Covington assisted by Naz Bohannon. Game two was Wright State's revenge, smashing the Penguins 93-55, with the Raiders dominating in the paint and from range.

The players to watch this weekend were YSU's Naz Bohannon, whose 28 points on Friday Night and a last-second assist to Covington led the Penguins to their win, WSU's Loudon Love, who earned his 1000th career rebound during Saturday's game, and WSU's Tanner Holden, who scored 41 total points over both games.

Game one

WSU started fast with center Loudon Love winning the tip, and the offense of Tim Finke and Trey Calvin scoring early 3-pointers. WSU scored five from range in the first 10 minutes to give themselves an early 21-15 lead.

But the Penguins fought hard and played harder, with Bohannon's drives in the paint leading to a Halftime lead of 39-31.

The second half started even, with Youngstown denying the raiders any ground in the beginning. The Raiders were able to rally, regaining a slim 56-55 lead with nine minutes on the clock.

The game was extremely close, with both teams trying to gain an edge over the other. Off of a set play, Finke was able to get open and hit a corner 3, tying the game 72-72 with 13 seconds left to play.

Bohannon led the play for the last shot of the game, and it looked like he was going to try for a fade-away basket to end it. He was able to find Covington on a run towards the basket and

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sneak the pass by Wright State's defense to secure the layup and the first game of the weekend.

Game two

The Raiders were angry after Friday night's close loss, and it showed in how they warmed up and played the game. Just like the night before, Loudon Love won the tip, and Wright State jumped to the first basket. This time, though, they showed no sign of stopping.

"Today we just jumped on them early, and just kept our foot on the pedal." Holden said. "We were definitely more hungry this game, and I think it really showed."

In game one, they played mostly 1-on-1 defense, which allowed Bohannon to pick up 28 points in the paint. In game two, they focused on shutting him down.

"We got too spread out last night. Today, every time [Bohannon] got on the floor he had people around him... We made it a lot more difficult for him early, he couldn't get into a rhythm." Head coach Scott Nagy said.

With three to four players collapsing in the paint wherever Bohannon had the ball, they were able to deny him points, and pick up a dominant 23-6 start.

YSU tried to apply a defensive press, but this allowed Wright State's offense to dominate even harder. With Tanner Holden putting in 18 points in just the first half, the Raiders were able to push to a comfortable 49-26 lead.

In the second half, The entire Raider offense was able to get in on the action with 6 of WSU's players putting in double digit points. They were on fire from range, with Freshman Alex Huibregtse and Junior James Manns nailing seven 3-pointers in a matter of minutes.

"It was definitely fun to see those guys start hitting shots. They're amazing shooters." Holden said.

With YSU's defense broken, the Raiders were able to dominate to a 93-55 final scoreline, fully taking their revenge on the Penguins.

After Saturday's Game, Nagy commented on their playstyle.

"I just loved how hard we played and how physical we were tonight... We only shot six free throws last night... we shot 19 tonight."

How to: Streaming on a Budget

Nicolas Benvenuto

January 12, 2021

Because people enjoy watching their favorite gamers play in real-time, video game streaming platforms like Twitch have risen in popularity. Becoming one of these famed streamers doesn't necessarily have to break the bank, either.

Listed below are a few key pieces of equipment to begin streaming video games to Twitch.

System

There are many different ways to game in 2021. Console gamers have the Xbox One X, the Xbox One Series X, PlayStation 4 and PlayStation 5. PC gamers have the ability to purchase pre-built PC's or can also custom build their own setups with certain specifications in mind.

Deciding which platform for gaming suits you best is the first step.

Gamers interested in the highest resolutions, game speed, frame rate and overall performance would be better suited gaming on a pre-built or custom-built PC.

In competitive gaming, playing on a PC is a necessity. Higher frame rates allow PC gamers to experience games with little to no delay giving gamers a significant competitive advantage over console gamers.

The turning point in the argument of console vs PC lies in the price.

Gamers can get an Xbox One X or a PlayStation 4 for roughly \$200-\$300, and can stream gameplay seamlessly from either console.

