My Professional Pup

About Service Dogs from a Service Dog Handler

Emily Gellatly

"Is she friendly?" "Can I pet her?" "What does she do?"

"I wish I could bring my puppy to class with me as well!" "My mom's best friend's daughter is dating a man who has an emotional support animal. Emotional support animals are also allowed to enter cities. These are service dogs, emotional support animals, and therapy dogs. They are distinctly different in service because an emotional support animal is allowed anywhere the general public can go as long as she is with me. No identification or special vest or marking is required by law for a service dog on public though most handlers, myself included, put a vest on their dog to distinguish it as a service animal. Also, as a service dog handler, when I want to enter a public establishment with my dog I can legally only be asked two questions regarding my service animal. If this is a service dog, what tasks is the dog trained to perform to help you? I can be as vague or as detailed as I want to be when answering the second question.

Emotional support animals (ESAs) are for comfort and are a great help to people who have mental health disorders. They are distinctly different from service animals because they are not required to perform tasks to help their handler and they are not allowed public access like a service dog. They are special because an emotional support animal is allowed to live with a person who needs one in housing that has a no pets policy. This sometimes requires a note from a mental health professional confirming the need for the emotional support animal. Emotional support animals are also allowed on airplanes. The skills an emotional support animal has are not often not as advanced as the skills of a service dog.

A therapy dog is completely different than the other two. Therapy dogs are often times called "facility dogs" because they are seen at facilities such as doctor's offices or rehabilitation centers to provide comfort and assistance to patients. They are only allowed to work in the facility they are trained to work in. They are allowed in no other public place. If you encounter a person at the grocery store who claims that their dog is allowed there because it is a therapy dog, they are either confused or deliberately breaking the law.

Another vitally important topic I would like to discuss is how to behave in the presence of a service dog. There are specific dos and don'ts. I am aware of the fact that my dog is an unusual sight and you are curious. I would be as well if I saw somebody with a service dog, and I didn't have one myself. I am extremely open to questions, I think it is very important to educate people, however, please remember that you are probably not the first person to ask me to pet Romily in the past ten minutes. If I ever seem exasperated, it is probably because I am caught between trying not to seem rude and really needing to get on with my busy day. If you see me trying to balance my lunch on my lap with a scalping hot cup of coffee in one handle while I try to wheel across the TUB with the other, it's probably not the best time to ask to pet my dog. If you see me leisurely throwing the frisbee for the dog on the quad on a Saturday afternoon, it's safe to assume that the dog and I are both free. If by chance I don't say yes, it's always for a good reason and never personal. Sometimes I am just a busy pre-law student with things to do. If sometimes the dog is being ornery that day.

The most important thing to remember is that my service dog, Romily and I are a team. She is a professional pup as my friends call her. That is the reason she is here. She was bred to do this job. Please, never pet her or try to get her attention, no matter how discreetly, without my explicit permission. It throws off her concentration and prevents her from doing what she is meant to do. In my case, she just assists me with mobility, but many people have service dogs to alert them to seizures. If these dogs are distracted, their handler could die.

In conclusion, please come up to me if you think it is a good time and ask a question, but don't get offended if I don't let you touch my dog. She is a professional pup. Please help me by letting her focus on her job.
It’s tough to be an American sometimes. This is not the world thinks we’re fat, loud, drunk and horrible. Still, I have to admit we must understand some things about one of the most common German stereotypes about us: “American selfish.”

My personal theory is that Germans don’t have rules. For example, if you go to a party and there are no “just serve as a reminder of the hell your body goes through, but not break, and to address without a part of the body. Personally, my migraines usually last anywhere from 5 to 60 minutes before the stage begins. This stage begins anywhere from 3 to 60 minutes before the actual migraine attack, so when you enter this stage you go to get your “migraine pyramid” quickly. Every migraine sufferer’s aura is different, and not everyone can do it all. Everyone has their own unique flavor. The most common experiences associated with visual disturbances—usually in the form of princesses, frogs and pesky mosquitoes. Personally, my migraines usually last anywhere from 3 to 5 days. My migraine stage usually lasts about a day, my aura for about 2 days, and my photophobia for about 2 days as well. Migraines often go to the stage of “the migraine huger” because everyone you expect you to serve as a reminder of the hell your body goes through, but not break, and to address without

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With the Semester Coming to a Close

Patrick Raymond

The Worst Week of the Semester Just Ended... Relax

Marcus Dean

Westminster

Adjust the Path You Are On to Go to Where You Want to Be.

