Survey finds sleep and technology correlation

Associate professor in psychology Zlatan Krizan studied the results of a survey on difficulties with sleep with his research team. The data showed an increase in instances of people having difficulty falling asleep.

Researchers study sleep quality

BY SAGE SMITH AND SIERRA HOEGER
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Iowa State researchers found an increase in difficulty falling and staying asleep in the results of a survey conducted on more than 165,000 individuals from 2013 to 2017.

Zlatan Krizan, professor of psychology, studies sleep personality and social behavior. The data collected from the survey was analyzed by Krizan and his research team that included Dhana Munanovic, a senior in biology who is minor in psychology. The data was from questions included in the National Health Interview Survey.

Krizan said these days, people’s social lives are intertwined with their technological lives. In this study, the research team looked at how well people sleep which Krizan said isn’t something that has been tracked or analyzed in the last decade.

“One issue that we have been interested in has to do with whether there have been changes in sleep at the population level,” Krizan said. “So sleep changes a lot from day to day, some people sleep better than others, but do we see basically broad societal changes in sleep?”

Large scale government surveys suggest people sleep less, which has been connected with the rise of mobile devices, Krizan said. Technology can be found everywhere, whether it is cell phones, tablets, televisions, computers or video games and it has led to less sleep.

International students return home

BY SUSANNAH CRICHTON
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Winter break is coming up and for many international students at Iowa State, that means an opportunity to go back to their home country and be with their families.

“I do know that most international students [...] probably don’t go home just because of the fact that flight tickets are really expensive, so they can’t go home for like a week between the Thanksgiving breaks and the spring breaks that we get, so they take the time off during actual winter break to go home, because obviously three weeks is quite a bit of time,” said Rahul Namboori, senior in management information systems.

Namboori said he doesn’t usually go home to India during Thanksgiving, and in past years he has looked forward to going home to spend Christmas with his family. “I really enjoyed going back home just because it gives me a chance to see my family,” Namboori said. “Our family goes to church every Christmas, that’s just one thing we’ve done for a long time, even though we’re not Christians. We don’t necessarily pray or anything like that, but we just watch [the ceremony]. We usually invite all the families in the neighbourhood to eat a nice dinner that my mom usually makes, or like a group of momos get together and make.”

Though the break allows many undergraduates to travel home, most graduate students end up staying on campus, according to Namboori. They continue their graduate work and academic studies over break, which is similar to what Namboori plans to do this year.

“I will be staying in Ames, my [Graduate Record Examinations] are coming up so that’s one thing that I can focus on is just studying during break,” Namboori said. “I’m in my senior year, so I’ll probably be applying for internships and jobs and grad school, stuff like that. That’s the only time of the year where there’s absolutely no responsibilities, so I can work on that.”

Madesh Samanu, sophomore in computer science, is from Tripoli in southern India. He said he plans on staying on campus over winter break, but during his freshman year he had an opportunity to spend the holidays with a friend who invited him to their home in Laram, Iowa.

“I got to experience a lot of cultural things, like the traditions
Professor shares learning strategies

BY QUINN.VAN DENBERG
@iowastatedaily.com

As final exams in classes begin, professors across Iowa State begin to reflect on education strategies and results from throughout the semester.

Cinzia Cervato, Morrill professor in the geological and atmospheric sciences department, provided insight on how a professor prepares for Finals Week and shared her philosophy on how students can approach learning.

Cervato teaches the GEO 100 ‘How the Earth Works’ course to approximately 200 students. Cervato said many of her students in the course are majoring in something outside of geology or physical sciences.

For the past 18 years, Cervato has conducted work in science education, conducting research on how to teach students scientific concepts.

As finals approach, Cervato said students do not take advantage of her office hours to communicate face to face, even when given the opportunity to review past exams.

“I offer to the students to have at least thirty minutes one-on-one to physically to review the text,” Cervato said. “Maybe four students out of the 200 that I have in the two sections have actually come this semester.”