The newest consoles, the Xbox One Series X and the PlayStation 5 are currently advertised at \$500-\$600 and give gamers a higher frame rate and resolution while gaming, streaming or both.

On average, a gaming PC will cost anywhere from \$500-\$1500 depending on technical specifications, customized hardware etc.

Microphone

Having a crisp and clean voiceover is an important part to any gaming stream.

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If your viewers cannot understand or hear what you are saying on stream, it will become difficult or impossible to interact with them, causing them to leave your stream in search of someone more accessible.

Getting a headset or microphone with great quality is achievable at a fair cost.

Brands such as Turtle Beach, Logitech, Astro and Bose all provide gamers with affordable models to choose from while also providing top notch quality.

Webcam

Having a webcam allows your viewers to see your reactions while gaming, and also allows for a more interactive stream.

When picking a webcam, be sure to read reviews online before purchasing and stick to well-known brands.

Affordable industry brands include Logitech, Microsoft, Razer and Lenovo.

On average, gamers can find models from the above brands ranging from \$50-\$250 and will provide 1080p or even 4k streaming abilities.

Twitch account

Now that you have your equipment and you are ready to stream, it's time to make an account with Twitch.

This is an easy process and can be completed in as little as 3 minutes.

First, head to www.twitch.tv

Create an account clicking the "Sign Up" link on the top right of the web page.

Here you will be prompted to create a username and be given options to customize your profile.

Once your profile is created, you're ready to start streaming.

Twitch provides streamers with a creator dashboard and stream manager as well.

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If you have a laptop, you can manage your chat and interact with viewers while gaming right from your creator dashboard. You can also see a live view of your stream to make sure all video elements are working properly.

Book Review: “Dog Flowers: A Memoir”

Ariel Parker

January 12, 2021

“Dog Flowers: A Memoir” by Danielle Geller tells the story of Danielle on her return to her mother’s home at the Navajo reservation. Here she confronts her family’s troubled history and retraces her mother’s life—using both narrative and archive in this unforgettable and heart-wrenching memoir about family trauma and the pain of loss.

The plot

After Danielle Geller’s mother dies of a withdrawal from alcohol during a period of homelessness, she collects her mother’s documents, diaries and photographs into a single suitcase and begins a journey of discovering her family’s history and the decisions she has been forced to make, a journey that will end at her mother’s home: the Navajo reservation.

Using her training as a librarian and archivist, Geller shares photographs from her mother and sisters, and her mother’s many boyfriends along with holiday cards that Geller and her sister had sent to her mother over the years.

Leading up to this mission, Geller also takes readers back to the tumultuous relationship she had with her mentally ill father, the strained relationship with her sister who seemed to follow the same steps as their parents and Geller’s own declining mental health as she is admitted into the hospital and diagnosed with anxiety, depression and bipolar disorder.

Adopted by her grandmother at a young age, she travels between Florida, Pennsylvania and Boston throughout her life, with sporadic visits from her abusive father and elusive mother.

Feeling disconnected from her Navajo heritage, she decides to learn more about her absent mother by tracking down their family and discovering who she is. Through connecting with lost family members and learning more about her mother, she pieces together an image of her mother in this extremely emotional and personal journey.

A word from the author

“...I’m writing about (how) I feel possessed. I feel haunted by her life as much as her death, and the things that I wanted from that relationship that I didn’t get,” said Geller in an interview with High Country News.

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Geller's moving and beautiful writing coupled with archival documents create this incredible journey of loss, family, traditions, heritage, the family we are given and the family we choose.

"Dog Flowers" will be released on Jan 12, 2021, everywhere books are sold.

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Grammy Predictions: Who Will Receive Awards?

Maxwell Patton

January 13, 2021

Announced on Nov. 24, 2020, the nominated artists for the 63rd Grammy Awards encompass a wide spectrum of musical styles including R&B, rock, jazz and spoken word.

Hosted by comedian Trevor Noah, the ceremony was originally supposed to occur on Jan. 31. However, concerns about new coronavirus cases postponed the event to March 14.

