The historic Our Lady of Peace Chapel, donated by the Williams family, made Xavier its new home on Dec. 17.

The chapel, relocated from the family’s property in Anderson Township to the end of the Academic Mall, will mark the third campus building funded by the Williams family in addition to the Williams College of Business and Bellarmine Chapel.

The chapel was built on the family farm in Anderson between 1939 and 1940, and its name, “Our Lady of Peace,” was inspired by World War II. The chapel was used lovingly by the Williams family until recent years.

The sacred space was used as a place of gathering for masses as well as for baptisms and weddings for family members. Each Sunday, a priest was sent out so that the Williams family and the members of the community could celebrate Mass in the 22-seat stone chapel.

A stained glass window that bore the image of the patron saint of each child in the family at the time was built into the chapel, and an additional stained glass window is now being added opposite the original window.

The new window will bear the images of the St. Francis Xavier and St. Ignatius, and the Jesuit co-founders will be joined by emblems of Our Lady Montserrat and Our Lady of Guadalupe. These additions will commemorate St. Ignatius’s annual pilgrimage to the mountain of Montserrat and the shrine of Our Lady of Guadalupe as the patroness of the Americas.

The stained glass will maintain the style of the original window and is being manufactured by BeauVerre Riordan Studios, a local stained glass studio in Middletown, Ohio.

Thomas Williams, the family member who initially approached Father Michael Graham, president, in 2015 about donating the chapel, said that the preservation of the chapel means a lot to the family.

“It’s tremendous,” Williams said. “It’s a very big deal.”

The chapel is filled with memories and with events chronicled in the parish records in calligraphy.

The wooden furniture was hand carved by a Williams relative. Members of the Williams family have continued to be married and baptized in the chapel up to the present.

Part of the reason that the family decided to donate the chapel to Xavier, aside from their ties to the university, was so that the student body would be able to continue to use the building in the future, whether for meditation and reflection, special Masses or for baptisms or weddings.

The chapel’s construction is on schedule and projected to be finished in June 2018.
Hoff updated during winter break

By BRITTANY WELLS

Staff Writer

Dining hall recepti onists swiped in hundreds of stu dents just in time to see the new caf renovations for the first time on Monday morn ing. However, the visible changes weren’t the only ones made.

The new renovations in the Hoff Dining Commons were described by Jennifer Paiotti, marketing director of Xavier Dining, as “part of continual improvements for the resident dining program.”

“A new entry and exit way, new counter area including a redesign of the soft serve area at the bakery, digital menu boards and a touchscreen comment card kiosk were part of this project,” Paiotti said. “Working to build an inclusive dining experience is what Xavier ConneX and our partner Chartwells strives to accomplish.”

Paiotti added that the renovations were scheduled for the summer of 2017 and were not a result of Chartwells moving into the Gallagher Student Center.

“The Chartwells residential financial program and the new Chartwells retail program are financially different and will remain so,” Paiotti said. "While the partnership for our residential program is Chartwells, Xavier ConneX works hand-in-hand with all of our Xavier partners to ensure the voices of campus are heard, and we work to incorporate changes that reflect the ever-changing nature of the generations of students.”

Some of the renovations are less obvious to the naked eye and have less to do with how the student dining experience looks and more with how it affects diners’ bodies and the planet.

It was discovered through comments, the comment card wall, focus groups and surveys that Xavier might bleed more green than blue.

“The vegan and vegetarian station menu is completely redesigned,” Paiotti said. “Additionally, vegan options throughout each station have been added. Vegan burgers will be available at the Avoiding Gluten station, tofu will be available at the pasta station and vegan cheese will be available at most locations upon request.

“The menu boards will state menu items that are balanced, vegetarian and vegan, including serving sizes and calories.”

Paiotti said that ConneX takes all feedback seriously, and throughout the winter break ConneX worked to create a “health forward and focused menu while adding in more vegetarian and vegan options to not only the dedicated station but every station.”

Furthermore, the menu is showcasing foods from local farmers.

