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Wright State Student Body

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Weekly Horoscopes
Star Signer
December 28, 2020

Winter break means a lot of different things to a lot of different people. Here is what your winter break looks like based on your zodiac sign.

ARIES

Aries, you probably spent the first half of your winter break trying to figure out all the presents that people bought you. You can't deny that you ruined a couple of the surprises. The next half of your break will likely be spent finding excuses to use all of your new gifts.

TAURUS

Taurus, you have been slaving away in the kitchen all winter break, some of it willingly and some of it out of necessity. You love to bake and decorate the holiday sugar cookies. You also love making sure that no one else ends up ruining the holiday dinner – which puts you in the kitchen cooking.

GEMINI

Gemini, you have made it your goal this year to go to as many holiday parties as humanly possible. You may have broken the bank with all of the party gifts, but it was absolutely worth it for all of the fun you had.

CANCER

Cancer, this year has given you a new start. You have spent most of this winter break either buying new holiday decorations or sprucing up your old ones. Celebrating the holidays is really important to you and you want to make sure that your decorations reflect that.

LEO

Leo, at heart you know what the holiday season is all about: giving. You plan to spend this winter break giving in all the ways that you can. Giving to a charity, spreading kindness, and counting your blessings are all things that come to mind.

VIRGO

Virgo, you are similar to Leo in that you believe the holiday spirit is a perfect excuse to spread joy and thanksgiving. This is your favorite time of year so you are spending winter break being cheerful and trying to instill cheer into others around you.

LIBRA

Libra, this winter break you are all about the aesthetics. During the holiday season it was all about having the perfect christmas tree. Now your focus has shifted to taking beautiful pictures of icy coated nature.

SCORPIO

Scorpio, this winter break you have found the true meaning of friends and family. You are taking extra care to show everyone around you how much you love them and how much they matter.

SAGITTARIUS

Sagittarius, this winter break has been an absolute blast already, but you are just getting started. You have big plans in store for the new year.

CAPRICORN

Capricorn, this winter break you have really focused on taking a step back and focusing on the things that really matter to you in your life. You might have a winter break vacation in your future. Haven't planned anything? You still have time.

AQUARIUS

Aquarius, this winter break really hasn't lived up to what you thought it would be. It hasn't been all bad, but there have been some big disappointments and let downs. Don't fret! You still have time to make this winter break into something you are happy with.

PISCES

Pisces, you have taken time this winter break to get to know yourself better. After the break from school, you are more in touch with yourself than you have ever been. Feeling refreshed and energized will help you next semester in your studies and your other ambitions.

Meal Prepping 101: Tips and Ideas

Nicolas Benvenuto

December 28, 2020

Living on a budget can be difficult. Living on a budget while in college can be stressful. Preparing weekly meals at the beginning of the week cuts down on overspending at the grocery store and allows college students to save time on cooking while providing delicious meals at the ready.

Breakfast

Breakfast muffins are a delicious way to prep a weekly breakfast, can be reheated in the microwave and are easily eaten on-the-go.

Meats and veggies used in the egg-based muffins may be interchanged for taste and preference.

Full recipe and cooking instructions may be found here:

<https://www.allrecipes.com/recipe/278443/easy-breakfast-egg-muffins/>

For breakfast lovers looking for a more simplistic approach to their morning meal prep, an egg-based breakfast bar is a viable option.

Breakfast bars can be sliced into individual portions and frozen for reheat throughout the week without a loss of structural integrity and flavor.

Full recipe and cooking instructions may be found here:

<https://www.allrecipes.com/recipe/265839/make-ahead-breakfast-bars/>

Lunch/Dinner

For those who enjoy sausage based dishes, a simple sausage and veggie bowl is a fast and easy dish that can be enjoyed for lunch or dinner throughout the week.

Taking just roughly 20 minutes to prep and 25 minutes to cook this lunchtime dish is one to be savored.