Below are my predictions for who will receive the night's biggest awards.

Best New Artist

Out of all of the artists in this category, the person who has made the biggest impact in 2020 has to be Megan Thee Stallion. Her single "Savage" along with her collaboration with Cardi B, "WAP," proved to be two of the biggest songs of the year and she has a lot of potential going forward.

Doja Cat is also a huge contender for this award with her massive hit single "Say So" and the success of her album "Hot Pink," and Phoebe Bridgers also has a shot due to her highly-acclaimed second album "Punisher."

Record of the Year

I feel that this category is a toss-up. On one hand, there are well-made popular hip-hop songs like "Black Parade," "Rockstar" and the "Savage" remix, while on the other hand, there are well-made contemporary pop hits like "Don't Start Now," "Say So" and "Circles."

My pick for this category would be "Everything I Wanted," a tune from last year's winner Billie Eilish, due to Finneas' top-notch production on the track. Any one of the eight nominees could win this award, making it an interesting category to watch for during the ceremony.

Album of the Year

This is a tough category as well, though there is a good chance that Dua Lipa's sophomore album "Future Nostalgia" will take the prize. "Folklore" and "Djesse Vol. 3" have a small chance at winning, as does "Hollywood's Bleeding." I am shocked to see "Hollywood's Bleeding" as a nominee since it was released in Sept. 2019.

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Black Pumas' debut album also has a strong shot at taking home the award. This is one of the most diverse Album of the Year nomination lists I have seen in the history of the Grammys, so it should be interesting to see who takes the prize.

Song of the Year

In my opinion, "Cardigan" is overrated, though it could win the award. I will give this one to "Don't Start Now." There are also strong contenders in "I Can't Breathe" by H.E.R, "Black Parade" by Beyoncé and "Everything I Wanted."

What to Know Before Adopting a Pet

Kaitlyn Chrosniak

January 13, 2021

Thousands of animals are adopted each year from animal shelters and imperfect living situations. Before deciding to add a pet to your family, there are a few important pieces of information that you should consider.

Animal neglect

Many animals that wind up in shelters are victims of neglect and physical abuse from previous owners. Animals who end up in shelters may have been beaten, starved, or even tossed out on the street by their owners to fend for themselves.

Physical abuse may lead to your new pet needing some extra love and attention in order to better help them adjust to their new environment. In the same vein, animals who are adopted from shelters may also be in need of some space as they become comfortable with life outside of the shelter.

Always let the animal set the pace for the transition into their new life within your family. The process of rehoming an animal takes patience and tenderness.

Pets and children

Depending on the temperament and history of your new pet, the shelter may not recommend bringing home a shelter animal if other pets and young children are present in the home. This is because animals who come from abusive backgrounds or have been abandoned may have aggressive tendencies around other animals as a fight or flight response.

This may be especially true for animals that had to fight for their food and safety in their previous home or on the street. In order to protect the shelter animal and other existing pets, mixing their lives may not be recommended.

Small children do not always understand that you cannot pull on a puppy's ears or a cat's tail; therefore, many shelters also do not recommend adopting one of their pets if small children also live in the home in order to protect the child from the animal's natural instincts.

Medical needs

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Many shelter animals suffer from a wide variety of illnesses or injuries that led to them being placed in the shelter.

Some animals are surrendered because the original owner could not afford expensive medical treatments for their pet. Others may have been physically abused by an owner or have suffered injuries roaming the streets that cause them to need extra support.

The medical and emotional needs of a shelter animal are much greater both in time and cost than many other pets and must be kept in mind when adopting.

Youtube Content Creators to Watch in 2021

Noah Kindig

January 13, 2021

For almost 15 years, YouTube has been the site for original content creators to express themselves. With millions of new videos posted on YouTube every single day, there has always been something new to enjoy.

Because of the coronavirus, more videos than ever were posted on YouTube this year, and newer channels were able to explode in popularity as more and more eyes began to watch.

Let's take a look at some of these content creators that gained popularity over the last year, and why it happened.