Cervato said the few students that take advantage of a face to face meeting tend to either have very specific questions or are already doing well in the class.

Once the semester is nearly finished, Cervato said a handful of students will reach out, usually by email, for a chance to improve their final grade.

“If I give a half of a percent to a student, I have to give a half of a percent to everybody,” Cervato said. “You need to make decisions throughout the semester knowing that they are going to impact your grade.”

Cervato said this group of students tends not to be comprised of students failing the class, but rather students in the C-range who rely on scholarships and graduating seniors who took the class for an easy A, but became distracted from the material by other classes.

After each exam in the semester, Cervato conducted surveys with students and gathered data on how students studied for the exam. Cervato said these surveys work to evaluate what was effective in their study habits and what can be changed to score higher on exams in the future.

“Study more, necessarily not a good strategy, study differently is Cervato. “If you’re not happy with the outcome of what you’ve done, I am asking you to think about what you would do differently.”

Cervato presented her students with the idea of a ‘growth mindset’ versus a ‘fixed mindset’ during the semester. A fixed mindset individual will see failure as an inescapable result on uncontrollable factors, such as failing a class due to being naturally bad in a subject or due to an inadequate professor.

A growth mindset individual sees failure as a chance to learn and adapt to challenges in order to overcome them. Cervato said reflection and surveys on study habits relate to teaching students how to face adversity with a growth mindset.

“It is in your power and only in your control to change the outcome and pass the class,” Cervato said. “It has a lot to do with your attitude and the way you’re thinking about your learning.”

Biofeedback, a program offered by Student Counseling Services, helps students manage stress.

Since 2009, Student Counseling Services has offered a biofeedback program to help students understand their bodies’ physiological stress responses and how to change unhealthy behaviors into their everyday lives.

Biofeedback uses a series of apps that each contain numerous games, which aim to help students understand and learn more about techniques such as deep and calming breathing, mindfulness meditation and mind-body connections.

“The purpose of doing [biofeedback] is that you can tap into the parasympathetic nervous system, which is the body’s natural relaxation response,” said Kent Creek, the biofeedback graduate assistant and practicum counselor.

The apps used during biofeedback measure psychological activities that a person’s body endures during stress. This app can be used with the student’s body to change heart rate and skin conductance, and translates these occurrences into audio and visual information. This is a form of training and hearing their body’s reactions, helping them increase their awareness of their personal wellness.

Some of the systems available for use in the Mind/Body Spa, one of the services offered by the biofeedback program, have sensors that are placed on the hands to measure the body’s reactions. Some newer programs are offered on iPads that may be checked out when checking in for biofeedback. These apps can be used withclip that clip onto the user’s earbuds to measure responses as well.

Student Counseling Services offers various different biofeedback interactive apps, each focusing on different mindfulness techniques.

“Even if you just take some time, just once to five minutes or so, and do a bit of deep breathing,” said Wen-Hsin Chang, staff psychologist and biofeedback supervisor. “That in itself and its practice is what biofeedback can help you with. It’s more for you to be aware of your body, aware of your emotions, so you don’t push them away. Acknowledge them, not judging them.”

Individuals who use biofeedback may see many benefits, such as decreasing self-consciousness, improved emotional regulation, enhanced academic and athletic performance, and reduced symptoms of depression and anxiety, said Chang.

“Most students attend one to two times a week for 30 to 60 minutes each session,” according to the Student Counseling Services’ website.

Individuals who use biofeedback are also encouraged to practice learned techniques at home and to incorporate them into everyday life.

Biofeedback is a tool to increase one’s personal awareness. It can be practiced at home without the student’s body.

“Biofeedback can be an effective way for practicing some self-care, whether you feel like you have mental health concerns or not,” Creek said.

To get started in the program, students need to attend an initial orientation, which will introduce them to the tools and programs that are offered to schedule an orientation, call 515-294-5056 or stop by the Student Counseling Service reception desk on the third floor of the Student Services Building.