Tim Haring

And just like that, here we are. For better or worse, today is the final day of classes for Fall 2017. For some, this time in calculus, for others, it may be time to panic. Once finals are done, we’ll be saying goodbye to our Westminster family for a week, and it will be off to home or housing of our choice. Whatever your traditions are, I hope you have a wonderful winter break.

As I start to write, I’m looking back over the past couple of weeks trying to find the inspiration for what to use to fill this space. And it’s safe to say that there was at least one occasion recently that would fill this space beyond my control. Just not going to use that. When I was your age... Yes, I can’t believe I’d even consider returning from that since age didn’t matter, but I don’t regret it. When you are my age, you might jump at the chance to do something you’ve never done before. But no matter how much I talk about it or write about it, and attempt to give my best understanding, you’ll never truly understand or remember it. For some of us this next step is still a step. For some of us this might be overboard. Take some time out of your day to do something you wouldn’t normally do. When one door shuts, there is always another door opening. Don’t let them drag you down. You can teach them something, too. Just like the time you have traveling abroad, enjoying other cultures, you cannot live forever. Yeah, that’s right; you are aging. And while it’s not going to be the same, it is coming. And we are not going to use that. When I was your age… Yes, I can’t believe I’d even consider returning from that since age didn’t matter, but I don’t regret it. When you are my age, you might jump at the chance to do something you’ve never done before. But no matter how much I talk about it or write about it, and attempt to give my best understanding, you’ll never truly understand or remember it. For some of us this next step is still a step. For some of us this might be overboard. Take some time out of your day to do something you wouldn’t normally do. When one door shuts, there is always another door opening. Don’t let them drag you down. You can teach them something, too. Just like the time you have traveling abroad, enjoying other cultures, you cannot live forever. 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How to Finalize your Finals Week!

**A Look Ahead!**

Kaylee Brunswick

With the semester coming to an end and everyone focused on finals, spend your downtime with activities offered by CPC and SGA!

As their last event of the semester, Campus Programming Council (CPC) will have a Freebie Friday on December 8th. They will offer 60 free trees at hand and random times as well. They are free and open to everyone at the tree location. If you are first come, then free. So make sure you get your tree before the CPC Executive Team will have a comedy show on Westminster’s campus for the spring semester! Evan has been seen as a contestant on “America’s Got Talent” and will be doing a comedy show for Westminster’s campus. Evan bases most of his on stage material off of his family and childhood. Evan then begins his set and will continue to do stand-up. Students are encouraged to come to this event and enjoy a laugh with Evan.

If you are interested in running in the spring semester, you can find more information on how to get involved on the CPC Facebook page. Applications are due the next day at 4:00pm, and any Slate can begin campaigning on January 26th. The event is an interactive hypnosis show performed by David Hall, based on the popular card game Cards Against Humanity. David lets the audience choose what scenario or skit the volunteers will perform, as well as who they want to be hypnosis. Tailored to college audiences, this show is a fun and exciting activity coming to campus!

On February 16th, CPC will feature comic Adam Grabowski. Adam has been seen as a contestant on “America’s Got Talent” and will be doing a comedy show for Westminster’s campus. Adam bases most of his on stage material off of his family and childhood. Evan then begins his set and will continue to do stand-up. Students are encouraged to come to this event and enjoy a laugh with Evan.

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A student at Westminster must face the dreaded, dastardly, debilitating finals week. This week, we do not ask students to worry about preparing for final exams but they also must get ready for winter break. Trying to study finals, packing, scheduling, late nights and attempting to practice proper hygiene can be quite difficult. Instead of choosing to skip meals or bathing for winter break and doing mountains of dirty laundry, read this article to gain helpful tips and tricks to survive this week!

If you are not interested in these tips and would rather live off doing mountains of dirty laundry, read this article to gain helpful tips and tricks to survive this week!

As for Student Government Association, this year’s slate is coming to an end. Any Slate can begin campaigning on January 26th and must have their platforms turn in for initial review. The SGA will take place on February 9th at 6:00 PM. Slate elections will be voted on the following year at 12:00 PM and will end on February 9th at 6:00 PM. For any Senators, applications will be available to the student body online on February 15th at 9:00 AM. Applications are due the next day at 4:00 PM, and Senator elections will be held on February 15th at 9:00 PM. The new Slate will begin at the meeting on February 16th and SGA Sena tors will be sworn in the following week on February 21st.