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Full recipe and cooking instructions may be found here:

<https://www.allrecipes.com/recipe/267142/make-ahead-sausage-and-veggie-bowls/>

Chicken is a versatile meat that can be prepped in a number of different ways without hassle.

Instead of spending extra money on take-out, this thai peanut chicken recipe allows for maximum flavor and minimum effort.

For full recipe and cooking instructions, visit:

<https://carmyy.com/sheet-pan-thai-peanut-chicken-meal-prep/>

Desserts

Satisfying your sweet tooth and remaining healthy at the same time may seem impossible, but that is hardly the case.

Prepping fruit bowls with greek yogurt is a simple delicious way to end your evening meal or have a quick snack before bed.

Fruit bowls last in the refrigerator for 4-5 days, and are meant for quick and easy access to a snack.

A recipe for fruit and cream cheese dip may be found here:

For lovers of the Reese's cup, it may be difficult to find a recipe that mimics the flavor of this decadent treat.

Protein almond butter cups are a way for preppers to enjoy the classic flavor of a Reese's cup while not sacrificing health.

A recipe for protein packed almond butter cups may be found here:

Music Review: Five Best Holiday Songs

Maxwell Patton

December 28, 2020

The holiday season is often accompanied by the ever-present sounds of sleigh bells ringing, reindeer galloping through the snow and an abundance of carols ranging from upbeat to somber in tone. Some carols are deeply dramatic, while others may parody another popular song or style, and many people listen to these songs consistently between Dec. 1 and the end of the year.

Below is my list of the five best holiday songs, ranked in no particular order.

“Last Christmas” by Wham!

George Michael and Andrew Ridgely, the duo behind Wham!, are often remembered for perennial hits like “Wake Me Up Before You Go-Go” and “Careless Whisper.”

However, this 1984 hit cemented their Christmas legacy after climbing to the number 11 spot on the Billboard charts and number two in the United Kingdom.

Though it has gained a reputation for being overplayed on the radio, the song has inspired a recent Christmas movie starring Emilia Clarke and the popular game Whamageddon.

From the first seconds of “Last Christmas,” it is instantly likable, pairing a bouncy bassline with holiday synthesizers and the crooning voices of Ridgely and Michael. Though many artists including Taylor Swift, Leslie Odom Jr. and the ‘Glee’ cast have covered the track, the original Wham! version remains supreme.

“Christmas/Sarajevo” by Transsiberian Orchestra

What would a list of great holiday songs be without the inclusion of the Transsiberian Orchestra? The band constantly tours around with their rock-inspired take on holiday music while utilizing a full orchestra to great effect. Even without knowing the name “Christmas/Sarajevo,” the tune is instantly recognizable and builds to a beautiful climax.

“12 Days of Christmas” by Straight No Chaser

The acapella group Straight No Chaser is known for their vocal-only renditions of popular songs, and a few holiday tunes. One of those is “Text Me Merry Christmas” featuring the actress Kristin

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Bell, while another, the group's comedic take on "The 12 Days of Christmas," is my personal favorite of their tracks.

The members of Straight No Chaser expertly blend multiple holiday songs (one of them even adds "I Have a Little Dreidel" to the mix) before launching into a Christmas-themed cover of Toto's classic song "Africa." It is a joy to experience.

"Jingle Bell Rock" by Bobby Helms

Here is another iconic holiday melody. The titular jingle bells are prominently featured in the song, and once those are heard with the opening guitar portion, it makes the song immediately recognizable.

The mid-tempo joyous melody is super catchy as well, and that melody has helped the song stand the test of time and remain a holiday standard since its debut in 1957.

"Have Yourself A Merry Little Christmas" by Frank Sinatra

The key for any version of this song to succeed is the emphasis on certain words and a smooth vocal tone, and Sinatra's version earns a high grade in this department.

The hopeful tone of the tune pairs well with his crooning vocal style. This, coupled with the instrumental, helps make this cover feel classic, almost like a traditional holiday melody.