“Knowing the story of your food, where it comes from and how far it is from campus not only heightens the dining experience, but it is a significant part of the sustainability initiatives for Xavier and Chartwells,” Paiotti said. “Chartwells strives to purchase menu items within 400 miles of Cincinnati whenever possible, and students, faculty and staff voiced their comments on wanting to pursue local farming.

“Because this is something that has happened for many years, ConneX intends to share those stories and bring light to the many initiatives that occur in the residential program that you may not know are already happening.”

As for the future, Paiotti revealed some predictions including sustainability and portion control.

“When this is all you-care-to-eat dining hall, we are working to share and encourage portion control, healthier eating habits and sustainable practices that not only help the Xavier community but also improve our business operations for a better world,” Paiotti said.

The Hoff Dining Commons spruced up over the break with renovations near the entrance as well as more options and plans for a healthier future.

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What’s going on?

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Tech’s reach extends to new regions

A blood delivery system that utilizes drones has been developed in Rwanda

Drones are now delivering blood to remote hospitals in Rwanda thanks to a collaboration between Zipline, a Silicon Valley company, and the health ministry of Rwanda. This development has been crucial in helping doctors treat patients in regions without quick access to medical supplies.

By Kevin Thomas

Zipline, a Silicon Valley company has teamed up with the health ministry of Rwanda to develop a blood delivery system via drone that cuts down delivery time from hours to minutes, according to The Guardian.

“Some of the biggest, most powerful technology companies in the world are still trying to figure out how to do this, but East Africa is showing them all the way,” Keller Rinaudo, Zipline’s co-founder and CEO, said. “The work in Rwanda has shown the world what’s possible when you make a national commitment to expand healthcare access with drones and help save lives.”

These drones have helped reduce deaths during childbirth because of how quickly they can deliver the blood to hospitals in remote areas.

“That’s kind of a relief knowing that it’s only 30 minutes instead of four hours, coming from a nursing perspective,” junior nursing major Liz Parillo said. “I think it would relieve some stress on the professional side, but I don’t know if it would relieve stress from the patient’s perspective.”

Zipline is also planning on expanding its technology to Tanzania, which would make it the largest drone delivery network in the world, according to The Guardian.

This development also means that hospitals don’t have to keep as much blood in storage, allowing for more storage for other equipment and less worry about wasting blood, which can spoil in 42 days.

“My biggest concern is just the blood sitting there and clotting in a drone,” Parillo said, but if it’s working, it’s working.”

Parillo also expressed concerns about the drones having perfect navigation and possible confusion or mix-ups of the correct type of blood that might be needed for the patient.

There has been some criticism for the project being funded when basic amenities are not available in many places around the country. In addition, critics question the lack of information available to the public regarding how much has been spent developing this medical advancement.

Parillo agrees with these worries about money being spent on more medical advancements instead of basic infrastructure needs.

“There’s so many advancements in healthcare already that we could take a second and slow down and focus on (infrastructure),” Parillo said. “If we focus on education, maybe there is the next amazing health invention creator working in a school that just isn’t getting the funding that they need...I think it’s a matter of taking a step back.”

Month in review

What you may have missed

• Netflix’s 2017 year in review revealed that one anonymous person in the United Kingdom watched Dreamwork’s Bee Movie 357 times during the year (Dec. 11).

• A British surgeon admitted to branding the livers of two patients in 2013 with his initials. He has since been suspended and will be sentenced on Jan. 12 (Dec. 14).

• Apple admitted to slowing down older iPhones when releasing software updates as a way to offset problems with older batteries (Dec. 21).

• Japanese police want to question YouTuber Logan Paul after he posted a video depicting him finding the body of someone who had recently committed suicide while in a forest at the base of Mount Fuji (Jan. 4).

• Astronaut John Young died at age 87. He is one of only three people to have been to the moon on two separate occasions (Jan. 5).

Police notes

Dec. 13, 10:07 p.m. — Xavier Police arrested a non-student in front of the Jesuit residence on an outstanding traffic warrant. The non-student was released to Lockland Police.