Gaming – Dream and Valkyrae

If you're a fan of gaming, the scene exploded in 2020. There were a lot of standout creators to look at, with new games and new sources of content to watch as people spent more time than ever inside.

While Dream had been posting content for years, he was still relatively unknown a year ago. Now, he has over 15 million subscribers. Thanks to his Minecraft videos, Dream has brought back love for his favorite game to so many people, and won YouTube's streamy 2020 award for gaming.

With all of his videos earning tens of millions of views, Dream is a must-watch creator for 2021 if you love gaming or are interested in video games at all.

While 2.8 million subscribers is less than other popular creators out there, Valkyrae is already huge on Twitch.TV for live streaming, and only recently started sharing her content highlights on YouTube.

Her livestreams attract hundreds of thousands of viewers, and she even earned the Game Awards Content Creator of the Year award.

With all the different games Valkyrae regularly plays, you are sure to find something you will enjoy and keep you watching for hours. Whether it's on her YouTube highlights or Twitch, Valkyrae is a fantastic content creator, and will surely continue to grow.



Comedy – Julie Nolke and CalebCity

Who thought that in 2020, people could make a whole career out of talking to themselves? Well, the comedy sketches of YouTube channels CalebCity and Julie Nolke have done just that.

Both of these channels received awards at YouTube's Streamy's in December and have original comedy that will always bring a smile to your face.

Both channels also experienced a ton of growth in 2020 due to their comedy whether it be over TV shows, movies or the pandemic.

Julie Nolke's channel first exploded in April of this year, when her video "Explaining the Pandemic to my Past Self" was first uploaded. Now the video has over 17 million views and has perfectly captured how everyone felt at that moment.

For CalebCity, his comedy over nearly everything has earned him millions of subscribers in 2020, and a Creator Honor from YouTube.

Whether you're in a rough spot, or are just looking for a small break to smile and laugh, Julie Nolke and CalebCity will always make your day a little bit better.

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SGA: Two Resolutions, Mask Drive and Women in STEM Event
Alexis Wisler
January 13, 2021

The Student Government Association held their first meeting of the semester on Tuesday, Jan 12. During the meeting, several resolutions were discussed as well as student events occurring this semester.

Resolution 21-03

Engineering and Computer Science Senator Gullzada Anwari proposed Resolution 21-03 which requests that the time students have to complete course evaluations be extended. In the resolution, Anwari included that students do not have enough time to complete course evaluations due to the fact that they are during finals week. Anwari also included that because the course evaluations are open during the week of finals, students cannot include the final exam in their course evaluations.

Resolution 21-03 was tabled and will be discussed again at the next meeting.

Resolution 21-02

Resolution 21-02 was passed with a unanimous vote to propose that Election Day be considered a university holiday. The resolution was introduced last semester. Director of Student Affairs Tiphani Moss brought forth the resolution for voting.

Residential gates

Before break, resolution 21-01 was passed to open the residential and vehicle gates on Zink Rd. in front of the Village apartments. According to Residential Senator Jonathan Ciero, these gates are still closed.

“We have had both SGA and RCA pass resolutions about them, however they were not opened during break. I have a meeting set up with Dan Berstos, head of housing, to discuss this and see what I can get done,” said Ciero.

Mask drive

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Last semester, Commuter Senator Sabrina D'Alesandro began a mask drive donation to give masks to children at local schools. Currently D'Alesandro has collected about 600 masks.

The deadline to donate a mask is Feb. 5. Anyone who wishes to donate can contact D'Alesandro.

Women in STEM event

Several members of SGA's senate have been working on putting together a Women in STEM event which, according to College of Science and Math Senator Zayneb Moumkin, will be held virtually on March 17.

The senate will continue working on this event in the following weeks.

What Your Bookshelf Says About You

Roxanne Roessner

January 14, 2021

A bookshelf can explain the personality of the owner in ways that nothing else can. Below are different categories that every book owner falls into.