Kendama: The Japanese Skill Toy
Nicolas Benvenuto
December 29, 2020

Kendama, translating literally to “swordball”, is a Japanese skill toy that has been gaining the attention of players young and old in the U.S. since the early 2000’s, but has roots in Japan dating back to the early 17 and 18 centuries.

Sweets Kendama

Sweets Kendama is the brainchild of President and Founder Matt “Sweets” Jorgenson.

First opened in a backyard shed in 2010, Jorgenson took his passion for spreading joy to others and his love of the game to his colleagues and players found on YouTube, and soon after Sweets Kendama was hand-crafting kendamas for players across the globe with never seen before designs.

10 years after opening shop, Sweets Kendama is one of the biggest names in the game.

Taking a player-centric approach to all aspects of the Kendama crafting and playing process, players know that when purchasing a kendama from Sweets, the quality of the product will be to a professional standard upheld by the companies mission to spread kendama and joy worldwide.

Prices for Sweets Kendamas range from \$15 for basic beginner friendly models available at Target, to professional models priced on average around \$40-\$60.

Benefits of Kendama

Kendama has many benefits for players of all ages.

By nature, kendama is a low-impact full body exercise that will cause a rise in heart rate and forces players out of their comfort zones while trying to learn new techniques.

Trying new tricks and spending time learning the ins and outs of the kendama world, players will see an increase in both gross and fine motor skills as well as increasing the players hand-eye coordination and balance.

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In a way, kendama allows players to escape the world around them and take their eyes away from the digital world of screens and social media.

Kendama teaches players patience, and gives a sense of pride and accomplishment as new tricks and flows are learned and laced.

To watch instructional videos and to learn more about the history of kendama, visit:
www.sweetskendamas.com or search “Kendama” on YouTube.

To purchase a kendama, visit:

<https://www.solkendamas.com/>

<http://kendamausa.com/>

<https://us.kromkendama.com/>

<https://sweetskendamas.com/>

The Most Anticipated Book Releases of 2021

Ariel Parker

December 29, 2020

The year is nearly over and many are already looking ahead to see what new and exciting books are getting published next year. It was hard to narrow down, but here are some book releases set to be published in the first half of 2021 to keep an eye out for.

“One Last Stop” by Casey McQuiston

The highly anticipated second book by the author of “Red, White, and Royal Blue” comes this sapphic romance that follows 23-year-old August. She notices Jane, a punk-rock girl on the train in New York City.

Only, she does not only *look* like a punk rocker but she actually time-traveled from the 1970s and August has to face her own past so she can help Jane go back to hers.

“While Justice Sleeps” by Stacey Abrams

Abrams became a highly talked about political figure the past two years, and her recent accomplishments working one-on-one with organizations in Georgia solidified her already active role as an activist.

In this new thriller, Abrams writes about Avery Kean, a fresh-faced law clerk, who recently discovers that she is the legal guardian and power of attorney to a Justice in the Supreme Court who has more secrets than she could have ever hoped to discover. Be sure to check out the romance books Abrams has written while you wait for this to come out!

“The Chosen and the Beautiful” by Nghi Vo

With “The Great Gatsby” entering the public domain in 2021, the first wave of reimaginings will hit the shelves. In Vo’s new historical fiction, we follow Jordan Baker, a queer Asian woman in the 1920s who is, despite her wealth, still ostracized by her fellow peers in high society.

Thrust into Gatsby’s magnum opus, Jordan offers insight on not only the time period, homophobia and xenophobia of the times, but Vo also gives us more insight on some of the most iconic literary characters in history, including Nick, Daisy and Jay Gatsby himself.

“Honey Girl” by Morgan Rogers

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In this debut romance, we follow 28-year-old Grace Porter who recently completed her Ph.D. in astronomy and wakes up in Vegas married to a woman she does not know. Pressured by the expectations of her father, Grace travels to spend the summer in New York City with her new wife—which turns out to be the best decision she could have ever made for herself.