When it comes to events, the SGA Service Committee is planning to take a trip to the Philadelphia Museum to do Christmas activities. There will be an all campus trip to New York City. Tickets will be sold two weeks prior to the trip, which will take place on February 15th. More information will be available on this.

With the fall semester coming to an end, make sure you keep a look out for any upcoming events by CPC or SGA. Everyone deserves some time off from studying for finals! Have fun and enjoy your time on West minster's campus community!
Finals week is right around the corner, so it is vital to remember some survival tips. Here are some handy tips that may serve you well throughout finals season:

1. **Staying Organized**: Keep track of your assignments and due dates. Use a planner or digital calendar to stay on top of your workload.
2. **Time Management**: Break your study sessions into manageable chunks. The Pomodoro Technique—25 minutes of focused study followed by a 5-minute break—can be particularly effective.
3. **Health and Nutrition**: Eat a healthy diet, including plenty of fruits and vegetables. Avoid sugary drinks and snacks. Stay hydrated by drinking plenty of water.
4. **Physical Activity**: Regular exercise can help improve your mood and focus. Even a short walk or stretching session can make a difference.
5. **Sleep**: Get enough sleep each night. Aim for at least 7-8 hours per night. Avoid naps during the day if possible.
6. **Mental Health**: Take breaks when you need them. Don’t hesitate to talk to a counselor or therapist if you’re feeling stressed.

Remember to monitor yourself and adjust your strategies as needed. Your mental and physical health are crucial during this time.
Westminster Snow Ball

Courtesy of the Westminster Flickr
Net Neutrality: The FCC and ISPs

George Morehead

New websites, websites and social media platforms have been very actively discussing a seemingly ubiquitous, ongoing debate: whether the internet is fair and open, or is, of course, net neutrality. Just a few minutes on Twitter, Reddit, or Facebook can turn your attention to the issue or article about it.

Net neutrality is the principle that internet service providers should be unable to limit internet traffic, for example by blocking access to websites, making content less visible to users, or charging fees to access certain websites. The concept is simple to put into words:

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Current law requires that the FCC regulates the internet and ISPs under Title II of the Communications Act, the more restrictive Title II rules, which are applied to telephone service and require that companies are subject to legal and regulatory standards throughout the country.

However, there is often much discussion about the future of net neutrality, as Congress has never specifically overturned the Title II rule.

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Nevertheless, Congress has never specifically overturned the Title II rule, and the FCC has continued to enforce Title II.

The current FCC Open Internet rules. As reported by Wired, “The FCC has received about 22 million comments through their website from citizens voicing their opinions about net neutrality. The same poll showed that 81% of Americans agree that ISPs should treat internet traffic equally; 77% of the general public, 73% of Republicans, 80% of Democrats, and 81% of the sample want to keep the current FCC Open Internet rules. As reported by Wood, “Though the FCC regulates the internet through the Title II, this regulation is not necessarily a permanent solution.”

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A Very Merry December

Nikki Savini

With the holiday season in full swing, families, friends and couples are all searching for fun-filled, Christmas-themed activities. From the city of Pittsburgh, Pennsylvania to our own backyard in the borough of New Wilmington, and even in West Virginia, the list of holiday inspired activities goes on and on. Many communities celebrate this time of year with parades, tree andSENT to Santa, specular light shows and more. No matter where you go, there will always be something to do put you in a very merry mood.

The village of Volant is no exception in the hosting of Christmas festivities. Christmas on Main Street was held on Nov. 11 and Nov. 12 from 10:00 am to 5:00 pm. The event focused on celebrating Christmas “the old fashioned way.” The day began with Santa Claus riding into Volant on a horse-drawn carriage. Afterwards, families were invited to an open breakfast and take pictures with Old Santa Nnick, listen to performing musicians and carolers and go for carriage rides up and down Main Street. Stands and shops sold delicious must-such as cookies, pie, hot and green spiced eggnog and more.