College required textbooks

Congratulations! You are a college student who refuses to either return their rented books or decided to buy them for future reference. If your bookshelf is filled with college required textbooks, then you plan for the future, use your resources and hold high value in what you have learned.

A disorganized mess

No worries, we have all been there. A disorganized mess is nothing to fret about as long as it is not disorganized to you! If you know the exact location of a novel even though no one on earth should be able to locate it, you fall perfectly into this category.

You are the type of person who is constantly busy and always worried that you are falling behind. Take a deep breath. You will get through this and I am proud of you.

Arranged in the Dewey Decimal System

The only thing I can say about you is that you must love your local library. The Dewey Decimal System catalogs books by the first three letters of the author's last name. To know this, you must have spent time looking at each author and arranging them in the perfect order. You are the type of person to always have your life together, no matter what. Just be sure to remember that it is okay for some chaos to enter your life.

A mixture of all literature in no real order

Your bookshelf is clean and tidy, but you seem to not care what order you place them in. It is not a big deal, but people who see this side of you might look at you differently once they find out. Not in a bad way, just a different way.

They might pepper you with questions about your favorite books and where you put them at. Organization may not be your strong suit, but you still have order to your life. You are the type of

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person to sprinkle a little bit of chaos throughout the lives around you. No worries though, everyone loves you for it.

No books at all

Clearly, this article is not for you, but your curiosity is admirable. If you want to start your own collection of books then this is your sign! There is no time like now to begin your journey. If buying books is not your thing, then consider heading to the library and looking at their collection (it is typically amazing.)

Five Ways to Redecorate Your Room on a Budget

Alexis Wisler

January 14, 2021

With remote learning, we're spending a lot more time in our rooms making it easy to become bored with the way they look. Redecorating your room doesn't need to break the bank. Here are five ways to change up your room on a budget.

Rearrange your furniture

For a completely free option, try rearranging your furniture to give your room a new feel. Even though technically nothing will be new, your room will feel different and will seem new. Try giving your room a separate space for relaxing and working if you can. Maybe put your bed and your desk on opposite ends of the room, or arrange your bed so that you cannot see your desk when lying down.

Posters and wall art

While painting your walls is a cheap way to change up the feel of your room, most dorms and apartments do not allow you to paint. Because of this, take advantage of posters and varying wall art to add color and personality to your room. A good thing about wall art is that posters and pictures are easy to take down when you want to change them.

Flea market furniture

If you are willing to spend some money, getting second-hand furniture at flea markets can be a great way to change your room. Maybe you will find a really great desk or a really cool standing mirror. Even decorations can be found second-hand that can add change to a room. A bonus of shopping second-hand is that you can find unique pieces that will add a pop of creativity to your space.

Matching bedspread and curtains

Maybe you do not have the space in your room for new furniture but still want to give your room a drastic makeover. Getting a new bedspread is a great way to change the look of your room. In addition to a bedspread, curtains can add depth and character to a room. Getting curtains that match or complement your bedspread will pull your room together.

Decorative storage bins

Sometimes it can be hard to focus when there is a lot of clutter around. Instead of focusing on decorating your room, spend some money on decorative or fancy storage bins so that all of your stuff has a place to go. This will help keep you focused as you work on schoolwork as well as give your room a new, polished look.

Five Slow Cooker Winter Recipes

Nicolas BenVenuto

January 14, 2021

Creating a delicious meal doesn't have to be an intricate process this winter season. Utilizing cooking tools like the slow cooker allows for decadent meals with savory leftovers and little cleanup involved.

Roast beef with gravy

Cut your 3-pound chuck roast in half and place both halves into your slow cooker.

Salt and pepper the roast accordingly.

In a bowl, combine two 10 oz. cans of cream of mushroom soup with one-third cup beef broth and one pack of onion soup mix.

Pour this mixture over the roast and cook on low for about 10 hours or until meat reaches an internal temperature of 165 degrees Fahrenheit.

This dish can be served with a side of mashed potatoes and vegetables such as peas or carrots, whichever you prefer.

Use a ladle to pour gravy and juices from the slow cooker over meat and potatoes for added flavor.