Dec. 14, 1:28 a.m. — Two students and one non-student who were suspected of smoking marijuana on Hayden Field were warned and sent on their way.

Dec. 14, 4:15 a.m. — Residence Life reported damage to two water fountains on the third floor of Fenwick Place.

Dec. 14, 8:36 p.m. — A non-student acting suspicious in Smith Hall was warned of trespassing and sent on their way.

Jan. 2, 10:39 p.m. — A non-student was arrested on the Academic Mall on an outstanding traffic warrant and was released to the Hamilton County Sheriff’s department. The suspect was cited and released.

Jan. 3, 4:47 p.m. — A student reported they were the victim of a hiring scam over the Internet, which occurred sometime over the winter break. U.S. Bank was notified.

Jan. 5, 9:05 p.m. — Xavier Police assisted Residence Life with a room search in Fenwick Place. Drug paraphernalia and alcohol were confiscated. Residence Life will follow up.

Jan. 7, 7:45 p.m. — A student reported damage to their room over the winter break. Residence Life and Physical Plant were notified.

Jan. 7, 8 p.m. — Xavier Police assisted Residence Life with a room search in Fenwick Place. A small amount of drugs was confiscated. Residence Life will follow up.
I am truly no means a religious person, but I definitely follow the Kardashian/Jenner clan more closely than I follow foreign politics. However, I spent 10 days of my winter break in Israel on a study abroad trip focused on how religion affects the culture of Israel. With that in mind, you’re probably asking yourself, “Well, why did you go then?” As I sit in a hotel room somewhere in New Jersey at 4:45 a.m. writing this article, part of me wonders the same thing.

Leading up to the trip I would excitedly tell people, “Riley, ’Christmas! I’m leaving for Israel!” In turn people would try to engage in theological conversations about the importance of seeing where Jesus lived, or they would ask questions about my own faith. My own excitement quickly faded as these conversations continued.

How could I tell people I’m not religious, or religious, for that matter, while they’re haggling about their jealousy over my trip to the land where the faith originated? This made me wonder, “Why am I going?” “Do I really want to go on this trip right for me?” “Is this opportunity going to be wasted on my non-religious, lack-of-faith-having self?”

Naturally, when people asked me what I hoped to gain from the trip, I replied, “I hope to walk away with a deeper understanding of life.”

The Israel trip showed me the importance and power of helping people, even when it doesn’t seem like much.

I asked me what I hoped to gain having self?” “Do I really want going?” “Did I just want to walk away at a wall. My hopes of having a religious awakening quickly faded.

Religion aside, thankfully I was able to find meaning on this trip. Considering the richness of history and culture I was surrounded by every day, it would be impossible to walk away from this trip without some kind of newfound appreciation or understanding of life.

My “aha” moment occurred during our visit to Yad Vashem. For those who don’t know, like me until two weeks ago, Yad Vashem is the international memorial and museum for the Holocaust. It is meticulously designed, and everything has significance, from the architecture of the building to the type of flooring throughout the museum.

“Remember the ones in the millions,” our tour guide repeated throughout our time in Yad Vashem. Nearly 6 million people were murdered during the Holocaust, a number so large the human mind can’t physically comprehend it. So we must “remember the ones in the millions” and pay attention to the individual lives that were cut short.

In a broader sense, I took this as a guide for lending a helping hand. When I look at the statistics for homelessness, poverty, sexual harassment, untreated mental illness, etc., I become overwhelmed. I think that as a broke college student who doesn’t know her way out, it’s important that I give back to the world in any way I can. To answer why I went on this trip I needed to and didn’t even know it. I didn’t know I needed advice on how to utilize my capabilities to better help people.

This experience was incomparable and ranks in the top five of my Xperience.

Chasing really isn’t romantic

I find, more often than not, that romance movies perpetuate the idea that it’s romantic to chase after someone you’re attracted to, even if that person has repeatedly failed to show interest in you. I dis-agree, and I think it’s worth noting just how truly harmful it can be to obsess over someone who just doesn’t put forth the same effort as you.