New Wilmington’s second annual Christmas Parade and in the Park was held on Friday, Dec. 1. According to LEV New Wilmington website, the parade started began at 3:45 pm, and officially started at 6:15 pm. The parade route snpped off from the Huntington Bank parking lot. “Then at 7:00 pm, community members gathered in New Wilmington Borough Park to enjoy Christmas in the Park. On the playground, attendees received Santa Claus was waiting for the children in the Scout House. West Mifflin, Pennsylvania, right outside of Pittsburgh, is home to America’s first amusement park - Kennywood. Each winter, Kennywood presents their Holiday Lights, decorating the park this year with over two million Christmas lights. Opening Day was held on Nov. 24 with special guest appearance from social media sensation, Pittsburgh Dad, and a firework show. Holiday Lights run every Friday through Sunday in November and December from 5:00 pm until 9:00 pm, and the last day is Dec. 31. Guests can also come see the lights on Dec. 26, 27, and 31. On one of the nights, guests can meet Santa, ride the Gingerbread express, experience the beautiful scenes, and enjoy hot chocolate and cookies. We are looking forward to the success of this trip again next year, I will definitely go!”

“I’m only a first-year, but so far I can see how plan more interactive and off-campus events for students for our students on campus to have fun. “CPC is trying to offer more skating lessons, host birthday parties, and offer lunchtime monthly passes. This month, CPC has organized several events in the past two weeks. Not only that, but CPC has sponsored several events this semester like a hypnotist show in the Shenango Valley Cinema. Guests will constantly be entertained with the lighting of the tallest Christmas tree in Pennsylvania, standing at 80 feet, magic shows by Doc Dixon, celebrity readings of “Twas the Night Before Christmas,” a 4-D movie theatre showing of the “Polar Express,” and so much more. Centered around a “Holiday Magic” theme, Phipps Conservatory presents in annual Winter Flower Show and Light Garden. Open to all ages on evenings from 5:00 pm to 11:00 pm, guests can experience a winter wonderland by walking through the various vignettes including a winter forest, winter wonderland and even a New Year’s Eve celebration. Rooms are decorated with thousands of LED lights, traditional Christmas ornaments, ice and pine trees and over 2,000 pneumatic。“This is the first year we’ve tried this trip,” said Vanessa Restifo, CPC’s PR Chair. For trips like this, space is limited. Restifo expressed more students to attend the Par for sure was happy with those who came,” 17 students attended, which is pretty low, but there were lots of other things going on this weekend,” said Restifo.

CPC will also scheduled several events in the past two weeks. Not only that, but CPC has sponsored several events this semester like a hypnotist show, fun Santa clauses, a trip to the Iron Mills Farm, and even an end of semester black party. Our students enjoyed outdoor games, fun snow cones, and even watched “Wayward.

“Only a few years old, but so far I can see how much CPC does for our campus,” says first-year Sarah Holf. “They have great ideas to get students to interact with one another.” Holf has attended several movie nights sponsored by CPC and wanted to go ice-skating this past weekend, but unfortunately had to work. “If they plan this trip again next year, I will definitely go!”

CPC Goes Ice Skating in Pittsburgh

On Saturday, Dec. 2nd, CPC took students to Pittsburgh for a night of ice skating at the MainMint at Pittsburgh’s Ice Rink at PPG Place. Students received in going needed to sign up in the TUB from Nov. 27th to Nov. 29th. The ticket price was $2 and a total of 17 students attended. The cost covered transportation to and from Pittsburgh and admission to go ice skating.

The ice rink first opened in 2001 and has recently been replaced with a new and larger rink. Today, the rink is 470% larger than the ice rink at the Rockefeller Center in New York City. The ice rink opened on Nov. 9 and runs through February 25th. Vietnam was the exception of having skating lessons, host birthday parties, and offer lunchtime monthly passes. This month, PPG Restifo to Santa to some ice skating every Saturday on the rink in order attempt and give them an actual home ice skating experience. CPC offered great prices for students this past weekend, as normal costs at the ice rink are $5 for those ages 13-49, and children ages 12 and under pay $3. Visitors can also rent ice skates for $4 and lockers for 50 cents.

Students that didn’t want to go ice skate were more than welcome to walk around the market square area, eat, and enjoy the Christmas decorations in the city. “This is the first year we’ve tried this trip,” said Vanessa Restifo, CPC’s PR Chair. For trips like this, space is limited. Restifo expressed more students to attend the Par for sure was happy with those who came,” 17 students attended, which is pretty low, but there were lots of other things going on this weekend,” said Restifo.

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Copy edited by: Anna Daniels

FRIDAY, DECEMBER 8TH, 2017

Copy edited by: Anna Daniels
Indian Air Pollution Takes its Toll
Matthew Causer

For many Americans, one of the simplest plagues in life is trying to open the door and get a breath of fresh clean air. However, half a world away in India, this is becoming increasingly rare, as scientists are growing concerned that the air quality in the rapidly developing nation is becoming a major environmental concern.