“The Project” by Courtney Summers

Author of the hit book “Sadie” comes a new YA thriller about a community outreach program in Lo Denham’s neighborhood who took her sister in and never gave her back.

Her suspicions are justified when someone approaches her to investigate the weird things happening there, and she goes on a mission to find out exactly what is going on here and what happened to her sister.

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Small Ways To Be Kind Heading Into The New Year

Jamie Naylor

December 29, 2020

As 2020 comes to a close, many can agree that this year has been rough, between a global pandemic, political unrest, and financial strain. The 2020 holiday season is bound to be just as stressful, so consider these small ways you can be kind to make the season a little merrier.

What is kindness?

Kindness is often thought of as grand gestures, however, kindness can simply be defined as respect and compassion for others.

Kindness can be as simple as holding the door open for someone, giving someone a nice compliment, or being patient and respectful in public. With the pandemic, kindness is even wearing a mask in public to protect others.

Essential workers

Every year around the holidays, essential workers are busy with filling orders, doing services, and keeping your family healthy. 2020 has been especially difficult for them, so consider some kind ways you can thank these hard workers.

If you have the financial means, consider small ways you could help essential workers whose services are often used. For example, tipping food workers, stylists and delivery drivers a little extra is a great way to show kindness.

If there is a service worker whom you know, like a mail person, you could also consider giving them a small gift, or leaving a snack on the front porch— minding covid safety of course.

Even if you don't have the financial means, there are still ways you can show your gratitude. One of these is writing thank you notes. Handwritten notes are a great way to show your appreciation to those around you.

Kindness to self

During the holiday season, many put their loved ones and others before themselves, which is a good thing, however, do not forget your own mental health.

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2020 has been a stressful year for all, so be kind to not only those around you but be kind to yourself.

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SGA President Hosts Q and A About COVID and Vaccine

Roxanne Roessner

December 30, 2020

The Student Government Association (SGA) hosted an interview with Gary LeRoy M.D., associate dean for student affairs and admissions at the Wright State University Boonshoft School of Medicine, and discussed how to best stop the spread of the coronavirus.

SGA President Adrian Williams and SGA Director of Accessibility, Health, and Safety Chiemeka Okafor lead the interview with Dr. LeRoy.

“The reason I wanted to do this was to inform the campus about what’s going on and answer questions surrounding the vaccine,” said Williams.

The history of the coronavirus

Dr. LeRoy began by breaking down the coronavirus and comparing it to other illnesses in the past. The coronavirus is more commonly found in animals and human immune systems have never dealt with this virus.

According to Dr. LeRoy, the coronavirus is termed COVID-19 because it is short for the coronavirus and began in 2019. The coronavirus is a type of Severe Adult Respiratory Syndrome (SARS) however, it does not only affect adults. Children and young people may feel ill for a short time or have severe issues; however, they are more likely to transfer the virus as a sort of Trojan Horse.

Dr. LeRoy referenced “The Great Influenza” by John Barry. This novel explained the 1918 Spanish flu and its impact on the world. 102 years have passed since the last world-wide pandemic, and yet we as people have made the same mistakes.

The Spanish flu killed 675,000 Americans while the coronavirus has killed 300,000.

“Now, 102 years ago, they did not have a Centers for Disease Control (CDC), they did not have a World Health Organization, they did not know what a virus was, they did not have our fancy antibiotics and antiviral medications. But ironically enough, we are making the same mistakes they made 102 years ago,” said LeRoy.

According to Dr. LeRoy, the misinformation is present in both Spanish flu and the coronavirus. People would sell quick fixes to make the illness disappear, but nothing worked.

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The Surgeon General finally made three rules for the United States to follow. Wash your hands. Stay six feet away. Wear a mask.

“They (1918) sheltered in place for two months until finally, because of how it was affecting the economy and the will to shelter and place, people came out for the holidays. That’s when people really started dying and that’s what Anthony Fauci was warning us about, and guess what, we ended up doing the exact same thing,” said Dr. LeRoy.