I end up in these types of situations a lot. One Guy I date told me we had a wonderful first date, and he then proceeded to never speak to me again. I pined over what caused him to behave this way for several days, trying to figure out the whole situation. Where did I go wrong? Where did he go wrong? What could we have done better?

What eventually halted my deliberations was the realization that my effort was in vain. I asked myself why I cared about how I could have saved the relationship. It just didn’t care to be in one from the beginning. I told myself that I shouldn’t exert more effort thinking about the issue than he did. If ghosting me was an easy choice for him, then getting over him should’ve been just as easy of a choice for me.

I think my disagreement with the notion of “chasing is romantic” stems from a lack of belief in exerting your emotional energy for someone who won’t give the same in return. I don’t think anyone should push themselves to be proactive if the other person doesn’t return their feelings almost immediately. There is too little time in life to try and win the heart of someone who doesn’t want their heart to be a prize to win.

You are a valuable person, and if someone doesn’t appreciate your value, then they aren’t worth your effort. No matter how infatuated you are with any person, you should never waste your time pursuing someone who doesn’t want your presence. You especially shouldn’t pursuit someone who views you as a person worth only one night or one date together. If you feel like you’re putting in a lot of effort to win someone over, and it’s not returning results that you can write home about, then you should move on to someone who will give you those results.

Is this philosophy easier said than done? Of course it is. We all want what we can’t have. However, it’s necessary to recognize your own value and acknowledge when that value is being ignored. You should never chase after the person who runs away. The person who values you and wants your company as their partner is the person who runs toward you.

Along with the rest of the trip-goers, I would like to thank the Cincinnati Jewish Foundation for the generous contribution that allowed us to go on the Israel trip.

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Mission Statement
The Xavier Newswire is committed to reporting the news as well as explain its significance to readers. In addition, through publishing opposing viewpoints and opinions, the Newsire hope to foster a dialogue on campus, among students, faculty and staff.

Advertising
Inquiries about advertising should be directed to the business and advertising manager, Kate Sanders, at 513-745-3561.

For Your Information
The Newsire is published weekly throughout the school year, except during vacations and final exams. It is written by the students of Xavier University, 3800 Victory Parkway, Cincinnati, OH 45207. One copy is free per person per week.

*The Newsire has made the decision to stay from the AP Style Guide when printing the words White and Black in reference to groups of people. We have decided to capitalize both...
Discover passion, find your major

Opinions & Editorials

January 10, 2018

Sophomore year of college is a significant one for many undergraduate students. It’s the first full year of already being acclimated and adjusted to college life. It’s a year when students discover their social selves. It’s a year when many students become more involved on campus, whether that is through clubs or organizations, and perhaps some may even begin to take on leadership roles. Most importantly, for the majority of college sophomores, this second year holds an even greater value — selecting a major.

Undoubtedly, this is a daunting task. How is any 19-year-old kid supposed to make a decision that may in fact determine the fate of their future? As a result, it is a lot of students really don’t know what they want to do after graduation but are cognizant enough to realize that obtaining a college degree will prove worthwhile when after graduation but are cog-nizant enough to realize that obtaining a college degree will prove worthwhile when they enter the real world. The reality is that college students are indecisive. On average, a college student will wind up changing their major a total of three times throughout their academic career.

So, what’s the secret to selecting a major? For me it’s a simple formula: Find what you do best and do it.

Unlike some students who entered college unsure of what they wanted to pursue, I had already known for quite some time my dream job was to work in sports and in particular, on the media side, whether that be covering a beat as a sports journalist or working for a professional organization in a media relations department. Naturally, this made me gravitate toward a degree in Sport Management.

In addition, I’ve made a bold decision to take on a double major pairing my Sports Management degree with a degree in Digital Media. I figured this would be most advantageous based on media trends rapidly going digital.

While the career that I wish to pursue may not be the most lucrative in comparison to some other industries on the rise like STEM, computer-based jobs and business, I am following this path because what I intend to say? Is what you intend to say a true response to what the other person has said, or is it merely a reflection of what you’ve wanted to say all along? See, intentional communication requires that what you intend also responds to what whoever you are communicating with has already said. And what you intend to say should also be well thought out.