With its rapid industrialization and urbanization, many are worried that the increase in carbon emissions is having drastic effects on the environment and the people in India. According to a report by the World Health Organization, 13 of the most polluted 25 cities in the world are in India, with the capital, New Delhi, being the most polluted city in the world. Poor air quality is a leading cause of premature death in India, with about 620,000 people dying from it each year, says the WHO.

"I have been all over India for the past few months, and every area has been different. The two cities that I've mainly been in are Pune and Delhi. Pune was polluted, but not anything too alarming. The visibility was fairly normal and the air quality index was in the unhealthy range, but it never reached hazardous. Delhi, however, has been unlike anything I've ever seen," said Rachael Letscher, a Westminster Alumni who has been working in India. "During the really bad weeks the AQI was over 1000 (it was recorded at 1012 at the American embassy). You couldn't see more than about 50-100 yards in front of you. It was a giant gray cloud just covered the city. Everyone had on face masks, and pharmacies were running out of face masks to sell. It got to the point that our advisor for the semester moved us to a more northern city (Dehradun) to escape the pollution.

My friend and I were curious about the effects that the pollution has for people that live in Delhi, and the saddest thing we discovered was that over 50% of school children got to the point that our advisor for the semester moved us to a more northern city (Dehradun) to escape the pollution.

The world thinks India doesn't care about the environment, but we must change that... India has always respected the environment, " said Modi. "The world thinks India doesn't care about the environment, we must change that... This is sad. Listen to metal music people. They have talent. You have to work your brains to understand that not half of the artists in there write their own material. And that they deserve a lot more credit than they deserve. They rarely write their own material, but when I listen to a song, I listen for the whole composition. For example, one of Beyoncé's hits is "Run the World" and 5 writers put the words together. On the other hand, there is an economic dimension to these conditions as the air pollution in the rapidly developing nation is becoming a major environmental concern.

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The World's First

Sam Stewart

Across the United States, approximately 32,000 college students play rugby—a rather small number compared to football's 400,000. Not many Americans know much about the sport, except for the small island nation of New Zealand. However, rugby is king. Even the non-avid fan of rugby knows the premier position which the sport holds in New Zealand. As much as we'd like to think of this time something of the sort has happened, it is that the New Zealand women's team, the Black Ferns, have set a new standard for women's rugby by introducing a new and more inclusive approach to the sport. In short, the Black Ferns are the world's first women's rugby team to incorporate both male and female players in its lineup. This approach has led to much controversy and debate, but many believe it is a step in the right direction for promoting gender equality in sports.

The Black Ferns' approach has been met with mixed reactions. While some have praised their inclusiveness, others have criticized their lack of professionalism and competitiveness. The Black Ferns' first match of the season was against the All Blacks, New Zealand's national men's rugby team. Despite losing 41-32, the Black Ferns showed resilience and determination. Their performance has been met with admiration from fans and analysts alike.

The Black Ferns' manager, Manu Aitken, has been a vocal advocate for the team's approach. He believes that including both men and women on the same team promotes a deeper understanding of gender equality and challenges traditional gender roles. "It's not just about winning or losing," Aitken said. "It's about showing that women can play rugby at the highest level and that they can compete with men on the same team." The Black Ferns' approach has also been praised for its potential to inspire and empower young women and girls to pursue rugby at all levels. This is particularly important in New Zealand, where women's rugby participation has historically been limited.

The Black Ferns' impact on women's rugby in New Zealand has been significant. Their success has led to increased interest and support for women's rugby, both on and off the field. The team's visibility has helped to dispel myths and stereotypes about women's rugby, and has shown that it is a sport that can be enjoyed by people of all genders and abilities.

The Black Ferns' approach to rugby is an example of how sports can be used to promote social change and inspire positive social outcomes. Their inclusiveness and commitment to gender equality are a testament to the power of sport to bring people together and create positive change. As the Black Ferns continue to compete on the world stage, their impact will continue to be felt, both on and off the field. Their success has shown that women's rugby is not only possible, but it is essential for promoting gender equality and social cohesion.
Tuesday, Nov. 21 marked a historic moment and a spectacular accomplishment for Westminster's Men's Basketball team that only a select few have been able to accomplish. On this day, the Titans played Youngstown State University in a competitive matchup between two very talented teams. One of these moments included when Titan sophomore Cameron Kane-Johnson tied a career-high with a game-high 30 points. Three other Titans who scored in double-digits included senior Deontay Scott (18), senior Jarret Vrabel (14), and junior Austin Armwood (10). Scott registered a double-double as he led a game-high with 19 rebounds. Vrabel registered nine boards, while adding a team-high two blocks and tying a game-high with three steals. Armwood dished out a game and career high of eight assists.