Spreading the coronavirus

The coronavirus is a respiratory virus and can be spread through coughing or breathing in the general vicinity of someone who is infected. Once the virus is exhaled, the microscopic droplets hang suspended in the air. The virus travels into the lungs, injects its genetic particles into cells and multiplies rapidly.

According to Dr. LeRoy, this is why some people suddenly struggle to breathe. If individuals get viral pneumonia or SARS, that is when they are placed on a ventilator to help them breathe.

The vaccine

Dr. LeRoy broke down how the coronavirus infects humans and what the vaccine does to stop it.

“The vaccine that you’re hearing about right now is basically a messenger RNA. For those of you that have taken biochemistry and such, a messenger RNA introduces the elements and the proteins of this virus to your immune system and the RNA replicates it so that as soon as it comes in contact with it [the virus], you already have that antibody,” said Dr. LeRoy.

According to Dr. LeRoy, the creation of the vaccine is because they have cracked the DNA code. Scientists can replicate the virus and create cures by reading DNA and what will respond best.

“The ones you’re hearing about right now from Pfizer is two shots and the next one that is coming is two shots. The first one would probably get you around 60-70% immune to it, but you need the second one that gets you up to 94-95%,” said Dr. LeRoy.

What to remember

Many small businesses have worried about shutting down during the pandemic because it is their livelihood. Dr. LeRoy agrees and believes that the balance stuck between businesses and

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staying healthy is working out. However, hand sanitizer and spaced-out tables in a restaurant may not protect everyone.

“The bottom line is that if everybody dies, there’s no economy to come back to. The awful lesson that we learned is that if people who exist in the margins of society, especially people of color, that work in the service industry die, their services die with them,” said Dr. LeRoy.

Dr. LeRoy reminds students to stay safe over the holiday break and to remember to wash their hands, keep their distance and wear a mask.

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How to Ring In The New Year Socially Distant
Maxwell Patton
December 30, 2020

New Year's Eve 2020 is guaranteed to be a holiday to remember. Many people who wish to celebrate the arrival of 2021 at annual get-togethers or their local bars have been forced to reconsider their plans this year due to the coronavirus pandemic.

To stay safe and head into 2021 on a high note, there are a myriad of activities that one can take part in that do not involve a large crowd.

Get fancy at home

Have a nice suit, dress or fancy outfit that will not be worn to a party or gathering due to the pandemic? There is no need to keep that outfit in the closet. Instead, dress up, mix a cocktail and bid farewell to 2020 in style.

Host a home cooking competition

Round up the household for a contest to create the best New Year's Eve snacks. Each person tries their hand at making an appetizer or dessert (or both). Once the cooking is complete and the dust settles, crown a winner. The great part about hosting a cooking contest is that everyone who participates is a winner due to the amount and variety of dishes.

Have a movie marathon

Start a new tradition of watching a classic film or catch up on the recent movie scene. If there is a desire to watch the original "Star Wars" trilogy, a superhero film that was not caught in theaters or an independent movie that was critically-acclaimed, New Year's Eve is the perfect time to lay on the couch and act on that notion.

Run a game night

This can be done through an online platform such as Zoom or Discord or with family members who are there in person. Grab a board or card game or head online for the digital version and play a few rounds for one last hurrah before the clock strikes midnight.

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If enough people are present, there are opportunities for charades, Pictionary or an improvisational comedy game like Foreign Film Dub or Two Line Vocabulary. The possibilities are endless.

Toast to the new year

Since 2020 has been such a dumpster fire, it is appropriate to give the year a proper sendoff. Ring up friends on Zoom and discuss the group's accomplishments along with how the gang has persevered through it all. Pop a few confetti streams throughout the house and share a glass of champagne or sparkling cider as the ball drops.

2021 will be an interesting year for everyone throughout the world due to the crises that will carry over from 2020. However, it is best to look on the bright side and make changes throughout our daily habits and our communities so that those crises can become more manageable.