I’m sure many of us can think back to a time we said “I hate you” to our parents. Those words were probably not our intention. “I hate you” probably spilled out in response to some wounding thing that our parents said to us. “You need to get better grades,” mom yells. “I try!” I yell back. “You’re not trying hard enough!” You’re lucky, and you don’t apply yourself!” she says with authority. “I hate you” I end the conversation, and both my mother and I have learned nothing and are frustrated and upset.

I didn’t mean to say “I hate you.” What I probably meant to say was “I hate the way you made me feel just now” or “I hate that is probably true” or, at the very least, “I hate that you don’t understand how hard I try to get good grades.”

Many of those three alternative responses would have been more closely aligned with my intention, and they would have been in direct response to what my mother said. And yet, communication failed. “I hate you” was my response. The conversation was over after that because communication breaks down when what we intend to say is lost by the effect that we try to have on the other person.

That is because the second component of true communication is knowing the difference between a response that begets a stunning effect and an effective response. A response that produces an effect is built on emotion and leaves no room for progressive communication. But an effective response shows intention and thoughtfulness, and it leaves the conversation open to progress. In the above scenario, saying “I hate that you don’t understand how hard I try to get good grades” might have led my mother to say, “Why don’t you tell me the steps you’re taking?” But saying “I hate you” left both of us wounded.

The third and final component of true communication is delivery, the ability to effectively espouse intention. If I say, “I hate that you don’t understand how hard I try to get good grades,” but I’m stumping my feet and pouting my lips and shouting, my mother might think I’m just trying to evoke pity. But if I say it calmly and earnestly, with a honest and open expression and defensive posture, my mother would know that I indeed want her to understand that I really do try hard and that she isn’t getting it.

If you are great with numbers, think about a career in mathematics, or even business. If you are a tech savvy computer junkie, think about going into IT or computer science. If you’re like me and love to write for hours on end, think about going into media, public relations or journalism. The future lies with us, millennials. Kindness can only be as successful as those who are sustaining that success. A big part of that, believe it or not, is how dedicated one can be to the work they are doing, and that starts with passion.

Luke Feliciano is a sophomore sport manage ment and digital media double major. He is also the Sports Editor for the Newswire from Rutherford, N.J.

Max Bruns is a senior HLB, English and philoso phy triple major. He is also the Distribution Manage er for the Newswire from Cincinnati.

Communication as art is lost

We have lost the art of communication. And it is an art, in the classical sense of the word meaning “skill or practice.” An art is that which requires courage to attempt, born talent to begin and practice to perfect. The art of communication, true communication, is something which only mastered through practice. The three elements are indecisive. On average, a college student will wind up changing their major a total of three times throughout their academic career.

So, what’s the secret to selecting a major? For me it’s a simple formula: Find what you do best and do it.

Unlike some students who entered college unsure of what they wanted to pursue, I had already known for quite some time my dream job was to work in sports and in particular, on the media side, whether that be covering a beat as a sports journalist or working for a professional organization in a media relations department. Naturally, this made me gravitate toward a degree in Sport Management.

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Basketball tips off Big East action

Women's team begins with a 1-3 conference record; men's team starts 3-1

BY TIM KRAMER
Staff Writer

A college football season that was riddled with chaos and excitement ended Monday night with a fitting conclusion. After eraseing a 13-point deficit with freshman backup quarterback Tua Tagovailoa, No. 4 Alabama beat both Georgia and Alabama on Monday night with a 26-21 victory over No. 3 Georgia 26-21. Top 5 team has never made the CFP. Coming into bowl season with a national title.

After an exciting season, the Crimson Tide's national title run was cut short when they lost to No. 10 Oklahoma in the Rose Bowl. However, the team remains a force to be reckoned with in the upcoming season.

The team has a strong offense led by quarterback Tua Tagovailoa, who set multiple records throughout the season. His ability to make big plays down the field and his ability to scramble out of the pocket kept the defense guessing and the offense in the game.