Students who are interested to use the biofeedback center after the orientation. Students who are currently enrolled in classes are welcomed to the program. The service can be accessed during office hours which are weekdays from 9 a.m. to 5 p.m. on the second floor of the Student Services building.
Finals Week is a stressful time for everyone. There’s no better way to relax than binging a new Netflix show in between exams. Here are the best comedies, romance, and guilty-pleasure shows to watch during this Finals Week.

If a good laugh eases up the stress after a hard test, then Andy Baker’s “The End of the F***ing World” is worth a watch. “The End of the F***ing World” follows James and Alyssa, played by Alex Lawther and Jessica Barden respectively, two 17-year-olds who break up and go away together to see what they want to do in life because they know they don’t want to waste it on the mundane.

This show is the epitome of British humor. There’s a lot of awkward silences after character interactions that add to the cringe-humor. There are some dark elements to this series, like how James is considering a career in serial killing. But the way the telltale British humor plays out makes even the most serious topics at least a little chuckle-worthy.

The most romantic but binge-worthy show on Netflix is Amy Sherman-Palladino’s “Gilmore Girls”. The series follows single mother Lorelai Gilmore and her daughter, also named Lorelai but prefers to be called Rory, living in the fictitious town of Stars Hollow, Connecticut.

Rory’s constant “will-they-won’t-they” romance with love interest and friend and fan favorite Luke Danes as Luke himself deals with unsolicited feelings for Rory’s father makes for a unique love triangle that keeps viewers interested until the end. This series also focuses on both girls’ ambitious dreams: Rory’s, to attend an Ivy League college and study journalism, and Lorelai’s, to open a bed-and-breakfast with her best friend Sookie St. James.

No matter what, you’re sure to laugh, and the show isn’t for everyone. Nothing gets the post-test jitters out like a good scare.

“Two Sentence Horror Stories” is a wonderfully ominous anthology show. The episodes begin with the first half of a two-sentence horror story. Then a fully fleshed out story plays as the episode progresses. At the end of each episode, the second half of the two-sentence horror story is revealed.

This horror series is similar to another popular Netflix show “Black Mirror” in terms of its anthology format, twist endings, and spooky presentation.

If scary shows aren’t appealing, try a kid-friendly show that’s at the opposite end of the scary spectrum.

“Gilmore Girls” and Han solo’s target audience may be children, but its beautiful art style, whimsical tone, and endearing characters make it an instant feel-good classic. With the likes of Keegan-Michael Key, Diane Keaton, Tracy Morgan and many other well-versed voice actors making appearances, this series is one to take the time to relax and enjoy after class.

What to watch on Netflix this week

Unwind between exams with these three shows

BY MARGARET TRoup

Iowa State Daily

Monday, December 16, 2019

SLEEP: 6 hours for young adults, 7-9 hours for middle-aged adults

As graduate students, both Bierma and Woodbeck have learned the importance of good sleep. The light of technology phones or watching Netflix can act as a distraction. It keeps the brain busy when attempting to get ready for sleep. The light of technology can also keep people awake and interrupt how they sleep. It’s going to affect your mental state, “It’s going to affect your mental state, it’s going to affect your physical state, it’s going to affect your health, and it’s going to affect your future,” according to Muranovic. “There have been studies that link decreased sleep and depression in various ways.”

The technology such as Instagram on people’s phones or watching Netflix can act as a distraction. It keeps the brain busy when attempting to get ready for sleep. The light of technology can also keep people awake and interrupt how they sleep. People receive some information on their phone, which can leave people feeling too groggy,” Burns said. “I used to take melatonin, but it doesn’t really work. Nothing really works at this point, honestly.”