Later in the game, the Titans were able to take their first lead of the game when junior Marco Delorenzo made a three-pointer (7-6) with 17:50 on the clock. Westminster maintained its lead until the 12:56 mark when the Penguins led 19-18. Westminster regained the lead and went on a 5-0 run, capped off with a jumper by Scott, and led 23-19 with 12:10 remaining. The Penguins responded with an 8-0 run and led 27-22 with just over 16 minutes left. Youngstown took its largest lead of the game (33-27) with 6:55 on the clock. The Titans answered with a 22-5 run to take their largest lead of the frame (49-38), and capped off with a three by Kane-Johnson with 36 seconds remaining which was followed by Westminster leading 49-41 at halftime. In the second half, the Titans kept their lead until the 13:10 mark when the Penguins led 61-60. Westminster battled back and led 64-63 after Kane-Johnson split a pair of free throws with 10:46 left. That, however, would be the Titans’ last lead of the game. Youngstown State finished strong, outscoring the Titans 28-19 for the remainder of the game. The loss was the Titans’ first of the year, falling to 3-1, and the Penguins improved to 2-2 overall.

Despite the unfortunate loss, there was one individual who stood tall amidst the defeat. This individual was senior Deontay Scott, who earned his 1,000 career point during the day’s game. Scott’s name joins the elite in becoming the 38th Titan ever to reach the 1,000 career points milestone. Scott averaged 15.0 points and 8.5 rebounds per game during the 1-1 week for the Titans, and he did not stop there. Furthermore, on that day he also registered an impressive double-double (18 points and 10 rebounds).

The Titans return to the court Saturday, Nov. 25 for a home game against Franciscan University of Steubenville at 2 p.m.
WEEKLY VIBES

COURTESY OF MERLE WOODRING
FIND YOUR WEEKLY HOROSCOPE BELOW
(DON'T BE SURPRISED WHEN IT'S TRUE; WE'RE THAT GOOD)

Virgo
Don't let the mere cold you have escalate into something worse. You can press on through finals, but then how will you enjoy your winter break? Take care of your responsibilities, but also take care of yourself. Physically and mentally.

Scorpio
This year has been stressful for everybody, but you feel like maybe you've been picked out personally. Your new year should be one for the books. Sticks and stones may break your bones, but words will never hurt you.

Sagittarius
You like being in the center of everything but after this week you may not be feeling like your normal self. That's okay! Don't just fall off the face of the earth but if you need some personal time, take some.

Aquarius
Even though you are looking forward to the weekend, don't let the tasks you have to complete slip your mind. You've been ridiculously busy, but it will only get worse before it can get better. Press on!

Pisces
This week has been weighing you down an even more than normal for the week before finals. Let the negative emotions go and you'll skyrocket in productivity and enjoy the weekend once it's here.

Libra
You have been biting your tongue for quite a while and you are ready to let go. Just keep in mind what you actually let out. Choose what you say carefully because you can't always take it back.

Leo
Keep yourself and what is best for you in mind when dealing with the stress and obstacles of the next week. Life is a lot of choices and we don't always make the best ones, but this doesn't mean the ones we do make are bad. It's all perspective!

Cancer
All of the things left undone on your to do list stressing you out? It's crunch time, but hey you've made it this far right? Keeping pushing ahead and it will be sure to pay off in the end.

Gemini
Take a look at your closest friends during a time when you need them the most. Keep the ones that are there for you and be there for them, but don't let yourself be a second choice to someone.

Taurus
You've been wanting change recently. Even if it is the slightest thing. The new year is soon approaching and sure to hold all the change you have been looking for. Do no let your current state worsen however, hoping for a better tomorrow. Make today better!

Capricorn
Things from your past may still be haunting you this time of year. You are usually focused on what needs done and you do it, but sometimes help is needed, and you should remember to forgive and forget.

Aries
You may have been feeling overwhelmed with your personal responsibilities recently. If you find your mind falling behind your physical actions, take a second to count to ten and take a few deep breaths. You got this!