Defensively, Alabama has a solid front and back four. The defense was able to shut down some of the nation's best offenses and was a key reason for their success.

Coach Nick Saban has been praised for his ability to prepare his team for the biggest games and for his ability to keep the team focused on their goals. The team's strong leadership and preparation have been key to their success.

With the start of the new season just a few weeks away, Alabama fans are looking forward to seeing their team take the field and see what they can accomplish.

The Crimson Tide will be one of the favorites to win the SEC and compete for the national title, but they will face tough competition from teams like the SEC West and SEC East. The team will need to continue to improve on both sides of the ball to have a chance at glory.

With the start of the season, the Crimson Tide will look to prove that they can live up to the hype and bring home another national title.
“Not so” Greatest Showman

By Britney Wells

If John Matarase were to see this show, you probably wouldn’t hear the end of it because this was the worst way I spent $20 all break.

Before the movie even began, a clip of Hugh Jackman and the director, Michael Gracey, grace us with a foreboding thank you for being the sort of audience to support this type of film. Respectively, I resent being associated with such a doltish bunch. As a proud ex-theater kid, I eagerly anticipated a bunch. As a proud ex-theater kid, I eagerly anticipated a

The highly anticipated film featured a star-studded cast that included Hugh Jackman, Zac Efron and Zendaya from the producers of La La Land.

fell short for me. PT Barnum begins as a likable underdog, but wait, then the fame goes to his head, but then that’s ok because at least while he was profiting off the genetic misfortunes of others he gave them community? Sorry, Hugh, I’m going to need more than your best to rescue this garbage script.

And don’t worry! I think the authors realized their mistake. Luckily, they threw in a second set of star-crossed lovers to distract from the first. A generous critic might dub this juxtaposition, but I’m still bitter about that $20.

If lip dubs that looked like CGI acrobatics were the final nail in the coffin of yet another superfluous movie musical, I wanted to love this movie, but not even Zendaya and Zac Efron could stand in the way of this trainwreck.

National Braille Literacy Month

Take time this January to learn a new skill! It’s a great way to grow in solidarity with those living with a blind disability. An easy first step is adding image descriptions to your profiles to grow in solidarity with those living with a blind disability.

Total score:

The Weeknd cuts ties with H&M

The pop star cut ties with the major clothing brand after it released a photo of an African American child model in a racist sweatshirt. He publicly denounced the company in a tweet from his personal Twitter account. The company apologized and removed the ad containing the sweatshirt but is continuing to sell it in its online store.

Oprah teases presidential bid

Oprah Winfrey accepted the Cecil B. DeMille award at The Golden Globe Awards Sunday night, and some social media users thought her speech was quite... presidential. She gave a speech that had similar echoes to Hillary Clinton’s concession speech. The speculation created so much buzz on Twitter that President Donald Trump actually responded. “Yeah, I’d beat Oprah,” Trump said in response to a reporter’s question. “Oprah would be a lot of fun. I know her very well... I like Oprah.”

Big Sick actor opens up

Kumail Nanjiani, star of The Big Sick, took to Twitter to share the real story of his wife’s sickness. The romantic comedy has been a wide success and fans were thrilled to learn about its truthful origins while sympathizing with the actor.

Paris Hilton got engaged

Chris Zylka, an actor from Ohio, proposed to his now-fiancée socialite Paris Hilton. Hilton shared the moment—which took place on top of a mountain in Aspen—on her personal Instagram. Zylka presented Hilton with the 20 carat, $2 million ring on Jan. 2.

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Realistic Resolutions

Resolutions are made at the beginning of every new year as a pathway to a successful year. Hopefully, by the time December rolls around, one doesn’t feel as if they just threw 365 days down the drain by accomplishing nothing more than the bare minimum. While a great idea, it can be inconvenient or exhausting to see the resolution through. Resolutions tend to require an intense dedication that a person most likely has never shown before, making them difficult to complete. However, some resolutions are achievable without having to buy a gym membership that you won’t ever use or stopping participation in something you love. 2017 was emotionally exhausting on the global scale for politics and disasters, so in an attempt to make 2018 better, try to live your best life in whatever way you deem necessary. To get you started, here are some realistic resolutions that you might want to add to your list for this year.