Burns said he resorts to caffeine as his main tactic for being able to stay awake throughout the day when he’s tired from a lack of sleep. “Many of my friends, they went to go see New York City and Atlanta, a couple of different spots in Iowa. I still have to remember I’m council member, so that’s where we’ve been able to collaborate. I was able to see what they can do with their fraternities and recreate fraternity for me, that’s been an extremely rewarding experience,” Boulden said. Boulden said one of his favorite parts of the semester is getting to see the camaraderie and brotherhood and be able to immerse them into their new roles. However, connecting with those students who eventually become presidents and take their places next year is a highlight that comes with his job.

“This is always a big transition time for us, so we have a whole new set of chapter presidents coming in, council officers coming into play and it’s all so exciting for me,” Boulden said.

INTERNATIONAL: 6 hours of wine, 5 hours of sleep

But romance shows aren’t for everyone. While there may be some error in the results, Krizan said and his research team witnessed a trend throughout the survey with difficulty of falling asleep.

According to the University of Georgia’s Center for Health and Human Development, adults need approxi- mately 7 to 8 hours of sleep a night or more if needed. Students can try to catch up on sleep on nights when they aren’t busy or on the weekends. “It varies, usually on the weekend I get more [sleep] because I don’t have to get up for school, but Monday through Friday, at max, about three hours a night,” Burns said. “In a seven-day week, on average, [I sleep] about 15 hours.”

Sleep aides have risen in popularity, especially with college-aged students. When looking for assistance for falling asleep, there is a range of solutions including a variety of sounds, meditations and a series of breathing machines and apps that help people fall asleep. “I used to take pills, but you wake up feeling too groggy,” Burns said. “I used to take melatonin, but it doesn’t really work. Nothing really works at this point, honestly.”

Burns said he resorts to caffeine as his main tactic for being able to stay awake throughout the day when he’s tired from a lack of sleep. “Many of my friends, they went to go see New York City and Atlanta, a couple of different spots in Iowa. I still have to remember I’m council member, so that’s where we’ve been able to collaborate. I was able to see what they can do with their fraternities and recreate fraternity for me, that’s been an extremely rewarding experience,” Boulden said. Boulden said one of his favorite parts of the semester is getting to see the camaraderie and brotherhood and be able to immerse them into their new roles. However, connecting with those students who eventually become presidents and take their places next year is a highlight that comes with his job.

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Simple tips for Finals Week

How to make it through finals with success

BY CONNOR Bahr
@iowastatedaily.com

Thanksgiving break has come and gone. Although we can all appreciate an entire week of nothing but sleeping late, visiting with family and eating till we can’t possibly eat anymore, Thanksgiving break is also a time to prepare for what lies afterward: finals.

However, if you are anything like me, you absolutely did not use Thanksgiving break to your advantage and are now starting to feel the pressure of all the tests you have to study for. It can be easy to feel completely overwhelmed, guilty and exhausted. Here are a few tips to help you survive finals.

MAKE A PLAN

I think this is the number one rule that has kept me semi-successful throughout the years. Now is the perfect time to read through all of the syllabi of your classes, mark the dates of the finals on some sort of calendar and work out how much you are going to need to do each day or so.

Making a plan is also a good strategy if you are super busy because it helps you to remember all the things that you have to do, and, if you are smart about it, you can structure the plan so that you aren’t doing anything in blocks of time that are too large.

ENJOY YOUR FREE TIME

I think the worst part about this time of year is that, even if you manage to find time to watch a movie or play a few games, that free time can be ruined because you feel guilty. You feel as if you should be doing something instead of enjoying yourself.

While this may be true, you should enjoy your free time to the fullest because you will feel happier and less overwhelmed even with just an hour or so of guilt-free enjoyment.

DON’T STRESS

I know this may seem like a bit of a confusing statement, but sometimes we all need a small reminder that getting a C is not going to ruin your whole life, and that you can still be happy without a 4.0 GPA.

Besides, how are you ever meant to be happy if the only thing you ever do is worry about being happy? All you have to do is relax and remember that no matter what happens, everything is going to be fine.