Red beans and rice

Rinse one cup of red beans under cold water and then pat dry.

Pour beans into your slow cooker and then add four cups of water over the beans.

Let beans and water sit overnight.

The following day, drain and rinse the beans getting rid of the liquid from the night prior.

Return the beans to the slow cooker.

Add one medium diced onion, one teaspoon cumin, one teaspoon minced garlic and three cups of water to the slow cooker.

Cover and cook this mixture for about 10 hours on low or until beans are tender.

Remove the ham hocks and separate the meat from the bones. Add meat back to the slow cooker and discard the bones.

Stir in one diced tomato and one diced green pepper and cover the slow cooker once again.

Cook for another 30 minutes and then season with salt and pepper to taste.

This dish is best served with rice, either white or brown grains depending on your preference.

Pork roast

Place a two-to-three-pound pork roast into your slow cooker.

In a bowl, combine one 14-ounce. can of chicken broth, one cup unsweetened apple juice and one-half cup of dijon mustard.

Pour this mixture over the top of the roast and cover the slow cooker. Cook the pork roast for four to five hours on low.

For an easy gravy to top this delicious roast, strain the remaining juices and liquids from the slow cooker and skim the fat.

Take the remaining liquids and combine them with a cornstarch slurry over low heat on the stove.

The cornstarch slurry will thicken the liquid, and create a delicious gravy that can be served over top of the pork roast.

Serve this dish with a side of mashed potatoes and a vegetable for a delicious winter dinner.

Herbed chicken breast

In a bowl, combine one-half teaspoon of paprika, garlic powder, seasoned salt, dried thyme, dried basil and black pepper.

Rub these dried ingredients over three or four chicken breasts coating all sides of the breast.

Place the seasoned chicken breasts into your slow cooker and pour one-half cup of chicken broth over the top.

Cover the slow cooker and let the chicken breasts cook for four to five hours on low until the chicken has reached an internal temperature of at least 165 degrees Fahrenheit.

This dish can be served with any side dish, and is a quick and easy way to get an adequate source of protein for your meal.

Slow cooker hot chocolate

In your slow cooker combine six cups of milk, one can of sweetened condensed milk, two cups of semisweet chocolate chips, one-and-a-half cups of heavy whipping cream and one teaspoon of vanilla extract.

Cover your slow cooker and let this mixture cook on low for about two hours.

Stirring occasionally, look for the mixture to combine into one smooth consistency.

Serve this delicious beverage in a mug topped with marshmallows and enjoy.

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Five Must Watch Movies Coming Out in 2021

Maxwell Patton

January 15, 2021

Movie theaters and streaming services across the globe will be working in tandem this year to release their newest slate of movies. Below is a list of five movies that will be checking out in theaters and on the small screen this year.

“No Time to Die”

Release Date: April 2

The last James Bond to feature Daniel Craig as the titular British spy, “No Time to Die” will be hitting movie theater screens in a few short months. In the film, Bond is recruited by his friend Felix Leiter (Jeffrey Wright) to investigate a scientist’s disappearance and is soon drawn into a battle with the enigmatic Safin (Rami Malek). Premiering six years after the previous Bond flick, “Spectre,” this film looks like it will close out Craig’s time in the role effectively.

“Last Night in Soho”

Release Date: April 23

Edgar Wright, who directed the Three Flavours Cornetto trilogy and the 2017 hit “Baby Driver,” is returning to cinemas with a psychological horror film set in 1960s London. Thomasin McKenzie and Anya Taylor-Joy star as a fashion designer and a wannabe pop singer alongside Matt Smith and Diana Rigg. Though a trailer has not been released for the film, the quality of Wright’s films, the cast and the premise are enough to drum up the intrigue.