Hopefully, in Dec. 2021, we can return to large in-person gatherings as crowds usher in the next new year.

What Your Favorite Fruit Snack Says About You

Roxanne Roessner

December 30, 2020

Fruit snacks are a childhood favorite for many people. Your favorite fruit snack may have something to say about you. For better or worse, here is what your go-to snack says about you.

Welch's

So, it seems as though you have some good taste. These fruit snacks are classics that are made with real fruit and fruit juices. I expect that you are someone who has fond memories of Welch's growing up, but you need to allow yourself to explore your options. There are other fruit snacks out there, just open your heart to trying something new.

Mott's

I suspect you either have children or you are a child at heart. Congratulations! You understand how superior Mott's are compared to other fruit snacks. Because of this, I know that you are conscious of what you like and are willing to defend your beliefs. Keep doing what you are doing!

Kellogg's Fruity Snacks

I am sorry to inform you, but your favorite fruit snack is not happy with you. It seems as though you have not been interested in fruit snacks in the past few years and decided to name the last pack that you ate. Try out some other snacks and come back to this article. I promise you will rethink your choice.

Black Forest Juicy Burst

Look at you, eating organic fruit snacks with a gooey center. Based on your choice, I see that you are someone who is conscious of what you put into your body. However, remember that life is not all about being serious. Take some time to reflect on why this is your choice.

Is it because you want to reclaim some part of childhood while also being an adult? It is okay to want to do that, but just remember that you are an adult. Buy the fruit snacks that you want to eat. I can see that you are trying to find a balance in your life, but do not make fruit snacks be a part of that.

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Fruit Gushers

Wow, just wow. Do you actually count these as fruit snacks? You took child-at-heart way too seriously. Remember that you are not a child anymore and that you need to give yourself at least somewhat healthier options to consume.

It is okay, I believe that you can do this, just take yourself a little more seriously. I am sensing some sort of confidence issue and insecurities about growing up. You truly are doing okay, but sometimes you need to let go of the past.

Scooby-Doo Fruit Snacks

You have done it! You picked the only fruit snack that tops Mott's! Bonus points if the blue Scooby-Doo gummy is your favorite. I can tell that you understand who you are as a person and are confident enough to admit when you still love something from your childhood. Be sure to keep this confidence and it will spread to others.

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Most Popular Social Media Trends of 2020

Kaitlyn Chrosniak

December 31, 2020

The following trends made a big impact on social media in the year 2020; however, not all of these trends may be here to stay.

Live streaming

While live streaming has been an option on select platforms for the last few years, the coronavirus has prompted many celebrities and social media influencers to become creative with how they interact with their fans.

On TikTok for example, TikTokers such as Mikayla Nogueira and Mr. Hamilton are constantly being asked by their fans to go live in their comment sections.

Musicians such as Michael Feranti, Louis Tomlinson and Lady Antebellum are utilizing Instagram Live and other platforms to livestream concerts at little to no cost in order to continue performing and engaging with their fans.

Many gamers and E-Sports athletes use platforms such as Twitch to stream their gameplay and engage with their fans simultaneously.

While it is questionable as to whether or not live streaming will remain as prevalent in a post-coronavirus world, it is certain that for the time being it is here to stay.

Collaborations

There are two different types of collaborations that have taken the social media world by storm: creator collaborations and brand deals.

Creator collaborations in 2020 are most commonly found on TikTok, where creators can duet or “stitch” other creators’ videos. By duetting or “stitching” a video, creators can interact with other influencers and grow their fan base.

These collaborations have led to the development of major TikTok creators as well as ordinary people being able to both meet their idols and create lifelong friendships.

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Brand deals have taken place on all platforms, but primarily on Instagram and TikTok. Companies ranging from Fashion Nova to McDonald's have begun utilizing the platforms of influencers in order to promote their company.

These types of advertisements on social media have blown up in the last few months of the year. On nearly all platforms, influencers and brands are seeing major benefits from people opening up apps like Snapchat and seeing their favorite influencer promoting something they had been on the fence about trying previously.