My final tip is to connect with friends. Columnist Connor Bahr believes planning for finals, taking time to relax and spending time with friends are great ways to get through Finals Week. Bahr tells students to not stress out too much.

There is nothing better than hearing that you and your peers are struggling together. It legitimizes your struggle and it means that both you and your buddy can work together to overcome whatever needs to be done. This action will also help with mental health and make you happier altogether.

I hope that these tips can help those of you who are about to take your first college finals. Good luck!
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Monday, December 16, 2019

Iowa State’s short bowl history

Cyclones have 4-10 record in postseason

BY NOAH ROHLFING @iowastatedaily.com

It’s safe to say Iowa State isn’t the most well-decorated team in the history of bowl games. The Cyclones haven’t appeared in a bowl game more than twice in a row since the early 2000s — but when Iowa State takes the field against the Notre Dame Fighting Irish on Dec. 28, it’ll be the team’s third-straight bowl game in just four years under head coach Matt Campbell.

But what have the Cyclones done in their previous bowl appearances? It’s time to take a trip down memory lane and see what we can find.

1970S: IOWA STATE FINALLY MAKES A BOWL GAME

Now, obviously there were far fewer bowl games in the middle of the 20th century than there are today. Bowl games were also selected even more randomly than they are now, so sometimes good teams got left sitting at home for no reason other than location.

But still, Iowa State had been playing college football since 1892 — and it had yet to make a bowl game as the 1970s began, despite a stretch from 1902-1919 in which every coach at the school had a winning record.

It wasn’t until 1971 that the Cyclones took part in a college football postseason game — the Sun Bowl in El Paso, Texas. Head coach Johnny Majors led the Cyclones to an 8-3 regular season record, but Iowa State fell to LSU 33-15 in its maiden bowl voyage.

But the next season the Cyclones were back in the postseason, playing against Georgia Tech in the Liberty Bowl. The Cyclones somehow made a bowl game after going 5-5-1 in the regular season, but once again they fell short in bowl season — this time in a 33-10 loss to the Yellow Jackets.

To add insult to injury, Johnny Majors left to take the Pittsburgh job.

Under Earle Bruce, the Cyclones returned to a bowl in 1977 — after going 8-1 in the regular season, the team made the prestigious Peach Bowl and went up against North Carolina State. The Cyclones fell 24-14 and left without a bowl victory. Iowa State went 8-3 in the 1978 regular season and found itself in the Hall of Fame Classic Bowl against future Big 12 opponent Texas Tech — it ended in a 26-12 loss, and Bruce took the Ohio State job.

Record: Decade 0-4

2000S: IOWA STATE FINDS A BOWL WIN

The 1980s and ’90s were a dark spell for the Cyclones. With two winning records in 20 years — a 6-5 record in 1980 and 1989 — Iowa State was a Big 12 bottom-feeder.

But with Dan McCarney at the helm, things changed in the 2000s. Starting with a trip to the Insight Bowl, Iowa State went to bowl games five of the first six years of the decade — the best stretch in program history.

The Cyclones beat Pittsburgh 37-29 to finish the 2001 season with a better-ever record of 9-3. In 2003, Iowa State went 7-4 in the regular season and lost 14-7 to Alabama in the Independence Bowl. Iowa State then had another seven-win season in 2002 that culminated in a Humanitarian Bowl loss to Boise State.

In 2004, the Cyclones returned to Shreveport, Louisiana, for the Independence Bowl. This time, however, the Cyclones won 17-13 against Miami of Ohio.

The next year, Iowa State lost to the defending national champions Penn State and 27-24 to future Big 12 opponent TCU and finished 7-5.

In the closing year of the decade, new Head Coach Paul Rhoads took the Cyclones back to the Insight Bowl, where the familiar 14-13 scoreline resurfaced in a matchup with Minnesota. This time, though, the Cyclones came out on top to end the decade on a high.