“Ghostbusters: Afterlife”

Release Date: June 11

“Ghostbusters: Afterlife” is the fourth official “Ghostbusters” movie and a sequel to 1989s “Ghostbusters II.” The film stars Finn Wolfhard and McKenna Grace as Trevor and Phoebe, two siblings who move to Oklahoma and unearth their family’s connection to the original Ghostbusters team. Bill Murray, Dan Aykroyd and Ernie Hudson reprise their roles from the original movies along with Sigourney Weaver and Annie Potts. Hopefully, “Ghostbusters:



"Afterlife" will inject some new life (pun intended) into the franchise and pave the way for the next generation of Ghostbusters.

"In the Heights"

Release Date: June 18 in theaters and on HBO Max

John M. Chu, who has directed multiple films in the "Step Up" franchise, is at the helm for this adaptation of Lin-Manuel Miranda's Tony Award-winning musical, which stars Anthony Ramos as bodega owner Usnavi. This tale of life in the New York City neighborhood of Washington Heights is one of three Miranda projects that will be released in 2021, after "Vivo" and "Encanto."

"The Suicide Squad"

Release Date: Aug. 6 in theaters and on HBO Max

This film functions as a soft reboot and sequel to the 2016 "Suicide Squad" movie, adding a huge collection of characters to the new squad. These include Bloodsport (Idris Elba), the Thinker (Peter Capaldi), Peacemaker (John Cena) and Ratcatcher 2 (Daniela Melchior). James Gunn is directing this sequel, and judging by the sneak peek shown at DC Fandome, the movie looks like an interesting ride.

Easy to Make Winter Sweet Treats

Kaitlyn Chrosniak

January 15, 2021

The following dessert recipes are easy-to-make sweet treats that will have any winter fanatic ecstatic for the cold months to come.

Popcorn snowballs

All you need to make popcorn snowballs is a bag of popcorn (or your favorite kernels and a popcorn maker), marshmallows, butter and anything else you may want to include (candy, sprinkles, chocolates etc.)

Start by making your favorite popcorn of choice. Any flavor of popcorn will do, but salted or kettle corn flavorings would work the best. Microwave or prepare the popcorn as the bag instructs you to do so.

As the popcorn finishes popping, melt two tablespoons of butter and one cup of marshmallows in a microwave-safe bowl. The best way to do this is by heating the butter in 20-30 second bursts and checking the butter to ensure it has not burnt and the marshmallows are melting down properly. Stir the mixture after each time burst in the microwave until it is completely melted.

Once the popcorn and marshmallow mixture is done, grab a large bowl and combine the two so all of the popcorn is lightly coated. If you wanted to include other candies or chocolates into the mixture, this is when you would add them. Let the mixture cool enough so you do not burn your hands before beginning to work with it.

Lay out a non-stick pan or silicone baking sheet and spray your hands with non-stick spray or water. Take handfuls of the popcorn mixture in your hands and mold them into balls of your size preference. Place the balls down on the sheet and enjoy.

Hot cocoa bombs

Hot cocoa bombs have been trending on social media this holiday season. To make them yourself, all you need is meltable chocolate of your choice, hot cocoa powder, mini marshmallows and a spherical silicone mold (or search online to find more creative mold shapes if you would like).

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Start by melting your choice of chocolate. This can be done in the microwave or over the stovetop using the double-boiler method. The amount of chocolate you need to melt depends on how many cocoa bombs you are making, but be sure to melt enough so you can coat the mold generously. Place the chocolate mold in the freezer for around 15 minutes.

If the mold shows no signs of cracking when you remove it from the freezer, very carefully pop the chocolate bomb out of the mold. If the mold is cracking or seems weak, give it another coat of chocolate and freeze it again.

When the chocolate bomb is removed from the mold, fill one half of it with mini marshmallows and hot cocoa powder. To combine the two halves of the cocoa bomb, press the edges of the empty half down on a hot pan for a few brief moments. Quickly combine the two halves to have a completed hot cocoa bomb.

Place the bomb in a glass of warm milk and watch the drink create itself. Feel free to add anything else you would like to make your hot cocoa bomb more extravagant.

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Breaking: WSU Establishing New Dept. of Public Safety to Consolidate Services

Nick Wood

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To adjust their operations to Wright State University's (WSU) decreased student population, WSU's police force is currently working towards consolidating many of its stand-alone units under a Department of Public Safety umbrella. This effort is slated to include such units as the transportation, parking services, and police departments.