A Year in Review: Some Positives From 2020

Noah Kindig

December 31, 2020

With the Covid-19 pandemic and this year's election season, it is easy to see why 2020 may go down as many people's worst year ever.

But for everything negative that happened this year, it's important to always be seeking out the positives. So today, let's take a look at the good things that came out of 2020.

A cure for diseases

Harvard University scientists have been working on turning back the clock of old eyesight causing blindness in mice. The scientists' work allows the complex eye tissue to be reprogrammed to an earlier age, fixing damaged eyesight and blindness developed over time.

This method does not fix blindness from birth, but it is a huge step in the right direction for millions of people around the world that develop blindness through aging.

The way their technique treats blindness can be used in humans and could also work toward eliminating other diseases that come from aging, such as dementia.

For HIV, a breakthrough has occurred in that the second person in history has been cured of the disease. Adam Castillejo, also known as The London Patient, revealed his identity this year in order to give hope to others suffering from the disease.

Drug advancements in 2019 and 2020 have now allowed those affected by HIV to prevent transmission of the disease as well as live a longer life.

For the coronavirus, the U.S. has begun its first wave of vaccine doses given to political figures as well as frontline medical workers. Around the world, eight countries have been declared coronavirus free, including New Guinea and New Zealand.

Improvements for the Earth and beyond

With the whole world inside because of quarantine, pollution levels around the world plummeted as travel and commerce were slowed. The damage quarantine did to businesses and employment were massive but for every big negative, there is a little positive.

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In 2019, air quality levels were the worst in history, but so many people sitting at home improved air quality drastically. In India, pollution levels were slashed by 50% in just the first week of quarantine.

Our Oceans are getting cleaner, and our land is becoming greener due to efforts around the globe, and wildlife protection is becoming more prominent than ever.

In space exploration, Japanese scientists recovered fragments from an asteroid almost 190 million miles from the earth. China and the U.S. have both launched missions to Mars, and Elon Musk launched 2 missions to the International Space Station as well as put in place new high speed satellite internet networks.

While 2020 was a terrible year in almost every aspect of our lives, there are always positives. From cures to diseases being discovered, cleaning of our world, and searching beyond, there are always things to be thankful for in this holiday season.

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The Most Newsworthy Moments of 2020

Alexis Wisler

December 31, 2020

As 2020 comes to a close, it is understandable to want to leave it in the past and not look back. Although there were many downs of the year, there were also several ups, and it is important to remember all that 2020 did for America.

The coronavirus pandemic

At the beginning of this year, most of us had no idea what the coronavirus even was, but by the middle of March it had begun to change everything. With the announcement of the coronavirus in Ohio, colleges began remote learning.

On March 10, Wright State University announced that it would move classes online until at least the end of the month which turned into the rest of the semester and the following semesters with rampant rise in cases as the year went on.

As the pandemic progressed, many people faced financial hardship as they were forced out of work. With several business closing due to Gov. Mike DeWine's shut-down orders, Ohio saw a shift in its economy.

However, through this pandemic, people have found new ways to come together. Online video-chatting services such as Zoom and WebEx saw an increase in users as people longed for human connection in a world that was rapidly changing.

The BLM movement

In the midst of the coronavirus pandemic grew the Black Lives Matter protests. Although 2020 was not the birth year of the BLM movement, it did see a rise in protests over the summer due to police brutality coming to light.

All across America, supporters of the BLM movement flooded the streets in masks to show that they would not tolerate the way that the black community continues to be treated by the police force. Although people are not protesting as much, the BLM movement is still strong on social media.

The Presidential election

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To add more to the year, the election for the 46th President of the United States took place in 2020. Tensions grew as November rolled around. Because of the pandemic, most people took to early voting through mail and it was later discovered that Joe Biden earned the majority of his votes this way.

After days of counting votes, Biden and Kamala Harris were announced as the 46th President and Vice President and Harris made history as the first woman vice president.