Record: 3-3

2010S: A NEW ERA

Bowl games returned to the Cyclones in 2011 and 2012. The Cyclones lost both appearances — 27-13 to Rutgers in the 2011 Pinstripe Bowl and 31-17 to Tulsa in the 2012 Liberty Bowl, the school’s last postseason appearance under Rhoads.

Iowa State made its next bowl appearance in 2017 under Matt Campbell, defeating Memphis 21-20 in the Liberty Bowl.

Last season, the Cyclones lost 28-26 to West Virginia in the Camping World Bowl — now, they head to Orlando with a 4-10 bowl record all-time.

And now, to close out the 2010s, Iowa State will face off against No. 14 Notre Dame in the Camping World Bowl.

CAMPING WORLD STADIUM

The host stadium of the Camping World Bowl between Iowa State and No.14 Notre Dame has plenty of history behind the name. Built in 1936 as Orlando Stadium, the construction cost $115,000 to build.

The stadium got its origins thanks to a Works Projects Administration project by President Franklin D. Roosevelt. The stadium was renamed the Tangerine Bowl in 1947, back when the stadium could seat only 10,000 fans.

College football has deep roots in Orlando, with the stadium’s first bowl game taking place in 1947 between Catawba College and Maryville College. Catawba won 31-16 on January 1, 1947.

To shift to present day, there are some major upcoming events that the Camping World Stadium will host. These include but are not limited to: the 2020 Citrus Bowl on January 1 between Alabama and Michigan, the 2020 NIT Pro Bowl and the 2020 Monster Jam World Finals.

How to fill up your bowl game itinerary

BY MATT BELINSON and ZANE DOUGLAS @iowastatedaily.com

As Iowa State fans travel down to Orlando, Florida, to watch Iowa State take on No. 14 Notre Dame on Dec. 28, here are our suggestions of things to do and see in the Sunshine State.

So as travel plans and itineraries are set, we tried to pick out some of the best places to visit in Orlando.

DIETARY WORLD

I had to do a lot of digging to find this one. There’s this very quaint little set of amusement parks that make up a little known landmark called Disney World down in Orlando, Florida. Judging aside, this may be out of your budget range if you’re a student, but no one online has to tell you what this place can offer you, you can be sure to stop by one of four places. You can ride stuff, you can eat stuff, you can take pictures with park employees dressed as cartoon characters.

UNIVERSAL STUDIOS

But there’s one area of Universal, where there’s always this also this giant amusement park. There are a ton of things to do here as well, such as rides and food — okay, it’s very similar. If you are a Universal Studios movie kind of person or you have been to both and like Universal Studios better, then this is the place for you.

THE BEACH

The beach is easily the least costly option mentioned so far, but don’t forget to do this during your time in the Sunshine State.

UNIVERSAL CITY WALK

You don’t have to buy any tickets for this and it might be even better than that amusement park. You can walk around Universal where there are a ton of eating and shopping opportunities. If you’re of age, there are also some drinking opportunities in the form of bars.

DOWNTOWN ORLANDO

There are tons of things to do in downtown Orlando that are more cost effective for college students. You can check out the views and the nightlife downtown with good food and of course, if you’re 21, bars as well.

As you visit these fun destinations to shop and have a good time under the sun, you’ll most likely get hungry. Lucky for you, we have picked out some of the most popular restaurants in Orlando to grab a good bite to eat.

Here are some of our favorites:

4 RIVERS SMOKEHOUSE

This popular Florida barbecue spot has six destinations in Florida — with the two Orlando locations being located in downtown Orlando as well as half a mile from the campus of the University of Central Florida (UCF). The menu is filled with cheap sandwiches and tons of authentic smokehouse items like ribs, chicken wings, pulled pork and brisket. This restaurant recommends to get your meal early as they serve the pies until they run out.