Restructure of Public Safety

In 2003, the WSU Police Department was established as its own entity. Prior to this, there was a Department of Public Safety which encompassed a police force, as well as other units which were eventually reestablished as their own department.

At the time this process took place, enrollment rates were increasing to almost 19,000 students. Now, however, these rates have been declining, requiring operations to recalibrate to a smaller student population.

WSU will still possess an on-campus police force, providing the same services to students and faculty. WSU's Chief Operating Officer and Executive Vice President Greg Sample says students can expect the same level of protection following this reorganization.

"There will be no changes at [the student] level or the way that the police interact with the student body on campus," Sample said. "The level of safety services that have been made available to campus are not going to diminish in any way"

No Police Chief

This consolidation is attempting to generate a more unified safety team to enhance operations and campus services. As part of this, there will no longer be a Chief of Police position, rather a Director of Public Safety who will oversee operations in several of the department's other units.

Currently, Police Lt. Kurt Holden is serving as the interim Director of Public Safety. Former WSU Police Chief David Finnie remains a university employee working with the Department of Public Safety.

Common Practice

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Consolidation movements similar to this have been executed in almost every administrative area in the university. A notable demonstration of this is the previous restructuring of Wright State's seven colleges to reduce them to four.

Maintaining multiple safety services under a singular department of safety is common practice amongst several universities. Bowling Green University and the University of Dayton, for example, both have safety operations maintained by a department of public safety similar to WSU's new model.

"The main goal is to have a team-based and community-focused approach to safety," Holden said.

This push for a community-centered perspective on public safety holds potential opportunities for student involvement.

Creating roles for students to carry out safety services and participate in certain safety operations on campus is another goal Sample and Holden are interested in carrying out in the future. This was a feature of Wright State's safety department in the past, and going forward will model after similar programs such as Bowling Green, University of Dayton and Sinclair.

For students and faculty with questions or seeking more information, Holden is hosting a Q and A session this Thursday, Jan. 21, at 2 p.m. This brief meeting, taking place through WebEx, is open for all to come learn more about these upcoming changes. The link to access this meeting is <https://wright.webex.com/meet/kurt.holden>.

The Fashion of Face Masks
Roxanne Roessner
January 15, 2021

Over the past year, people have worn face masks to protect themselves and others from the coronavirus. Face masks have evolved to better fit into everyday life through logical upgrades to creating statement pieces.

Patterned masks

Back when the world first started wearing masks to slow the spread of the coronavirus, many places ran out of essentials such as hand sanitizer, masks and toilet paper. Due to this, people began crafting their very own masks with fabric around the house. Since then, masks have adopted patterns and images that help people express themselves even with half of their faces covered.

Masks with headband buttons

When people realized that their masks were too tight on their ears, they decided to start sewing buttons onto headbands to alleviate the pressure. This mask upgrade helped individuals live with the coronavirus pandemic and helped to bring fun accessories like headbands into the mix.

Scrunchie masks

A new trend going around social media is the scrunchie mask. This mask can wrap itself loosely around the wrist of the wearer to look and feel like a scrunchie while also doubling as a face mask. It is perfect for those who forget their masks at home while also always having a scrunchie on their wrist.

Gator masks

Gator masks cover the nose, mouth and neck of the wearer. Due to this, many people have begun purchasing or creating these masks that have large graphic designs on them. These range from graphics that support different causes to pink camo designs.

Bandanas

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Some individuals struggled with wearing masks that were too tight for their heads and instead turned to bandanas for help. These makeshift masks tie around the back of the head. Though they are not typically regarded as the safest mask, they will still work in a pinch.

Decorative masks

Decorative masks are exactly what they claim to be, decorative. These include mesh masks, lace masks, crystal masks and masks that generally do not filter or regulate the airflow of particles. Some people have taken the idea of masks and ran with it, creating works of art that are not functional for slowing the spread of the coronavirus.