The Most Common New Year's Resolutions

Kaitlyn Chrosniak

January 1, 2021

As 2020 comes to an end, the following are some of the most common New Year's resolutions people will likely be taking on in the coming weeks.

Weight Loss

Every year, millions of people plan to offset extra calories eaten during the holiday season by vowing to exercise and eat healthy in the new year.

YouGov conducted a study in 2019 verifying that 50% of people vow to some type of weight loss or healthy lifestyle adaptations as a New Year's resolution; however, further research shows that many tend to not stick to this trend.

"The next steps [after making the resolution] are the hardest because it takes planning and follow through. It is so easy to fall back into our old habits the minute something goes wrong. Oftentimes when we get derailed, we psych ourselves into thinking it is too hard to get back on track," said nutrition and dietetic specialist Judy Caplan on behalf of the Academy of Nutrition and Dietetics.

Learn a new skill

With coronavirus case numbers continuing to rise, it is not much of a surprise that learning something new, especially a hobby that can be developed from home, is still a highly anticipated New Year's resolution.

It is easy to get frustrated when trying to learn something new, especially if it is something that did not originally seem as difficult as it turned out to be. Practice makes perfect when it comes to learning anything new.

Tutorials are easy to find all over the internet for any skill at any level. In addition, taking breaks and asking others for guidance who may have some knowledge on what you want to learn may also be helpful in the process.

Saving money

The Wright State GUARDIAN

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Another common New Year's resolution for many people is to spend less money and build up a savings account. Whether the desired savings is for emergencies, paying off student loans or working towards a larger purchase, saving money is easier said than done.

One of the best ways to try and save money is by creating a budget and doing your best to stick to it; however, people tend to fail at budgeting when they make their budget overly strict or too flexible for their lifestyle.

To have the best chance at saving money, create a budget that prioritizes the areas that you feel need the most attention.

Six Ways to Pamper Yourself in 2021

Roxanne Roessner

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The year 2020 is finally coming to a close and everyone deserves to take a deep collective breath (hopefully with masks on if around others) and pamper themselves. Here are six ways to kick back and relax before or after New Year's Day. Go ahead, you deserve it!

Clean your living space

While this suggestion may seem like a chore, if you take the time to clean your living space, you will feel more productive and put together. If you cannot do an entire clean sweep of a room, just do it a little bit at a time.

Try to find things in these spaces that bring back memories. This is also a great time to get rid of some negative memories tied to items. It is a new year, time to get rid of the stuffed animal your highschool sweetheart turned ex gave you. Trust me, it is truly worth it.

Take a bubble bath

This suggestion speaks for itself. There is something about making time for yourself to soak in the tub with great smelling candles lit around you. If you want to spice things up, find a way to watch a show in the tub (be careful not to mix electronics and water) or grab a book to enjoy while you pamper yourself.

Have a movie marathon

While it is the holiday season, please do not think this movie marathon has to be holiday-themed. However, if you are looking for some good old fashioned holiday movies, be my guest! Find movies that bring you happiness and watch them all in one go. Stock up on snacks and drinks to make it all special.

Bake a delicious treat

Not quite a baker? That is alright! Search on Pinterest for the craziest recipe you can find and try it out. It does not have to be perfect, but sometimes it is the little flaws in cooking that make the time fun. Also, if it comes out perfect, you do not have to share it with anyone. Treat yourself with your homemade treat. You deserve it!



Create something artistic (even if you are not)

I personally fall into the category of wanting to be creative and artistic, but I do not quite fit within it. No worries, there truly is something about creating art and not being the best at it.

If someone says that your piece is not actually art, remind them that art is subjective and they clearly do not understand the piece. I encourage you to try it out and get those creative juices flowing!

Shopping therapy

The holiday season may be coming to an end, but if you still have some items you were hoping Santa would bring and did not, consider doing some online shopping. Nothing says Happy New Year's more than the Amazon delivery person dropping off exactly what you wanted.