FRANK’S TRAWLER

Also worth noting is that 4 Rivers Smokehouse is not open on Saturday the 28th and Sunday the 29th, so you’ll have to get there either Thursday or one of the weekends.

Hours: Monday-Friday, 7 a.m. – 3 p.m. (Closed on Saturday and Sunday)
Address: Near UCF campus; 1174 University Blvd., Orlando, FL
Address in downtown Orlando: 400 South Orange Ave., Orlando, FL

SEVEN BITES

This Orlando staple gained a lot of national attention thanks to a visit from Guy Fieri, host of “Diners, Drive-Ins and Dives.” Fieri visited this Orlando hotspot due to their famous moon pies and branch menu.

So if “Flavor Town” isn’t enough to garner your interest, maybe the all-day breakfast and breakfast menu items will.

No menu item is above $10 before tax and there are multiple vegetarian and vegan options available.

The most popular moon pie is the vanilla bean bourbon bacon moon pie, but the restaurant recommends to get their early as they serve the pies until they run out.

Hours: Closed on Monday Tuesday through Friday, 7:30 a.m. – 3:30 p.m.
Saturday through Sunday, 9 a.m. – 3 p.m.
Address: 617 Primrose Dr., Orlando, FL

PARK PIZZA AND BREWING CO.

As the Reader’s Choice for best pizza in Orlando by the Orlando Sentinel, this pizza place has it all.

Along with over 10 types of pizzas on the menu, you can also create your own pizza with your own creative and customized toppings.

And this place has a $9.00 pretzel that is as big is your face, so enjoy all the carbs you can get before you eat your pizza.

Hours: Open every day from 11 a.m. to midnight
Address: 6941 Lake Nona Blvd. Suite 100, Orlando, FL

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Horoscopes for the new year

ARIES - March 21 - April 19

Your biggest transit of the year will be Jan. 12, when Saturn and Pluto will be in the same zodiac spot, creating large changes in your career zone. In the middle of Aries season, Jupiter, the planet of luck, also meets Pluto, encouraging you to make moves and achieve your goals, specifically at work. Work your hardest, because come Mars Retrograde in the fall, you will feel extremely lazy. But don’t worry, by the end of 2020 you’ll find energy right back when Jupiter and Saturn meet in Aquarius.

TAURUS - April 20 - May 20

Saturn and Pluto’s conjunction in January is pushing you to question everything. Right after Spring, Saturn will enter Aquarius, so expect more responsibilities at work — but this will not come without rewards. By the end of the year, your hustling and the progress you’ve met along the way will inspire you to become more involved, whether it be socially, politically or what have you. A good bonus is you will end the year feeling well-rounded, mature and successful. Enjoy the growth.

GEMINI - May 21 - June 20

More often than not, commitment is an issue for you. But this year, it’s all about growing out of that. At first, you’re resisting settling down with a new job, but by April, you’ll learn the value of dedicating yourself to something or someone. Then just be the kind of person who goes into retrograde in a sign, making you relearn everything you thought you knew about relationships. The eclipses in June will also turn bonds — with your friends, significant other and coworkers — upside down, so expect major changes in the people you surround yourself with.

CANCER - June 21 - July 22

“New year, new you” will feel very literal for you in 2020. Jan. 12 — when Saturn and Pluto conjunct in Capricorn — is a big transit of your year, affecting your relationship chart. If you’re dealing with toxic relationships, this is a time to find better ones. The important people in your life can impact you majorly, especially how you see and express yourself. In November, Jupiter and Pluto will team up to make sure your romantic relationships are on track. By the end of December, Jupiter will enter your chart’s commitment zone.

LEO - July 23 - Aug. 22

At the beginning of the year, your health will need more attention, and you’ll know it’s time to focus on yourself. Practice self-care to minimize the craziness that 2020 will bring. In March, Saturn enters Aquarius, your chart’s relationship sector, and Venus Retrograde will hit May 13 through June 25 in your friendship zone. If you notice toxicity in your relationships, now is the time to cut them off. If you feel anxiety of the unknown, don’t worry, the storm won’t be as disastrous as you expect. Plus, Dec. 21 will bring a moment of realization that you’ve been waiting for.

