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Edited last night by: Betsy Wagner Delivered this morning by: Emma Ayad <3 vol. LXIX / no. 54 / November 14th, 2022

A SCIENTIFIC STUDY ON SEASONAL SADNESS

Hey everyone, it's your favorite nerd, back at it with another educational reflection piece. With the double homicide of daylight savings time and the cold weather, I decided I'd do what I do best- write a scientific article. Without further ado, enjoy.

INTRODUCTION

Vitamin D is known to be a very important aspect of serotonin production in Homo sapiens, more colloquially referred to as humans. Serotonin is a chemical released by the brain's neurons in order for humans to feel a sense of contentment, and thus, is highly sought after. Since this chemical is produced, H. sapiens do not need to compete for it; rather, they expend their energy on intraspecific competition over who gets the first scoop from the fresh batch of Slayter fries, or the gender neutral bathroom when they defecate.

In this study, I will be interpreting how the sudden shift in weather and daylight cycles affects the general student population at Denison University in Granville, Ohio (40.0681° N, 82.5196° W). I hypothesize that we are all wildly under the weather, both physically and mentally. With the worst of the winter yet to come, God rest our souls.

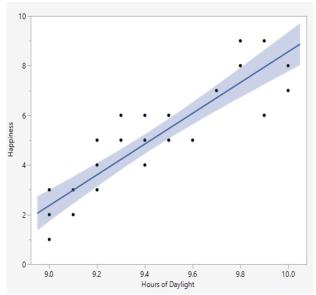


Figure 1. Effect of hours of daylight on general student happiness. These kids are sad. Save them. R^2 value of 0.802 indicates a strong positive correlation between sun time and general happiness, and that means bad things when the sun starts setting at 4 PM.

METHODS

For this study, I made up a bunch of numbers that I believe adequately represent the general "pulse" of the student body. General happiness was measured on a numerical scale between 1 and 10, representing extreme sadness/depression and the joy of a student who got their 8:30 class canceled, respectively. This scale was then compared with the median temperature of each day from October 30, 2022 to November 5, 2022, as well as the number of hours between sunrise and sunset. Means were measured from and compared with an ANO-VA to determine the correlation, if any, between happiness, temperature, and amount of time the sun is out.

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DISCUSSION

Help. This isn't good. The fake data that I made up indicate very bad things for the next couple weeks. Thank goodness break is just around the corner, but in order to get there, we have the next couple weeks acting as a gargantuan hurdle obstructing our path to happiness.

The good news is that, going to such a small school, we have such a wonderful sense of community that is unrivaled. Make a wildly concerning joke to a friend or professor and laugh about it! That's the real Denison difference.

On a real note, we can do this. We are so close, and because we can taste the end, our brains are fighting to just get there.

Looking on the (metaphorically, but not scientifically) bright side, the days are technically getting shorter! With this comes a general decrease in collective serotonin production (Fig. 1), but the good news is that serotonin is not a finite resource! Use the biting wind as a vehicle to carry your piercing screams into the void a little more efficiently. Godspeed, soldiers.

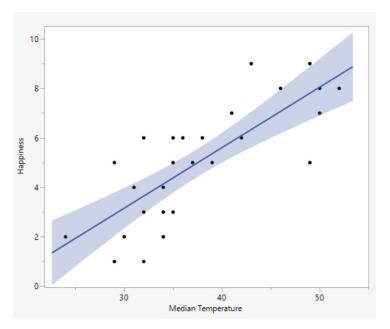


Figure 2. Effect of median temperature on general student happiness. R^2 value of 0.600 is significant enough to know that Ohio winters are not kind to us.

Editors Note: Wow, what terrifying results from writer and reporter, Ella Buzas. Taking this all into account I propose that Denison takes action! In fact, I was just recently extorted by the Denison Senior Class Legacy Challenge (its a straightforward name, I know) into donating a couple of dollars for the senior class gift. I always feel so high after I participate in an extremely generous act of charity! That being said, after reading Ms. Buzas article I know exactly what the class gift should and will be (as I now have a stake in the game)... Stadium lighting around all of campus and space heaters within every 6 feet.

Due to the above research it seems that if have more light and more warmth than happiness will surely be increased. Easy! Generations upon generations of students will be so grateful for the class of 2023!

Thank you Ella Buzas, thank you!

-Ella Buzas, Ball Buster



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