1. Take care of our planet’s ever-increasing landfill by actively recycling more. If you live in the dorms, take advantage of the blue bin Xavier provides for each dorm room. Sometimes it is easy to forget recycling rules, so here are some friendly reminders just in case.
   - First of all, do not recycle tissues. Not only are they not recyclable, it is also gross.
   - Before recycling plastic that once contained food, quickly rinse it. You can’t recycle plastic until it is clean.
   - For more specifics about the dos and don’ts of recycling, go to www.wm.com!

2. Reading is amazing, but sometimes it is hard to find the time during the school year to sit down and read a book for fun. Instead of making a resolution to read 20 new books (which you still can, if you want), challenge yourself to listen to a podcast or audiobook every other month. Knowledge is power, plus podcasts and audiobooks are a breeze to listen to while driving, walking or taking some chill “me time.” I personally like Radiolab’s podcasts and audiobooks, which are accessible through many sources like Amazon or iTunes. Get learnt, folks!

3. Remind yourself of your worth because you occupy space. You matter. You’re never too good or too unloved for a good self-esteem boost. Don’t be afraid to tell your friends if you need somebody to lean on — we all have our rough days.

4. Wave goodbye to all the toxic people in your life! You don’t need them and they are only bringing you down. If they are toxic, they are a waste of your time.

5. Instead of trying to get rid of all that change in your wallet, collect it throughout the course of the year in a container of some sort. At the end of the year, take the container and donate that money to charity. Any little bit helps!

6. Take a chance and do something once a month that mildly scares you. Make a new friend, go to a party, get a tutor or try a new type of food (like sushi or Indian food). The possibilities are endless!

7. Try to be more organized by at least buying a planner or calendar, staying up to date on emails and making some sort of organization. It could be an organized pile of chaos, but the important adjective is “organized.” As long as you can find it, that’s all that’s essential.

8. Take some time once a week to destress from the week’s events. De-stressing is absolutely necessary for productivity and a healthy mindset. De-stressing is different for everyone and can be done through naps, Netflix, coloring, etc.

New Year’s Word Search

J C R R R E A L I S T I C M G
D A E L G S X M X P L J A O A
E U S C H V L B D D H P D X L
T D O N O I T A R B E L C M
A E L R N J C N O U P F G B I
N D U W S Q O O Z G E U X C C
E I T M Y G M I G I R E N H Y
V C I G M T P T J W S S G A I
U A O R H H L C E G I S N N P
J T N K E F E E L O S U E G R
E E R L K S T L I D T C L E A
R T W G N D E F H E E C L D D
A V I N M E W H N E A Y A
F G U N J V T R M N C S H Y T
K O Z P O W E R N C E S C P W

resolution
change
reflection
celebration
rejuvenated
challenge
perseverance
power
gym
complete
dedicate
success
realistic
dog
goals

Aries: You will sneeze and someone will say bless you. How wild is that?

Taurus: This will be the year of big decisions for you, from sandwich orders to relationships.

Gemini: Take a risk for the sake of humanity and try some Tide pods. The world needs to know.

Cancer: Work will foil your weekend plans once again and ask you to come in on your day off.

Leo: Appreciate the finer things in life, like how it’s syllabus week!

Virgo: Detox yourself of all social media accounts except for the cute animal Instagrams.

Libra: 2018 is the year of the dog. Therefore, you should find all dogs on earth and tell them they are good boys.

Scorpio: School has barely begun and you’re already looking forward to no school on Monday.

Sagittarius: Lie and tell people how productive you were during break. You went on adventures (dreams) and discovered new things (food).

Capricorn: This will be the year of big decisions for you, from sandwich orders to relationships.

Aquarius: Appreciate the finer things in life, like how it’s syllabus week!

Pisces: New year, new you, new debt from buying books, same tears.

Features

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