VIRGO - Aug. 23 - Sept. 22

In January, your life is winning an extreme makeover — but it’s not going to be easy. You soon learn that hustling to present the most likable version of yourself is actually bad for you. Holding back keeps you from getting the promotions, relationships and friendships you want, so this year is about putting yourself first. Once you start feeling like a whole person again, your social life gets better too. In summer, some major eclipses inspire you to start asking for the things you want but before thought were “too much.” If you are tough enough to handle any repercussions, it’s you.

LIBRA - Sept. 23 - Oct. 22

You’ve got a big move coming up, and spectacular things will happen once you settle in. That said, expect to put romance on the back burner — springs Venus Retrograde will have you believing love is dead — because you need to focus on your family, job and individual needs right now. However, by the end of the year, the Mars Retrograde in your relationships zone will end, and Jupiter and Saturn will team up in your romance zone. Your love life will have strong potential, but by then you’ll just be happy being a strong, independent person.

SCORPIO - Oct. 23 - Nov. 21

2020 is breaking down all those walls you’ve known for building. Saturn moves into Aquarius in March, starting a new cycle in your life to focus on you, home, family and any other foundational parts of your life. You’re starting to rely on others more, which is perfectly OK — pour out your feelings. Mars Retrograde will make you feel unmotivated with your work and fitness, but take this time to focus on your health.

SAGITTARIUS - Nov. 22 - Dec. 21

The start of the year teaches you that being more careful with your finances is something you should try. In March, Saturn — planet of restraint — enters Aquarius, which means you’re learning to sprinkle even more self-control onto your life. You’ll be rewriting your brain to be more organized — sounds boring, but you need it. In May, Venus Retrograde signals a breakup, while you reconfigure how you connect with others, and the Nov. 10 lunar eclipse cleans out any leftover relationships that have hit their expiration dates. Don’t stress out, two weeks later, a solar eclipse sparks something major, giving you good feels again.

CAPRICORN - Dec. 22 - Jan. 19

Get ready — January’s lunar eclipse in Cancer is taking out the trash in your chart’s zone of relationships. Saturn enters Aquarius in March, adding structure to the way you approach getting that bread. It’s also helping you challenge your morals in a more progressive way by listening to other viewpoints and giving people more benefit of the doubt. To go along with all this change, June’s solar eclipse in Cancer brings new people into your life, with whom you can build stronger, healthier relationships. Finally, in December, lucky Jupiter and serious Saturn team up in Aquarius, so you’re getting major rewards for all the year’s work.

AQUARIUS - Jan. 20 - Feb. 18

This is going to be a good one. In March, Saturn enters your sign, helping to strengthen relationships, improve your home life and upgrade your career. So basically a crash course in Adulting 101. And in May, Venus Retrograde strikes up your chart’s romance sector, making you rework who and what you want from relationships. You’re evolving as an individual, so it makes sense that you need everyone in your life to catch up. Once lucky Jupiter teams up with Saturn in your sign in December, you’ll feel blessed by their combined energy and finish turning into a new and improved 2.0 version of yourself.

PISCES - Feb. 19 - March 20

The beginning of 2020 focuses on your chart’s zones of friendships and lovers. An eclipse plus the rough conjunction between Saturn and Pluto is enabling people away. It’s OK, because every bad friend and toxic relationship you lose gets replaced by people who support you in ways your exes could never. In May Venus goes retrograde, so your relationships with your family and roommates get a little unhinged. Luckily, those new friends swoop in to help save the day. Still, even with all this going on, the central focus will be on you and your goals, so be sure to spend plenty of time on your own too.
Best photos of the semester
Drag shows, sporting events, concerts and more. Relive some of the best moments from the fall 2019 semester.